



Beverleyac.com

Club Kit

Lots of Club Kit available: Vests, shorts, t-shirts, tops, hoodies, gilets, trousers and jackets. If you would like to view, order or buy please get in touch. I do have some fluorescent running t-shirts and accessories for sale very cheaply. Cash or cheques taken but needed before the items are given out. Kit will now be brought to the Leisure Centre and available in the bar the first Wednesday night of each month. I can bring items on other race days, Wednesday runs etc, if contacted beforehand. Photographs of items are on the kit page of beverleyac.com.



email [Sam Allen](mailto:Sam.Allen@beverleyac.com) or Tel: 07974 953188

Sports Relief: Rob was approached by Sports Relief about organising a Sports Relief Mile on March 25th. Having already expressed a desire for the club to support a charity in a practical way this was discussed with the committee. We are now committed to organising this relatively low-scale event at Beverley Race-course. There is no cost to the club but we will need helpers on the day and a few people to help with the advanced organisation. Rob feels strongly that the club makes a charitable commitment and that supporting a national running event is entirely appropriate. The Sports Relief Mile will follow the inner-rail of the race-course and participants will be able to run one mile, three miles or six miles. Sports Relief provide water and medals to the 400 (max) field. Contact [email](mailto:Rob.Reid@beverleyac.com) to volunteer

Chairman's Chat

Thanks to Lucas for starting off the Beverley AC Newsletter. Hopefully a bi-monthly newsletter will give more people in the club the opportunity to discuss things they've been up to and gives us all a chance to share other bits of stuff not necessarily to do with running. This also gives the committee, in particular, the opportunity to highlight the numerous activities that we're involved through the year.

If anyone has any ideas or contributions to make, please approach Lucas in the first instance. A couple of others bits from me:

Club Constitution: Brian has indicated that he will finally relinquish secretarial duties in the New Year. Already, some duties have been passed over – Claire Burcham is doing a great job co-ordinating our rapidly expanding membership. Brian and I have drawn up a list of other tasks that he looked after that could be shared out amongst members. A much reduced job-description will make the role of secretary much less onerous in the future.

As our membership approaches 250 we very much want to involve more people in the organisation of the regular events that we all enjoy throughout the year rather than the onus falling on committee members. Brian will help us through this transformation over the next year and we will be approaching people to help with particular tasks. Jayne Dale's brilliant organisation of the dinner-dance is a great example of how a non-committee member, with other willing helpers, can take on some of the burden.

Humber Athletic Network (HAN): We signed the club up to this (no cost) amalgamation of running / athletic clubs, local authorities, schools and NHS. This is part of a national strategy to get people into running and has a number of clear objectives:

- 1) Increased participation in organised running activities
- 2) Increased club membership
- 3) Increased number in club volunteers
- 4) Greater number of qualified coaches
- 5) Greater number of qualified club officials.

Our club has benefitted from Helen Storr, Stuart Little and myself all having received bursaries towards coaching awards over the last year.

I am currently co-ordinating HAN's road-running section and this involves a couple of meetings each month.

Thanks, Rob Reid (Chairman)



**ROLL UP, ROLL UP – FOR THE
EVENT OF THE YEAR
BEVERLEY AC ANNUAL DINNER,
DANCE & PRESENTATION
EVENING SATURDAY 4
FEBRUARY**

**Annual Awards Evening – 4 February 2012 - BOOK BEFORE ALL THE
PLACES SELL OUT**

**You are all invited to this event – you may even have won something! If
you've never been to one before make this your first one.**

**The event is held at Lazaat and you get a complimentary drink on arrival,
four course meal, wine on the table, disco and good company for a measly
£21 pp – that's less than it costs you to enter some races!!**

