

Blues News...

September 2008

Welcome to the September edition of Blues News!

Diary Dates:

Bideford 10 Miler

The 10 miler took place on Sunday Sept 7th. Our thanks to all who helped make the event a success and well done to all who took part. Results can be found on the web site.

Wednesday 17th September will be a club race night - juniors and seniors all welcome to enter.

Aims of the evening:

- To try out a new 5k course close to the club.
- Enjoy a drink in the bar afterwards and tell us what you thought of the course.

Race starts 7pm - register by 6:45pm.

Free entry, no prizes. Just enjoy the evening and tell us what you think.

Handicaps.

The last of the handicap series was held on Wednesday 23rd July. About 60 runners took part followed by a very nice shared buffet and prize giving afterwards.

The committee has noted that over the last few years there has been a reduction in the numbers of harriers taking part in this annual event.

This has prompted some discussion and as a result, several theories have been put forward. One idea is to have a change of course. A shorter flatter course, 5k, starting and finishing at the club as we do now. Other ideas include all runners starting together rather than a staggered start and running the handicaps earlier in the year.

The committee would like to hear your thoughts and ideas on the subject. Do you want a change? If so, what would you like or would you like to keep the present format as it is?

You can jot it down on paper and give it to a committee member or email the club web site.

Bideford AAC Harriers are now affiliated with the Association of Running Clubs (ARC)



North Devon Relays

Well done to everyone who took part in the relays this year - it was a particularly enjoyable and successful series for us:

Bideford came first in the Senior Men's, Vet Men's and Senior Ladies' events. Both the Junior Boys and Junior Girls came second in the categories.

The Battle of Sedgemoor 10k Road Race - Sunday 24th August

This race is always popular with Bideford runners and this year was no exception. We had a good turnout from the club and some impressive results, including Wayne Stephens coming in second and several personal best times.

Undoubtedly though, the highlight of the day was after the race when Frankie, in the middle of the car park, with a little help from Doreen who was holding his towel round him to protect his modesty, somehow managed to take off his shorts and then put both legs through one leg of his underpants, then expressed surprise when he was unable to walk properly.

Email sent to the Blues web site:

My name is David White. I am an English teacher and live in the North of Spain where I am a keen amateur runner and have been asked by a local club over here to try and get some athletes over from my home turf to compete in a local 10 km race just outside Santander which is usually held on the last weekend of April. The general idea of the race committee is to try and set up some kind of twinning or race exchange with an English club, clubs or athletes even if it is just a 'one off'. Being a keen runner myself I have participated in the race on two previous occasions and can only say that it has always been extremely well organized and a good race for all ages and abilities in a lovely part of Spain.

The organisers have asked me to write to enquire if any athletes or clubs would be interested in coming over to Spain for as weekend to compete/ join in and have even offered to provide accommodation with local families, other athletes or B&Bs etc plus they are happy to pick up people from the local airport (Santander or Bilbao) or Brittany Ferryport whilst also providing a post match meal etc. Up to about 30 athletes could be provided with free accommodation for the weekend.

The general idea is really to try and set up some kind of exchange on an informal basis where anyone is welcome (that's possibly the most important thing to remember) and obviously they are trying to raise the level and numbers of their race here. Last year there were about 500 runners including clubs from France and Germany and I have included the website address for your reference. I would also like to just add that this is obviously a non-profit making association and that also please do not hesitate to contact me if you have any questions or require any further info.

Information, photos etc can be found on www.prccolindres.com aby later clicking on the section titled carrera bajo ason (any searches using google should also be used with that title).

NB: If club members would like to show an interest via the Blues forum, perhaps the club can get a group together...

Fancy a different venue for your next race??

In 2009, the **Malta Marathon** (website www.maltamarathon.com) will take place on 1st March 2009

We would like to introduce to you the *San Antonio Hotel & Spa* , situated at St Paul's Bay .You will find attached details about the Hotel and its facilities.

We can organise accommodation and airport transfers for Marathon participants, whilst they would have to take care of their own flights.

Please do not hesitate to contact us for further information:

Jacqueline ZAHRA

San Antonio Hotel & Spa- Malta

Tel (356) 23503610 / 21583434

Fax (356) 21572481

Email : jzahra@sanantonio-malta.com

Website : www.sanantonio-malta.com



Swindon Half Marathon, 5-mile Multi-Terrain and 2-mile Fun Run on Sunday 12th October is fast approaching and with it comes the Athletics Clubs' Team Race Challenge.

