

THE NEWSLETTER

THE NEWSLETTER OF GATESHEAD HARRIERS & ATHLETICS CLUB

SUMMER TRACK AND FIELD TEAM FIXTURES 2017

Senior Men and Women 11.30 – 17.00

Saturday	6th May	Northern Seniors League (1)	Leeds
Sunday	4th June	Northern Seniors League (2)	Hexham
Sunday	9th July	Northern Senior League (3)	Morpeth
Saturday	5th August	Northern Senior League (4)	Middlesbrough
Saturday	19th August	Play off match	Doncaster or Leigh

Youth Development League Upper (U17 and U20) Men and Women 10.30 – 18.00

Sunday	30th April	YDL (1)	Hull
Sunday	28th May	YDL (2)	Middlesbrough
Sunday	25th June	YDL (3)	York
Sunday	23rd July	YDL (4)	Sheffield or M'boro

Youth Development League Lower (U13 and U15) Boys and Girls 11.45 – 17.00

Saturday	22nd April	YDL (1)	Preston
Saturday	20th May	YDL (2)	Leeds
Sunday	18th June	YDL (3)	Sport City Manchester
Saturday	15th July	YDL (4)	Preston

North East Youth Development League (Gateshead 'B'-team) (U13, U15 and U17) Boys and Girls 11.45 – 17.00

Sunday	30th April	NEYDL (1)	Jarrow
Sunday	21st May	NEYDL (2)	Whitley Bay
Sunday	25th June	NEYDL (3)	Whitley Bay
Sunday	16th July	NEYDL (4)	Whitley Bay

Minor Athletes Meetings (School years 3, 4, 5, & 6) 09.30 – 13.00

Sunday	7th May	Minor Athletes Event (1)	Gateshead
Sunday	11th June	Minor Athletes Event (2)	Gateshead
Sunday	2nd July	Minor Athletes Event (3)	Gateshead
Sunday	6th August	Minor Athletes Event (4)	Gateshead

Indoor Track and Field 2017

Indoor College Meetings:	9th February	Gateshead
	16th March	Gateshead
Gateshead 5k	23rd August	Quayside
Tartan Games	27th August	Gateshead

RESULTS

Xmas Parlauf 2016

The popular annual Xmas Parlauf was held on Thursday 16th December. The Parlauf itself was run over 10 laps of the Track and the lead changed several times during the Race with many teams challenging and making it very competitive - as can be seen by the results below.

- 1) Conrad Franks & Peter Gimoldby 11min-27.1sec
- 2) Devon Stead & Mary Ferrier 11min-29.01sec
- 3) Ethan McGlen & Steven Medd 11min-29.02sec

England Athletics Multi Event Championships

U20 Women

Sophie Bronze held her own in a really strong and competitive field where just a couple of hundred points split the top 15 going into the 800m. In the 800m she took the race out and went for broke to try and get a PB score. Her 2.39 800m followed a strong shot putt close to her pb, solid high jump and long jump markers and a good run in the hurdles. Overall she finished with 3267 points and 8th place.

U23 Women

Lucy Turner made her debut in senior combined events and took 4th overall picking up a silver medal in the U23 championships and a bronze medal in the northern championships. With three indoor PBs along the way and a pb score overall by nearly 300 points she broke her own club pentathlon record. With 3712 points Lucy came extremely close to challenging for a GB spot missing out by just 50 points

U23 Men

Gateshead Harrier's Anthony Hogg took part alongside Gateshead based training partners. Aiden Davies, James Finney and Harry Maslen. After a strong day 1 including an equal pb 60m and a big shot putt pb Anthony was sat in 3rd in the U23 age group but withdrew before the hurdles on day 2 as a precaution after feeling pain from a recurring groin injury. This left James, Aiden and Harry to battle it out. With all three making the U23 podium and Aiden getting the win and GB selection.

Welcome to the first edition of the new-look Gateshead Harriers & Athletics Club newsletter. The newsletter will appear regularly bringing members news, fixtures, competition results and profiles of club members, coaches and officials. It's your newsletter so please get involved. Send us anything you'd like to see included and let us know what you would like to see in future editions. You can find our contact details elsewhere in the newsletter.

Club ethos

Gateshead Harriers and Athletics Club promote a safe and enjoyable environment for the provision of athletic activities for eight year old children through to adults of all ages, we even have a mini athletics club for ages 5-7. The club is evolving a progressive coaching structure which supports the principles of the UKA model for athlete development. The model highlights the requirement for athletes to possess the range of skills and attributes appropriate to their current stage of development. Athletes who enter the sport at an advanced age are encouraged to be trained to address key deficiencies in order to reach their full potential.