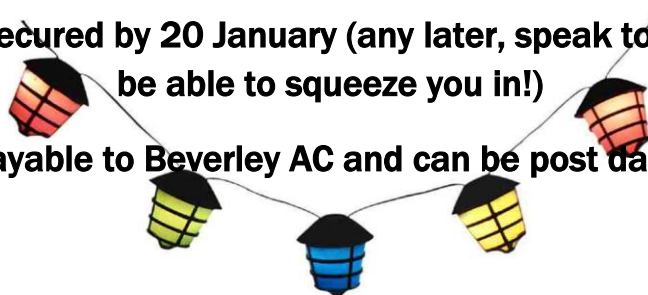
**Bring your partner or come on your own, request who you would like to sit
with and come and get to know more of the Club members, witness their
dancing techniques and see how many you can recognise without running
gear on!**

**Some members wear DJs, some wear lounge suits or even kilts, the ladies
can wear long or short – what you wear is up to you as long as it's smart
and easy to dance in – there will be no shortage of dance partners.**

**Secure your place now by contacting [Jayne](#) or one of the Committee
members – please see website for details.**

**Bookings to be secured by 20 January (any later, speak to Jayne – she may
be able to squeeze you in!)**

Cheques to be payable to Beverley AC and can be post dated to 1 February.





Read all about it!

Beverley AC continues to be regularly in the news – HU17.net has frequent articles and you can also read Newspaper articles in the Beverley Guardian and occasionally elsewhere



Kay writes reports on all races detailed in the race listings on the club website. You can help her by providing:-

- A list of Beverley AC prize winners (if applicable) – these are not usually published.
- If you have won a prize say so – don't be modest!
- Comments on the course
- Weather conditions
- Personal best
- Back from injury
- First prize
- First event at this distance
- New member - first race
- Any other relevant information or comments
- Photographs

If you are taking part in a race not detailed in the race listings on the club website, in addition to the above you should state:-
Name of race

Race organiser and web address

Link to results

All information and reports should be emailed by Monday evening to meet the deadlines for the weekend press.

Derwentwater 10

Members of Beverley Athletic Club enjoyed a weekend in the Lake District for the 52nd Derwentwater 10 road race. It was a cool and sunny autumn day with no wind so conditions were perfect for running. The weather enhanced the experience as runners tackled the scenic course round Derwentwater starting and finishing in Keswick.

The first Beverley runner to cross the finishing line was Steve Peacock who is currently on great form. It was his first time at Derwentwater and he completed the challenging ten-mile course in 1:00:41 and in 31st place overall. He was also second in the V45 age group.

The next Beverley runner to finish was Darren Rodmell. He loves running in the Lake District and Derwentwater is one of his favourite races. He warmed up for the race the day before by completing the Cat Bells fell walk with Lucy Stamford. He finished in 1:03:03, only a few seconds slower than his personal best for this distance which he set at this race last year.

Lucy Stamford was the first Beverley lady to finish. It was her third time at Derwentwater and she really enjoyed the event. Although she has not raced regularly recently she finished in 1:14:57 and in fifth place in her age category.

Andy Grainger continued his excellent form by recording yet another personal best despite the hilly course. It was his first time at Derwentwater and he finished in 1:21:28. He really enjoyed the race and commented “you are so distracted by the beautiful scenery that the race flies by.”

This was the third time that Lucas Meagor and Andy Johnson had run this race and they achieved course best times. Johnson beat his previous record here by more than a minute and Meagor was an amazing six minutes faster than his previous best.

Other notable achievements saw Brian Richardson, Jayne Dale, Amanda Ritchie, Frank Harrison, Helen Storr, Jacqui Dickinson and Pete McNally all finishing in the top ten in their respective age group.

There were 455 finishers and the race was won by Yared Hagos of Bradford & Airedale in 49:03. The first lady to finish was Pippa Maddams of host club Keswick AC in 1:01:52. Beverley AC finishing times:

Steve Peacock 1:00:41; Darren Rodmell 1:03:03; Andy Johnson 1:04:23; Lucas Meagor 1:10:55; Lucy Stamford 1:14:57; Francesca Giuntini 1:19:43; Andy Grainger 1:21:28; Brian Richardson 1:22:27; Jayne Dale 1:22:58; Amanda Ritchie 1:24:15; Tony Beck 1:38:15; Frank Harrison 1:39:48; Helen Storr 1:40:12; Pete McNally 1:46:22; Jacqui Dickinson 1:46:37; Sarah Tock 1:55:27.



