Newton News

Incorporating The Newtonian - Newton Aycliffe's Free Community Magazine Editorial and Advertising contact: paul@newtonnews.co.uk - Telephone: 01325 300212 - www.newtonnews.co.uk



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Sisters Are Doing it!

BEGINNERS RUNNING

Have you always wanted to learn to run? Improve your fitness? Join a new group? Ladies only!

Brand new beginners kicking off on Monday 6th September 2021 at 6.30pm. We run from 0-3 miles in 10 weeks! £25 and you will receive a medal on week 10!

Call/text Jules on 07966 968388 to secure your place!



Grammy Award Winner Joins Aycliffe Radio

Aycliffe Radio are proud to introduce the latest member of the ever expanding team of volunteer presenters, John Wooler.
John is an ex-Virgin records Executive;

Wooler.
John is an ex-Virgin records Executive; founder and former president of the Blues record label 'Point Blank'; which



featured artistes such as John Lee Hooker, John Hammond, Isaac Hayes, Charlie Musselwhite, Van Morrison, Pop Staples and the Staple Singers, Johnny Winter, Albert Collins, to name a few. John is well known in the industry for his record production with many legendary and new breaking artistes. John was a producer and music executive for many years and continues to record and look for great talent around the world. Originally from Scotland, John is now based in Los Angeles, California in the USA. Another feather in John's cap is that he has 26 Grammy nominations and has won five. He also currently serves on the advisory board and consults with various record companies including the EMI Music Group. You can catch John's Aycliffe Radio show on a Sunday evening from 8pm to 10pm, specialising in classic soul and motown tracks.

Historic Locomotive Returns to Darlington

One of the last locomotives to have been built in Darlington has arrived back to its home town to go on display at the Head of Steam Railway Museum.

The BR Class 37 diesel-electric will be on public display from Tuesday 10 August and comes ahead of celebrations in 2025 to mark the 200th anniversary of the Stockton and Darlington Railway.

The locomotive was built by English Electric Robert Stephenson and Hawthorns in Darlington and operated on the main line network until 1999 when it was placed into storage until sold to the heritage railway sector in 2004. In 2008 it was purchased by Network Rail who have kindly donated the locomotive to the Head of Steam Railway Museum – the first time Network Rail have ever donated an entire locomotive to any museum.

The locomotive has undergone a complete aesthetic refurbishment including all paintwork and livery, so it looks just as it did when it originally left the factory back in April 1964

Councillor Heather Scott, Leader of Darlington Council, said "This Class 37 locomotive is a most significant piece of railway engineering being the very last of its kind to roll out of the Robert Stephenson and Hawthorns factory in Darlington. Bringing this beautiful locomotive back home marks another step towards the bi-centenary celebrations in 2025 of the Stockton and Darlington Railway and the transformation of the Railway quarter."







"The Area's Number One Music Venue!" FORTHCOMING ATTRACTIONS:

Starting Thursday 26th August Afternoon Dance

with Bingo 2-5pm, Cover charge £2.00 Then every Thursday for a trial period

> Saturday 21st August Princess Day

£10 per child, 1-3pm (food included)

Every Saturday Night Singer in the Lounge with Bingo and Super 5

Saturday 11th December
Tess Tickle Christmas Show
Tickets available soon

Gym is now open from 9.00am till 12noon Monday to Friday for the month of August, evening sessions will start in September

> www.chiltonclub.co.uk Tel: 01388 720294

> > Find us on **f**

Chilton Community Sports and Social Club

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Correction to dates for the new 'Development Group and Adult Training Session' taking place at Newton Aycliffe Leisure Centre.

Development Group for 9 years and over, who can swim 50 mtrs and are confident in deep water, is Sunday 4.00pm to 5.00pm on 5th September.

Adult training Session, Monday 7.00pm to 8.00pm on 6th September.

First three weeks are free

Good fitting goggles are essential. The provision of both of these sessions is a result of the grant given to the club by G.A.M.P. to improve the training facilities for both adults and children and to enhance the development of the club.

Both of these sessions are to be taken by Chief Coach, John Moore.

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Swimming News County A Level Students Praised for their Resilience

On A level results day, sixth form students across County Durham have been praised for their dedication and resilience during the coronavirus pandemic.

Durham County Council recognises that students receiving their results this year have experienced unprecedented challenges, including two lockdowns and periods in between in which many students are likely to have had to self-isolate because of coronavirus and the resulting safety measures.

As a result of the unprecedented times in which students have sat their A levels, a system of teacher assessment was introduced in lieu of public exams and designed to be flexible enough to take into account such a challenging period. In County Durham, the average grade achieved at A level is a B plus and the average Applied General and Tech Level result is a Distinction.

Cllr Ted Henderson, Durham County Council's Cabinet member for children and young people's services, said: "We are incredibly proud of everyone who has received their A level results today.

"It has been such a challenging two years for our students and I would like to congratulate them for showing such resilience in applying themselves to their studies and the assessment process, as well as coping with the pressures of the ongoing pandemic. "Whatever grades you received, please be

assured that we are working hard to ensure there are opportunities for you to follow your dreams in County Durham as we recover from the impact of the pandemic. Support is available, and I would encourage anyone who is unhappy to seek it out. It is more important than ever that we look after out

mental health and wellbeing."

Cllr Henderson has also praised the enormous efforts of school staff across the county, adding: "This has been an immensely challenging time for schools and colleges, which have had to adapt quickly to implement new arrangements in such a short space of time. They have worked so diligently to give their students grades that are fair and accurate.

"We are so grateful to all education providers for their hard work and commitment to children and young people in County Durham. While there are still challenges ahead, we will do everything in our power to support schools and colleges when the new academic year begins."

Students who did not receive the grades they hoped for and those looking for careers advice can find out about the council's adult learning and employability courses at www. durham.gov.uk/adultlearning

The mental health and wellbeing community Kooth is offering support to young people via its website www.kooth.com and social media channels, @KoothUK on Facebook or @ Kooth_UK on Instagram.

The charity Student Minds is also offering support and guidance online at www. studentminds.org.uk

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Bedroom



Exciting times ahead for MAD choir as they are set to resume on Wednesday 1st September 2021.

MAD Community Choir have been based in Newton Aycliffe for the last seven years and have in the past raised thousands of pounds for local charities. Living by their motto of 'Making A Difference', they are all set to pick up where they left off sixteen months ago. MAD Choir are a friendly bunch who would welcome new members with open arms so, if you love singing and would like to Make A Difference in your community this could be for you. There are no auditions and, as a community choir, we welcome singers of all levels of ability. Singing is a great outlet for your health and wellbeing.

