

Blues News...

February 2008

Welcome to the February edition of Blues News!

Annual Dinner and Dance:

This was held in November at the Royal Hotel in Bideford and was greatly enjoyed by all who attended. It would be good to see more folks there next time – if you have views on when it should be held or the format the evening should take, then let someone on the committee know.

Annual General Meetings:

It's that time of year again – the AGM for the Harriers' section will be held on Sunday 24th February at 7pm. The main club AGM will be held on Tuesday 11th March at 7:30pm. The rowers held theirs in January. Please make an effort to attend and be involved in the future of YOUR club.

Can you help?

We need a small group of four or five people who could organise the bar for "one-off" functions such as birthday parties and for times such as Boxing Day, New Year's Eve and New Year's Day, Regatta Day, Half Marathon Day etc. At present the burden is carried by Barrie and John and they always end up doing far more than their fair share. If you think you can help, then please talk to Karen as soon as possible.

Extraordinary Meeting:

On 29th November the Harriers held an extraordinary meeting to discuss affiliation for next year. It was decided that the section would affiliate to both UK Athletics and to the recently formed Association of Running Clubs. This means that for members who are interested only in road running rather than participating in cross country or track and field events, they will not need to register individually with UK Athletics and so will not need to pay the new registration fee. For more information about this and what the options mean for you, please talk to Karen.

Membership

Fees are now due. Forms can be picked up from the bar. Please pay promptly so we can avoid lynching all those late payers. Thank you.



On Sunday 13th January we hosted the Westward League cross country races. The day was a great success, despite the customary driving rain and wind. A great team effort – thanks to all who helped with marshalling, timing, refreshments etc.

Great to see so many Blues runners at the Braunton 10 Miler on January 27th. A sunny chilly run saw John Ward coming in 2nd. Well done to all who took part.

Bideford Half Marathon

You may have seen some notices around the club asking for help with the half marathon. This race is the biggest race we put on as a club almost a thousand runners! It is also our main income for the year. We need as much help as possible behind the scenes making cakes and sandwiches, serving refreshments in the kitchen, marshalling the course, handing out mementoes and manning the water stations are just some of the ways we need your help.

If you are thinking of entering this year please bear this in mind and nominate a friend or member of your family to help in your place.

Yours, Stephanie Jenkins (Secretary)

Sport Relief Mile

We are now approved to host the Sport Relief event on Sunday March 16th 2008 in Victoria Park at 10:30. We will need your help to make the event as successful as 2006. Publicity and advertising is underway and we have Samba Sol playing. We even have a sheep taking part (when we get the OK from the council) from The Big Sheep- 'Paula Ramcliffe' which should generate fantastic sponsorship and we have asked the real Paula Radcliffe for a letter of support. We are looking for teams to take part- perhaps in uniform or 3 legged etc. If you have any ideas for the day, want to get a team together or would like to help in some way, please contact Liz Warner on 01237 420728.

You can register to take part via the web site- www.sportrelief.com to complete a 1, 3 or 6 mile route.

The annual race around the two bridges the morning after the night before went well and was enjoyed by sixty or so runners. Many stayed for refreshments afterwards and someone was prowling around the bar with a digital camera. Thanks to Doug for putting the photos on the web site and many thanks to everyone who helped to organise the race and refreshments afterwards.

Full Moon Run

A group of club runners are organising a rural full moon run on Thursday February 21st of around 6 miles. Meet at the club in time to leave at 6:00 sharp. Headlights might be handy!! Please join us. All levels welcome.



Wyvern Christmas Cracker

Review by Dave Jenkins

The theory that, a dead flat race will always produce fast times, was disproved by this years CHRISTMAS CRACKER .Despite the flat course, the cold temperatures driving rain and a very tricky cross wind with gusts of up to 70 mph combined with wet sand, for about three and half kilometres of the race, resulted in most runners times being slower than expected.

However despite the lack of personal best times every one seemed to have a CRACKING time.

For some there was very competitive racing with a field 1161 runners with a full range of abilities (race winners time of 34.22.) (last fun runner home was timed at 1hr 35 mins)

First blues runner was Dave Braunton in a very creditable 38.57 making him 12th overall and 5th mv40. First female blues runner was Jo Bedler in 51.29

For others there was the atmosphere which, considering the conditions, was excellent. Several runners competed in fancy dress which was an additional challenge. In particular for Clive Bright who dressed as a snowman was unfortunate to be disqualified from second place in the kite buggy race which was taking part adjacent to the course.