NOTICE OF ANNUAL GENERAL MEETING

Beverley Athletic Club is holding its **Annual General Meeting** on **Wednesday 29th February 2012 at 8pm** in the **Leisure Complex Function Room**

All members are requested to attend and any potential members will be made welcome.

Those wishing to raise points or nominate a member(s) for a place on the committee should put them in writing or **email** to Rob Reid by the Wed 8th February for inclusion in the finalised agenda. This is your opportunity to put forward ideas/suggestions for the club in the year ahead.

The evening will commence with a subsidised buffet at 8pm and move on to the agenda listed below at around 8.30pm. The meeting normally runs for approximately 45mins.

A £2 booking contribution per head is required for food. To book food please add names to notice board list or **email** stating if veg option required. Names, with payment, to Jacqui Dickinson, required by Wed 22nd February.

Bring your cheque book/cash as Club Kit will be available to view and buy.

Also use this opportunity to pay Club Subs (**Form**) for 2012/13 due on the 1st May 2012

DRAFT AGENDA

1. Chairman's introduction
2. Election/re election of club officials
3. Chairman's report and review of 2011
4. Treasurer's report
5. Secretary's report
6. Club events /activities
7. Junior Section report
8. Open Forum



Find us on
Facebook

Beverley AC has its own Facebook page open to members - come and join the forum!



Dates for your Diary

(Dates in **bold** club involved in)
Click on races for links where appropriate

January

15 EYXCL

18 – Round the Town handicap – register by emailing Lucas Meagor

22 Brass Monkey (York Half Marathon) (**FULL**)

28 Northern Cross Country Champ

29 Ferriby 10 (official Club handicap race – Full)

29 Meltham 10K (Huddersfield)

February

4 Dinner, Dance & Presentation Evening

5 Dewsbury 10K

12 EYXCL

12 Liversedge Half Marathon

19 **Club CC Championships**; Wombwell 5;

Sleaford Half Marathon

25 **National XC Champ's**

26 Snake Lane (official club handicap race Full);
Huddersfield 10K

29 Beverley AC AGM 8pm

March

3 Sat **Golden Fleece Circuit 16 or 26.5 (South Cave)**

4 EYXCL; Norton 9 miler (Norton nr Doncaster); Haweswater Half Marathon; Gainsborough 10K

11 Walkington Reverse Handicap TBC

11 **Spenneth 20M Cleckheaton**; Dronfield 10K; Retford Half Marathon;

18 **East Hull 20**; Bradford 10K; Louth (Belchford 3 Churches) 10K; Harewood 10K; South Yorkshire Half Marathon (Barnsley)

25 Thirsk 10; Sheffield Varsity 10K

27 Champagne League commences

31 **Coniston 14; Northern 6 Road Relays**

Purple = Cross Country/relays

Blue = between 13.2 and 26.1 miles

Green = Ultra distance (over 26.2)

The club is pleased to have welcomed the following New Members since 1 October:

Sarah Crabtree

Stephen Dale

Zoe Dale

Jody Horth

Gareth Jackson

Simon Knopp

Kasra Niknam

Michael Oughtred

Steve Parkinson

Carol Sleight

Naomi Stephenson

Tim Runkee

Heather Vigden

Richard Vigden

Nicola Whitfield

And also the return of:

Neal Madden,

who has rejoined the club

Claire Burcham is the Members Secretary

Many will be aware that club members, Olly Johnston & Raquel Garcia were in a major car accident in October. The club sends good wishes for their recovery & Olly & Raquel have sent their thanks for the emails, calls and gifts they've received. If you'd like to get in touch with Olly & Raquel, please contact Lucas for details.