In the Athletics Clubs' Team Race, runners compete as individuals whilst also representing their Athletics Club. Is our club up for the challenge? Minimum age 17 years old on race day.

The race is open to all UKA affiliated clubs.

Each team member completes their own individual entry - either on-line or by postal application, ensuring they include their club name.

First 3 club finishers in each category (male/female) constitute that clubs team.

Finishing positions will be decided on cumulative times for the 3 team members.

There is no limit to the number of runners representing a club.

Prizes will be awarded in two age categories - 17 to 34 years and 35 years and over.

1st, 2nd and 3rd prizes awarded in both age categories to male and female

teams (no mixed teams).

Clubs are eligible to collect one male team prize and one female team prize only, in each team category.

The winning teams will be notified during the week following the event. A full list of results will be posted on the Half Marathon website.

All finishers are eligible for prizes in the open race.

Register through www.swindonhalfmarathon.co.uk

Westward League Cross Country 2008/2009

This season's fixtures are listed below. If you would like to take part in the league, let Karen know before 10th September. You need to be registered with England Athletics to take part in this league.

2008

October 12 th	St Austell
November 2 nd	Bicton
December 7 th	Exeter

2009

January 11 th	Bideford
February 8 th	Bovey Tracey
March 22 nd	Redruth



ROWING SECTION

Courtesy of 'Roving Rowing Reporter' John Daniell

Wimbleball Regatta - Saturday 21st June 2008

So to the second of this season's West of England regattas held on Exmoor.

No Johnny Kingdom to welcome everyone, no prowling "beast" - just the long distance of flat water which is Wimbleball Lake.

Fortunately the weather was not as bad as had been forecast and it stayed dry, thankfully. The wide open spaces there do not afford much shelter from the elements.

To the rowing.

As at Plymouth last week, Dave Byrnes gained first place in the Mens Veteran single scull after securing a third place in the "younger" Novice event earlier in the day. Again, as last week, he then joined forces with brothers Colin and Neil Pennington and Nigel Cann, with Chris Daniel cox, to compete in the Mens Veteran fours event.

This time though, because of handicapping, they had to give away a 20 second start to a very good Dart-Totnes crew, and the time gap proved to be just a little bit too much and they had to settle for a close second place finish, but ahead of third placed Wimbleball.

The Womens J14 quad sculls crew of Alice Jackson, twin sisters Jessica and Hannah Myers and Nicky Reed, with Chris Daniel cox, secured another second placed finish in that event as they did last week.

The four girls then went their separate ways to compete in the Womens Junior 14 double sculls where Alice and Jessica, again, took first place and Hannah and Nicky came third.

The only other crew competing on the day, because of absences in the other mens crews, was the Womens Senior C four of Vicky Bushby, Becka Jeffery, and sisters Jessica and Sarah-Jane Lee, with Sophie Pearce as cox, who just failed to secure the podium finish they had last week.

Dart-Totnes Regatta - Saturday 28th June 2008

On a long day of racing - fifteen minutes short of eight hours - at the Totnes and Bridgetown Royal Regatta, held on the River Dart, and 122 races to fit in in that time frame, it was a hectic schedule for all competitors.

Of all our club crews pride of place this week goes to the Blues' Mens Under 18 fours winners.

Thomas Carlyon, Carl Hoepner, Christopher Glover and Tom Loka, with Chris Daniel as cox, had a tremendous race against their local rivals, the Reds, in probably the best race of the day, according to the race commentator, and pipped them to win by a one length margin.

(Pic of winning crew attached) - Left to right "Birthday boy" Tom Loka, Carl Hoepner, Chris Daniel (cox), Chris Glover and Tom Carlyon.

It was a double celebration for Tom Loka, as it was also his birthday weekend, and the chocolate birthday cake was shared around after the race.



The other podium finishers on the day were, once again, the Mens Veteran fours crew and the Womens Under 14 coxed quadruple scullers.

The Veteran crew of Colin Pennington, Dave Byrnes, Nigel Cann and Neil Pennington, with Chris Daniel again as cox, came up against a very strong crew from Greenbank Falmouth and lost first place by just half-a-length.

The Womens Under 14 scullers, namely Alice Jackson, twin sisters Jessica and Hannah Myers and Nicky Reed, with coach Tina Robertson as cox, secured their third second place finish of the season.

The club's other competitors on the day, unfortunately, failed to get into the finals of their events.

