

# NENE COLLEGE ATHLETIC UNION



**1996/97**

# INTRODUCTION

A warm welcome to you from NENE COLLEGE ATHLETIC UNION. We aim to encourage everyone who comes to Nene to participate in some kind of sport or leisure activity. It doesn't matter which form of sport you enjoy whether it is team sport, recreational, competitive or non-competitive. All the clubs also offer a great social life and the opportunity of making many new friends.

The sports clubs on offer are varied as you will see in this handbook but when you have made your choice you can join the clubs at the Fresher's Fair or at either of the Student Union receptions. The Fair is always in Freshers week in the sports hall at Park Campus so look out for details!

Sport at Nene is rapidly growing and in line with this the college are expanding its facilities. By the start of the second term there will be two new football pitches and two tennis courts with further developments in the pipeline.

On a social note the Annual Sports Awards will once again be held in March, a very popular event that has seen the likes of Geoff Hurst, Steve Ryder and Alistair McGowan as special guests.



## SIMPLY THE BEST GYM IN TOWN FOR **STUDENTS**

**Make new friends, get fit and lose weight  
at the friendliest and best Gym in town**

Ring  
**39248** *for a one-to-one work-out with a  
fitness and slimming consultant.*

### **10 Reasons to join Derngate Gym**

- Best equipped club in town. Over £60,000 of new cardio-vascular and weight resistant equipment arrives in October. Students welcome.
- Best value for Students:  
Gold 12 months £150  
Gold 6 months £100  
Gold 3 months £50  
Deluxe Members £25 a month.
- Superb Ladies only Gym.
- Huge Mixed Gym.
- Unique 7 day a week Slim N Tone Diet & Exercise Club
- Superb Sprung Dance Studio with over 44 classes each week. Non-members welcome in both classes and gyms. Simply pay-as-you-go.
- Sunbeds, Sauna, Beauty Clinic.
- Creche facilities.
- Licensed bar/Social club.

**COMPARE THE REST THEN JOIN THE BEST**

**Derngate Gym, 9, Derngate, Northampton. Tel: 39248**

# ADMINISTRATION

The Athletic Union is funded by the Student Union and is run by one full-time member of staff. Also one member of the Students Union executive committee acts as a representative for the students.

The Athletic Union is governed by the Athletic Union Committee which meets once a month. Each hall of residence will also have a sport representative who will be on the committee.

The sports hall at Park Campus is run by college staff who can help with enquiries about the hall and its facilities.

This years positions are:

Athletic Union Administrator - Graham Starmer

Committee Member - Stuart Smith

Course Leader for Sport - Tony Westbury

Liason Officer - Jim Chappel

Technicians - Jem Brown and Dave Woods



# BRITISH UNIVERSITIES SPORTS ASSOCIATION

The British Universities Sports Association is the governing body for student sport in the United Kingdom. It administers and organises Inter-University and individual championships throughout the year.

Nene is placed in the South East Division, having been in the Midlands up to 1995/96, and will play against other universities in that region. From the merit leagues teams go through to the knock-out stages to determine the eventual winners.

Fixtures take place on Wednesday afternoons, mostly in the Autumn and Spring terms, with a plate competition for the teams that don't qualify for the cup.

FISU (Federation International Du Sport Universitaire) is the international governing body of student sport overseeing all student activities and running international events, such as the World Student games.



#### For Park Campus:

Turn left at the traffic lights at the Cock Inn and follow signs to Market Harborough A508. Keep on the A508 after the left fork to the A50; 200 yards further turn right onto Boughton Green Road following the signs to Neve College, Park campus. The College is on the right, about 1 mile along the road.

