



Right Track

SUFFOLK ATHLETICS NEWSLETTER

Brian Alldis on Suffolk to Osaka and beyond.

Born with a serious spinal condition, Brian Alldis is one of the best young paralympians in the country and based right here in Suffolk. Brian took up the sport, making the switch from wheelchair basketball to athletics when introduced to it by Dame Tanni Gray-Thompson. This year the Suffolk based wheelchair track athlete was selected to compete for Great Britain and Northern Ireland at the World Athletics Championships in Osaka, and this is where we pick up his story on race night.

It Was 7:30pm on the 1st September and I was at the World Athletics Championships in Osaka, Japan. I was lining up to race in the wheelchair 1500m demonstration race. The top wheelchair racers from around the world were alongside me on the start line, on this hot and humid evening. The stadium was full and the atmosphere was amazing. I was nervous as this was the biggest crowd I had raced in front of.



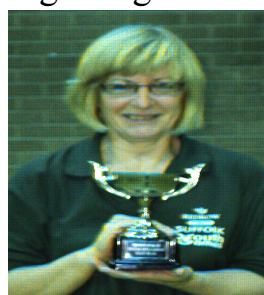
The race started. As soon as the gun went off and my nerves settled down I tucked myself in to one of the other racers drafts. The pace was very slow and I was in last place stuck in lane 1 for most of the race. I knew that the pace was going to lift and as I came into the 100m finishing straight I was still in lane 1. Luckily all the other racers started to move out of lane 1 for a sprint finish but I stayed in lane 1 and beat two of the racers by coming up the inside. I finished in 7th place which I was over the moon with. The main thing that excited me so much was that I used the right tactics to race in my first major demonstration race final.

This race was another step to qualification for the 2008 Beijing Paralympics. There are several sanctioned meets set up before June 2008 at which I can record qualification times which could lead to me being picked for the GB Paralympic team.

We wish Brian every success in the hope that he will achieve the required qualification time for selection for the 2008 Beijing Paralympics.

Awards for All...

Within the last month there have been a number of awards ceremonies taking place across the county, with athletics being prominent at many of them. The most recent were the Suffolk Sports Awards that took place at Ipswich Town Football Club on Sunday 28th October. There were over 190 nominees for awards, and those from athletics who were short listed included Mitzi Reed (pictured right) of Orwell Panthers for her contribution to disability sport, Matti Mortimore of Ipswich Harriers for Young Sports Personality of the year, Miles Leathers of West Suffolk Tigers and St Edmundsbury for Sprit of the Games and Orwell Panthers for Club of the Year. Ipswich Harriers, Orwell Panthers and St Edmund Pacers were all recognised for their achievement in gaining Clubmark accreditation.



Mean while at the West Anglia Sports Awards, Newmarket Joggers coach Jennie Grimwood (pictured left), was awarded Coach of the Year. This was after a heart warming testimony from some of the athletes that she coaches reflected upon the hard work, time and effort that she puts into her many coaching commitments. Jennie spoke of her pleasure at receiving the award in saying “I was obviously very pleased to get the award, but what the athletes had written in their nomination made my night”.

Back at the end of September Orwell Panthers scooped the Inclusive Club of the Year award at the England Athletics East Regional Awards. Once again it does show that those of you involved in athletics in any shape or form across the county are valued and your efforts and inputs are recognised by those around you.

Bury has a New Club

The West Suffolk Tigers have become the third athletics club in Bury St Edmunds. The Tigers have been set up to provide an athletics club specifically for disabled participants. The last six weeks have seen the club train at the West Suffolk Arena before moving inside at AbbeyCroft Leisure Centre for the winter months.

So far participants have come from the River Walk School, a number from West Suffolk College as well as from the surrounding area. Participation and enthusiasm has been high in sessions that have included long jump, javelin and hammer to name a few of the events covered. The club is an accumulation of efforts from Lesley Cowie (Sports Development Manager) and Matthew Mann (Sports Development Officer) from AbbeyCroft Leisure, Neil Johnson (PDM at King Edward’s School), David Finn (Optua Leisure), Ian Meekcoms (River Walk School), Terry Rigby (Saint Edmnud Pacers) and myself.

The club train on a Wednesday afternoon 4-5pm at AbbeyCroft Leisure Centre for further information call 01284 757495.

SportsHall



The Suffolk winter SportsHall league got under way this month with fixtures being held at Sudbury Sports Centre (7th October) and Ipswich's Northgate Sports Centre (21st October). Both fixtures have been well supported with teams from Sudbury AC, Ipswich, Orwell Panthers and Woodbridge School.

There have been many outstanding performances from athletes across both fixtures, most notably at Sudbury where Tom Ayoola of Ipswich in the U11's standing long jump, who leapt out to 1.98m. The 10.60m put by Dan Guantrill of Woodbridge School in the u13's shot and Orwell Panther Michael Davis achieved a huge score of 73 in the speed bounce.

After the first event held at Sudbury Leisure Centre, Ipswich lead Babergh AC by 9pts with a score of 412pts to 403pts. Woodbridge school who are represented in the U13 age group only have scored 357pts, whilst Newmarket who have amassed 184pts with only six athletes deserve a huge amount of credit. In the disabled competition there is a close run battle between Orwell Panthers 191pts and Babergh 174pts so there was plenty to race for going into the second match.



The second fixture held at Ipswich's Northgate Sports Centre sore the addition of another team in the disabled competition comprising of athletes who live in the Suffolk Coastal area. The standings going into the final match being held in Stowmarket (2nd December) are...

Ipswich 958pts, Babergh 781pts, Woodbridge School 678pts, Newmarket 420pts, Orwell Panthers 377pts, Babergh Specials 323pts and Suffolk Coastal 231pts. (scores subject to ratification)

The overall standings will be published in the next issue of Right Track as will a report on Suffolk's challenge at the regional U11 SportsHall festival being held in Norwich.

Thanks go to Colin Hindle for the photographs from both fixtures.



Dates For Your Diary

Sports Hall Fixtures

2nd December— Mid Suffolk Leisure Centre (Stowmarket) 11am start

Regional Events at UEA (Norwich)
U11 Festival November 17th

Suffolk Winter Cross-County League:

November 4th Frinton Lake
18th Bungay

December 9th Woodbridge

Coaching Courses

The Coach Education program has been published by England Athletics with Suffolk staging a number of courses.

Level 1 Bury St Edmunds, 15th December 2007
Ipswich, 13th January 2008
Bury St Edmunds, 12th April 2008

Level 2 Ipswich, 16th & 17th February 2008
Bury St. Edmunds, 19th & 20th April 2008

Other modules

Children in Athletics — Ipswich, Maidnehall Sports Centre 2nd of December 2007

Fitness in Running & Walking — Bury St Edmunds, 16th of December 2007

There is funding available to assist with UKA coaching courses, if you would like further information please contact me.

England Athletics East 2nd Coaches Conference

This years England Athletics East Coaches Conference is being held on the 8th of December at the Lee Valley High Performance Centre. The day includes keynote speeches from David Hemery CBE and World Champion Chritien Ohuruogu's coach Lloyd Cowan. There are over twenty workshops to choose from.

For further information and booking details either contact myself or visit www.englandathletics.org/east

If there is anything that you would like to see or have included in the December issue of the Right Track please contact me.

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Please continue to check out the England Athletics East website for the most up to date information on athletics that is happening in our region at, www.englandathletics.org/east