They were:

The Womens Senior C four of Becka Jeffery, Sarah-Jane Lee, Bethan Waters and "old-timer" Tracey Wilson, with Sophie Pearce as cox;

The Mens Senior B four of Nick Blight, Adam Bright, Matt Colwill and Andrew Wilson, with Michelle Lewis as cox;

Mixed Novice double scullers: Becka Jeffery and Angus Gaskell; Tom Loka and Bethan Waters;

Mens Senior B coxless pair: Nick Blight and Matt Colwill;

Mens Novice single sculler Adam Bright;

The Under 16 single scullers Bethan Waters and Angus Gaskell.

Greenbank Falmouth Regatta, Saturday 20th July 2008

What should have been the fifth West of England ARA regatta of the season, hosted by Greenbank Falmouth Rowing Club at Stithians Lake, situated between Falmouth and Redruth in Cornwall was, in fact, the fourth as Exeter Regatta the previous weekend was postponed because there was too much water running down the course!!

That regatta, Exeter, has now been re-arranged for Saturday 2nd August.

It was nearly a case of that being cancelled as well, as a strong wind blowing across the course made it very difficult for all crews and scullers with several shipping inches of water.

So, because of that, the organising committee shortened the course for the Junior events.

Because of holidays and illness the club were only able to send the Womens Under 14 coxed quadruple sculls crew of Holly Lake - in her first ever regatta - Alice Jackson, twin sisters Jessica and Hannah Myers with coach Tina Robertson as cox, and Novice single sculler Adam Bright.

The girls made a fantastic job of ploughing through the conditions to take their first

first-place finish of the season in their event.

They then went their separate ways in the Womens Junior 14 double sculls where Alice and Hannah took first place with Jessica and Holly coming in second.

Not so fortunate was Adam.

Although battling through the conditions, on the full course, in his heat to qualify for the final of his event, he took in so much water and got so wet and cold that he suffered a touch of hyperthermia and was unable to go out for his final.

Appledore & Instow Regatta - Sunday 27th July 2008.

What a difference a week makes!!

After last weekend's cold and wet regatta at Stithians Lake, Sunday's regatta at Appledore & Instow could not have been more contrasting.

Sunshine, blue skies, flat water and very warm!!

And Adam Bright, who last week suffered a touch of hypothermia, really revelled in the ideal conditions.

He gained his first ever win in the Mens Novice single sculls defeating two local rivals from the Reds in the final.

He then crewed up with Tom Carlyon, Tom Pugsley and Chris Glover, with Tina Robertson as cox, to gain a very commendable second place against current championship leaders Paignton, pushing them all the way and giving them a real fright in the process, with both these crews leaving the others in the race in their wake.

A first place finish was also recorded by the Mens Veteran four of Colin Pennington, Dave Byrnes, Nigel Cann and Neil Pennington, with Sophie Pearce as cox, masquerading as a Mens Senior A four on the day to ensure that they had a race as there was no Veteran opposition for them, defeating a younger Dartmouth crew in a very tight race after coming behind to beat them.

The Mens Senior B four of Nick Blight, Adam Kelly, Matt Colwill and Andrew Wilson, with Michelle Lewis as cox, gained their first championship point of the season when they came third in their event.

The Ladies Senior C four of Sarah-Jane Lee, sister Jessica, Becka Jeffery and Vicky Bushby, with Sophie again as cox, gained two more points in their championship when they secured second place in their race.

The same crew with Kelly Pearce replacing Sarah-Jane took to the water for the Ladies Under 18 fours race but, unfortunately, half-way down the course one of the girls was taken ill so they were unable to finish.

In the Ladies Under 14 coxed quad scull the crew of twins Hannah and Jessica Myers, Holly Lake and Nicky Reed, with Tina, again as cox, were left with no opposition when their opponents failed to make the start in time so they just rowed-over the course to take the cup.

Exeter Regatta - Saturday 2nd August 2008

This week's Regatta was one tinged with sadness after the tragic death, on Friday, of the West of England Amateur Rowing Association's President, Derek Rickard of Plymouth, in a boating accident on the River Plym.

In a packed programme of over 100 events with heats and finals it was not a very successful weekend for the club with only three podium finishes.

The Mens Veteran fours crew Colin Pennington, Nigel Cann and Neil Pennington, coxed by Chris Daniel, with the inclusion of Glen Wilkins from the Reds, deputising for the unavailable Dave Byrnes, were the club's only winners defeating an experienced Dart-Totnes crew in the final by a canvas.