Your first session with us is free, so why not try us out for size?

If you'd like to know more, call Evelyn on 07878 888435 for a chat.

Sessions take place at Woodham Community Centre on Wednesdays at 7pm. . . feel free to just come along!

■■Image■■ Sliding Wardrobes Manufactured in our Newton Aycliffe Factory www.bedrooomimage.co.uk Visit our new studio at: 24 Cockerton Green, Darlington DL3 9EU Telephone (01325) 464100 or Middlesbrough and Washington

Telephone 0191 417 9174

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Owners

Can I please request that dog owners do not use dog leaders or a harness to pick dogs up, or to swing it around when barking at other dogs?

They are not made to be used for this purpose and can cause harm to your pet. It is also a form of animal cruelty and can be reported under the animal welfare act. I have seen this happening in the Woodham area on a number of occasions, so this letter is advice to the owners, before it gets reported to the RSPCA.

If a dog owner cannot manage the number of dogs you take out for a walk, please just take two dogs at a time and not many.

Dog owners please ensure you keep your pets safe at all times.

Concerned dog lover

Situations VACANT



Caretaker

Grade 3 SCP 4 - 6 (£18,426 - £19,171 per annum) 37 hours per week, whole time

Greenfield Community College are looking to appoint a skilled, hard-working and flexible person to take-on this important role. The successful candidate will have the ability to work effectively as part of a team, whilst also being able to work on their own initiative and prioritise their workload. The person appointed will play a vital role in ensuring a clean, safe, secure and well-maintained environment for students, stoff and visitors.

environment for students, staff and visitors. The contractual hours for this position are 37 hours per week whole time, a shift pattern will be arranged between 6.45 and 21.30, with an enhanced rate paid for hours after 20.00. Annual leave entitlement

is to be taken during school holiday periods. If you can share our commitment to providing the best possible learning environment for our students, and the best possible working environment for our staff, we would be pleased to receive your application.

Only applications submitted on the application forms and completed in full by the specified date will be considered. Completed forms should be returned to hr@greenfieldschool.net or to the school

Please go to www.greenfieldschool.net/vacancies for an application form. Alternatively, please contact Chloe Taylor on chloe.taylor@greenfieldschool.net

from 23rd August for more information.

Greenfield Community College is an equal opportunity employer and welcomes applications irrespective of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation. As a disability confident employer, we are committed to employing disabled people and people with health conditions making reasonable adjustments to support disabled applicants when

The school is committed to safeguarding the welfare of children and young people and require all staff to share this commitment. All posts are subject to a satisfactory DBS clearance.

Closing Date: Monday 31st August at 12 noon Interview date to be confirmed
All appointments are subject to appropriate

pre-employment checks.

Advice for Dog | An Emotional Day for All

Heroic Durham officers who died while protecting the public were commemorated recently at a national memorial service held in their honour.

Chief Constable Jo Farrell joined representatives from the UK's police forces along with families of the fallen colleagues, dignitaries and senior politicians at the National Memorial Arboretum, in Staffordshire

CC Farrell also welcomed Sergeant Pete Tate. Inspector Ed Turner and call handler Michael Wallace who participated in the UK Police Unity Tour which involved cycling 180 miles over 3 days to the memorial in memory of three Durham colleagues who died in the line of duty.

By completing the ride, they raised hundreds of pounds for the Care of Police Survivors (COPS) charity which is dedicated to helping the families of police officers and police staff who have lost their lives on duty.

Sgt Tate cycled in memory of DC James Porter who was tragically shot and killed whilst confronting suspects from an armed robbery in Bishop Auckland in 1982. He was just 31.

Insp Turner cycled in memory of PC Keith Maddison, 46. He collapsed and died on duty whilst chasing two suspects in 1997. And Mr Wallace rode in memory of PC Jonathan Green who died in a road traffic collision on his way home from work in Barnard Castle in 2004. He was only 23. Speaking about the event, CC Farrell said: "It was a real honour to be invited to the remembrance service and humbling to speak to the families of those who have lost their lives in the line of duty - especially those of our own Durham officers.

"It was also great to see our Durham cyclists arriving after their long journey to the site and I know it wasn't an easy ride but their hard work paid off - well done Ed, Pete and Michael.'

Insp Turner added: "It was a great experience and we all felt so proud to be part of it representing Durham. It was particularly emotional riding in to the finish to be met



with some of the families of our colleagues and seeing the hundreds of riders who were also paying their respects to officers who have made the ultimate sacrifice to protect the public. They will never be forgotten.' For further information about the new memorial visit www.ukpolicememorial.org Photo: Left to right: CC Jo Farrell Michael Wallace Insp Ed Turner Sgt Pete Tate and Federation rep Kevin Wilson.

Aycliffe Darts & Domino League

The Aycliffe Darts and Domino Monday Night League is due to commence in late September 2021.

The games are home and away and are held every Monday night except Bank Holidays. Teams consist of a minimum of 6 players and games nights commence at 8pm and are normally completed between 10-

Any local public houses wishing to enter a team or individual player wishing to play in the league should contact John Rogerson, Tel: 01325 320319, mobile: 07516 926568 or email: j.rogerson42@outlook.com



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LOCAL RADIO brought to you by LOCAL PEOPLE

Weekly Programme Schedule

IN PARTNERSHIP WITH NEWTON AYCLIFFE TOWN CENTRE MANAGEMENT



"Aycliffe Town Centre . . . Shopping for You"

Classic "Love Songs" Sun-Thurs 12 to 3am, Fri & Sat 1-3am

** Updates from MP Paul Howell at 12noon weekdays **

CATHDDAV

9-10am	Eurovision Show	Simon Harding
10-12am	Moderation	Jack & Garvey
12-2pm	Kitchen Floorfillers	Caz BoJangles
2-4pm	Weekly Edition	Paul Baker
4-6pm	Sports Saturday	Sean Lawless

"The Saturday Night Experience" Sponsored by Bengal Lounge Indian Restaurant & Takeaway

6-8pm	Evening Session	JimJams
8-9pm	Rock the House	Carl Booth
9-10pm	Retro Trance Mix	OZ-DJ
10-12am	Drum 'n' Bass Show	MC Supa
12-1am	Night Club Session	A DJ

SUNDAY

9-10am	Church Service	Xcel Centre
10-11am	Yesterdays Music Today	Alan Brown
11-12pm	Random Reiki Master	Phil Hawkins
12-2pm	Dave's Sunday Brunch	David Ringer