#### For Avenue Campus:

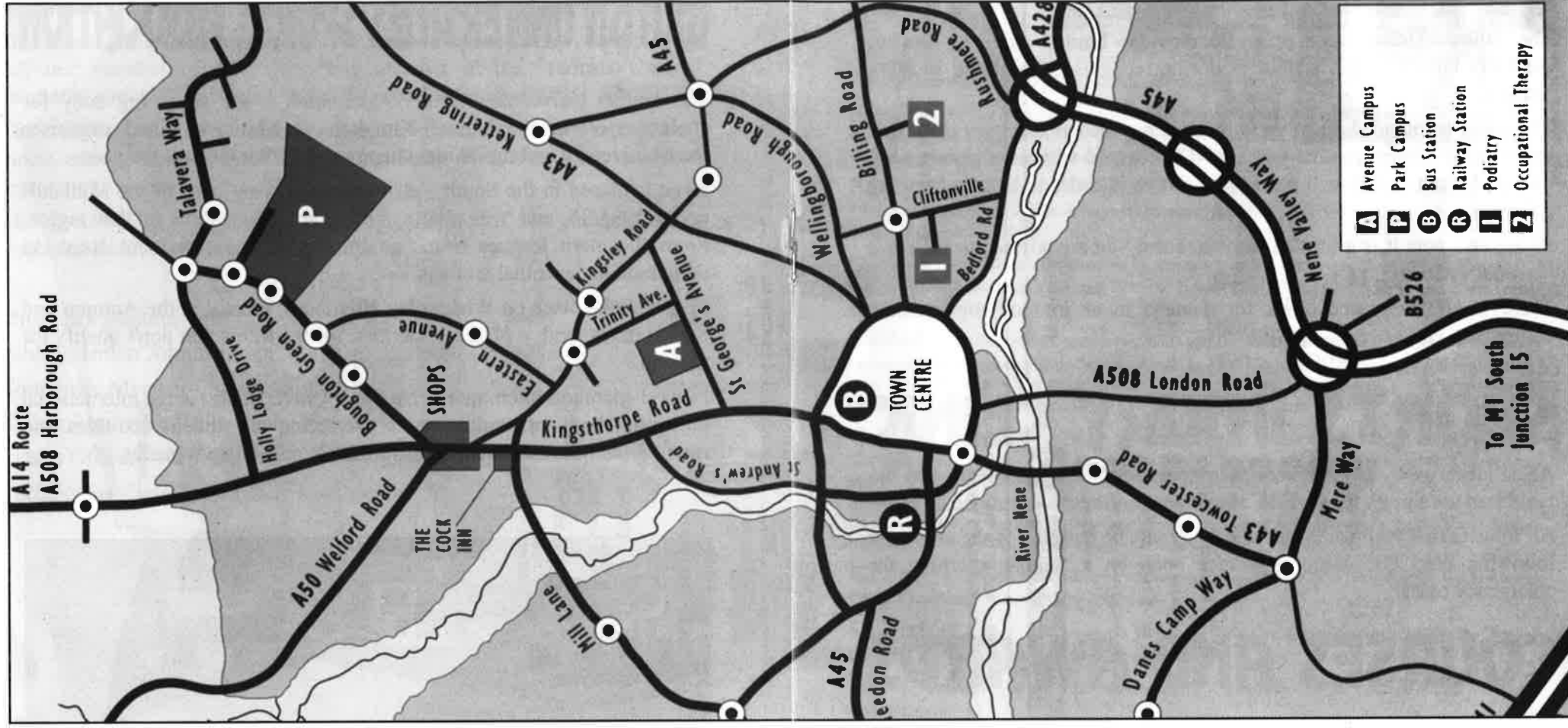
Turn right at the Cock Inn traffic lights and follow the road to the Town Centre. Turn left at the 3rd set of traffic lights at the top of the hill, into St. Georges Avenue. The entrance is about 1/4 mile on the left.



#### Useful Numbers:

All have Northampton code of (01604).

Park Campus	735500
Athletic Union	x. 2552
Sports hall	x. 2144
Racecourse Booking Office	39250
Mounts Swimming Pool	35221
Lings Forum	402300
Danes camp Centre	705469
MGM Complex	580700
Lings Forum Cinema	401006
Sixfields	588338
Northampton Town F.C	759456
Saints Rugby Club	751543
Northants Cricket Club	32917
Sports Clinic	602504
Silverstone circuit	857271
Sunley Management Health Suite	719856



# INSURANCE

The Athletic Union has a policy to provide limited cover for student members incurring sports injuries during recognised, termtime sporting fixtures.

The cover is included when you pay to join a recognised sport club. It is important to remember that you are NOT covered without a membership card and proof of this will need to be shown in order to benefit from the policy.

Please also note it is a limited insurance and you are advised to look at a personal accident policy.

There is NO insurance cover for damage to or loss of any personal equipment.

# SPORTS INJURY CLINIC

All students who are members of a sports club are entitled to use the Northampton Sports Injury Clinic at 54 Henry Street - telephone 602504.

All injuries that you would like checked must be reported to the clinic the following day. The clinic is always open on a Sunday morning for emergency cases.

# COURSES AND AWARDS

The Athletic Union will be running various courses throughout the year for students wishing to gain experience and qualifications in certain sports.

There will be first aid and sport injuries courses and depending on demand Swimming Teachers certificates and F.A football coaching courses.

All these will be advertised on the noticeboard outside the Athletic Union and if there is a course you would like to see run don't hesitate to mention it.

# ACHEVEMENTS

**Athletics** Andrew Parker competed for Great Britain students in the 800m in 1994. Richard Cressey came in the top 30 in the National Junior cross country championships in 1996.

**Basketball** The mens team won their local league division in the 94/95 season. Carl Seamarks and Russell Sandiford played for Northampton 89ers in the National League. This season the womens team won the open plate competition in the Northampton League.

**Boardsailing** Steven Ireland became Student national Champion in the Middleweight class in 1994 and runners-up in the European championships and this year collected bronze in the Windsurfing championships.

**Cricket** The cricket team qualified for the championship knock-out stages in only their second season this year. Between 1993 and 1995 the Indoor Cricket team won four league trophies and three cup competitions.