Based at Gateshead International Stadium, the club provides opportunities for Road Running, Cross Country and Track and Field, most training is on Tuesday and Thursday evenings. Although we are happy to train athletes who simply enjoy the pleasure of participation, we are actively involved in local and national competition programmes enabling opportunities to compete at various levels

Our club works hard to ensure that we are representative of all members of the local community and that members are able to access our services within a framework of equal opportunity for all.

Training Nights

Club training nights take place every **Tuesday and Thursday Night 6-8pm** at Gateshead Stadium. Once an athlete has been assigned a coach this may change according to the coaches schedule.

Track Closures

- 30th January
- 24th May
- 5th-11th June
- 29th June



Gateshead Harriers and Athletics Club



@GatesheadHAC



www.gatesheadharriers.com



info@gatesheadharriers.com

WIN

A Club Hoodie!

All athletes across all events who achieve a PB before the end of May will be entered into our prize draw to win a club hoodie.

The very best of luck to everyone!



Earn Your FREE club training tops!

All club members who make an appearance in any event will be given a Gateshead Harriers & Athletics Club team T-Shirt with the compliments of the club.

Those committed club members who compete in all of the YDL matches this Spring/Summer season will also receive the much prized Gateshead Harriers & Athletics Club Team Hoodie. Wear your club colours with pride!

KIT SALE NOW ON!

All Training Tops, Hooded Tops, Vests and Crop Tops. All featuring Gateshead Harriers branding.



10% OFF



1st Floor Barker & Stonehouse
Strawberry Buildings
Leazes Park Road
Newcastle upon Tyne
NE1 4PQ
info@oakatbarkerandstonehouse.co.uk

Proud to support Gateshead Harriers & AC

Snacks & Light lunches - Fresh cakes - Afternoon Tea - Coffee



PRESENTATION NIGHT

November's annual Presentation Night saw over 200 awards recognising excellence across the full range of track and field disciplines and age groups handed to deserving recipients across the club. You can see a full list of recipients at the website. Highlighted here are the recipients of the Team Managers Awards. Congratulations to all.



Membership

New members

Call into the Harriers Office at Gateshead International Stadium on a Tuesday or Thursday night between 6:45pm and 8:30pm and pick up an application form. Payment can be made by debit / credit card, cash, cheque or standing order.

Please note that new members cannot join online as we need to allocate you a coach first, which can take up to 10 days from enquiry. We do not expect you to join and pay Membership Subscriptions straight away, as we would prefer that you ensure that you will be happy at the club first.

Existing members

Renew your Membership Subscription at the Harriers Office on a club night.

Payment can be made by debit / credit card, cash, cheque or standing order.

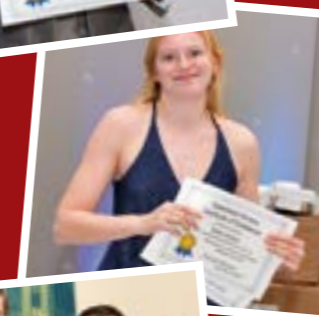
Existing members should receive an email from England athletics with a payment link to pay their fees. If you haven't received an email please contact us at, office@gatesheadharriers.com

Fees for 2016/2017

Under 11	£40
Under 18, Students, Retired & Unemployed	£55
Over 18	£65
Family Membership (2 adults & up to 3 children aged up to 21 years)	£85
Second Claim	£15

Contact

Gateshead Harriers & Athletics Club
c/o Gateshead Stadium,
Neilson Road,
Gateshead
NE10 0EF



U17 Road/Cross Country Men
Matthew Wakefield and Aleck Haddon

Youth Development League Lower Girls
Alisha Lamb

Senior Road/Cross Country Women
Caroline Campbell

Senior Road/Cross Country Men
Conrad Franks

U17 Road/Cross Country Women
Elisha Tait

U13 Road/Cross Country Boys
Harry Morris

U13 Road/Cross Country Girls
Ines Curran

Junior Road/Cross Country Men
James Cripwell

U15 Road/Cross Country Boys
James Morris

NEYDL Boys
Liam Eastaugh

NEYDL Girls
Lucy Giles

U11 Girls
Lucy Webster

Seniors Men
Martin Ferguson

U15 Road/Cross Country Girls
Natasha Stephenson

Youth Development League Upper Men
Nick Byrne

U11 Boys
Noah Curran

Seniors Women
Rebecca Ferguson

Youth Development League
Upper Women
Sophie Bronze

Bring this add to the Cafe and receive 10% off your order

PAST

Gateshead born Angela Gilmour is an English former track athlete who competed in the 400 metres and the 4 x 400 metres relay.