'Blues Show' Sponsored by Whitehouse Funeral Service

2-4pm	Bear Blues Show	Colin & Monic
4-6pm	Folk/Celtic/Rock Show	Steve & Col
6.30-8pm	Jazz Time	Mike Dixon
8-10pm	Soul Show	John Wooler
10-12am	Easy Sunday	Al Smart

MONDAY to FRIDAY DAILY

10-12am	Golden Years	Paul Baker
12-1pm	A to Z of Pop (Mon, Tues & Wed)	Richard Smith
12-1pm	Call Me No 1 (Tues & Thurs)	Richard Smith
1-2pm	Memory Lane	Colin McNeillie
2-4pm	Afternoon Aycliffe	Paul Baker

'Through the Decades' Sponsored by McDonalds Newton Park

6-7pm	60s Show	Karl Simons
7-8pm	70s Show	Peter Rush
8-9pm	80s Show	Gary Avery
9-10pm	90s Show	Dave Graham
10-11pm	OOs Show	Producer Dan
11-12am	Teens Show	Andy Fittes

TUESDAY

C 7nm	Muctory Voor	Paul Baker
6-7pm	Mystery Year	Paul Bakel
7-8pm	Around Town with	Phill Hawkins
	17th August - Shine Children	's Community Choir
8-9 3Nnm	Jazz Time (R)	Mike Dixon

WEDNESDAY

THIIDCDAY		
8-10pm	Alternative Aycliffe	Gaz n Alby
6-7.30pm	Joey's Jukebox	Joey Collins

EDID AV		
10-12am	Rock Night	Jonny Goldsmith
8-10pm	BeatRoote	Graeme Roote
6-8pm	The List	Colin McNeillie

'Weekend Warmup' Sponsored by Shake n Cake

4-6pm	Weekend Warmup	Dan Calum
6-8pm	Techno Trance Mix	PVR Studios
8-10pm	20th August - Nathan Abb o	ott - Dance Classix
12-1am	Night Club Session	A DJ

Check our website for full schedule www.ayclifferadio.co.uk

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Labour's Cronyism Ended

Dear Sir,

Councillor Barbara Clare's letter in last week's edition is full of inaccuracies to put it politely!

Fact: On 12th June 2019, Labour, (through Cllr Barbara Clare), after 40 years in control, changed Council Standing Orders to read "That the point of entry for members of the public be the rear Council Chamber door which is accessed from the Public Car Park. This door to be open for public access 30 minutes prior to the advertised time of the meeting. This to apply equally to all persons unless they are invited through reception by a Councillor or Member of Staff". Labour, no one else, changed the rules, no allowance for disabled applied then, one must ask, why? It was so that Labour's cronies (party members) could use the Staff/Councillors entrance, no one else, just favoured access, for Labour Councillors friends, not the public or disabled.

Fact: We changed the rules back to how they were for over 40 years, blocking Labour from favouring their party members over and above the public. Cllr Clare, as a Councillor, is perfectly able to use the Councillor/Staff entrance as before. No change there.

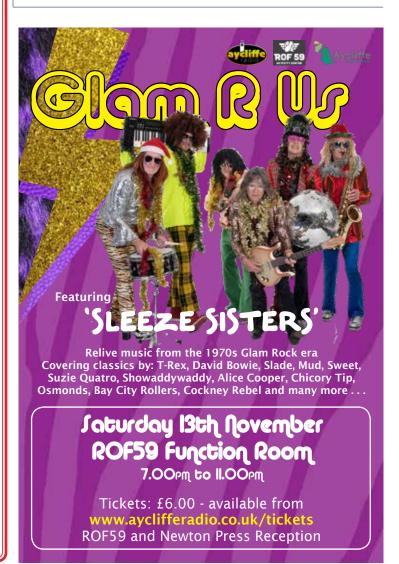
Fact: Any Council invited speaker or authorised visitor, would be guided by the Town Clerk or his staff.

Fact: Labour put in the public access path and ramp at the front of the building 20 years ago specifically for the public and disabled to use, and improve access for the disabled and for security.

Fact: For all the year's the public disabled access has been there Labour never once objected, not Cllr Jed Hillary or any other Labour Councillor, this issue came about because Cllr Clare and Labour changed the rules in 2019 to suit Labour's cronies, now they cry because we removed that cronyism. The new administration promises to serve all interests, not just Labour.

Cllr Ken Robson

Independent Spokesperson



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Why we Need an Opposition

Dear Sir

Do you believe in democracy? I do, and for me that involves accepting that Labour lost the last local election, and that the Town Council is now run by Cllr Chandran and his Independent/LibDem coalition.

However, it also involves me accepting that residents voted me onto the Council to be part of a responsible and articulate Opposition, speaking out if I see the ruling group making what I think may be a mistake. And that explains why everything Cllr Chandran told you in his letter last week should be viewed from a different perspective.

PARKING

It is true that, last month, the ruling group set up a working group with the task of asking all the people in the town to tell it all the town's parking problems, in order to map them, liaise with DCC and livin, and finally "resolve and reduce" them. I did not oppose addressing parking. I did, however, worry that the proposal might overstretch council resources (especially officer time), and I supported a Labour suggestion to first gauge the extent of the problem. The ruling group dismissed this as 'negativity' and block-voted for a working group with its huge remit.

TOWN CENTRE

Similarly, I feared the Town Council might be exceeding its capabilities when the ruling group proposed initiating a second group, including the town centre owners, the MP and the government(!), to 'regenerate and develop' the Town Centre. Labour Councillors acknowledged the good intention of the motion and did NOT vote against it, but I suggested that the Town Council would do better instead asking for a place on any body which should be set up by the MP and the County Council. The ruling group,



however, block-voted to initiate its working

COUNCIL TAX

In the election, there was a huge vote in support of the LibDem's promise to reduce Council Tax by up to £400. Acknowledging this, I therefore proposed a small group, led by the LibDems, with limited access to officer time, to help them to bring forward their ideas in time for next year's budget. I was honest that I do not think that there are such savings to be made, my motion left the final decision with the Council, and I explicitly rejected "slashing services and facilities". The reaction of the ruling group to this was an amendment by Cllr Fleming which set up instead a formal cross-party working group, with only one LibDem, full access to officer time ... and a remit to reduce Council Tax (ideas Cllr Chandran is now calling "crazy"). I tried to warn them at the time that this would overload the officers and lumber the Council with a promise to reduce Council Tax it might not be able to fulfil ... but the ruling group block-voted their amendment through, accusing me of 'sour grapes'.

JUSTIFIED?

