



Deeside AAC

Deeside College

[www.deesideathleticclub.com](http://www.deesideathleticclub.com)

Please e-mail [mark-garstang@deesideathleticclub.com](mailto:mark-garstang@deesideathleticclub.com) with any queries regarding the results on the web site. For details/pricing for indoor athletic centre and track facilities

This News letter is for you as a club member to find out what's going on at the moment in the club. Also if you have any athletic stories that may be of interest to other club members or anything you would like to see in the news letter please E-mail me Daniel Burton at:

[dan.ab@tiscali.co.uk](mailto:dan.ab@tiscali.co.uk)

I look forward to reading your stories and hopefully they will get published in the next edition.

Daniel Burton  
Editor



## Puzzle Corner

### Spot the 11 Differences



#### Notes

For the news letter to be a greater success we really need the contribution of both athletes and coaches in providing more content, this may include results, dates of meetings. Also we would like to put any of your achievements both inside or outside of the club. Please e-mail me address above.

Thank You  
Daniel Burton



# The Deeside News

Deeside AAC

Volume 2 issue 1

## A New Year

The club would like to take this opportunity to wish you all a very happy New Year. I hope you all had a very good christmas and enjoyed the break. I hope this year will be a good one for you all both inside the club and outside. There will be more competitions coming your way over the next few months and I hope you all feel able to take part and have a go. We need as many of you as we can competing for the club to make us the best team possible, your points are really valuable they can make all the difference. Be apart of the Deeside Team!

I would like to remind you all that the training charges went up as of the 1<sup>st</sup> December, it is now £2 for members and £3.50 for none- members. As you can appreciate ongoing

costs for the club rise and therefore we have to adjust fees to help with this. To keep upto date with things going on through the year look at our web site the notice board and I will try and give as much news as I can in the news letter which can also be found on the web site.



Some of the Deeside Team

## Sportshall

Our sportshall teams are doing very well, it was really good to see more of our athletes at the meeting we hosted before christmas. I was especially pleased to see

young Max competing for the U11's and Alex Peters, Luke Ward and Brad Thomas taking on the challenge of the U15boys, if only we could have got just one more we

would have had a fab relay team, well done lads. The girls as always were excellent, always a good turn out by the U13 and U15 girls, hence the results they get.

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### Upcoming Fixtures

#### Jan 2011

Welsh U20 & SNR combined event Champs		8th
Deeside open		9 <sup>th</sup>
Sportshall		16 <sup>th</sup>
Grand Prix NW Cross country		22 <sup>nd</sup>
Welsh indoor U20 & U17 Champs		22 <sup>nd</sup>
Open SNR 1500m indoor champs		22 <sup>nd</sup>
Open SNR indoor champs		23 <sup>rd</sup>
Welsh U20,U17,U15,U13 800m Champs		23 <sup>rd</sup>
Welsh U15,U13 Indoor Champs		29 <sup>th</sup>



### Road Running



Dave Mountford

The Deeside AAC men have been doing very well in the Boarders road running league. Back in October in the first round Dave Mountford rounded the 10k course at Bangor in a time of 32 min 51 sec and beat off Eryri Harriers Brendon Rothery with a sprint finish. Others taking part were Lee Jones, Andy Bromley, Matthew Welsh, Josef

Hayes, Rob Oliver Dave Roderick and our only female Katie Wilson. So well done to you all for braving the cold weather in order to gain valuable points for the team. In the Mens division 2 we came 1<sup>st</sup> and in the womens division 2 we came 5<sup>th</sup>. Dave Mountford also claimed the 5k North Wales Champs title.

### Deeside Open Meeting

We had a very good turn out at our open meeting, it was really good to see so many of you there. The club came away with some good results with many of our athletes coming in the top three

positions. We should thank Mr Bernard Harris for putting on this meeting as it was a good warm up for this seasons competitions, it gave us the opportunity to test

our winter training and to see just how much work we still have to do. I hope you were pleased with your results, I know we have a lot more work to do to be where we all want to be.



Amy Crocombe a talented young jumper and thrower

### NW Junior Cross Country League Champs

Deesides Owen Hibbert, Zack Williams and Max Gregorious did very well for our U11's, while Andrew Williams came 3<sup>rd</sup> in the U15's and for the girls Martha Owen

won the U11 girls race with a time of six min thirty-five sec and claimed runners-up position overall. Lily Davis clocked a winning time of 9,09 in the U13 girls race ahead of

team mates Jemima Benson, Charlotte Walters and Lois Edwards. Oliver Thomas finished first in the U13 boys. Well done to all who took part in this event.



### Deeside 2011



Eleanor Badhams  
Multi Eventer

We hosted another open for our fine athletes, they produced some very good performances and we saw some new personal bests produced. Well done to Hayley Nuttall who achieved a new PB of 8.49 in the U17W Shot, Phil Davies 14.05 in the Vet Men Shot, Luke Ward U17M High Jump 1.75m. A very good result by these athletes. Also well done to all of Deeside's other athletes who took part they all did very well and achieved some

excellent results. I know some of the races were of mixed age groups and having seen the results they all held their own when competing with the older ages, I can see the start of the new season has begun on a high, I hope this is a start for things to come for Deeside AAC. Lets put all our effort into creating some great results in all our competitions, we can only achieve this by your participation in the meetings so please come and join us.

### Manchester Open

Some of our athletes took time from their winter training to take part in Manchester's open meeting, where we had Owen Smith in the 400m with a time of 52.83 and he also competed in the 60m with a time of 7.36 he competed in

the U17mens competition alongside Lloyd Robbins who competed in the U17 men's Long jump, Lloyd recorded a 5.64m jump a good start for his forthcoming season, we look forward to seeing more from them both in the coming months.



Owen Smith U17

### Buy And Sell



Adidas Sprint  
Spikes

If you would like to advertise any athletics items in good condition that you would like to sell or items wanted please E-mail me Daniel Burton the address is on the reverse of

this news letter. Or bring a description of an item with picture and price, to me at the hurdles group. They will be entered in the next edition.