Incorporating The Newtonian - Newton Aycliffe's Free Community Newspaper
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Support from Local Wellbeing Service

County Durham man, Carl Senior, lost 1.5 stone in weight and felt the benefits in his physical and mental wellbeing thanks to support from the Wellbeing for Life (WBFL) Eatwise programme.

Healthcare Assistant Carl has multiple health issues including Long Covid and Obstructive Sleep Apnoea and, after having difficulties throughout 2023, was diagnosed with Arterial Fibrillation and Pulmonary Embolisms in November. Following a course of successful treatment and continuing medication, Carl's health improved, however this and some family bereavement left him feeling isolated and inactive. Carl said: "It has been a very difficult time for me, losing two close family members and the struggle with my health has really affected my mental health. It got to the point where I'd get up late each day, not move around much and hardly ever went out. I felt isolated and irritable, and I really missed working. I wanted to get physically well again and, for me, it was taking too long. My GP gave me some options to help me lose weight and improve my overall health and these were medication, gastric surgery or the Eatwise programme with WBFL. I chose WBFL.

As Carl lives with Dyspraxia and Dyslexia, which makes mixing with groups outside his social circle quite a challenge, he attended his sessions on a one-to-one basis with Practitioner Kevin Howe.

Kevin said: "After six weeks of the programme, I was determined to support Carl to get involved in some group sessions so invited him along to the Gentle Circuit exercise sessions at Neville's Parade Community Centre in Newton Aycliffe. He was initially reluctant because of the group setting, but encouraged by the fact that I would be a familiar face there, he took the plunge and joined."



Carl said: "That was a turning point for me. I was so nervous at first, but was made to feel very welcome and wasn't pushed outside of my comfort zone; I think I just sat and watched throughout the first session! Each week, Kevin supported and encouraged me to do just a little bit more. At first I did all the exercises sat down, now I can do a full circuit on my feet and, if I feel up to it, I do some more sat down. Kevin has supported me and worked with my specific abilities and disabilities. He's got a positive attitude; he listens to what I've got to say and personalises the workout for me everything is broken down into achievable steps.

"Before I started with WBFL, I couldn't walk up the stairs without getting out of breath, I definitely couldn't walk and talk at the same time, housework was out of the question, and I even struggled with washing and dressing myself. This journey hasn't been about numbers for me, I was too embarrassed to get onto the scales at first. It's about my quality of life - not only can I do the housework now, I enjoy doing some of my exercises while I'm doing it - I try not to sit still for too long - even while I'm waiting for the kettle to boil! Having said that, I've now lost 1.5 stone in weight, I understand much more about food and its contents (fats and sugars) and the effect they have on my body and my confidence has increased."

Lindsey Wood, Wellbeing for Life Manager, said: "Eatwise is a free eight-week healthy eating programme. Each session includes a variety of subjects which support clients to make healthy lifestyle changes. These could include long term lifestyle change, Eatwell guide and portion control, understanding fats, sugars and salts, food labelling, savvy shopping, physical activity and fluids. Clients work each week with a Wellbeing for Life Practitioner, are weighed (if they're comfortable with that), review their food diary and discuss practical and individually tailored advice and support - they're encouraged all the way."

Kevin commented: "The difference in Carl since January is remarkable. To see him walk in today full of confidence and not out of breath is so fulfilling. This is just the start for Carl, he is only going to continue to improve. The Eatwise programme isn't about a quick weight loss fix, it's a long-term lifestyle change that hands power back to the client to maintain the change, even once the programme has finished. Not only has Carl done really well, but he's also now inspiring others to join the programme."

Carl said: "I'm proud of what I've achieved. Some days when I really didn't want to get out of bed and go to the sessions, I did. I stayed disciplined and I felt better for it. It you want something to change, the support is there for you, you just have to engage and commit."

Carl has had to leave work due to health reasons and the physical demands of his role, but is now working hard to improve his health to enable him to return to his career - and he's really looking forward to it. In the meantime, he's considering voluntary work to keep himself busy. For more information about the Wellbeing for Life Eatwise programme visit https://www.wellbeingforlife.net/#/Weight%20 Management, email cdda-tr.WBFL@nhs.net or call 0800 8766 887.

40 Years in Business



Stephen Russel have been celebrating 40 years of business in Newton Aycliffe this week with fizz and nibbles and the odd balloon.

The Salon has gone through many changes over the past 40 years along with adapting to fashions and clients requests to the changes in the retail environment.

"It's always been a case of adapting to change" said Stephen, "some of our clients have been on the journey as long as the Salon has been in the town" and Stephen feels their loyalty has obviously been the key to the success of the business, along with a strong team who drive the business forward.

"It's important we adapt a change" said Stephen "and it's important that the team are well trained and focused on being able to keep all of our clients happy, but it's essential that we try and deliver the best service possible."

Stephen said "the key to any good business is having the right people at the right time, here's to everybody who's been part of the journey, clients, team members, family and friends, thank you all, and here's to a bright future."













Mascots Finish Fundraiser

Harrison's Mascots have finished Tyler's fundraiser, exactly one year after he started it. Today they donated the final £100 to complete the payments.

The staff behind the scenes at Harrison's Mascots have worked tirelessly over the summer to make kids dreams come true. Tyler is one of those children! They ensure that every visit they make, every child they see and every adult they meet, gets the best experience they can. All the staff are trained and experienced with children and



adults with additional needs, this means that no-one misses out when they are visited by these amazing Mascots.

No two visits are the same from these cheeky Mascots. One day they can be singing happy birthday during a 1st birthday party and the next Stitch can be stealing your football whilst being goalie.

Tyler isn't the only person they have helped. After pledging a portion of their proceeds to Tyler's fundraising for a 3 month period, they are now helping local man Kris Bradley raise money for Great Aycliffe Cancer Support Group during his fight with cancer.

Tyler has worked extremely hard over the past twelve months. He kicked his fundraising off with a bang by swimming a marathon, this was followed by helping the elderly by making their gardens more manageable ready for winter. Tyler's next challenge was bouncing a basketball for half a marathon, something he amazingly completed in 2hrs 55mins. During the summer Tyler spent a lot of time raising money. He mowed lawns, walked dogs, cleaned cars and carried out lots of chores, just to name a few of the things he did.

Now that Tyler's fundraiser has come to an end, he would like to thank each and every person that has helped him over the past twelve months. He now has a few months relaxing before the preparations start. Malaysia, I hope you're ready for Tyler!





