

Congratulations!

Norfolk Athletics Network was awarded **Athletics Network of the Year** by the East Regional Council and I was delighted to attend the presentation evening earlier this month with Clive Poyner. This Award is credit to all those volunteers that make up the 11 clubs in the Network and their hard work and commitment to improving athletics and its delivery across the county as a whole – WELL DONE! Congratulations also to Jane Clarke as coordinator for year 1 and I hope to continue to build on the Network successes in the coming New Year. Go to <http://www.englandathletics.org/region.asp?section=85§ionTitle=East> and click on 'Celebrating the work of volunteers in the East' for more info.



www.norfolkathleticsnetwork.org

New Website – Last month England Athletics held an intranet training session for 6 trial Networks. This is still in its early stages but please do have a quick look. Once fully operational people will be able to be invited to the Network and club members can then upload information, collaboratively work on documents, hold discussions, post event information and news features, contact other members easily...the list goes on! It will also be somewhere to direct members/parents so they can see what's going on within the Network – any upcoming events etc. If you have anything you would like to include on the website please send it to Kate Davies, networkcoordinator@hotmail.co.uk Also if you have any ideas about what you would like to see on the website or any feedback (positive or negative!), please do get in touch.

County Championship Events

Cross Country – 8th January at Barnham Common, Thetford

Sportshall – 14th January at UEA Sportspark, Norwich

Indoor Athletics (Keith Ward Open Meet) – 29th January at Lynnsport, King's Lynn

Entry forms and further details for each of these events can be found at
http://www.norfolkaaa.co.uk/asp_pages/forms.asp

Coach Development – Endurance – Coaching Female Athletes

Sat 21st January, 12-4.30pm, Cambridge

Focused entirely around those issues important to female athletes, the session will look at volumes/intensities/progressions through puberty and how these compare to males; the psychological aspects relevant to female athletes and Dr Catherine Spencer-Smith (Physician in Sport & Exercise Medicine) will present and lead a discussion on the female athlete triad.

For more information or to register contact James Cudmore 07720 147247
jcudmore@englandathletics.org

Open Coach Development - Sprint Relay Workshop

Sprint Relay Workshop, Sat 28th January, 11am-1.30pm, UEA Sportspark Norwich

Details for this workshop have now been finalised and it is set to cover the following –

- Outlining the main point of the push pass technique.
- Who controls the exchange?
- What is the optimum part of the box to exchange the baton?
- Responsibility of the incoming runner?
- Responsibility of the outgoing runner?
- Responsibility of the coach?
- How to warm-up for relays?
- Contingency plan

It will consist of a presentation (11am-12noon), followed by warm up/relay specific drills and a practical session putting the relay changeover into practice.

If you are interested in attending this workshop or for further information please contact Kate Davies 07795 968036 or email networkcoordinator@hotmail.co.uk
Athletes are welcome to attend with their coach.

Date for the diary – the next open coach development workshop is being organised for **Sat 18th February at Lynnsport** and will aim to cover long, triple and high jump, sprints and hurdles. Details to follow once confirmed.

Confirmation of Dates - Coach Education Week 2012, UEA Sportspark

Assistant Coach - Course Dates: Thursday 12th and Friday 13th April 2012*

Location: Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ Cost: £175 Course Code: SC0472
England Athletics affiliated club member cost: £130

*If the weekday dates for this course will affect your ability to attend please contact Kate, as the Network will look to organise a weekend Assistant Coach course if required.