The whole day was made special by excellent organisation on two fronts firstly Wyvern athletics club, (this has got to be one of the best organised events in the south west with good changing facilities , showers, bag storage and results service etc) Secondly Alan Heard who made contact with Torrington A.A.C. and North Devon road runners to share the coach. He also organised a draw

and ensured everyone found their way to the pub for food and a few beers and checked that every one got on the coach at the end of the day.

For full results and photos of runners before during and after the race check out the website www.westonac.co.uk (you can even post a comment beneath each photo on that web site).

This event is an annual fixture for the Blues and suitable for runners of all abilities. If you enjoy a well organised run with good facilities, the chance of a fast time weather permitting and a couple of pints afterwards this is the run for you.
BE WARNED THIS RACE IS ALWAYS OVERSUBSCRIBED SO NEXT YEAR ENSURE YOU ENTER EARLY OR YOU WONT GET IN

5 Minutes with a Blues Member:

Name: Karen Curry

Time Running: 27 years

PB: 3:44:07 Windsor Marathon September 22nd 1996 – knocked almost 15 minutes off previous best marathon time and managed not to throw up at the end.



Reasons for running: Stress avoidance, enjoy feeling fit, allows me to eat and drink more or less what I like and the support and great friendships associated with the club.

Favourite Race/Route: Fave race Torrington “Round the Tree” – a good excuse for Taff’s fish and chips afterwards.

Best running tip: When life gets busy, cut out the “junk miles” – three quality sessions per week will prepare you well for any race.

Best nutritional advice: Passed on to me by the guru Alan Cox – drink plenty of fluids (several pints of Holsten Pils per day should do it) and vary your diet (chicken and chips during the week, fish and chips on Friday and Saturday).

Favourite Sports Brand: Reebok

Do you think you’ll always run?: Whilst my legs/lungs will let me.

What do you like about being in the Blues: Good company, support and friendships and feeling comfortable walking into the bar on my own.

What would you change: We need a new pasty warmer!
(Your wish is our command Karen....!)

Kitchen

We have a new Pasty Warmer!

Diary Dates

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|---------------|---|
| February 21st | Full Moon Run |
| March 2nd | Bideford Half |
| March 16th | Sport Relief |
| March 21st | Good Friday Relays |
| April 12th | Exmoor Coastal Marathon Lynmouth |
| May/June/July | Club Handicap Series (Watch notice board for dates) |
| May/June/July | North Devon Relays (Watch notice board for dates) |
| May 18th | Bideford 10K |

Bideford 10 Miler (Date to be confirmed)

Fancy a long weekend on the Guinness?

We are thinking of organising a trip to Dublin for the marathon which is to be held on Monday 27th October 2008 (falls in half term). If you are interested in joining us, talk to Karen or Tracey Wilson.

Website & Forum:

Log on at www.bidefordaac.co.uk Or contact the club at bidefordaac@hotmail.com or join our google group 'bluesviews' .

Junior Harriers :

Congratulations to Sarah Turner and Erica Woolgar who qualified as Level 1 Coaches in January 08 and Hazel Earl and Lorna Turner who qualified as Level 2 Coaches in November 07.

BLUES builds links to Schools - Now the club holds 'Club Mark' status, some of our coaches are helping to link the club to schools in the local area, providing many youngsters with the opportunity of enjoying athletic activities.

By offering after school clubs or taster sessions, children are improving their fitness and having fun whilst learning what Bideford AAC is all about.

The club is particularly proud of the achievements of its young coaches - Hazel Earl, Sarah Turner, Erica Woolgar, Craig Bellew and Dan Mapp, who regularly coach both at the club, and at several local schools. Through an initiative run by Bideford College they are also helping to promote the 'Science of Sport' at East the Water School in February.

Tesco Vouchers – Thank you to everyone who handed in their vouchers. 1110 were collected in total and an order for agility ladders, egg and spoon sets, plus a special indoor sportshall ball has been sent off.

Subscriptions – We have been collecting subs of £1 per month per athlete since October, to cover ad hoc/additional junior expenditure. This money will be used to purchase prizes/medals/trophies/certificates. It will also be used to pay for affiliation costs to England



Athletics, which is currently £5 a year for each participating junior aged 11 and over. Please remember to pass your subscription money to Denise each month. Annual club membership is now due for the period January 08 to December 08 and is £13 per junior athlete. If you have not already done so, please can you collect a membership form from Denise and return it completed, along with payment ASAP.

