

# JUNE

## LUCOZADE SPORT- NUTRITION ADVICE

We are very lucky to have TOMMY CRAIG – sports scientist and nutrition expert – coming to the stadium THURSDAY 5<sup>TH</sup> JUNE to give advice on nutrition, hydration, and how your training should impact on your food and drink.

Tommy will give TWO presentations, one at 6.15 and one at 8.15. Both will be in the lounge.

There will be a Basic Sports Testing session for all, together with (free) sample of Lucozade drinks – e.g HydroActive, Sport, and Caffeine Boost .

**ALL ARE WELCOME TO COME ALONG TO THIS NOT-TO-BE-REPEATED SESSION**

### NATIONAL LEAGUE ATHLETICS

On Saturday 7<sup>th</sup> June we are hosting our first-ever British Athletics league Championship Division match for our Senior men. Teams will be present from Sheffield, Trafford, Thames valley harriers, Border A.C., Kent A.C., Harrow (London) A.C., and Liverpool Harriers, as well as our own lads. The event kicks off at 12.30 – COME ALONG AND GIVE OUR BOYS SOME ENCOURAGEMENT!!

### ON TRACK WITH TALENT

‘Athletics Weekly’ – the world’s only weekly athletics magazine – is to follow the progress of six promising athletes. This is part of a new project called ‘Heroes’. TWO OF THE SIX ARE MEMBERS OF Gateshead Harriers – Niall Flannery and Ross Murray. The other four are Jordan McGrath, Laura Weightman (Morpeh), Jessica Leach, and Abdirisk Ahmed.

Athletics Weekly is available at a much reduced cost for under 20 year olds – you can subscribe at [www.athleticsweekly.com](http://www.athleticsweekly.com)

### COACHING COURSES

England Athletics (North East) has just announced some more coaching courses:

Level One (assistant coach): 15<sup>th</sup> June, 26<sup>th</sup> July, 21<sup>st</sup> September, 19<sup>th</sup> October (Gateshead) 15<sup>th</sup> November

Level Two (coach): 21/22<sup>nd</sup> September (Gateshead), 27/28 September (Middlesbrough) plus 8/9 November

Level Three – various dates

Strength and Conditioning: 25/26 October (Gateshead)

Mentoring: 29/30 November (Gateshead)

### 78<sup>TH</sup> ENGLISH SCHOOLS CHAMPIONSHIPS – Gateshead – Fri/Sat 11/12<sup>th</sup> July

With over 1800 competitors (yes, over one thousand eight hundred!!), plus two hundred team managers, three hundred volunteers and officials, plus other volunteers, this is the largest single-sport meeting in the country. With FOUR HOURS of Sky TV coverage, yes, you can watch it at home, but why not become part of the event yourself?? Contact Chris Betts on [christopher.betts@btinternet.com](mailto:christopher.betts@btinternet.com)

And he will find you some way to become involved, either for a morning or the whole day, or, eve, both whole days!!

### CHAMPION ATHLETES!!!

Many congratulations to our North of England Champions – Tim Parkin (U17M Pole Vault – Gold), Rebecca Liddell (U17W 80m Hurdles – Silver) and Jessica Read (U15G Long Jump – 3<sup>rd</sup>). Also to all those who competed in the excellent North east Championships – no fewer than SEVEN Championship best performances and many, many gold, silver and bronze medals!!!

## Senior/Junior Men's Road and Cross Country Results – Tony Gardner

The most recent significant has been the National 12 Stage Road Relay where the team of Chris Parr, Adam Carmichael, Jaacko Leonin, Marc Elliott, Chris Paton, Richard Hall, Stephen Rhodes, Martin Slater, Chris Hainsworth, Geoff Smith, Conrad Franks and Malcolm Thirlaway improved the team performance by 5 places compared to last year in finishing 40<sup>th</sup> and 2<sup>nd</sup> North Eastern team. In the Redcar half Marathon Michael Thompson finished 18<sup>th</sup>, Steven Medd 79<sup>th</sup> and Paul Hindaugh 96<sup>th</sup> to finish 13<sup>th</sup> team. Special mention goes to Paul who knocked over 20 minutes off his half marathon pb.

### Senior/Junior Women

There was no team in the National 6 Stage Road Relay although Mary Ferrier competed by herself and finished the first stage in 6<sup>th</sup> place.

Jesmond Dene Handicap Series. Both Conrad Franks and Jess Trowbridge finished 2<sup>nd</sup> fastest male and female in the first race of the series whilst Gillian Robinson picked up the W35 prize.

### Sportshall for our younger members – a little late but..... By Lianne Brown

Once again this year has been a great success for Tyne & Wear in Sportshall Athletics as they made it a clean sweep in the regional event with several athletes from Gateshead H & AC representing the county. The regional event was hotly contested with Tyne & Wear eventually clinching first place in all four categories and the two individual athlete awards.

Sam Hall was a force to be reckoned with at the regional event in the high jump winning with a jump of 1m57. He then went on to win at the UK Final held in NEC Birmingham on 12<sup>th</sup> April with a winning jump (and new PB) of 1m 61. This was a great achievement for Sam and the whole team as it was Tyne & Wears' first gold medal at the finals.

Martin Young, the most experienced athlete of the Tyne & Wear team, was going for gold after winning bronze and silver in the 2 previous years on the track. Unfortunately for Martin and all those involved, the track events had to be cancelled due to an unsatisfactory floor surface provided by the NEC. Chris Mayoh, Hannah Pringle and Sarah Purkis will all hopefully get the chance to compete properly next year!

### LEAGUE MEETINGS:

**Junior league – under 20's.** Our team travelled first to Liverpool where in a closely-fought match we unfortunately finished in 7<sup>th</sup> position. The next match was a home match and on this occasion we pulled out all the stops and finished in first position – which makes us third position overall in the league :

1 TEAM EDINBURGH	926	15	2 SALE HARRIERS	900	13	3 GATESHEAD HARRIERS	838	10
4 KINGDOM ATHLETICS	844	9	5 LIVERPOOL HARRIERS	774.5	9	6 CITY OF YORK AC	750.5	7
7 LEEDS CITY A.C	706	7	8 TRAFFORD A.C.	475	2			

**Young Athletes league:** A disappointing result after the (very) long journey to Liverpool saw our squad defeated by the strong Liverpool club, but also, narrowly, by Preston harriers. Victory in our home match against Leeds, Sheffield and York, and also at Blackpool, showed our squad are back to form.

**Seniors.** A mixture of our 'A'-team and 'B'-team athletes competed in the first match at York resulted in victory for the home team, with Gateshead finishing strongly in 2<sup>nd</sup> position.

**Minor Athletes meetings:** These meetings for youngsters under the ages of 12,11,10, and 9 continue to be popular, and news about this innovative events put on by the club continue to spread – are now getting entries from as far away as Wakefield. Run by Mum's and dad's, more entries and (especially) more helpers are always welcome.

**NEAL** – the local Tynesdie events continue to go from strength to strength, with our members featuring strongly in the results. Congratulations to Richard Kilty, declared 'Athlete of the Match' on the first meeting for his performance of 15.8 secs at 150 m. This would have been a UK record for Richard and the club – except that there was no photofinish in operation!!!!

**WANTED:** Photo finish and EDM operators, announcers, computer operators, first aiders, finance raisers, etc etc etc!!

**Chris Betts**

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