Athletics Coach - Course Dates: Saturday 14th and Sunday 15th April, Sunday 20th May and Sunday 16th September 2012

Location: Sportspark, University of East Anglia, Earlham Road, Norwich, NR4 7TJ Cost: £365 Course Code: SC0473
England Athletics affiliated club member cost: £325

To book your place or for further information go to
<http://www.englandathletics.org/courses.asp?section=33§ionTitle=Courses+and+Bookings>

Coaching bursaries of £30 towards the Coaching Assistant qualification and £125 to the Athletics Coach qualification are available from the Network. For further information contact Kate Davies 07795 968036 or email networkcoordinator@hotmail.co.uk

2012 Norfolk Road Race Fixture List(v2)

RCGP = Runners Centre Grand Prix event, CC = Norfolk County Championship event

January	1	New Year's Day 10k	www.wymondhamac.org.uk
	29	Reedham 10m - RCGP 1	www.gydac.org.uk
February	12	Valentine 10k - RCGP 2	www.norfolkgazelles.co.uk
March	4	Wymondham 20m	www.wymondhamac.org.uk
	25	Southern Men's 12 Stage & Women's 6 Stage Relays	http://mcs.open.ac.uk/mkac
	25	Mad March Hare 10K	www.coltishalljaguars.co.uk
April	1	Broadland Half Marathon RCGP 3	www.nrr.org.uk
	8	Trowse 10k	www.conac.org.uk
	14	National Men's 12 Stage & Women's 6 Stage Relays	www.race-results.co.uk
	15	Chase the Train	www.nnbr.co.uk
	22	London Marathon	www.london-marathon.co.uk
	25	Great Yarmouth 5m Series, race 1	www.gyrr.co.uk
May	6	Grand East Anglia Run 10k	www.grandeastangliarun.co.uk
	7	Breckland 10k	www.thetford-ac.co.uk
	15	Waveney Triathlon	www.tri-anglia.co.uk
	9	Great Yarmouth 5m Series, race 2 - RCGP 4	www.gyrr.co.uk
	19	Race for Life Norwich	www.raceforlife.org
	20	Race for Life Norwich	www.raceforlife.org
	13	Dereham 10m - RCGP 5	www.derehamrunners.co.uk
	23	Great Yarmouth 5m Series, race 3	www.gyrr.co.uk
	19	National Masters Road Relays	www.bvaf.org.uk
	20	St. Felix Junior Triathlon TBC	www.tri-anglia.co.uk
	27	Alex Moore Relay	www.norfolkgazelles.co.uk
June	3	Edingthorpe 5Mile	
	10	Midsummer 10m - CC	www.wymondhamac.org.uk
	17	Diss 10K	
July	1	Humpty Dumpty 10k - RCGP 6	www.gydac.org.uk
	1	Norwich Triathlon	www.tri-anglia.co.uk
	5	Hancock Half Hour 5 Miler	www.rystonrunners.co.uk
	7	Lord Mayor's 5k City Centre Classic	www.conac.org.uk
	8	Mike Groves 10K Run	www.coltishalljaguars.co.uk
	18	Wroxham 5k – RCGP 7	www.nrr.org.uk
	24	Race for Life King's Lynn	www.raceforlife.org
	22	Dereham Town 5K CC	www.derehamrunners.co.uk
	27	Worstead Festival 5m	www.nnbr.co.uk
August	12	Great Yarmouth Half Marathon	www.gyrr.co.uk
	19	Reepham Summer Sunday Run 10k - RCGP 8	www.reephamrunners.co.uk
	22	Wroxham 5k Series, race 3 - CC	www.nrr.org.uk
September	2	Wissey Half Marathon - RCGP 9 & CC	www.rystonrunners.org.uk
	9	Waveney Triathlon2	www.tri-anglia.co.uk
	15 & 16	Round Norfolk Relay	www.roundnorfolkrelay.com
	?	Southern Men's 6 Stage & Masters Relays	www.afd.org.uk
	?	Southern Women's 4 Stage & Young Athletes Relays	www.afd.org.uk
	30	Forever Autumn 10k - RCGP 10	www.coltishalljaguars.co.uk
October	7	Marriott's Way 10k	www.broadland.gov.uk
	?	National Men's 6 Stage & Women's 4 Stage Relays	www.race-results.co.uk
	14	North Norfolk 10KM	www.nnbr.co.uk
	21	East Coast Run 10k - CC	www.gyrr.co.uk
November	25	City of Norwich Half Marathon	www.cityofnorwichhalfmarathon.com
December	09	Buxton 5k Xmas Fun Run	www.norfolkgazelles.co.uk

Endurance/Marathon Planning Series 2012

WORKSHOP DATES

THURSDAY 19TH JANUARY

Time - 7pm-9pm

Venue - Federation Club, Lynn Road,
Downham Market, PE38 9QE

Hosted by - Ryston Runners AC.