Devon Sportshall League – Sam Musselwhite, Zo Gardner, Jess Turner, Sam Chance, Alistair Prades, Hugo Blick, Luke Snetzler and Tom Cawsey have taken part in this league. At the Sportshall Championships held in November, six medals were won between them, two of them gold. Tom picked up a gold in the Standing Triple Jump (and a silver in the 6 lap race to go with it), while Zo tied for first place in the Balance Test. Other medal winners were Sam Chance and Alistair with a silver each and Hugo with a bronze. Zo, Sam Chance, Alistair and Tom were also selected to represent Devon at the Inter Counties competitions.

Brooks Westward League Cross Country – Chelsea Crawshaw, Bridie Head, Scott Cartwright, Hugo Blick, Tom Cawsey, Harry Edney, Keiren Wreford, Jack Oliver, Jack Blight, Erica Woolgar, Craig Bellew and Dan Mapp have taken part in this league.



This is a great opportunity for athletes to compete against other clubs from all over the southwest, and we would like to see more of you taking part, after all, this is what you and your coaches have been working towards, competing against the best athletes in the region.

There are two more meetings left, which are on Sunday 10 February in Bovey Tracey and on Sunday 16 March at Bicton, so book your place on the minibus ASAP.

N Devon Cross Country League – Susie Roberts, Zo Gardner, Alli Kelly, Ruth Wormington, Scott Braunton, Sam Chance, Matthew Fay, Kelvin Gordon, Alex Gurr, William Jackson, Ned Oliver, George Roberts, Jack Unsworth, Anela Butler, Bridie Head, Danielle Sussex, Mischa Behnke, Hugo Blick, Scott Cartwright, Luke Snetzler, Chelsea Crawshaw, Leanna Fay, Tom Cawsey, Harry Edney, Kieren Wreford, Sarah Turner, Erica Woolgar, Jack Blight, Jack Oliver have all taken part in this league.

Coaches Lorrie, Mark and Stewart have also competed, showing the juniors how it's done!

The final meeting, which includes the presentations, and usually lovely cakes, will take place on Sunday 10 February 08 at West Buckland School.

South West Cross Country Championships – which incorporated the South West Inter-County Championships was supported by nearly 800 athletes from Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire.

Our participating juniors, who travelled to Bicton College on 6 January included Anela Butler, Ned Oliver, Scott Cartwright, Luke Snetzler, Chelsea Crawshaw, Tom Cawsey, Harry Edney, Keiren Wreford, Jack Oliver, Jack Blight, Erica Woolgar, Sarah Turner and Dan Mapp. Chelsea, Sarah, Erica and Dan were also representing Devon, having been selected at the Cross Country County Championships in Exeter in December and Ned must have been one of the youngest competitors, putting on a promising display, to finish in 33rd place in the U13 Boys' race just weeks after his 11th birthday.

Rowing Section:

The Rowing Section AGM was held on Sunday 27th January. The following officers were elected:

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|---|-----------------|
| Secretary: | Nigel Cann |
| Treasurer: | Neil Pennington |
| Child Protection Officer/ Health & Safety Advisor: | Tracey Wilson |
| Water Safety Advisor: | Neil Pennington |
| Rowing Captain: | Matt Colwill |

Regatta Dates:

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| May | 11th | Sun | Bideford Head Race |
| June | 14th | Sat | Plymouth Regatta |
| | 21st | Sat | Wimbleball Regatta |
| | 28th | Sat | Totnes & Bridgetown Regatta |
| July | 12th | Sat | Exeter Regatta |
| | 19th | Sat | Greenbank Falmouth Regatta (Stithians) |
| | 27th | Sun | Appledore & Instow Regatta |
| August | 16th | Sat | Paignton Regatta |
| | 23rd | Sat | Torbay Regatta |
| | 28th | Thurs | Dartmouth Regatta |
| Sept | 6th | Sat | Bideford Regatta |
| | 13th | Sat | South Coast Championship Regatta - Plymouth |

We always want input into the newsletter from all club members, so if you have something to say and share, maybe a race revue, 5 minutes with..., something you'd like to advertise, running tips.....please let Liz know at aehwarner@hotmail.com or go onto the Blues Web Forum.