As part of Brian's relinquishment of duties, organisation of the Handicap series has passed over to Lucas Meagor. This will start with the Round The Town on 18 January. However, this is not part of the annual series which makes up the Official Handicap series which count for the annual awards.

This year's series will feature 14 dates to increase opportunities for more runners to complete 6 qualifying races. It will also, once again, incorporate the Knockout Cup, now in its third year. Rules for the Cup and links to race entries are available on the club website under "Handicap Races"

The dates for the first half of the year have been confirmed as:

Sun 29 January - Ferriby 10 * (Race is full)

Sun 26 February – Snake Lane 10* (Race is full)

Sun 11 March – Walkington Reverse Handicap – TBC

Sun 1 April – Hornsea 1/3rd Marathon* [entry form](#)

Tue 1 May – East Hull Summer League 6 mile, Sproatley* Details to follow

Wed 16 May – Askern 10k [entry form](#)

Sun 27 May – Mucky Duck 8.5 miles (Driffield) [details](#)

Races marked with an * will be qualifiers for the first round of the Knockout Cup. Up to 60 runners will qualify for the first round and join last year's four semi finalists – Mark Dalton, Frank Harrison, Miranda Hunt & Helen Storr

Details of the series from June onwards will be confirmed shortly after the AGM. If you'd like to see any particular races featured (or any not included!) [email](#)/let Lucas know.

A Hat Trick of Wins for the Juniors

Beverley AC Juniors celebrated their success in winning the team prize and several individual prizes at the Goole Viking Striders Junior Cross Country at Snaith in November 2011. This event has been running for three years and Beverley AC Juniors has won the team event every year. The Host club's juniors have made great improvements over the last three years and the Beverley Juniors beat their rivals by only two points this year in a hard fought event.

On a cold morning when the runners disappeared in to a countryside under a thick blanket of fog, there were individual first place performances for Oliver Cockerill in the 11s and under boys race and Lauryn Garwood in the 13s and under girls event. Dayna Arnott and Eleanor Boyd made up the 13s and under girls team who took the first three places in the race and Beverley girls took four of the first six places in the 15s and under girls race.

With Beverley AC Juniors going from strength to strength, the local clubs are going to have to work even harder to prevent Beverley taking the team cup for a fourth time next year.

Caption Competition!

Newsletter editor, Lucas, was snapped recently – fancy writing your own caption? [Email](#) or pass Lucas to by 29.2.2012. Winning caption will win a £20 sports shop voucher!



Congratulations to Matt & Samantha Chadwick on the birth of their first daughter, Ruby, on 14 November

From the Editor

Welcome to the first edition of the Newsletter. This is for members and follows feedback from members. Feedback is very much welcomed - do you want to see other things, is there something you don't want? Articles, announcements etc for inclusion in the next edition, along with feedback, to me - next edition will be out late March/early April. And if you'd like to be Newsletter editor get in touch - I'm covering this to get it started! *Lucas - [click to email](#)*

Beverley AC Club championships 2012

Beverley AC will be trialling a club championship that will be run alongside the club's current handicap and championship races. The format of these championships is very straightforward – most points wins!

Rules:

- For each of the qualifying races, the first runner home in each category receives 50 points, the second 49, then 48, 47, etc.
- In order to count in the championships, you must complete 9 events, comprised of at least 2 EYXC fixtures, 3 handicap fixtures, and 1 Championship fixture. The remaining 3 events will be taken as your next 3 best scores across any category.
- The winner of each category (men and women plus V40, V50, V60) will be the person with the highest score from 9 races having fulfilled the requirements for each of the 3 categories.

Qualifying races:

- *EYXC fixtures:* All of the East Yorkshire Cross Country fixtures in the calendar year
- *Handicap fixtures:* Any of the races on the Handicap list with the exception of the Wednesday night reverse handicaps (round the town, Walkington, South Dalton, etc)
- *Championship races:* Cross country (Humberside, Northern, National) and Road relays (spring 12/6 stage and autumn 6/4 stage)



Department of Sport, Health and Exercise Science

VOLUNTEER and discover how fit you are.