What Cllr Chandran did not tell you in his letter was that, the very next week, the ruling group had to call a meeting of Chairs and Vice Chairs ... because the officers were overloaded with work! And out of that meeting came an immediate back-pedalling, as you can see in Cllr Chandran's letter if you look beyond his attempts to blame Labour:

- The Parking group, he tells us now, will "not start work until next year [and] is likely to take many many years".
- The Town Centre group, he now claims, "is down to the County Council, and our MP", and all the Town Council wants is "some input" (as I had suggested).
- And Council Tax? The ruling group has now decided that "we don't need any more working groups, wasting staff and councillors time and resources", and has referred back its own amendment (presumably to be rescinded).

It is good to want to do something about parking, the town centre or, indeed, Council Tax. But if Cllr Chandran had only had the humility to listen to Labour's suggestions for a more cautious approach, he would have been spared these embarrassing U-turns. And that, readers, is an Opposition doing its job properly.

Cllr John D Clare (Byerley Park, Horndale and Cobblers Hall)



Do You Know Where Your Kids Are?

As we get further and further into the summer holidays, we would like to remind all parents/carers to be aware of what their children are up to. There has been a few incidents within the town centre where a group of youths have imminently been banned from entering the town centre due to being the cause of criminal damage and general nuisance. With lockdown restrictions eventually coming to an end, it is important to encourage celebrating and socialising in safe and responsible ways.

R.A. TAYLOR

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SYD HOWARTH COMMUNITY SERVICE AWARD

Nominate a community minded individual

The Howarth family, in memory of Syd Howarth, MBE, are offering the residents of Newton Aycliffe the opportunity to nominate an individual who has excelled over the last year. The nominees must be from Newton Aycliffe and the winner will receive a plaque and £250 to go towards their own or another local charity. Those nominating must give the name and address of the nominee along with reasons why this individual should win (up to 250 words). Closing date for nominations is 31st August 2021, at which time those that were nominated will be published in the Newton News and the Howarth family will choose the winner. The winner will be awarded their prize on Thursday 21st October 2021 (Syd's birthday).

Entries to be sent via email to: paul@newtonpress.net or posted to:

Paul Howarth
Newton Press
Blue Bridge Centre
St. Cuthberts Way
Newton Aycliffe
DL5 6DS



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Safeguarding your Social Media Site

People are being increasingly targeted via social networking sites. Anybody who can get access to your personal information can do this; whether it is a former partner/friend or someone you have never met before. This is why it is extremely important to protect yourself when using sites such as Facebook /Twitter.

You should always be cautious about including any of the following information:

- Name:
- · Address:
- Telephone numbers / email addresses:
- Education / employment information;
- Photographs which may show your home and any valuables;
- · Date of birth;

 Status updates / comments which may state when you are not at home, when you are going on holiday, what expensive items you have recently bought etc.

Be wary of including 'friends of friends' in your privacy settings, as this effectively allows anybody to view your information. The anonymity of the internet makes it easy for people to lie about their identity, so be wary of accepting strangers who send you a friend request. They could be pretending to be someone else (e.g. lying about their gender/age) in order to persuade another person to agree to meet up with them, when in actual fact they have criminal intentions.

Also if you add someone who you do not know, they may begin to ask you questions over time and aim conversations to particular

Asian Hornet Week 2021

The British Beekeepers
Association (BBKA) is calling on
the public not to be complacent
about Asian Hornets. In spite of
last year, when there were very
few reported sightings, insects
are no respectors of a pandemic
and if conditions are right we
could find nests or sightings as
the leaves fall off the trees this
autumn.

A successful project by bee inspectors in previous years has



tracked hornets back to their nests and eradicated them. A prolific insect like this could be found anywhere but you should look out for them on good nectar sources like trees or flowering bushes. Vespa Velutina is an alien species that could decimate our pollinators if it gets established in this country. It is already established in France and the Channel Islands.

Spring trapping is important as a means of removing the new queens as they come out of hibernations. As the young larvae grow and pupate the diet of the worker hornets changes to protein and honeybees are their favourite food.

As Spring gives way to summer they start building their secondary nests which can be the size of a football or larger. These will generally be sited at the top of a tall tree or in the eaves of a house, but have also been found in hedges. The worker hornets, which need to feed lots of larvae, hang around the entrances of hives of honeybees waiting for the forager bees to come out - a behaviour known as 'hawking'. We ask all beekeepers to check their hives for hornets regularly.

We need members of the public to keep their eyes open for the hornets. See it! Snap It! Send it! Use your mobile to take a photo and download the Asian Hornet Watch app to help identify what you have seen and to send it to the non-native species authority. If you find a nest, do not approach it, stay at least 20 metres away and take a picture. Individual hornets may be found sharing blooms of a bush or patch of flowers. They will not mind you photographing them but don't get too close. Like all insects they do not like the thing they are standing on to vibrate.

Remember, See it! Snap it! Send it!

Anne Rowberry

BBKA Asian Hornet Coordinator & Chair

For further information and interviews please contact BBKA Press officer, Diane Roberts: 07841 625797

subjects, in order to find out more information about you. If they already have your email address they could log in to that account using the information you have given them and answer your security questions/reset your passwords. Once they have done this, and have access to your personal emails, they could be gaining access to your bank details, online shopping accounts, paypal etc., and use these to take money from your accounts or buy goods in your name. 'Internet Matters' and 'Cyberstreet Wise' are websites that offer advice on using social networking securely and what safeguarding measures to take. You will find links to these, and other information online.

Stay safe and take care.



No Admission Charge

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Cocktail FAQ's

So you're thinking about making some cocktails...?

Why do we make cocktails? Cocktails provide variety of taste, they are strong combinations of ingredients which provide for both variety of taste and fun but care should be taken to make them well. Consider the importance of both technique and presentation on programmes such as TGBBO and Masterchef. Whilst it's important to stick to the recipe, but even if you do that, you are not going to win if it doesn't look great. It's all about attention to detail.

What do you need...

- 1. A shaker At the Aviator we prefer Parisian or Boston shakers.
- Strainer 1 Hawthorn does most jobs.
- 3. Strainer 2 fine mesh prevents muddled stuff getting into your pretty cocktail.
- 4. Strainer 3 julep if you're using one of these you don't need to read this!
- Ice avoid crushed ice on the whole except for certain options go for big bits of ice (crushed ice and smaller cubes melt quicker so it dilutes the drink). Alternatively, use many small cubes in the glass (which melts quicker - an iceberg or a snowball?).
- Jigger measure accurately. A measure is when the jigger is completely full not just below the top.
- 7. A stirring glass or beaker. We use chemistry beakers much cheaper than formal stirring beakers and pretty tough too.
- Glassware the right glass for the right cocktail it makes a difference (Martini / Nick & Nora / Hiball / Rocks / Margarita / Hurricane)
- 9. Garnish choose to do it well or just don't do it.
- 10. Drink your cocktail whilst it's laughing at you (i.e. whilst it is cold).