SATURDAY 4TH FEBRUARY

Time - 9.30am-12noon**

Venue - Easton College, Easton, Norwich,
NR9 5DX

Hosted by - Tri-Anglia.

SUNDAY 26TH FEBRUARY

Time - 9.30am-12noon**

Venue - Easton College, Easton, Norwich,
NR9 5DX

Hosted by - Tri-Anglia.

TUESDAY 3RD APRIL

Time - 6.45pm- 8.45pm

Venue - Marina Centre, Marine Parade,
Great Yarmouth, NR30 2ER

Hosted by - Great Yarmouth Road
Runners.

With the Spring marathons fast approaching this is your chance to attend a series of marathon workshops that will be taking place across the county in the New Year.

Each workshop will focus on marathon preparation, workloads, pre-marathon race strategies etc. They will consist of a practical session followed by a Q&A to finish. Brendon Byrne (level 4 endurance coach) & Paul Evans, Chicago marathon winner and Double Olympian will lead all 4 sessions.



The sessions will also be suitable for coaches/athletes training for 10km upwards. To book your place please contact Kate Davies 07795 968036 or email networkcoordinator@hotmail.co.uk

LIRF: LEADERSHIP IN RUNNING FITNESS

This course has been confirmed for **31st March 2012** – details below. Funding is available from the Network (course cost approx £90). Please contact Kate Davies 07795 968036 networkcoordinator@hotmail.co.uk if you are interested in attending.

East	Course code: SC0501	Leadership in Running Fitness	Saturday	31/03/2012	LiRF	Lynnsport & Leisure Park, Greenpark Avenue, Kings Lynn, Norfolk, PE30 2NB
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Run England is the official England Athletics recreational running project which aims to get the whole nation running.

www.runengland.org



Louise Milne, the Run England Area Coordinator for the South will be along to our next Network Committee Meeting (18th Jan).

- This is a great opportunity if you have any questions with regards to the Run England Initiative.
- As mentioned in the last newsletter there is funding available to help your club establish a beginners group, whether it is to qualify leaders, produce promotional material, pay instructor fees or venue hire.
- Opportunities to clubs include – increased club membership, free membership to RE, identification of potential new volunteers and committee members.
- If there is any one in your club who may be thinking about getting involved with this initiative please bring them along to the meeting.

Sportshall

Norfolk Sportshall Website www.norfolksportshall.org.uk/

Individual Entry

Sat 14th January – Norfolk County Championships, Sportspark UEA

3rd March – Norwich and District Open Championship, Taverham High School

Regional Competition

Sat 21st January – U11 Fun in Athletics Festival, UEA

Sat 4th Feb – U13/U15 East Regional Final, UEA

Ryston Runners Cross Country Series...

Sunday 15th January 2012	5 Km
Sunday 12th February 2012	9 Km
Sunday 18th March 2012	6.5 Km

Heavy Throws

Improve your understanding of Hammer, Shot and Discus

Location

Date	Theme	Chelmsford Sports & Athletics Centre
Sun 15 th Jan 2012	'How To' Coach Skills	Time
Sun 11 th Mar 2012	'What To' Coach Skills	10am-4pm

How to Book – For more information please contact James Cudmore on jcudmore@englandathletics.org or 07720 147247.

Cost – Fully funded by England Athletics and therefore FREE for UKA licensed coaches.

Date of next meeting – Wednesday 18th Jan, 7.30pm, UEA Sportspark