The Mixed Senior C four of Becka Jeffery, Adam Kelly, Adam Bright and Vicki Bushby, with Sophie Pearce coxswaining, came a close second to a more experienced crew from Dartmouth.

The club's final podium placing was a third place for the Womens Junior 14 quad sculls crew of Hannah and Jessica Myers, Nicky Reed and Zoe Robertson who was competing in only her second regatta, with mum Tina as cox.

The club's other competitors on the day, including single sculler Adam Bright, who cycled all the way to Exeter to compete, and back, in preparation for a European cycling holiday failed to gain a place in the final.

They were the Mens Senior B four of Adam Bright, Matt Colwill, Adam Kelly and Andrew Wilson, with Michelle Lewis as cox and the Ladies Senior C four of Tracey Wilson, Jessica Lee, Becka Jeffery and Vicki Bushby with Sophie Pearce as cox.

Dartmouth Royal Regatta - Thursday 28th August 2008

After the weather of recent weeks it was a change to have the sunshine out at Dartmouth for the penultimate West of England Regatta of the season.

But there was no change in the points scorers for the Club.
Once again it was the younger rowers who led the way.

The best performance of the day came from Tom Pugsley, Thomas Carlyon, Tom Loka and Adam Bright, with Chris Daniel as cox, who came first in their heat and then gained a highly commendable second placed finish in the final of the Mens Senior C fours against older and more experienced rowers.

Also gaining a second place finish were the Womens Junior 14 quad sculls crew of Hannah and Jessica Myers, Nicky Reed and Alice Jackson, with coach Tina Robertson as cox, which guaranteed their runners-up position in the respective WEARA championship.

Other club crews reaching finals but unable to gain a podium finish were the:

Womens Senior C fours: Sarah-Jane Lee, sister Jessica, Becca Jeffery and Vicky Bushby, with Sophie Pearce as cox;

Mens Veteran fours: Colin Pennington, Nigel Cann and Neil Pennington, again coxed by Chris Daniel, with the inclusion of Glen Wilkins from the Reds;

Mixed Senior C fours: Becca Jeffery, Adam Kelly, Nick Blight and Sarah-Jane Lee, with Sophie Pearce again as cox;
Also: Novice single sculler Adam Bright.

The second, more experienced Senior C four of Geoff White (his first competitive regatta for many years), Nick Blight, Adam Kelly and Matt Colwill, with Michelle Lewis as cox, were drawn in a very tough heat and just failed to make the final of that event.

Club Races - Sunday 31st August 2008

With the West of England rowing season drawing to a close, and a free weekend with a timely tide, the Rowing Section held their Club Races for the prestigious Ridge Shield and the Muriel Dymond Cup for sweep-oared fours racing, and for the BAAC Shield for quadruple scullers on the River Torridge on Sunday 31st August.

With crews drawn "out of the hat" it is always a keenly contested event with all rowers wanting to add their names to those already engraved on the Ridge Shield from years gone by and many a club WEARA Championship winner has failed in the quest.

This year three crews lined up at the start in the senior event with varying age ranges and experience in all three boats.

In one boat, for example, there was 18-year-old Becca Jeffery stroking and 62-year-old granddad Barrie White in the bow. In the middle seats sat Adam Kelly and Jon Hare and the crew was coxswained by Hannah Wilson in the "Frank Parkhouse."

But this mixture of youth and experience was not enough!!
They just failed in their chase of the other two boats.

Eventual winners were the crew of stroke Andrew Wilson, Nigel Cann (now there is experience!!), Ricky Syvret (a "Reds" rower, but able to row in the race because he is also a Blues club member) and the "stunning" Sarah-Jane Lee in the bow seat with Sophie Pearce as cox in the "Bideford Bridge Trust."

Runners-up were Vicky Bushby, Dave Byrnes, Matt Colwill and Adam Bright with Chris Daniel as cox in the "Bob Kelly."

Before this event the younger quadruple scullers took the stage with the crew of Vicky Bushby, Adam Bright, Jessica Myers and Sarah-Jane Lee with Chris Daniel as cox, in the "Smiles," just getting the better of Alice Jackson, Becca Jeffery, Rikki Kelly and Hannah Myers with Michelle Lewis as cox in the "John Uren" in a very close contest, and so take the BAAC Shield.

WEBSITE AND FORUM

Log on at www.bidefordaac.co.uk

Or contact the club at

bidefordaac@hotmail.com

or join our [google group 'bluesviews'](#) .