Well, I don't know where to start this week, so what I will do is start by thanking Shirley our Tesco Community Champion for allowing me to see you all last Saturday, it was a pleasure to see everyone, June was helping me of course, which was really helpful because I was very tired, thanks to Hazel, John and June Berry, Suzanne, Vicki and a host of other supporters who made donations towards my beautiful little spikey friends, especially the very nice mystery man who put a brown envelope in my hands for the hoggies. Thank

This rescue is running well, at the moment I have 25 prickly babies here and some are still very small, even the bigger ones will remain here 'til spring, the wet weather will stop hedgehogs making dry and warm nests, I have to be especially careful because mine are kept in the house. This enables me to keep an eye on any poorly ones.

The dynamics of this rescue has changed, I work alone and I can't ask for volunteers because my hoggie working hours are unsociable, it's not conducive to have people come and help change hoggies bedding and food at 5.30am, especially when Trev and the boys are upstairs still sleeping - I work alone. I also feel it's important to mention that this house will be going on the market, we need to sell and buy a 3-4 bed bungalow not too far away, David and his colleagues at Carvers are helping us with our search which is not easy to say the least, this bungalow will help me stay active and as busy as possible and the added perk of a special place for the hedgehogs, which is going to be far better than where they are now.

It's been a worrying time in rescue because I admitted a very poorly boy last Friday, Billy he has been named, he had some serious breathing difficulties so he was fast tracked to see Angela and Elaine at Grange Vets, as you can expect I followed her instructions to the letter and he is still with us, eating and gaining, no problem, also Thursday night I admitted a juvenile from Silverdale Place, being attacked by birds, he is also doing well, he has been called Teddy, more admitted, all doing ok, but I have to keep an eye on them all. I do worry about them, they are so sweet, but very complex creatures. Finders, do these lovely mammals a big favour if out in the day, just like Leanne, she found a hoggie which was being attacked, she brought this little one into her home and cared for him 'til help was available, Dawn of a Prickly Problem took this poor thing back to her rescue. Nice work Leanne. I would like to discourage a person who has been giving my home telephone number out, I don't know who this is, please stop, my mobile number is with BHPS, that's the only way you should be getting in touch with me. Finally, a mention to our postman and our Whitby Wildlife Rescuer Caroline, we saw this very badly injured green parrot outside our house, myself, Trev and posty got together to catch this poor thing, that had been attacked by birds, of course Caroline admitted him, safe and sound, but very early days, thank you both for helping this beautiful bird.

Should you see a hedgehog out in the day

it's not ok, please ring The British Hedgehog Preservation Society on 01584 890801, my Facebook Page is Prickly Haven Hedgehog

Caught on Camera

Would the white haired gentleman in a cap and coat, who was hovering outside my front gate on Thursday 3rd October, and then trespassed on to my property at around 7.15pm; note that all your actions were caught on CCTV and you were also seen by several people who were passing by whilst walking

Not only did you hover outside my gate, trespass onto my property and open my front door, but you were also caught standing on the public footpath on the opposite side of the communal green, watching my house for several minutes

You were also aware that you let my dogs out, because they were in the hallway at the time and when you opened the front door they ran after you down the path. They barked a little, but, luckily for you, they are soppy dogs. Dogs of a different disposition entirely may have bitten you and it would have been entirely your own fault.

If a similar incident occurs again, I will have no option but to involve the police and you would easily be identified through the CCTV footage. P Dowd.

Bluebell Close.

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NFL Flag Football Tournament



On Friday 27th September, 10 Year 8 students from Woodham Academy travelled to Kingston Park, home of the Newcastle Falcons, to compete in a Flag Football Tournament run by NFL team, the Minnesota Vikings.

Woodham has a history of teaching American Football to students and, as a result, were keen to be involved. The students who took part attended a number of lunchtime sessions and after school training sessions prior to the tournament. Their training helped deliver some mazey runs by the running backs and lightening quick reactions from the defensive linebackers. Woodham went unbeaten in 4 games, making it to the final and a chance to win the main prize of a trip to London to see an NFL game.

Unfortunately, despite their best efforts, Woodham came up against a very good side in the final, who had been playing Flag Football for much longer. Despite this, Woodham only lost by one touchdown and never gave up until the final whistle. Demonstrating the character and resilience of model Woodham Academy students.

All students thoroughly enjoyed the experience, and have asked for an American Football club to be added to the range of sports already covered in the Sports Academy timetable. A great experience and, who knows, could this be the return of the Woodham Warriors?

Enhancing Bereavement Maternity

Women and birthing people being cared for at County Durham and Darlington NHS Foundation Trust who are likely to experience pregnancy loss from 18 weeks gestation, will now have the option to receive their care at either of the Trust's maternity units at Darlington Memorial Hospital or the University Hospital of North Durham, helping to support families to create parent-led care plans and access to specialist bereavement facilities and support.

While the Trust actively develops proposals for a bereavement suite at Darlington Memorial Hospital, women, birthing people and their families can now be transferred to the Serenity Suite at University Hospital of North Durham, if it is clinically safe to do so.

This specialised suite provides a sensitive and supportive environment for families facing pregnancy loss, creating a private and compassionate space. It is exclusively used where families have already experienced, or are likely to soon experience, pregnancy loss from 18 weeks gestation.

The self-contained suite features an adjoining delivery room, ensuring that families have the privacy and comfort they need during this difficult time. Thoughtfully equipped with an en-suite wet room, a double bed, dining table and chairs, and comfortable seating, the Serenity Suite incorporates homely touches to help families feel supported and at ease.

In addition to the suite's amenities, families will have access to an adjacent kitchen, fitted with a kettle, fridge, and microwave, allowing them to prepare food and drinks in a peaceful environment. The Trust is dedicated to creating a bereavement suite similar to the Serenity Suite at Darlington Memorial Hospital and is actively working towards making this a reality. This partnership between sites will enable our maternity services to deliver individualised and supportive care to families experiencing bereavement, showing our continued commitment to providing, safe, compassionate and joined-up care during these difficult times.

WI Cheese Making

Our next meeting will be on Wednesday 23rd October in Aycliffe Village Hall at 7.00pm.

Our speaker for the evening is Simon Raine, from the Weardale Cheese Company, with stories of cheese making and samples to try. Refreshments are provided during the evening.

Please feel free to come and join us at the meeting or, if you are interested in joining our WI, come and find out what we do. For all details contact our President, Anne Brown, via email:

aycliffevillageWI@durhamwi.co.uk



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Free Halloween **Fun Day**

A free Halloween fun day will take place at the Pioneering Care Centre (PCC) in Newton Aycliffe on Wednesday 30th October from midday to 3.00pm.