For my final PhD study I am looking at how people respond to muscle soreness and whether it has any effect on exercise performance.

What do you need to do?

1. Visit the University of Hull on six separate occasions.
2. Perform a number of maximal tests including sprinting, jumping and maximal running (VO₂ max) tests.
3. Complete maximum leg strength test with electrical stimulation.
4. Have blood taken from a finger and vein in your arm.

What benefits would you get from participating?

1. After completing the testing you will get paid £36.
2. You will find out your maximum aerobic capacity (VO₂ max).
3. You will be given your percentage body fat.
4. You will find out your weight, height and resting blood pressure.
5. You will find out your maximum treadmill velocity.

All of this information can help you plan your training and will be provided in an individual report.

What kind of participant am I looking for?

1. Males or females
2. Aged between 18 and 50 years.
3. A non-smoker (for at least 5 years).
4. Free from any chronic disease, acute illness, or injury that may potentially affect your exercise response.
5. Regularly participating (at least 30 min, 3 times per week) in exercise
6. NOT taking any medication that may affect your exercise response.
7. NOT REGULARLY taking anti-inflammatory drugs (this includes aspirin, ibuprofen, paracetamol).

If you think you may be interested in participating in this study or you would like to find out some more information please contact **Miss Bryna Christmas:**

b.christmas@hull.ac.uk

Humberside XC Championships

*(XC is shorts for Cross Country for those unsure)

On the first full weekend of 2012, a large contingent of Beverley athletes of all ages braved the trip to the “other” side of the river for the first Championship race of the year. By the time the bus with the seniors arrived, plenty of the junior races had already been run meaning that we, unfortunately, missed most of the early action. This also meant that we missed Beverley’s two best performances of the day with the U13 girls taking home bronze team medals, and the U15 girls returning with silver team medals. A very big well done to them!

The first race for the seniors was the 12 km men’s race which took place over 4 long laps of the twisting, varied course. First home of our 17 men was James Pearson, finishing in an impressive 6th overall. Newcomers Ross Flood and Gareth Jackson both had commendable runs too.

The first six home for Beverley made up the team that took 5th place in the team standings behind the winners (and hosts) Scunthorpe and strong City of Hull, East Hull, and Bridlington teams.

The 8 km ladies race started began just as it started to drizzle and had a medium lap and 2 long laps to run. It was tough on the uphill drag through the woods but Sam Allen was the first lady home for Beverley in 13th position.

Quote of the day from Gareth: “I’d have been halfway through a beer by now if this was a rugby bus...” Successful day out, Next up in the championships is Northern XC in Pontefract on 28th January

Results: (Beverley AC members only with race position in brackets)

Senior Men: race won by Stuart Carmichael from City of Hull

(6) James Pearson; (13) Ross Flood; (31) Peter Fielding Smith; (32) Stuart Little; (35) Mark Dalton; (44) Stephen Peacock; (46) Neil Bant; (49) Mark Dawson; (51) Gareth Jackson; (58) Andrew Tate; (59) Jordan Arnott; (61) Lucas Meagor; (62) Paul Brittain; (65) Peter Watkinson; (67) Daniel Hardy; (69) Kelvin Arnott; (71) Neil Sergeant

Beverley “A” 5th Beverley “B” 8th

Junior Men: Race won by Howard Thompson from Kingston (4) Andrew Harding

Under 17 Men: Won by Elliott Stones of Scunthorpe (4) Curtis Arnott

Under 15 Boys: Won by Finlay Thompson of Lincoln Wellington (12) Ethan Dalton; (14) Coner Spilsbury; (17) Harry Powell; (20) Edward Prew; Team 4th



Under 13 Boys: Won by Jack Brothwell of Kingston (3) Oliver Cockerill

Under 11 Boys: Won by Joshua Clarkson of Goole (2) Taylor Arnott; (5) Joe Cockerill