What's a measure.....?

- ¼ measure = 6.25ml [One teaspoon = ~6ml]
- ½ measure = 12.5ml
- One measure = 25ml
- Two measures = 50ml

Top tips for cocktail making....

- 1. Use the best ingredients you can lay your hands on.
- 2. Measure accurately it matters.
- 3. Chill your glassware.
- Add cheapest ingredients to the shaker first (helps to avoid expensive accidents).
- Use good quality, large as possible, ice and DON'T REUSE YOUR ICE.
- 6. Shake hard until there is frost on the outside of the shaker.
- 7. Use good glassware.
- 8. Garnish thoughtfully.
- 9. Squeeze fruit no bottled stuff.
- 10. Stir or shake:
 - 1. Stir if your ingredients are clear.
 - 2. Shake if any ingredients are not clear (it's not the law speak to 007...!)

Why can't I open my shaker after shaking...?

Good news - it means you're likely to be shaking well. If the shaker is difficult to open then you've shaken hard. It has cooled down the cocktail to sub-zero temperature (remember alcohol doesn't freeze at zero degrees and ice from the deep freeze comes out at approx -19 degrees). As a result, the air trapped inside the container has been chilled sufficiently to reduce the pressure of the air inside the shaker. In other words you have made a partial vacuum.

Practice and technique allow for the shaker to be separated. However, if you're using a boston shaker there's a technique that is failsafe and we will publish soon.

Enjoy your cocktails - remember you can get cocktail boxes from us that give 4 cocktails per box to avoid spending big amounts of money.

Cheers

The Herbal Gin Company

Aycliffe Cricket Club Scoreboard Report

Newton Aycliffe Cricket Club's 1st team, sponsored by Franks the Flooring Store, put in their best performance of the season as they thrashed Hartlepool 2nds at home by ten wickets in the NYSD 2nd division. Electing to bowl first proved an inspired decision by captain Adam Randall as the four pronged Aycliffe seam attack bowled superbly to dismiss the visitors for just 70 runs after 26.2 overs. Michael Howe (sponsored by Yvonne and Bob Wood) led the way taking 4 for 15 and he was supported well by James Layfield-Carroll (3 for 9) and George Slatcher (3 for 35). Credit must also go to Jack Slatcher who, despite remaining wicketless,



finished his miserly ten over spell with the remarkable figures of seven maidens and only giving away eight runs. In reply, opener Luke Telford (sponsored by Unison) smashed the visitors, bowling to all sides of the ground, finishing on 47 not out from 34 balls faced, including nine boundaries and a six. Fellow opener Sam Telford also batted well finishing unbeaten on 25 from 17 balls faced as the impressive pair took only 8.3 overs to reach their winning target. Our young second team continued their extraordinary season with another superb victory, this time away at Northallerton 2nd XI in the NYSD 4th division. After being asked to bat first Aycliffe battled hard throughout their innings and were eventually dismissed for 138 after 36.5 overs. 14 year old Thomas Dearden (sponsored by Kevin Burton) top scored with a patient 29 off 54 balls and other notable contributions came from 16 year old Leo Mercy (27 off 41 balls), Dylan Tribley (19 off 17 balls) and Ryan Patrick (19 off 13 balls). In reply, Northallerton were bowled out for 96 after 36 overs thanks to some excellent performances from Aycliffe's four bowlers. Captain Joe Teasdale led from the front taking 4 for 28 and was supported well by 14 year old Harrison Pearson (2 for 12), Thomas Dearden (2 for 22) and Leo Mercy (1 for 19) as the homeside were bowled out still 45 runs short of their target.

The U15's had an excellent win by 40 runs away at Wolviston in the NYACC league. Aycliffe were asked to bat first and scored a very healthy 131 for 3 in their allotted 20 overs. Opener Thomas Dearden continued his outstanding recent form with 51 retired from only 31 balls faced and he hit eight boundaries. Dan Heaton (29 not out) and Leo Stout (28 not out) both batted well with an unbroken 4th wicket partnership of 61 to help push the total to 131. In reply, the homeside were dismissed for 91 after 19 overs with Leo Stout capping a fine individual performance taking 4 for 13 and Owen Smith and Joe Ingman chipping in with 2 for 11 and 2 for 18 respectively.

Photo: First team batsman Luke Telford in action.







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N.A.F.C. REPORT



Saturday 7th August
Emirates FA Cup - Extra Preliminary Round
Newton Aycliffe 4 v Thornaby 3

Newton Aycliffe FC pulled off only their 4th Extra Preliminary Round win in 11 seasons in the Emirates FA Cup on Saturday with a narrow victory over Thornaby. Aycliffe edged the seven goal thriller to earn a trip to Tadcaster Albion on 21 August.

The game got off to a lively start with Liam Jarvie having the ball in the net after just 3 minutes. Unfortunately, an offside flag denied the home side the early goal.

The opener came on 21 minutes. Aycliffe took the lead when Sonni Coleman converted a penalty. Thornaby responded a few minutes later with a fine strike from the edge of the box beating Adam Pickford in the Aycliffe goal.

Ten minutes later the visitors took the lead as Beddow scored from the penalty spot. As the first half moved into added time Liam Jarvie equalised for Aycliffe, diving to head home a good cross from Ben Dibb-Fuller. Jarvie still wasn't finished for the half and 3 minutes into added time he got his second. meeting a cross from Joe Ferguson. Aycliffe started the second half as they finished the first with a fourth goal on 49 minutes. Left-back Lewis Walton swung a cross into the box which was met by Sonni Coleman who headed past the keeper before he could react.

Just before the hour Thornaby pulled a goal back with a great strike into the top corner of the net & shortly afterwards could have levelled but for a fine save from Pickford.

Thornaby had a player sent off with about 20 minutes to go and Aycliffe had a couple more good efforts saved. However, there were no further goals & the game finished a 4-3 win for the Newtonians. In the Ebac Northern League, after just two games. Aycliffe are one of only three sides on 100% & they play the other two this week. Newcastle Benfield will have made the trip to the Beaumont Landscapes Stadium on Tuesday 10 August Aycliffe travel to Consett on Saturday 14 August.