The Pioneering Care Partnership (PCP) is hosting a spooktacular free Halloween event, funded by Livin.

There will be fun for all the family, pop along and enjoy an afternoon of:

- Halloween arts and crafts.
- Fancy dress competition.
- Halloween disco.
- Face painting.
- Halloween story telling session.
- Free refreshments for children (cupcake and drink).

No booking required, if you would like more information please contact the PCP reception team on 01325 324234 or email: enquiries@pcp.uk.net

Public talks on

THE BIBLE

are now being held in **School Aycliffe Community Centre** Eastfields Road DL5 6QH

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N.A.F.C. REPORT

Newton Aycliffe 3 v Brighouse Town 0 Saturday 12th October

It took a mere four minutes for Aycliffe to break the deadlock against Brighouse Town on Saturday. Captain Ethan Wood weighted the perfect pass to Liam Jarvie who outpaced all those in an orange shirt and fired a shot which initially hit the post, but soon found its way into the back of the net to make it two goals in three games for the returning forward. Brighouse would have the next attack of the game when Curtis Morrison tried to break away. Jim Pollard expertly tackled the ball away on the edge of the box however, and this was arguably the visitors only chance for the entirety of the first half.

Whilst the first goal saw great link up play between Wood and Jarvie, the second goal saw Jarvie combine with Dean Thexton. Jim Pollard's long kick found Thexton's head, and Thexton's header fell to the feet of Jarvie, Jarvie managed to outsmart Brighouse's Curtis Senior and backheel the ball to Thexton, which allowed him to out pace Brighouse's Cole Wildin and fire it home to make it 2-0 in the 28th minute. It seemed, even at that point, Newton Aycliffe were on course for three points. The first half would finish 2-0.

It was the third Aycliffe goal, scored in the 76th minute, that was the best play of the day, Wood's great run found Jake Petitjean who gently passed the ball to Cole Kiernan, Kiernan then ran past Brighouse keeper Trenerry, stood firm while getting jostled by Ethan Vaughan and chipped it into the top corner of the net.

Brighouse did get the ball in the net once, Harry Wood whipped in a cross that found Joshua Waldram, Pollard parried Waldram's shot but it found the feet of Niah Payne, but Payne's rebound was immediately deemed offside. The game finished 3-0 to Aycliffe. In a game where both great defending and attacking in equal measure had won them the game. This report (and many others) doesn't do justice to the great defensive shifts put in by Toby Pascoe, Alex Nelson, Joe Ferguson and Ryan Lincoln-Barrow throughout many games this season. They were integral not just by keeping Brighouse at bay, but also at feeding balls into the midfield to create the Aycliffe attacks.

Aycliffe now travel to Cleethorpes Town for a midweek game at Belper on Saturday before returning to Moore Lane on Tuesday 22nd October when Consett will be the visitors.

Match report by Ryan Livingston. Photo by Yvonne Wood; Wayne Whitfield on the ball (in the rain) against Brighouse Town.



Harvest Festival



Harvest Festival celebrates the time of year when crops have been gathered from the field and people can reflect and show gratitude for the food that they have. It dates back a long time in British history, to when people relied on crops for food and farmers would give thanks for a good harvest.

Unfortunately, due the rain we had during the time of Harvest, the staff and children were unable to walk to St. Clare's church. Instead we were very pleased to welcome Rev. Anne who held our Harvest festival in school. Several children took on the role to read from the Bible to the rest of the school.

They were very brave and did a fantastic job! The children and staff donated food to go towards St. Clares' food bank for those who need it. Thank you for the kind donations from the children and families at St. Francis'.



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At Greenfield Academy performing and creative arts holds a place of importance in the holistic development of our children.

These disciplines – spanning photography, graphics, drama, music, and dance – not only nurture creativity, but also cultivate essential life skills such as teamwork, communication, and self-confidence. Our commitment to arts education is evident in our whole-school performances and the opportunities we provide for children to engage in artistic pursuits. We believe that through the arts, children become kind, ambitious, and proud members of their community.

Our Art programme is designed to inspire and challenge students, nurturing their creative talents and preparing them for further education and careers in the arts. The curriculum is comprehensive, covering a wide array of artistic disciplines such as drawing, painting, sculpture, and digital media. Children are encouraged to experiment with different techniques and mediums, developing a personal style and a strong portfolio of work. Our dedicated art teachers provide personalised guidance, helping children to refine their technical skills and deepen their understanding of artistic concepts.

Drama is a cornerstone of the performing arts at Greenfield Academy. Through drama, children have the opportunity to explore different characters, emotions, and situations, allowing them to develop empathy and a deeper understanding of the human experience. Our drama program includes acting, scriptwriting, directing, and stagecraft, providing a comprehensive education in the performing arts. Participating in drama productions helps children build self-confidence and public speaking skills. It also teaches them the importance of dedication and hard work, as they rehearse and refine their performances. The collaborative nature of theatre fosters a sense of community and mutual support among children, creating lasting bonds and friendships.

Music education at Greenfield Academy emphasises the importance of cultural appreciation and diversity. Children are exposed to a wide range of musical genres and traditions, broadening their horizons and fostering an appreciation for different cultures. Dance is inclusive and supportive, encouraging children of all abilities to participate. The act of dancing together fosters a sense of unity and teamwork, as children learn to synchronize their movements and support one another.

One of the most exciting aspects of the arts at Greenfield Academy is our whole-school performances. These events bring together children from different year groups and disciplines to create spectacular productions that celebrate our collective talents. Last year our children successfully performed in Mary Poppins and this year's extravaganza is soon to be announced...

Following our Open Evening, all of us at Greenfield Academy would like to remind all parents and carers of the opportunity for a personal tour of the Academy.

This will allow you to see further into our educational provision and get answers to any questions you may have about Greenfield Academy being your child's secondary school of choice.







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Newton Aycliffe Juniors

Under 8's Blues hosted Hartlepool St Francis Blues, a team who showed high quality against Aycliffe earlier in the season. Aycliffe worked hard all over the pitch in a performance they can be proud of. The goals were scored by Carter and Nate, which helped him earn MOTM in a tireless performance beyond his years.

Under 8's made the short trip to face Bishop St. Mary's, scoring an amazing eleven goals in a brilliant performance. Goals were scored by Harry, Theo, Lewis, Joey, Oliver and Cooper, who bagged a double hat-trick, with an amazing six goals.

Under 9's Reds sporting their new jackets kindly sponsored by Warm-Flo, and kept the midweek positivity with some great teamwork in a great game. Thomas (2), Ollie and Oliver scored the goals. POTM went to Thomas for his magnificent work ethic and Parents POTM was Korben.

