

# THE VALE MAIL

The Vale of Aylesbury Athletic Club Newsletter  
www.voaac.co.uk

## Tone Your Trunk:

How to work your abs effectively & safely.

- Never do full sit ups, they are ineffective and put excess strain on your lower back.
- Overload - work your muscles harder than what they are used to.
- Work your abs from a variety of angles.
- Work your back muscles in equal amounts to your abs so that the body is balanced.

## Ha Ha...

**Q:** Why couldn't the athlete listen to his music?

**A:** Because he broke a record

**Q:** What's harder to catch the faster you run?

**A:** Your breath!

**Q:** What do runners do when they forget something?

**A:** They jog their memory!

## Return of the Chiltern League

October will see the return of the Cross Country season with the club competing in the First Division of the Chiltern League. This is the only club competition in that everyone who competes strives for a common goal.

The earliest known record of the league is in 1959. As the Metropolitan League had not yet been formed many of the clubs were from Middlesex. The league was split into two sections "A" and "B" with Ayles-

bury in section A.

There did not appear to be any Women's or Girl's races. It was not until the following year that the Division 1 and 2 format was created that we are now familiar with. Today the league has grown to cover most of the Northern Home Counties with some 32 clubs and schools competing.

The first round in the series is at Casiobury Park in Wat-



ford. This is a good transitional course for coming off the track as the ground is normally hard and the course only slightly hilly, therefore it is possible to use trainers.

## Well done to the following athletes....

**Derek Peverill:** For winning the V60 prize at the Headington 10K and being 1<sup>st</sup> V60 at the Carol Haslam 10K.

**Paul Gregory:** For winning the V50 prize at Headington 10K.

**James Ferguson:** First Junior at Headington 10K.

**Matt George:** For winning the Pole Vault at the NJAL promotion match at TVAC.

**Ria Bell:** NJAL Athlete of the Match at Hemel.

**Carolyn Boosey:** Winning the 2000m Steeplechase in the Inter Area match in Derby.

**Zoe Magnell:** 'A' string Javelin winner at the EYAL at Watford.

# Awards Night

## Saturday 7th October

At the Ex-Services Club, Walton Street, Aylesbury 7pm-12am

- Buffet & fully licensed bar
- Guest speaker
- Disco
- Raffle
- Quiz
- Tickets £6 for individuals & £18 for a family, available from the tuck shop.

## Indoor Track Season Approaching

### Dates for your Diary

**23/24<sup>th</sup> September:** 6 Stage Road Relays, Aldershot.

**23/24<sup>th</sup> September:** Inter Counties Combined Events Champs, TVAC.

**1<sup>st</sup> October:** Run For The Children 3K, Halton.

**7<sup>th</sup> October:** Awards Night, Ex-Serviceman's Club.

**14<sup>th</sup> October:** Chiltern League Match 1, Watford.

**21/22<sup>nd</sup> October:** National Road Relays, Sutton Coldfield.

**5<sup>th</sup> November:** Marlow Half Marathon.

The track season is over for another year and as winter creeps slowly in, our athletes are left with few options. Some of the more endurance based athletes opt for running cross country or venturing on to the roads, whilst our sprinters and field eventers tend to knuckle down with their training in preparation for next summer's track season. But all our athletes are left with another alternative, competing indoors.

Competing indoors is something few athletes from the club seem to do. With most competitions being either open meetings or championships, the lack of any league competition seems to put most people off.

The indoor season is a great experience for athletes looking to break up cross country or winter training.

The season begins with a couple of northern open meetings in November & December at the English Institute of Sport in Sheffield, built a couple of years ago next to the prestigious Don Valley Stadium, venue for C4's The Games.

In to the new year and January brings the South of England Championships as well as a couple of open meetings at the Na-



Andrew Bleakley jumping at the AAA U20 Championships in Birmingham

tional Indoor Athletics Centre in Cardiff. This is usually followed by two open meetings at the NIA in Birmingham, the venue for the National Championships, as well as the Birmingham Games just before March.