Forthcoming Fixtures

Saturday 14 August Consett (away)

Tuesday 17 August Seaham Red Star (away)

Saturday 21 August Tadcaster Albion (away) - Emirates FA Cup

Tuesday 24 August Crook Town (home).

Photo by Yvonne Wood: Liam Jarvie takes on the Thornaby defence.

Aycliffe Rugby Club Needs You!

Newton Aycliffe RUFC are seeking senior male players to join their squad for the coming season.

If you fancy a new challange, or have experience of the sport of Rugby Union or League, then make yourself known at our base in Newton Aycliffe Sports Club, Moore Lane, DI 5.5AG

Aycliffe Rugby is one of the friendliest clubs in the north east.

Currently playing in Durham Northumberland Division 3 South, training takes place on Tuesday and Thursday 7pm and preseason on Saturdays 1pm.

The benefits of playing rugby union are immense. Starting with fitness, learning and processing the ever changing laws of the game, comradery with team mates and family and supporters. Not forgetting the social life, home and away.

So, even if you are at college or university, if you fancy being part of a great club, and fancy getting fit and play rugby, come on down and visit us you'll be made very welcome.

There is plenty of time to learn the basics of the sport or catch up with the current rules and put it into practice before the first league game starts 18th Sept 2021 against Hartlepool TDSOB.

For further queries please get in touch with head coach Bob Malvern Mob: 07398167461

Email: bob.malvern@ee.co.uk or malvernbob@aol.com

Neighbourhood Policing By PC Bram Booth

Here is your weekly update from PC Bram Booth on behalf of the Newton Aycliffe Policing Team.

It's been a busy last couple of weeks for the team, especially with it being the summer leave period. We have continued to target those that are responsible for Anti-Social Behaviour in the area by carrying patrols in the affected areas.

I would like to appeal to the parents of young people to make sure you know where your children are and what they are up to. We have had reports of youths causing problems at 5.00am in the morning which is far from acceptable.

In response to the fires that have been started in the vicinity of the town centre, four youths have been identified and to date, two have been interviewed in relation to arson.

Off road bikes are still causing annoyance and distress to local residents. We really need your help in identifying the riders of the bikes and where they are stored.

Information, including video footage, can be passed via crime stoppers or to our Facebook inbox.

'Keep in the Know'? Is our online messaging service which makes you aware of what is happening in your local area. By signing up to this service, for free, you can find out what's happening in your local area – receive regular crime updates, information on road closures and learn about what your local neighbourhood policing team is doing. You can decide what agencies you wish to receive messages off when you sign up to the service. Head over to:

www.keepintheknow.co.uk and click 'Sign Up'. It doesn't take long and you can be kept up to date with many different things. PC Bram Booth

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Sara Davies Launches New Craft with Sara Workshops



Sara Davies MBE, founder and creative director of Crafter's Companion, is launching a limited series of virtual craft-along workshops.

The Craft with Sara workshops offer attendees the opportunity to try a new creative experience. Each person who signs up to a workshop will receive all the supplies and materials they need to take part, including a Zoom link to join a class with Sara Davies, who will guide the audience through creating the project.

Attendees will have the opportunity to ask Sara for advice and tips during the live and interactive session. The schedule of workshops features a range of classes to suit all abilities, including no-sew bag making, card making, mindful colouring, crochet, macrame, pompom making and more.

Sara Davies said: "For me, crafting is a great way to relax and have fun with creativity. Learning a new technique and finishing a beautiful project is really rewarding, and sharing that experience with other people and having a good old natter while you do it is what it's all about!

"That's why I'm so excited about my new Craft with Sara workshops. It honestly doesn't matter if you've never crafted before in your life - these workshops are for all abilities and are a great way to pick up a new skill, have a great time and make something special!" Register your interest for a Craft with Sara workshop here: https://www.crafterscompanion.co.uk/craft-with-sara Attendees will receive a unique link to join the live session via Zoom. A recorded version of each workshop will be available to rewind and rewatch.



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Lifeline Community Action School Uniform Scheme



Lifeline Community Action are opening a School Uniform Scheme which will run on a Tuesday and Thursday morning from 9:30am -12 noon starting Tuesday 17th August 2021. This will run from our LCA Community Hub based within the Thames Centre in Newton Aycliffe Town Centre. Items will be good condition pre-loved items and we also have some uniform that is specific to the local schools. If you are on a low income and need help with uniform for your children - please pop along and see us and see if we have anything

This scheme is going to continue running throughout the year and therefore if you are willing to make donations of any new or good quality used school uniform (with or without logo) and PE kit to support the project, these can be left in one of our two donation bins located at Tesco in Newton Aycliffe. There are two donation points available, one at the top of the escalator and one on the ground floor near the self-serve checkouts. We thank you for all of your donations already received and any donations received in the future. Please contact officelifelinecommunityaction@gmail.com or phone 07936 431262 if you have any queries. Thank you.

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to give information about crime in your area, or

- if you would like to speak to your local police officer.



Last week, as restrictions continued to lift, I had the pleasure of supporting the Mayor of Ferryhill at his Italian themed charity night at La Mensa Italian restaurant. It was great to see this supported by many Mayors as well as locals. We had Mayors from as far afield as Barnard Castle, Sunderland and Stockton but it was fabulous to see our own Mayor of Great Aycliffe, Sandra Haigh, there too. It was great to catch up and I look forward to attending Sandra's charity events later in the year.

I had discussions with the other Durham MPs and the leaders of Durham County Council about devolution. This included all six Durham MPs, three of the four elected leaders of the council, as well as the acting chief executive and his key staff. You will be aware that there are devolved powers to the Tees Valley and the North of Tyne Mayors, but that Durham, and a number of other regional councils, do not yet have these powers. The Prime Minister has recently announced more flexibility in the deals being available. This presents a significant opportunity for Durham, and I am pleased to say there was plenty of concurrence between all parties present and a proposal will now be prepared to put to Government about what we all think is best for Durham.

I also spent some time meeting residents in Wheatley Hill and Station Town, discussing the serious anti-social behaviour they are experiencing and how we can work with the police and Durham County Council to improve things. I was also doing all I could, alongside Ben Houchen, Tees Valley Mayor, Peter Gibson, MP for Darlington, and the Unions to help the administrators of Cleveland Bridge in their efforts to save the business.