Under 9's Juniors travelled to play Whinney Banks, Aycliffe started off slowly, but soon found their feet playing some great passing football. MOTM went to Zeke for controlling the game from the middle of the park.

Under 10's hosted Leven, in what was not to be their day. Eddie scored the only goal for Aycliffe, with MOTM awarded to Isaac for a brilliant midfield display.

Under 11's Blacks entertained Marske United Blues, with Aycliffe starting much quicker than in previous weeks. Alfie S was the hero, scoring an amazing five goals, with JJ adding a further two. The opposition manager awarded MOTM to Lucas P for his great defensive work.

Under 11's Reds played against Hartlepool, with Aycliffe starting strongly with goals from Koa and Andrew. MOTM Jenson made some amazing saves in goal and, right at the end of the game, Oliver T slotted home to wrap up the scoring.

Under 12's Whites played Harton and Westoe Avengers and got the result they wanted in a thrilling 6-4 win. The whole team put in an impressive performance, with Josh, Arron, Olli, Layton, William B and Lucas scoring the goals. William B was MOTM.

Under 12's Blacks engaged in a ten-goal thriller against Hartlepool St Francis, taking a share of the spoils in a 5-5 draw. The goals were scored by Kai (2), Ethan (2) and Riley. MOTM was Bradley.
Under 13's Juniors suffered their first defeat

Inder 13's Juniors suffered their first defeat in the league, against a well organised North Ormsby, despite Jonah scoring an incredible five goals. MOTM was Joel who was a force on the pitch and showed magnificent work rate, the opposition awarded MOTM to goal hero Jonah.

Under 13's Whites travelled to South Moor, it was a close game, however Aycliffe could not get the result. MOTM was James who scored Aycliffe's goal and kept working despite some harsh tackles from the opposition.



Under 13's Blacks entertained Washington United Blacks, with a full squad available, Aycliffe dominated the game from the off. An exceptional performance was rewarded with a 5-0 win, the goals come from Jack B, Oliver B (2), Jake and Connor. Both parents and coaches MOTM were awarded to Jake for a great all-round performance.

Under 14's entertained Redcar Athletic Blues, coming away with a resounding 5-0 win. The goals were scored by Layton W, Zach, Lucas, Tyler and an OG. MOTM was Trent for some outstanding saves.

Under 16's Whites travelled to Norton & Stockton with no designated keeper and no substitutes. They need not have worried, captain Josh stepped up to play in goal and Aycliffe grabbed all three points with a 6-4 victory. The goals were scored by Jake, Ethan and Adam, who scored an amazing four goals which was enough for him to win MOTM.

Under 16's Blacks hosted South Moor Juniors, coming away with a comprehensive 10-1 win. Aycliffe dominated from the off, with goals coming from Mushy (2), Danny, Jake, Zak, Jayden, Joseph and Leon, who helped himself to a hat-trick, which earned him

Under 23's had a great 12-0 win at home to Willington Commercial. The goals were scored by Andy (2), Kenzie (2), Dom, Sam B, Noah, Ollie, Sean and MOTM Damo, who grabbed a hat-trick.

Jingle Bells

Shildon & District Flower Club are proud to present 'Jingle Bells' a demonstration by Sara Barrow (National Demonstrator) from Preston, Lancashire.

This will take place at Shildon Civic Hall on Monday 25th November, doors open 6.30pm, demonstration at 7.30pm. Raffle and stalls. For tickets, please ring 01388 417145

Welcome Spaces Returns

As temperatures begin to fall, community groups and organisations across County Durham are being invited to apply for financial support to become Welcome Spaces.

Durham County Council is working alongside Point North to offer funding to the voluntary and community sector to create a network of places where people feel safe, warm, and included.

Alongside community groups and organisations, the local authority's Family Hubs and 39 library buildings will once again join the scheme. Both the council and Point North are contributing to the funding, with a combined pot of £330,000 available, including £250,000 from the UK Shared Prosperity Fund, to support organisations with grants of up to £3.000.

Last year, 83 groups received funding and an evaluation of the programme suggested the initial aim of helping people to stay well and warm was not the only benefit to come from the scheme. Feedback highlighted that a range of additional support was provided on matters ranging from finance, housing, mental health and wellbeing to drugs and alcohol.

Participants in the Welcome Spaces scheme will be asked to sign up to a simple charter, setting out standards for the scheme, and to display a window poster highlighting their involvement.

Community groups and organisations that receive support will also be offered training on a range of topics, including basic mental health, food safety and safeguarding, with grants able to cover a range of expenses such as utility bills, volunteer expenses or staff time, equipment and furniture.

Once community Welcome Spaces are confirmed, they will be added to Locate, an online directory allowing residents to connect with local services in their community. Key information including opening times, accessibility and any other facilities available, such as the offer of hot drinks or wi-fi, will be highlighted to ensure people can access their nearest space.

Organisation wishing to apply for the funding should visit: www.pointnorth.org.uk/grants/welcome-spaces-2024
Residents will be able to access the directory at www.durhamlocate.

Contact welcomespaces@durham.gov.uk to find out more.

Organisations that are not eligible for a grant, or do not wish to apply, can still become a Welcome Space with their details added to Locate.

Advice on how to stay warm, well and safe this winter, can be found at: www.durham.gov.uk/warmandwell





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Aycliffe Youth Football News YMCA Close



Aycliffe U10 Eagles v Mount Pleasant

After the last couple of weeks, the boys focused on passing and they didn't disappoint playing some fantastic stuff. Mount Pleasant had their chances, but it was largely the Eagles on top, The game ending in a

Eaglescliffe Elementis 2 v Aycliffe U13 Eagles 8

A slow start saw the home team take an early lead, but with patience and some great passing the U13 Eagles began to assert, two quick goals from Mo Krubally, who went on to complete his hat trick in the second half, and with goals from Tarek Sam Harrison, the Eagles completed a win in fine style. MOM Thomas Henn.

Spraire Lads v Aycliffe U9 Eagles

Due to injury and absence the boys were left with no subs, however worked tirelessly. They were unlucky to go a goal behind, however Mason got them on level terms. Josh then scored, but a good free kick and the game was level. In the last couple of minutes, a goal from Toby gave the team a well-deserved win.

Äycliffe U12 Eagles 3 v Deerness Valley 1

The lads started the game very well, going 1-0 up early on via Finley. Deerness started to get into the game and equalised. The second half was very competitive, but Aycliffe eventually added a second from Regan before a fantastic free kick from Oscar put the game to bed.

