

# ELVET STRIDERS AGM 2017

## TRACK AND FIELD

### **TRACK RELAYS:**

The first track event this season was the Spring Relays in Whitley Bay, back in April. We had 10 club members competing and so, for the first year, were able to field separate men's and women's teams. It was a great afternoon and we'd like to say a huge thankyou to all who attended.

### **NEMAA EVENTS:**

The North East Masters Athletic Association (NEMAA) track and field events were held on six Monday evenings between May and July. **NINETEEN** striders in total, participated over the six evening meetings and we'd like to take this opportunity to thank every single one of them for coming along.

NEMAA events are for athletes over the age of 35. Athletes compete in track and field events with others of similar ability and are awarded Grand Prix points depending on their position within their particular age group. Team Grand Prix points are also awarded and clubs are then placed against each other, as in XC.

Therefore, the more club members participating, the more points we get.

Also included this year was the 3000m walk, and as usual the last meeting included 4x100m and 4x400m relays which were competitive and exiting!

There are Grand Prix points' tables for each age group and club teams, and a link to this, can be found within our report which will be included in the AGM minutes. However, we would like to highlight some of this year's achievements:

### **Individual Achievements:**

- **Helen Wilkes:** 1<sup>st</sup> overall in her age category in NEMAA Grand Prix for both Jumps and Throws, which is an amazing achievement.
- **John Greathead:** Attended all 6 NEMAA meetings and placed 1<sup>st</sup> in his age category for the Jumps Grand Prix.
- **Fiona Jones:** Attended all 6 NEMAA meetings and placed 2<sup>nd</sup> overall in her age category for the Middle Distance Grand Prix. Fiona also finished 2<sup>nd</sup> in her age category at the 5k&10k Track Championships in September, where she got a PB in the 10,000m.
- **Lynsey Wills:** Attended her first Track and Field season and placed 3<sup>rd</sup> in her age category for Throws.

- **Steve Ellis:** Attended his first Track and Field season and placed 3<sup>rd</sup> in his age category for Throws.
- **Michael Barlow:** “The Good All Rounder” Attended his first Track and Field season and placed 4<sup>th</sup> within his age category in the Grand Prix for Sprints, Jumps and Throws. He also placed 1<sup>st</sup> in 400m at the Bobby Tinkler Track and Field event last month.
- **George Nicholson:** Attended the final meeting at Jarrow and he came 2<sup>nd</sup> in his age group in the 200m sprint. (V65) He won't mind me telling you that.
- **Sally Hughes:** Currently studying at Loughborough University, Sally has competed in middle distance races, at a number of open age track meetings down in Loughborough and Watford, where she clocked an amazing time of 10:49 in the 3000m.
- **Stephen Jackson:** Placed first in 5000m at the Bobby Tinkler Track and Field Event last month in an amazing time of 16:07.
- **Jason Harding:** Is now a second claim member, due to his affiliation with Wolverhampton and North East Vets. Jason came first in his age category in the 3000m Steeplechase at the **British** Masters Championships in Birmingham back in June with an amazing time of 10:42. A month later, Jason then competed in the **European** Masters Athletics Championships in Denmark and won a bronze medal in his age category in a time of 10:49. As a result of his hard work and determination, Jason is now ranked 1<sup>st</sup> in his age category in the UK for both 1500m & 2000m Steeplechase and 2<sup>nd</sup> in his age category in the UK for 3000m Steeplechase.

### Team Achievements:

- Men's Team placed 7<sup>th</sup> out of 14 (three places behind Crook AC)  
(Last year we were bottom of the table with **23** points, this year **246** points).
- Women's Team placed 4<sup>th</sup> out of 9 (only one place behind Crook AC)  
(Last year 7<sup>th</sup> out of 9 with **84** points, this year **323** points).

A huge thanks to everyone who attended the NEMAAs over the summer, you all came together, supported one another and gave 100%, which resulted in such an immense improvement on last year!

We've upped our game on last season, but we know we can do even better – so come on, let's give those other clubs something to really worry about next season.

We'd like to thank everyone for your support over the last two seasons and helping us build on last year's success.

**NEXT SEASON:**

Our plan for next season will be documented in our extended report, which will be included in the AGM minutes. However, please look out for our "**Club Run**" event which we are planning for next year, where club members can try various track and field events.

Lesley and I have really enjoyed our second season as track co-captains and we're looking forward to training with and supporting even more of you throughout this coming season.

Thank you.

## **CLUB MEMBERS COMPETING IN TRACK AND FIELD THIS SEASON**

<b>Club Members Competing in Spring Track Relays 2017</b>	
Susan Davis	Andrew Davies
Jan Ellis	Steve Ellis
Fiona Jones	Jason Harding
Anne Seeley	Phil Owen
Catherine Smith	Gareth Pritchard

North East Masters Athletics Association Track and Field Grand Prix

<b>Club Members Competing in NEMAA Track and Field 2017</b>	
Jan Ellis	Andrew Davies
Fiona Jones	Steve Ellis
Lesley Charman	Peter Hart
Helen Wilkes	Mike Barlow
Steph Barlow	John Greathead
Rachelle Mason	Andrew Munro
Angela Greathead	George Nicholson
Kerry Barnett	Gareth Pritchard
Catherine Smith	Phil Ray
Lynsey Wills	

### **INDIVIDUAL POINTS:**

Individuals are awarded points for each event they compete in (for which there is a maximum of three per meeting). These points are totalled for each event and categorised into the following disciplines: sprints, middle distance, jumps and throws. Individuals are then awarded points according to their placing within their age category for each event in which they compete.

Individual competitors' results are linked to the 'Power of Ten' results site:

(<http://powerof10.info/clubs/club.aspx?clubid=479>).

A list of the overall Grand Prix winners can be found here:

<http://northeastmastersathletics.weebly.com/grand-prix-winners-2017.html>

Individual and Team Grand Prix tables for 2017 can be found here:

<http://harrierleague.com/tandf/nemaa2017/GP.htm>

## **NEXT SEASON:**

- “Club Run” event where club members can try various events.
- OPEN Track and Field events – hopefully to include the open aged league.
- Six NEMAA Track and Field meetings (Monday evenings) for club members aged 35 and over (all welcome to come and support).
- NEMAA track and field championships.
- NEMAA 5k and 10k Championships
- NEMAA pentathlon championships.
- Other NEMAA events:
  - Hartlepool Marina 5mile
  - Saltwell Fell Race
  - Sand Dancer 10km
  - NE Masters Road Relays in Jarrow
  - Walkergate MT 5km
  - Tynedale 10mile
  - Wallsend Terry Ohara 5km
  - Morpeth 10km
  - Town Moor Marathon

**COST** to join NEMAA £10, to renew £10 in January or £20 from February onwards.

Each NEMAA Track and Field meeting costs £3 for up to 3 events.

Events include Jumps (long, triple, high), throws (shot, javelin, discus, hammer), sprints (100m, 200m, 400m) and middle distance (800m, 1500m, 3000m).

The 2017 season also included some non-scoring events: open age mile, 4x100m & 4x400m relays, weight and 3000m walk.

**We will be promoting events in the New Year and reminding you all regarding NEMAA registration.**