Senior/Veteran Women: Won by Rachel Robinson of Aldershot

(13) Samantha Allen; (21) Jayne Dale; (23) Kate Ladell;
(24) Francesca Guintini

Team 6th

Junior Women: Won by Rebecca Wilkinson of Goole (4) Kendall Arnott

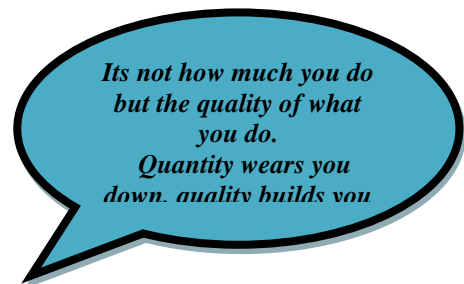
Under 17 Women: won by Jessica Lonsdale of Kingston (4) Nicole Dawson

Under 15 Girls: Won by Phoebe Law of Hull Achillies (3) Kelly Dawson; (5) Elizabeth Evans; (9) Dayna Arnott; (13) Francesca Brittain

Team 2nd

Under 13 Girls: won by Amelia Robinson of Kingston (4) Lauryn Garwood; (7) Eleanor Boyd; (11) Morgan Dennis; (16) Laura Duncan; Team 3rd

Under 11 Girls: Won by Georgia Bingham of Kingston (4) Jordan Peacock



General Principles of Training

Have a goal/target/objective it will help you to focus.

Assess your needs – Fitness, weight loss, training for a race, improving times.

Plan your weeks – Days you can commit to running. Vary pace, terrain and routes

Implement training – Train smart to avoid injury. Cross train as well as run eg. Cycling

Evaluate the result – Have you achieved your goal?

If so we have..... **HAPIE** runners

- The ingredients of success are inherent ability, motivation, opportunity and direction/support available (Daniels 2005)
- Find what works best for you. 3 good quality runs a week are enough for improving performance, for example, 1 long run, 1 speed session, 1 recovery run + cross training as time allows. However,
- Build up slowly. Let your body adapt to the stresses of training. A 6 week cycle is optimum and you can change the frequency, duration, intensity or recovery period (Daniels 2005) as follows:
- Cross train as well as run. Cycling enhances running because it works the major muscles.....quads, glutes and calves.

- Physiological performance usually improves over many years (Daniels 2005) so be patient!
- Start with 3 easy runs of 30 minutes per week and allow a good recovery between (24-48 hours). Do this for 6 weeks remembering to vary runs to maintain interest. Try and run with someone of the same ability and enthusiasm. After 6 weeks change 1 of the runs to a speed session. Continue for a further 6 weeks varying your speed session to keep things interesting (see below). Then gradually increase the length of 1 of the other runs by increasing no more than 10% distance per week over the next 6 weeks. You're now ready to race!
- Run downhill as well as up to improve leg speed and loosen hips so heading to the hills is beneficial. Don't be flatties!
- Develop core strength through a structured gym programme set by a qualified instructor or through pilates. Core exercises work muscles that stabilize the spine and pelvis and create a solid base of support. In turn this generates power out to the extremities (arms and legs).
- There are different views about whether stretching is beneficial or not, however, the consensus seems to be that it is beneficial after a workout, especially as you get older. Hold the stretch for at least 20 seconds. Don't force the stretch and come out of the stretch slowly.
- Rest is best for recovery when injured or ill so back off intense training. If injured deep water running and the elliptical trainer should keep you fit but this depends on injury so find out from a doctor/therapist what is acceptable. Do gentle runs if you have a head cold but if you have a temperature and aches and pains REST.
- Signs of over-training are a decrease in performance, increase in muscle soreness, difficulty sleeping, elevated resting heart rate and emotional instability. Over time immunity is lowered leading to aches, injuries, colds, fatigue and depression. So don't over-do it.
- Eat well. If you eat a well balanced diet you shouldn't need additional supplements (more to come on diet in next issue)

Examples of speed sessions

Always warm up for at least half a mile before a speed session. This loosens muscles and joints and raises the heart rate ready for the increased intensity. Also cool down for at least half a mile to let the heart rate slow.