Aycliffe U12 Girls 0 v Deerness Valley 3

The game was very even for the first forty minutes. Both teams had a lot of shots, HT 0-0. Aycliffe created lots of chances with Amelia and Phoebe breaking though the defence, but unable to convert. Washington managed to score three goals in the second half. MOTM

Whickham Fellside 2 v Aycliffe U14 Girls 1

For the first half the girls couldn't seem to keep their foot on the gas and gave the opposition far too much time and space. The second half was a lot more positive. Payton scored which lifted the team and, for the last fifteen minutes, the girls played some brilliant football. POTM: Eva.

Aycliffe U16 Eagles 2 v Consett Canons 4

Aycliffe dominated early but, against the run of play, Consett scored. The lads then equalised with an assist from Finn to Harry, who scored. Consett came back, and went ahead again. A run from Adam down the left played Olly in, unmarked in the box, for Olly to equalise. Consett then took the lead and then scored again. MOM Harry.

Beamish 1 v Aycliffe U15 Angels 6

Aycliffe were good in the first half, but couldn't convert to goals as it ended 1-1. The girls put on a really controlled and classy performance in the second to take a 6-1 win. Goals from Faith (2), Charli, Amy, Poppy and Evie. Star players Poppy and Evie.

Aycliffe U10 Wildcats v Washington

Another step in the right direction as the girls met another top side in the division. The game was goalless for twenty minutes, but the strength of the opposition and a very good striker were too much for the girls. Billingham Juniors 3 v Aycliffe U15 Boys 0

Both sides got the better of the other for periods. Billingham capitalised on their chances when they were on top. The scoreline flattered Billingham and didn't reflect the lads effort and performance, in what was a hard-thought game of relatively few clear-cut chances. MOMs Zac and Josh

Aycliffe U14 Eagles 0 v Darlington Quakers 5

Aycliffe struggled from the off. Playing at a higher level all mistakes are punished. Some positives, Louie in goal as solid as ever, Jack V working really hard as the sole forward, but MOM went to Leiland who didn't stop working all game.

South Park Rangers v Aycliffe U8 Eagles

The Eagles started well, going two goals ahead within ten minutes, however the opposition did well to get back into the game. It was a physical game with lots of effort from both teams. Goals from Kurtis, Mason, Elijah and Luke were not quite enough to take the victory. Another goal for Seb in the second game.

Wendy and Vanessa at the YMCA shop in Newton Aycliffe are sad to inform readers that the shop will be closing. Our last day of trading will be Saturday 26th October. Thank you for all your support and thank you to all our volunteers, past and present. Thank vou.

Euthanasia?

If Vince Crosby wants to die pain-wracked with a tumour that has gone beyond pain-killers, manhandled for months to enable his intimate needs, then I absolutely support his right to do

But, what I want for me - should it come to it and should I wish - is that I might be able legally to be assisted to shorten those final, frightening, painful days.

Of course, proper protections have to be built into the Act, which is why we have the Parliamentary Committee stage. Everything else is a red-herring and a distractor.

The base issue here is my right, in extremis, to have a say in how I die.

That right is none of Vince Crosby's business, and I cannot see how he thinks it is his right to tell me that, should it come to it, I must be made to die horribly.

Name and address supplied.

Congratulations



Congratulations to Ellie Newman who, this week, was awarded The Rainbows Gold Award badge by Nicola Robinson, Unit Lead for 1st Newton Aycliffe (Methodist) Rainbows. Ellie has attended Rainbows for over two years and has worked very hard to achieve the six required theme badges to be awarded her Gold. During this time, Ellie has completed a range of activities including cooking, taking care of animals and completing a local litter

The unit meet every Monday (term-time) 5.30pm-6.45pm. New members welcome.

Views Sought on New Plan for Durham

People are being invited to have their say on a new vision for Durham City. Durham County Council has launched a consultation on a new Strategic Places Plan (SPP) and a Conservation Area Management Plan (CAMP) for Durham. The plans will help the council create a safe, friendly, and modern city, focusing on experiences, community, and convenience. The SPP will set out a positive vision for the city, in line with the council's Inclusive Economic Strategy. It will give residents and businesses the chance to help shape the future of their own city through an agreed local vision based on their

Meanwhile, the CAMP will reinforce and protect the special architectural and historic interest of the city. The plan proposes to divide the current conservation area into seven smaller conservation areas, making it more manageable. This includes removal from the conservation area of some modern developments, an extension at Old Durham, and a new conservation area around the Hill Colleges.

The council is seeking views on the proposed new conservation area boundaries, as well as the draft CAMP Strategic Overview and

Management Strategy documents.
As part of the consultation, the council will be holding a drop-in session for both the SPP and CAMP, and an online session for the CAMP only. The first drop-in session will take place on Tuesday 22nd October at Elvet Methodist Church in Durham, between 3pm and 7pm.

The CAMP online session takes place on Thursday 24th October between 5pm and 6.30pm.

Further engagement and drop-in events will be taking place during the engagement period. Details of the events will be shared on the council's website.

People can also take part in the consultation by

completing a survey online. Full details of the consultation, including maps, documents, online survey forms and how to register for the CAMP online event, can be found at: www.durham.gov. uk/consultation

The consultation closes at 5pm on Monday 25th November.



School Aycliffe, Aycliffe Village, Middridge, Brafferton, Coatham Mundeville, Harrogate Village and Woodham Village.



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Fake News

Dear Sir.

I read the article in a recent edition (4-10-24) about 'Labour is Failing Pensioners and Tax Payers'. This article appears to be fake news! If I do a quick check on the numbers I get the following answers from Microsoft AI Copilot:

@The 6.8% increase in public sector pensions is expected to cost taxpayers approximately £3.1 billion annually not the £208 billion stated in the article.

'The total cost of public service pensions in the UK is substantial. For the financial year 2023-24, the net spending on unfunded public sector pensions is expected to be £7.9 billion' not the £5trillion stated in the article

'According to the latest Fraud and Error in the Benefit System report for the financial year ending 2023, the estimated amount of benefit fraud in the UK was £8.3 billion' not £219 billion stated in the article.

Not that I like Kier Starmer, Labour, or their policies' but fake news is not helping anyone. My apologies if my quick checks are incorrect' but they do cite the same sources as the article.

Name and address supplied.



I've had a busy week working on my top priority - pushing for more well-paid jobs for our area. I want Aycliffe Business Park, NETpark in Sedgefield and our other employment areas to be thriving, with growing numbers of jobs, apprenticeships and training opportunities. And it's not only the number of jobs we need to promote - I want to see more well-paid, skilled roles in the industries of the future - like high-tech manufacturing.