In 1986, she represented England at the Commonwealth Games in Edinburgh where she reached the final of the 400 metres, finishing eighth in 53.97 secs, before teaming up with Kathy Cook, Linda Keough & Jennifer Stoute to win a silver medal in the 4x400 metres relay in 3:32.82.

In 1988, Angela earned selection for the 4 x 400 m relay squad for the 1988 Seoul Olympics. She didn't compete in the heats but came in as a replacement for Janet Smith for the final.

Angela had some of her best results indoors, including reaching the 400 metres final at the European Indoor Championships in both 1989 and 1990.

In January 1990, Angela competed at her second Commonwealth Games in Auckland. In the 4 x 400 m relay, she won a gold medal with teammates Jennifer Stoute, Linda Keough & Sally Gunnell in 3:28.08. At the European Championships in Split, she ran 53.00 to reach the semi-finals of the 400 metres. She ran in the heats of the 4 x 400 metres relay. The British quartet went on to win a bronze medal in the final with Sally Gunnell replacing Angela.

Angela still holds the UK age 14 record for 400m of 56.19 to this day.

PRESENT

Jason Nicholson is one of Gateshead Harriers & Athletics Clubs star athletes.

He was placed 3rd in the 2016 European Youth Championships having also been

English Schools U17 100m Champion, SIAB Champion, England Athletics Championships U17 100m Champion, UK School Games 100m Champion. Jason had this to say about the year ahead;



"I would have to say my biggest achievement to date would be winning my bronze medal at the European youth championships, not only was it a great honour to represent my country and wear the GB vest but to come away with a medal and a PB made it even better. My main goal for this year is to make the GB team for the European junior championships out in Italy. I also want to achieve the u20 Gateshead record in the 110m hurdles. Looking towards the summer season I would like to perform well at the English schools championships and England athletics championships."

HOW TO BECOME AN OFFICIAL

Joan Smith is a Level 3 track judge and Level 1 endurance official. She travels as a track official to YDL, NEYDL and senior team fixtures. She also officiates at NEHL XC and schools XC events. She is a club volunteer and can be contacted most Thursday evenings in the Harriers Office. Here she tells us her path into the role she now enjoys.



"I've had a lifelong interest in athletics. When asked about becoming an official, I took the chance. I attended a training course at Gateshead and nervously went to my first event where I received help from friendly, experienced officials. I went to many more events progressing to Track Levels 1,2 and 3. What an enjoyable journey. During the outdoor track and field season 2016, I became aware of difficulty getting officials especially when events clashed so I helped to recruit people to take up officiating roles in various disciplines. This resulted in an excellent turnout at the 2016/17 training courses. I am keen to recruit and encourage young people who could, with dedication and enthusiasm, become our International officials of the future." **Contact Joan at the club to find out how you could become an official or to see a full list of all the current courses in the North area go to: <http://www.englandathletics.org/courses-and-bookings>**

STEPHEN MILLER AIMING FOR PODIUM IN 2017



After a terrific 2016 in which he won a Bronze Medal at the IPC European Championships, Gateshead Harrier and world record breaking Paralympian Stephen Miller is setting his sights characteristically high for 2017.

"My sporting goals this year are purely to win a medal at the IPC World Championships in London this July. All my training is geared around this goal and the dream of

being on the podium. Being back in London means it will be even more special and a great opportunity to compete in front of a home crowd. My business and other goals are to continue to help grow SMILE Through Sport. We operate all over the North East, creating hundreds of opportunities for disabled people to get into sport."

Meet Your Committee



David Mount - Chair

In my young days I was a very useful half-miler, yes pre-decimal. I loved competition, even cross-country, most of my friends thought I was slightly mad.

Now many years later I find myself Chairman of Gateshead Harriers and AC, and the passion for the sport is still there. Now, the demands on leisure time among young athletes is such that as a club we must make sure our athletes experience is exciting, satisfying and fun, after all we are competing with Nintendo and Sony as well as football, rugby and other pastimes. Competition is so important to the development of young athletes. It builds resilience, confidence and self-belief. Our coaches, who are all volunteers, understand this and will ensure each athlete will be the best they can be.

The club is blessed with a hard-working and dedicated committee, with ideas to take the club forward we need your support to develop and sustain the club because together we are GATESHEAD HARRIERS.



Roland Peacock - Vice Chair

Roland is our Coach Development Co-ordinator, working to set up a

modern coaching structure within the club, recruiting new coaches and promoting development opportunities for existing coaches.

He holds the new UKA coaching qualifications of 'Athletics Coach' and 'Coach in Running Fitness', and coaches senior and veteran men and women.

As an athlete, Roland has completed a number of marathons and ultra marathons. His personal development objectives involve sprints and throws. Roland holds a PhD in applied psychology and is a project manager within the NHS.



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