Strides – Gradually build up speed over 40metres then run 30metres at 90% effort then 30 metres coast to a stop. Jog for 60 seconds then repeat (start with 4 reps and build to 8-10). Adapt this by striding between 2 lamp posts and jogging 1.

Fartlek (speed play) – Add surges of speed over varying distances within your run.

Tempo Run – A more structured speed session which teaches the body to use the oxygen for metabolism more efficiently by increasing the point at which the body fatigues at a certain pace (Lactic Threshold). They are run at a comfortably hard pace (you can utter a word but not a sentence!) commonly over a mile eg. 4X1 mile with a 3 minute recovery between each work interval OR 4x1/2 mile as an easier option..

Hill repeats – Find a moderate incline. Push hard uphill for 1 minute and place a marker. Jog back down the hill then immediately push back uphill trying to pass the marker. Repeat 4 more times (6 in total) A pyramid consists of 30, 45,60 45,30 seconds hard uphill with jog back down.

Intervals – Shorter periods of speed work a good example being 12x30 seconds run hard with a 30 second jog recovery between. Often these sessions are done on the track over 100, 200, 400, 800, 1600 metres (1 mile)

Pace run – When doing a long easy run for a marathon – part of the run is done at marathon race pace to train the body to sustain the pace required.

If you require any help structuring a training plan or would like some advice, please e mail Helen at: hes@coach2run.karoo.co.uk

Next issue of Coaches Corner: **Nutrition**

Relays

So you might have heard me or Stuart mention relays before. Often with a plea for 'just one more runner required!' or 'are you free Saturday? I'll bring cake!' Yes, I know, relays aren't everyone's cup of tea, but for me they are one of the things I joined a club for, to run for a team, not just for myself.

So, what's so good about relays? Isn't that a lot of pressure? Do you have to carry a baton? How does that work? Isn't that just for the 'quick' runners?

Essentially, relays are fun events with teams of 3 or more depending on the event. The championship events are on either road or cross country and are usually between 2 and 5 miles each. Everyone runs as an individual, but one at a time. Just as the 1st leg runner has finished, the marshal instructs the 2nd leg runner to go. You don't usually need to even tag hands. Each runner then tries to pass, or stay ahead of, as many other teams as possible. It's most exciting when there is a closely matched team nearby, and even better if they are a local rival!

It's unlikely Beverley AC are going to be jostling for medal positions at championship relays, but I don't think that makes it any less worthwhile... We have a good day out, someone usually brings cake/flapjack/brownies..., and we have a good laugh cheering each other on and get some banter going with other clubs. Nobody will care (except perhaps yourself!) even if you are the slowest runner, and you might surprise yourself and run quicker than you expected (people often do! [I can vouch for that – editor]) Interested in having a go? The next event is on the 31st March, so get it in your diary!

Kate (Ladell – women's captain)

Who's who in Beverley AC:

Andy Tate - *Club President* - 07753 797481 - Email

Committee Members

Rob Reid – *Club Chairman* – 07930 451205 – Email

Brian Richardson – *Club Secretary* – 01482 867233 – Email

David Williams – *Treasurer* – Email

Kay Farrow – *Press Officer* – 0114 360 1943 (before 7pm) – Email

Pete McNally – *Routes & Away Nights*

Sam Allen – *Kit Secretary* – Email

Jacqui Dickinson – *Away Trips* – Email

Claire Burcham – *Membership Secretary* – Email

Mike Blamires – *Webmaster* – 07760 178880 – Email

Lucas Meagor – *Race & Knockout Cup Secretary / Newsletter editor* – 07904 525616 – Email

Jed Holden – *Beverley & Walkington 10K Admin*

Others to note:

Neil & Rona Sergeant – Juniors Coach
Stuart Little – Mens captain
Kate Ladell – Ladies captain
Helen Storr – Speed training
Jayne Dale – Dinner Dance Organisation
David Robinson - Handicapper