I was able to catch up with Dehenna Davison, MP for Bishop Auckland, and Gavin Williamson, Secretary of State for Education, to discuss provision of education in County Durham. The Department for Education is therefore the next one I will tell you more about. The Department for Education is responsible for children's services and education, including higher and further education policy apprenticeships, and wider skills in England. The department is led by The Rt Hon Gavin Williamson CBE MP, Secretary of State for Education, and his team are Michelle Donelan MP, Minister of State (Minister for Universities); The Rt Hon Nick Gibb MP, Minister of State (Minister for School Standards); Vicky Ford MP, Parliamentary Under Secretary of State (Minister for Children and Families); Gillian Keegan MP, Parliamentary Under Secretary of State (Minister for Apprenticeships and Skills) and Baroness Berridge of The Vale of Catmose, Parliamentary Under Secretary of State (Minister for the School System). Depending on the nature of the concerns we are contacted about will determine which of the team we specifically contact for advice. As you will also note from the above, and last week's detail on BEIS, ministers can be drawn from either the House of Commons or the House of Lords to form the team required by the Secretary of State.

I was also invited to open an exhibition of paintings and drawings by Lionel Playford along with portrait drawings by pupils from Dean Bank Primary School. Lionel's work is focused on the landscape around Dean Bank, made famous by Norman Cornish, and Lionel spent time with the pupils at Dean Bank Primary School encouraging them to draw portraits. As I originally went to this school, and my Granda went down the Dean & Chapter pit, this work was of particular interest to me. The exhibition runs until the 5th of September in Dean Bank & Ferryhill Literary Institute and is worth a visit.

Once again, I would encourage anyone not yet jabbed to take up the opportunity, 16-18-year-olds also now have the option but don't worry if you think you have missed your chance. The offer remains open to everyone eligible to go at any time now.

There will not be a column next week as I am taking a few days away, so please stay safe and hopefully enjoy some sunshine. Paul Howell

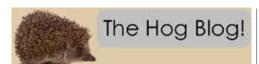
Member of Parliament for Sedgefield



Member of Parllament for Sedgefield

paul.howell.mp@parliament.uk Telephone: 020 7219 6385 **Aycliffe Office: 01325 790580**

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It's busy here as usual, lots of visits from finders and some wonderful support from June, Valerie, Joyce, Trish, Barry's finder, Debbie came to see Summer and she was happy to give her a little cuddle. I like the finders to try and see how I keep these poorly babies, so that they feel happier about leaving them here, their support is overwhelming to say the least.

Tuesday night a new admission arrived, a beautiful hedgehog and bless her she was covered in ticks and some of the ticks were engorged on her blood. I wished I had a camera to photograph the ladies when they brought her here, it was priceless, they searched every rescue in the area but our thanks has to go to Lorraine Elliott, they found me using another Facebook page. Please meet Doreen pictured above.

All rescuers are struggling to cope with the constant influx of poorly babies, we have to work together to make sure that they all get the help they need and deserve. Sandra, of Darlington Rescue, is still unwell so she is limited to what she can take, let's wish her a speedy recovery.

We know we class our hedgehogs as wild, I don't see them like that at all, once we earn their trust and their health improves they are very gentle and a pleasure to have and they share our home with us. I don't envy them being in the wild with so many health difficulties and predators.

Tip of the Week: If you see a small hedgehog out alone please help him or her, during the day is a definite sign they are in trouble, they don't have fleas that move to you or your pets, clothes or carpets. Get them out of harms way, a high sided box, wrap a hot water bottle in a towel and get help, either BHPS on 01584 890801, Facebook Prickly Haven Hedgehog Hotel or a Vet they will not charge anyone for taking in a hedgehog.

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with

back

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in County through Film Students from a leading college in County

Students Support Wellbeing

Durham are supporting the future of workplace health and wellbeing.

The brief from the Better Health at Work Awards (BHAWA) will see students from New College Durham channel their creativity to create engaging videos to promote health and wellbeing for organisations in County Durham.

Students are set to create a 10-minute video focusing on how organisations can adopt better wellbeing workplace practices through the support of the BHAWA and lifestyle changes.

Karen Stubbings, Workplace Health Coordinator at the BHAWA, said: "The videos created by students will highlight some of the innovative approaches that were taken by organisations in County Durham to carry on supporting staff whilst working from home, which is becoming a new normal.

"The fantastic work of local students will showcase to businesses throughout Durham, that many are already adopting an improved awareness of health and wellbeing



in the workplace and how important it is to address new ways of working.' New College Durham are proud to be

working towards their Bronze Award for the BHAWA, which showcases their commitment to looking after their employees.

Scott Whytock, a member of teaching staff from New College Durham, said: "Our students are looking forward to working with a company who have a vested interest in helping the disadvantaged in the local community.

"Together we can help to promote better health at work for all those affected in the local area.'

The BHAWA in County Durham is delivered by the Pioneering Care Partnership (PCP), who's charitable mission is to support 'learning for all'.

The Partnership of the BHAWA, PCP and New College Durham showcases a shared value for health, wellbeing and learning opportunities in the county.

If your business is interested in raising awareness and values health and wellbeing, contact workplacehealth@pcp.uk.net Find out more about the Better Health at Work Award's at www. betterhealthatworkawarddurham.co.uk Visit PCP's social media channels. PCP's Facebook page - www.facebook.com/

PCPandCentre PCP's Twitter and Instagram @ PioneeringCare

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Sudoku

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

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Newton News Page 15

A Summer of Fun and **Creativity at Greenfield Arts**







Greenfield Arts have had a sizzling summer of activity this year, sharing creativity in the community.

There has been a fabulous range of activities for all ages including painting and drawing, yoga, sketching, fun with photos, and our Finders, Seekers creative activities.

Greenfield Arts took to the road as they were part of a brilliant day at Shildon, making mini miners lamps and banners at The Little Big Meeting, this was followed by a workshop the next day at Shildon Civic Centre, thank you so much for the support of Shildon Town Council and the people of Shildon.

Young people have been able to have fun and learn new skills and ideas that they can take forward. Feedback has been positive with some lovely comments such as "I loved every part of it", "I felt proud of myself" and "I learnt more about art, photography and loved the printing". Many of the participants felt that their confidence had been boosted and would be able to use their skills and strategies going forward.

It has been lovely to see the response and engagement from our participants, we are looking forward to sharing our autumn programme and continuing to inspire people of all generations through creativity. Thank you for continued support from County Durham Public Health, County Durham Community Foundation and Durham County Council Arts Team.

If you would like to know more about Greenfield Arts, what we do and how you can get involved, visit our website at www.greenfieldarts.co.uk to see our activities and have the opportunity to sign up to our newsletter to keep up-to-date. You can also contact our friendly team on 01325 379048 or by emailing info@greenfield-arts.

Greenfield Arts are committed to offering high quality arts activity that helps stimulate creativity, questioning and enquiry.

