NYMAC – Annual General Meeting

Full Road Report for AGM 2024

Looking back on the last year:

The 2022/23 road champs where best 12 of 20 road race, we had six target races giving bonus points including double points for a PB.

We had 65 men and 19 ladies taking part over the 20 races.

- Most attended event in champs was NYMAC Spring Relays with 32 runners (19M, 13W) and most popular race was the Boro 5k, 31 runners (27M, 4W)

Notable performances (club records):

- Age cat records – please let me know if you have any , we do Open, 40, 45, 50, 55 in each of gents and ladies, road and track.

- David Watkins 29:00 V55 at Spring Coast Road 5M
- Tracy Biney 2:54:45 VF45 at TSC London Marathon. Overall 12th in race in her category.
- Jack Mcgarrity sets our first U20 Marathon record with 3:56:41 also at the TCS London Marathon 2023.
- Andrew Ackerley 1:18:31 V45 at Gateshead Half Marathon.
- Carolyn Gale 42:13 F70 Hartlepool 5 mile.
- David Watkins M55 17:27 at the Boro 5k.
- Alison Denos F50 22:14 at the Boro 5k.
- Ang Turnbull F55 22:16 at the Boro 5k.
- Tracy Biney beats her own F45 10 mile Thirsk 2022 time of 1:07:16 with 1:04:47 at the Yorkshire 10 Mile.
- Sam Wilson sets our first U20 parkrun record with 16:54 at Albert.
- Sam Wilson sets our first U20 HM record with 1:19:07 at Middlesbrough.
- Carolyn Gale 1:59:59 F70 Middlesbough HM.
- David Watkins 1:22:20 V55 Middlesbrough HM.
- Laurence Taylor V70 1:11:08 Thirsk 10
- Three new club records in the Easter Coast Road 5 Miler
- Alasdair Tatham V50 27:08
- Sam Wilson, U20 29:08
- Laurence Taylor V70, 34:15

Other notable achievements (marathons)

- Manchester 2023: Stef McLoughlin 3:08, Lee Coe 3:16, Stu Dawes, 3:23 PB, Kev McLoughlin 3:24, Tom Nye 3:26

- London 2023: Paul McGough 3:07, Paul Bowman 3:40, David Allison 3:47 PB, Me 4:23, Tracy Biney 2:54 PB, Jenny Wilkie 3:34, Catherine McShane 4:12.
- Berlin: Jeff Belt, 3:33.
- York: Jamie Taylor 3:33 PB, Marc Mason 3:50, Catherine Shutt 4:28
- Amsterdam: Paul Bowman 3:43 , Me 4:18
- Paphos, Cyprus, Marc Mason 4:03
- Manchester 2024: Stuart Turton 3:05, Paul Bowman 4:30
- London 2024: Stef Mcloughlin 3:09 , Mark Brown 3:46, Lucy Clough 4:13, Simon Harper 4:44, Sarah Towers 4:41

Masters:

Carolyn:

Carolyn went to Pascara in Italy and got a bronze in 5,000m and team silver in cross country, and road 10km and half marathon. In UK Masters champs in Grangemouth a Bronze in 10km and a bronze in 10km and half marathon it the England International Races in Chester.

Alasdair:

Gold at British Masters 10K track champs held at Monkton Stadium.

Bronze at the British Masters Cross Country champs held in Wallsend

team Silver in the Cross Country International held in Glasgow in November last year

Came 4th in the England v Wales 10K match held at Chester 10K

Benidorm Half marathon:

Rich, Tom, Mark Brown, Paul McGough, Jamie Taylor, Paul Bainbridge, Kev McLoughlin and Gregg Proll did a half marathon in sunny Benidorm.

Relays:

In the may relays our M200 team Paul McLean, David Watkins, Alasdair Tatham and Andrew Ackerley got a new course record 20:51

Looking to this year:

There is a table of popular races on the website which should be useful for planning.

This year's road champs

- The best 12 of 24 races count (gives you a bit more choice)

- The four New Marske Harriers organised races are (still) age graded.

- The are six target races, where every runner gets an extra 10 points, and, if you get a PB time, you get extra ten points (not double this time)

- Well done all in the Spring Coast Road 5k, 12 runners and three under 17 mins. (Jack, Alasdair and Harry)

- Next race Neptune Relays Wed May 1st.

Other items:

- Need teams for the Neptune Relays 1st May and these are in the road champs.
- Relays this year, 30th May, need volunteers.

The 2023/4 results

In reverse order, if we have the following up for their medals and a round of applause:

2023/4	Men	Pts / Races	Ladies	
3	Mark Behrens	627, 12	Carolyn Gale	466, 9
2	Matthew Ayton	714, 11	Alison Denos	760, 12
1	Stuart Turton	905, 15	Angela Turnbull	760, 13

In the mens Stu took an early lead with Mark 2nd until Snake Lane.

In the ladies it was close all the way with Ali catching up to Ang, Ang only had a 3 point lead after Old Monks and they finished level after Thirsk 10. We used the total score over all races as the tie breaker.