I spent a day at NETpark in Sedgefield meeting a number of the innovative companies there. It makes me so proud to represent our area when I see firsthand the incredible work going on. Pragmatic make semi-conductor chips that are used in health, defence and all aspects of our daily life. Their ambition is to have their chips in a trillion items - amazing for a company based down the road. And, as well as creating jobs in Sedgefield, Pragmatic and other companies at NETpark support thousands of jobs in the local supply chain, including in Newton Avcliffe.

I also met Kromek, a very impressive company I've met before. The chemical and radiation detectors they make in Sedgefield are used in Ukraine to help protect civilians and Ukrainian forces. And such is their global reputation that they've supplied NASA, the American Defence Department and the New York Police Department. These are the sorts of firms, employing engineers and skilled manufacturing workers, that I want to champion and see grow. I'll also be working with these businesses and those across the constituency to expand their engagement with local young people. It's really important that young people growing up in our area are aware of the world-class employment opportunities available right here.

I discussed with business leaders how, as our new Member of Parliament, I can best work with the new government, new North East mayor and councils to grow our local economy. There were lots of great ideas, which I've already started picking up with Labour ministers in Westminster. And I've committed to organising meetings and events to promote our area nationally, to help secure more jobs and investment. My top priority on jobs remains Hitachi. I was pleased to secure an early meeting with the new chair of the Transport Select Committee, Parliament's committee responsible for scrutinising the government's work on transport issues. I also met Hitachi in Parliament to hear the latest on the ongoing negotiations between the firm and Department of Transport officials. I was reassured that since the new government took office, negotiations have been cracking on at pace. I'm keeping a close eye on the progress being made and continue to push for the mess, left behind by the last government, to be sorted.

I knocked on thousands of doors during the two years I was our local Labour candidate. I promised that, if elected, I'd continue to be out and about regularly, knocking on doors, chatting to residents and picking up local issues. It was great to be out on doorsteps the other day, despite the weather! I'll be out talking to residents across our constituency on a regular basis so I'll hopefully, meet many Newtonians soon. As ever, if you have an issue I can help with or would like to book a slot at one of my surgeries, please do contact me on email: alan.strickland.mp@parliament.uk

HEIGHINGTON BOYS F.C.



Heighington U15's 4 v Riverside Thornaby 3

Heighington FC U15s hosted Riverside Juniors Thornaby U15's in a thrilling match that saw the home side emerge victorious with a 4-3 scoreline.

A quick goal in the early stages of the game from Lewis L gave Heighington the early advantage and boosted their confidence to match the opposition. In a see-saw game, that saw further goals from Cruz D, Kai P

NEIGHBOURHOOD POLICING By PCSO Steven Kipling

Hello everyone, here's a brief update of what has been happening over the past week or so; Last week, a prolific shoplifter was stopped by PCSO's in the town centre. He was then arrested, taken to custody and charged with several shoplifting offences.

On Tuesday, a male was arrested for public order, and for assaulting a police constable, and was transported to custody, where he was charged with both offences, and appeared at court the following day.

On Friday, a male was arrested for breaching bail conditions, and on suspicion of stalking. A Traffic-183 warning notice was issued to a youth following a report he had been riding round on an off-road bike, causing a nuisance to the public.

Several Safer Homes visits have been completed over the past week, where vulnerable residents have been given pieces of equipment to make them feel safer in their homes.

PCSO's Kipling & Todd visited the Beaver Scouts on Friday evening, who have been completing a Safety Badge. The group had the chance to ask any questions and have a look inside the police van.

On Saturday, a male was arrested on suspicion of the importation of cannabis into the UK.

On Sunday, a male was arrested for a number of offences and taken to custody, and a stolen quad bike was also recovered during this time. More Op Trailblazer patrols have been completed over the past week, focusing on Anti-Social Behaviour hotspots.

Thanks for reading, have a good week.

PCSO Steven Kipling.

and a late winner from Dan, Heighington took all three points in a keenly contested game. These young players displayed impressive teamwork and positive attitudes throughout the match, which ultimately contributed to their success. MOTM: Full Team.

Thank you to all the players and parents for your continued support.

Referee Mal Dickinson, thank you.

Heighington FC U12 4 v Northeast Sports Rockets 1

Sponsored by Fisk Services and Wilkinson Conscise Construction, Heighington conceded first, but drew level on the stroke of half-time after Tommy's wing wizardry drew an own goal. Second half saw Danny fire in, another own goal, then Will G followed up a Danny strike to score his first for the club. MOTM was William R for a strong defensive performance.

MJ The Legacy

Darlington Hippodrome Wednesday 20th November 7.30pm

MJ The Legacy brings the music of the 'King of Pop' to the Darlington Hippodrome on Wednesday 20th November, presented by EJB Promotions.

This exceptionally authentic, world-class tribute to the music of Michael Jackson stars CJ, one of the world's greatest Michael Jackson tribute artists with his incredible live band and dancers. He has the look, the voice, the moves and all the hits!

This outstanding production is the closest you will get to seeing a live Michael Jackson show, in this immersive theatrical experience that will actively engage you with stunning effects and choreography from start to finish, whilst recreating the music and live performances of the greatest entertainer of all time.

CJ truly captures the electrifying energy of Michael's live performances which amazed the world for decades, bringing together superb musicians and dancers, stunning costumes, incredible live vocals and all the iconic dance routines associated so fondly with the undisputed 'King Of Pop' - Pure MJ! Join MJ The Legacy at the Darlington Hippodrome on Wednesday 20th November at 7.30pm. Tickets are available from darlingtonhippodrome.co.uk

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Pets



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Whorlton Bridge to be Restored



An historic County Durham road bridge is to be lovingly restored piece-by-piece, as a council project enters its next phase. Durham County Council is carrying out work to restore Whorlton Bridge to its former glory, following the authority's successful bid to the government's Levelling Up Fund. Whorlton Bridge formally opened one hundred and ninety three years ago, in July 1831. The bridge is a nationally important archaeological site, given its classification as a Scheduled Ancient Monument by Historic England.

Preparatory works ahead of its restoration are now complete and the council is ready to begin the process of dismantling the bridge.

The team will record around 1800 components before inspecting, 'shotblasting' (cleaning or stripping), testing and repainting.

Given the bridge's status, the existing colour will be used in the repainting and the council is using samples of the original paintwork to make sure this happens.

The components will then be returned to their original position on the bridge, ensuring wherever possible, that original materials are reused.