In Memoriam

Lee George El-Hakim



11th August 2006

Well my love, it's been 15 years on the 11th August since you left your loving family. Time goes by, but your memories will never die. I see your picture every day, your smiling face. You were my man full of grace.

A true gentleman through and through. A loving Husband, honest and true. A wonderful Father so full of love. That's why God took you high above. A man of principles, a good heart. That's why I loved you from the start. They say time heals . .

but the pain won't go away. I long to hold you every day. A gentle kiss, a warm embrace, oh God, I would love to see your face. But that's so hard as we all know. God took you 15 years ago. At first I was mad and very sad. Why did you leave us, guess I will never know? They say God only takes the best, so now I lay you down to rest.

My heart is sad, but this I know, one day I will be with you, the perfect show! So, until then, sleep my prince, my love, my man. I will love you forever, till we join our hands.

Marie Él-Hakim Georgie and Kay, Michelle and Alister Elie Jnr., Solomon & Georgia Grace (Grandchildren)

Acknowledgement

Brazier

The family of the late

Joe wish to express

their sincere thanks

Relatives, friends and

neighbours for the

the care provided to

Joe and the support

John Meynell Funeral

Directors, Rev. Kevin

Leavesley and all at

the Navy Club for

helping to give Joe the

great send off he so

Also to those that

attended Joe's funeral

and wake and the

donations of £170 to

Parkinsons UK.

deserved.

given to the family.

appreciation

condolences,

and flowers

following:

Shaun Harper

13th August 2010 Eleven years have passed, can still see that smile in my thoughts. Glen

Obituary

Frank Sparks

8th August Peacefully, aged 84 years, of Newton Aycliffe. Partner Loving Zeeta, also a dear Dad and Grandad. Private cremation to take place.

For all your print requirements contact Stu at Newton Press 01325 300212

John and Janet Wise

Congratulations





Golden Wedding **Anniversary**

10th August 2021 Congratulations on your 50th Wedding Anniversary. Love from all the family xxxx

Kilburn-Robinson



From this to this:



11th August 2003 Happy 18th Birthday to our handsome Son and stunning Daughter. Have a great day and weekend. Super proud of you hoth

Love you lots. Mam and Dad xx

Birthday Remembrance

Nicola Jane Birchall

1976 - 2020

This is the second birthday without you singing and dancing. You loved to listen to music, as we do. Keeps our memories of you.

and family and friends.

received. St. Clare's Court for

and

many

cards

to

Love, Mam, Dad, Bro

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Aycliffe Athletics Weekly Round Up

Our round-up this week starts with the 'Run 4 Louis', which was hosted by the Darlington Harriers and Athletics Club, and which took place in the South Park in Darlington on Wednesday, 4th August 2021. This 5K run raises money for a local charity which supports families through miscarriage, stillbirth and child loss, and Donna Campbell participated in the run, finishing in a time of 38:01. On the same night Club Championship points

were up for grabs at the Baydale Beck 5K. The race, the fourth in the Darlington Trail Series, started near the Baydale Beck pub, and took in trail paths and fields around the beck itself. First home for the Club, and finishing in third place overall, was Paul Dalton, in a time of 18:12. Andy Talbot had a good run, completing the race in 19:22, and he was followed home by Trevor Needham (22:33).

Trish Kay was the first of the Aycliffe ladies to finish, crossing the line in 25:38, with David Stothard next home in a time of 26:28. Just three seconds separated our next two runners, with Jayne Rudd coming home in 29:09, closely followed by Rob Nicholson in 29:12. Susan Clark was the last of the Aycliffe contingent finishing in 36:26. Rob Nicholson's evening was made even better after bagging a 'spot prize' of a pair of running socks! Nineteen Members participated in parkruns on Saturday morning, with the largest turnout from the Club being at Darlington South Park parkrun, however, members could also be found at Bideford, Jubilee, Prudhoe Riverside and Sedgefield parkruns. John Firby celebrated his 100th parkrun by setting a new Personal Best (PB) of 17:57 for Darlington South Park parkrun. Not to be outdone. Eve Doe set herself a new PB at Sedgefield

parkrun, completing the course in a new fastest time of 31:40.

Later in the day, several Members attended the social event of the year, the Club's very own 'Half Pint, Half Marathon', running a 13.1 mile route from Darlington back to Newton Aycliffe, with several stop-off's en route to 'rehydrate'. A great afternoon (and evening!) was had by all...

On Sunday, 8th August 2021, three Members travelled to Great Park in Newcastle to represent the Club at the fourth annual Gosforth Harriers Summer Relays. Each leg consisted of a single lap of just under two miles on tarmac footpaths and grass. Stuart Joyce completed the first leg in 11:44. Peter Tennick ran the second leg in 12:06, and Gareth Kyle brought the team home with a final leg of 11:01. There were some strong teams in attendance, and it was heartening to see Stuart, Peter and Gareth finishing on the top half of the leaderboard.

At the same time on Sunday, Sandra Rudd was taking on the Chocolate 10K 2021 in York. The race took place on a mix of paths and grass and was overlooked by the clock tower from the Terry's chocolate factory. Sandra completed her run in 1:11.50.

Finally, also on Sunday, David Stothard completed the Mulgrave Castle 10K. This offroad race, organised by the Loftus and Whitby Athletic Club, provides a rare opportunity to run through the Mulgrave estate, and features a fast downhill start, but a tough uphill finish. David finished the undulating course in

If you have any queries about the activities of Aycliffe Running Club, please visit our website www.ayclifferunningclub.org.uk, or contact the Club's Secretary, Donna, at ayclifferunningclub@gmail.com









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You Can Do It!

She stood on the scales just Wearing her socks,

And oh dear me! She got quite a shock! Christmas and lockdown had taken it's toll, 'I'll lose a stone by Easter.

Can I make that my goal?'

She looked out her collection of recipe books. The slimmers ones, and said she'd cook. Low fat everything that goes in her mouth, 'There's no way I'll let my shape go south! From now I'll be careful what passes my lips! Certainly no takeaway fish n chips! I'll give up my breakfast slice of toast, But will still enjoy the Sunday roast.' And so she began with great determination, Cycled and walked. She deserved an ovation! Cooked healthy meals with lots of veg. 'I can do this!' was her solemn pledge. And soon the hard work did pay off, For no more biscuits did she scoff. And no more wine was slurped at dinner, Very soon she was a winner! She stepped again on those scales, And this time she whooped, She didn't wail, For the pointer at last hit the right number,

Our heroine had shed her lumber!

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MMK March 2021



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