The bridge remains on course to open to the public next year. In the meantime, it will remain closed to all traffic, including walkers and cyclists, with diversions in place throughout the duration of the works. To watch a video about the work, visit: https://youtu.be/b1E8aheZ7KM Photo by Richard Laidler.

Licensing

Sudoku

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	4	3				6		
			1	8		9		
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1			8		2			6
	6	4			5			
		6		7	8			
		2				8	9	
8	3			5				

Goods Vehicle Operator's Licence

O.G. Waste Management Ltd is applying for a licence as follows: To add FIVE trucks at the operating centre based at Newton Aycliffe Truck Stop, 1 Spring Road, Aycliffe Business Park, Newton Aycliffe, Co. Durham DL5 6AS.

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18-10-2024

Birthday Remembrance

Syd Howarth



21st October 1937 An amazing Dad, Grandad and Great Grandad.

Remembered by his whole family on his 87th birthday xxxx.

Stephen Ibinson



20th October 1938
Remembering you on your birthday with love, greatly missed, forever in our hearts, forever in our thoughts. Always loved.

Love, Sandra and family xxx

In Memoriam

Derek Percival

30/3/35-20/10/23
A loving Husband,
Dad, Grandad and
Great Grandad.
Miss you every
second of every day.
Always in our
thoughts.
Mam sends a kiss x

Harriet Brumwell

18th October 1993
Always remembered and forever loved.
God Bless.
Jeannette & Owen,
Carl and family.

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Woodham AGM

Woodham Village Community Association will hold their Annual General Meeting on Thursday 31st October from 6.00pm to 8.00pm.
All welcome.

Obituary

Harry Ainsley-Weighell



Passed away on 9th October 2024, aged 87 years.

Much loved Husband of Ada; dearly loved Dad of Penny; a respected Father-in-Law and a treasured Granda, Great Granda and Great Great Grandad.

Funeral Service
to take place
in Darlington
Crematorium on
Tuesday 29th
October at 11.00am.
All are welcome,
please meet at the
Crematorium.
Tributes

Floral Tributes may be sent c/o Whitehouse Funeral Service. Donations will be gratefully received for St Teresa's Hospice, Darlington.

All are welcome afterwards at the Phoenix Club.

Cliff Moore



Suddenly, but peacefully, passed away at home on 5th October 2024, aged

October 2024, aged 80 years.
Much loved Husband of the late Norma; dearly loved Dad of Linda, John and Joanne; a respected Father-in-Law and a treasured Granda

and Great-Granda. Funeral Service to take place in Wear Valley Crematorium on Thursday 31st October at 11.30am. All are welcome, please meet at the

Crematorium.

Floral Tributes may be sent c/o Whitehouse Funeral Service. Donations will be gratefully received for The British Heart Foundation.

Helen Emmett

Of Newton Aycliffe, aged 61 years, peacefully at home on 5th October, surrounded by her family.

Much loved Wife of Andy; dearly loved Mum of James and Katie; Gran of Amelia and Henry and beloved Sister of Janice.

Will family and friends please meet for her funeral at Darlington Crematorium on Friday 25th October at 3.00pm.

Family flowers only, donations in lieu would be much appreciated in aid of Lynch Syndrome UK. Constantly Loved, Ever Remembered.

Steve Swainston

6th October, peacefully in hospital, Steve, aged 72 years, of Newton Aycliffe.

A dearly loved Husband of Carol; a loving Dad of Gemma and Kaylie and a much loved Grandad of Ava, Anabell, Finley, Daisy, Phoebe and Teddie.

Would family and friends please meet for a service at St. Clare's Church, Newton Aycliffe on Wednesday 23rd October at 10.30am.

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At the forefront of improved response to ASB

Police and Crime Commissioner Joy Allen has welcomed the publication of a national report on the effectiveness of police forces in tackling antisocial behaviour.

The PEEL spotlight report, published 10th October 2024 by His Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS), said many forces now recognised that anti-social behaviour (ASB) is a priority for their communities and were working hard to implement a problem-solving approach to tackle the problem.

However, it also found several areas where improvement was needed, including how forces identify and record ASB and how they identify and protect vulnerable people. The report also said too many forces still do not understand the prevalence of the issue.

Commissioner Allen prioritised ASB at the outset of her first term as PCC in 2021.

The County Durham and Darlington PCC's strong partnership approach and focus on elevating the victim's voice has put the force area on the map for its effective response to ASB

The PCC appointed the first-ever ASB Victims' Champion who brought together the two Community Safety Partnerships (CSPs) in County Durham and Darlington to create a unified ASB Strategy based on eight key principles which prioritise and strengthen the victim's voice.

The Victims' Champion has worked closely with victims to evaluate and learn from their experiences throughout the justice journey to ensure agencies take a more joined-up approach.

Durham Constabulary was also chosen as one of 16 'trailblazer' forces to pilot the national 'hotspot policing' and Immediate Justice programmes, putting the force in a strong position to understand the unique challenges and demands brought by ASB across 34 key locations.

Latest figures, for the three months up to June 2024, show 5,254 hours and 18 minutes of 'hotspot' patrols were undertaken. These resulted in 53 arrests, 32 stop and searches, 64 informal warnings, six Community Protection Notices, nine Community Protection Warnings, one dispersal notice, 42 enforcement actions and 42 enforcement actions.

Overall, ASB incidents have seen an 11% decrease across the force area The latest Crime Survey for England and Wales (CSEW) ranked Durham Constabulary as second out of 42 forces nationally against the criteria: 'The police understand community issues.'

Commenting on the report, Commissioner Allen said: "I welcome the publication of this national report and the detailed recommendations it makes for improvement.

"ASB has a devasting impact on its victims and any inconsistencies in performance around the country must be addressed at the earliest opportunity and weight given to the huge emotional and psychological toll this offending brings.

"Durham has been at the forefront of national efforts to improve the response to ASB, and I am proud of the many achievements we have made with our partners. We have continued to adopt a two-pronged approach, combining tough enforcement and punishment alongside high-quality support services for those who have suffered at the hands of these offenders. Importantly, these changes have been driven by victims themselves with priority given to listening and learning from their experiences.

"The significant reduction in ASB incidents countywide is a good measure of our success, as is the improvements in the quality of support for victims which have possible through investment by my office. There is still more to do, however. ASB will remain a focus in my new Police and Crime Plan, and I will continue to hold the force to account on what is one of the public's highest priorities.'

By focusing on the victims' voice and experience, the Commissioner and partners have reduced repeat victimisation, with agencies working together to address the underlying causes of ASB through a prevention first approach.

This has seen the development of a new three-step approach to tackling ASB to ensure victims know exactly how and where to turn for help. In other work, detailed research was undertaken to redesign the Case Review scheme which enables victims of ASB who have reported persistent incidents but are unhappy with the response they have received to hold those agencies responsible to account for solving their

Durham is now believed to be the first force area in the country to invite victims of ASB to the case review and to provide statements of the harm they have endured as part of a commitment to the Victim's Code and the need to amplify the victim's voice in the justice system.

Elsewhere, the PCC has improved support for victims through her awardwinning Community Peer Mentor scheme where victims can access support on everything from money matters to health and wellbeing. She has also jointly funded diversionary projects which educate young people on the consequences of ASB through interactive performances in schools and an overhaul of the way ASB awareness is publicised to ensure residents know exactly where and with whom to turn to for help The full HMICFRS report can be accessed at: https://hmicfrs. justiceinspectorates.gov.uk/publications/policing-response-to-antisocialbehaviour/

Major Milestone at Science Park



A leading tech firm, which supplies components and subsystems to space, aerospace, defence and telecoms, is the first tenant to sign up for a new unit in a growing County Durham science park.

Filtronic will move into custom-built headquarters within the £100million Phase 3 extension to the North East Technology Park (NETPark) at Sedgefield in 2025.

An existing tenant of the park, the awardwinning manufacturer's new facility will more than double its operational footprint.

The move will further strengthen the firm's capabilities and increase capacity, while enhancing its cleanroom facilities, engineering laboratories and testing facilities.

It comes at a time when the firm's growth has been boosted by deals struck with Elon Musk's company, SpaceX, for the supply of critical RF subsystems for low Earth orbit satellites. Michael Tyerman, chief financial officer at Filtronic, said: "We opted to stay at NETPark due to its modern infrastructure, the presence of innovative and like-minded companies, and the flexibility it provides for scaling our operations.

"The new facility expands our manufacturing and office space as well as upgrading test facilities. It will support the continued development of our leading-edge products and enable us to scale capacity to meet growing customer demand.

"This commitment to innovation was recognised earlier this year when we were honoured with the King's Award for Innovation, making us one of the few businesses in the UK to hold both the King's and the Queen's Award simultaneously.

"It was also a core reason why SpaceX entered into a strategic partnership with us in April of this year, which includes the ongoing supply of E-band solid-state power amplifiers (SSPAs), alongside collaborative efforts in developing and delivering comparable products across multiple frequency bands core to SpaceX's Starlink constellation. For more information about opportunities at **NETPark** visit:

www.northeasttechnologypark.com



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RUNNING CLUB NEWS

It has been another very busy week for Aycliffe Running Club with a variety of races across the region and beyond.

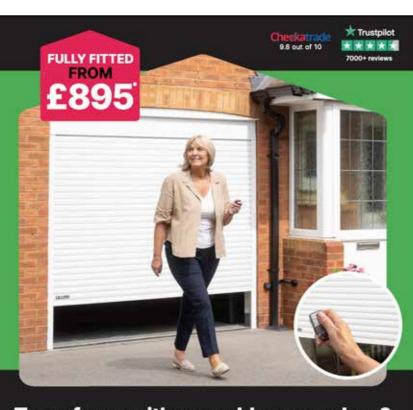
On Sunday 13th October, eight members travelled to Leeds to take part in the Leeds Abbey Dash 10k. This race in its 38th year was set up to support older people across the UK, through Age UK raising over £4 million in the process. Representing the club were John Surtees in an excellent sub-35 minute time of 34:41, Richard Campbell (38:58), Dave Blewitt (48:01), Laura Hudson (in a new 10k PB of 49:01), Richard MacFarlane (54:40), Jean-Pierre Hupin (56:53), Yvonne Blewitt (1:01:48) and Em Flynn (1:07:27).

At the same time, seven members took part in the Coxhoe Trail Run, which was set on a new course due to issues with the weather last week. This made conditions difficult for the runners. Representing the club were Kieron O'Connor (48:30), Andrew Tweddle (54:59), Keith Hatton (58:20), Thomas Heywood (58:50), Rob Nicholson (1:03:42), Sue Podmore (1:05:58) and Richard Tonge (1:10:38).

On the same day, two members took part in one of the most challenging 10k races there is, the Richmond Castle 10k which includes a lot of testing hills. Representing the club were Salv McDonnell (54:25) and Cath McDonnell (58:31).

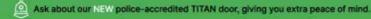
At the same time, seven members travelled to Northumberland to take part in the Wild Deer Hadrian's Wall Half Marathon. This started just below Housesteads Fort, before a climb up to Hadrian's Wall before following the wall path for about 5 miles and turning off and heading to finish at Tyne Green in Hexham. Completing this challenging route which included some epic climbs and plenty of mud were Steven Dawson (2:04:46), Ian Payne (2:08:06), Paul Dalton (2:16:04), Shelley Ramsey (2:36:14), Eve Doe (3:01:15), Sandrine Hewitt and Carley Cooper running together (3:04:42).

On the same day, one member made a special trip across the pond to take part in the Chicago Marathon. Amazingly, Helen Boydn who only just ran in Berlin Marathon two weeks ago, was on the plane and ready to take on her next marathon, completing the race in a time of 6:33:44. Helen is currently working through the Abbott World Marathon



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Majors Six Star Medal challenge. This is something that is awarded for runners who complete all six major marathons, with Helen now accumulating four stars and well on her way. Next in the series will be Tokyo, followed by Boston with some serious training needed to meet the requirements for the race, but we have every faith Helen will achieve her goals. On Saturday 5th October, 34 members started their weekend with a parkrun. At Albert Park, Richard Tonge (29:29) and Kathleen Tonge (30:37) both set new course PB's. At Hackworth, Bernadette Cooper (22:56) finished as first female. At Tamar Lakes, both lan and David Stothard completed the course for the first time, whilst volunteering as tail walkers. At Marken Rasen, Keith Hatton (26:52) completed the course for the first time. At Jubilee, Beau-Louise Mason (24:00) completed the course for the first time whilst finishing as third female. At Denton Dene, Carley Cooper (28:14) set a new course PB with Sandrine Hewitt (29:45) completing the course for the first time. At Fulwell Quarry, Lou Mann (42:03) completed the course for the first time.

If you are feeling inspired and are interested in joining the club, you can turn up for one of our sessions. More information is available on our website www.ayclifferunningclub.org. uk or our Facebook page - If you would like to chat with someone, then you can email ayclifferunningclub@gmail.com - If interested in the Junior Section you can email arc. juniorsection@gmail.com - Make this year the year you or your children get into running and join us to keep it going for many years to come.

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