**Football** In the 1994/95 season the 2ndXI and the 4thXI reached the last eight in the country before coming up against mighty Loughborough. In 1994 Chris Lamb, Danny Reilly and Nigel Kibler were picked for the British Students team. The Sunday team, The Llama's, gained promotion as runners-up in their first season in the Nene valley League Division Three this year.

**Hockey** In 1993/94 the Mixed Hockey team were the winners of the Canterbury Hockey Tournament and of their County League. In 1994/95 they won the league again and the County Cup and the St. Marjon's trophy at Plymouth which culminated in the 'Team of the Year' award at the Sports Evening. They were then entered into a national tournament to represent Northants and finished runners-up. For the womens team Sally Stowe has gone to represent the Northants Senior team and received a years sponsorship from Slazenger.

**Karate** In 1995 Marcus Williams was selected to represent Great Britain at the World Karate Council European Championships in Holland.

**Kick-boxing** In 1995 Carl Garner won the British Title and was then selected for the World championships in Ukraine.

**Ladies Football** In 1995 Christine Kerry was selected for the Ladies Football Midlands Colleges squad.

**Motor racing** In 1994 Dan Eaves came third in the MG Midget Championships and followed that with six victories in the K-series - the most wins in that league. This year he made his debut in the Ford Fiesta Championships.

**Netball** The netball 2nd's were the first ever team at Nene to win a divisional final taking the Midland Plate in February this year. They then reached the National semi-finals.

**Rugby** In the last two years Grant Seely, Andy Gallagher, Craig Moir and Jon Ward have played for Northampton saints with Grant and Craig now first team regulars. Craig has played for the Welsh Under 21 team and this year represented his country in Taiwan in a sevens tournament. Grant has represented the England Under 21 team and the East Midlands. One ex-graduate, Allen Clarke, who played for the college 1st XV and the saints received an international call-up in this years Five Nations for Ireland. This landed him the J.J. Gallagher Trophy at this years Sports Awards for outstanding achievement in sport for present or ex-students. The team won the plate trophy in the Alliance Sevens tournament and came runners-up in the Bedford Sevens this year.

## SPORTS HALL TIMETABLE

### MONDAY

- 2 - 5 p.m To Be Confirmed
- 5 - 6 p.m Football
- 6 - 7 p.m Netball
- 7 - 8.30 p.m Athletics
- 8.30 - 10.30 Womens Basketball

### TUESDAY

- 4 - 5 p.m To Be Confirmed
- 5 - 6 p.m Football
- 6 - 8 p.m Hockey
- 8 - 11 p.m Badminton

### WEDNESDAY

- 1 - 8 p.m BUSA League matches
- 8 - 11 p.m Badminton

### THURSDAY

- 1 - 2 p.m Circuit Training
- 5 - 7 p.m Football
- 7 - 8 p.m Netball
- 8 - 11 p.m Mens basketball

### FRIDAY

- 6 - 7 p.m Rugby
- 7 - 10 p.m Staff badminton

### SATURDAY

- 1 - 6 p.m Halls of Residence
- 6 - 11 p.m To Be Confirmed

### SUNDAY

- 10 - 10.45 p.m Aerobics
- 11 - midday Circuit Training
- 1 - 6 p.m Halls of Residence

## DANCE STUDIO TIMETABLE

### MONDAY

- 6 - 7 p.m Boxercise
- 7 - 8.30 p.m To Be Confirmed
- 8.30 - 10 p.m Taekwondo

### TUESDAY

- 5 - 7 p.m Karate
- 7 - 9 p.m Kung Fu

### WEDNESDAY

- 1 - 2 p.m Aerobics
- 5 - 7 p.m Karate
- 7 - 8 p.m C V Circuits
- 8 - 11 p.m To Be Confirmed

### THURSDAY

- 6.30 - 8 p.m Tai Chi
- 8 - 10 p.m To Be Confirmed

### FRIDAY

- 5 - 6 p.m To Be Confirmed
- 6 - 7 p.m Step Aerobics
- 7 - 10 p.m To Be Confirmed

### SATURDAY & SUNDAY

CLOSED

# SPORTS AWARDS WINNERS

## SPORTING PERSONALITY OF THE YEAR

- 1992/93 Steven Ireland (Boardsailing)
- 1993/94 Andy Gallagher (Rugby)
- 1994/95 Grant Seely (Rugby)
- 1995/96 Carl Garner (Kick-boxing)

## RUNNERS-UP

- 1992/93 Nigel Kibler (Football), Jon Ward (Rugby)
- 1993/94 Sarah Seaholme (Table Tennis), Craig Moir (Rugby)
- 1994/95 Andy Gallagher (Rugby), Carl Seamarks (Basketball)
- 1995/96 Jon Ward (Football & Rugby), Dan Eaves (Motor racing)

## TEAM OF THE YEAR

- 1992/93 Mens Indoor Cricket
- 1993/94 Mens Basketball
- 1994/95 Mixed Hockey
- 1995/96 Netball 2nd's

## CONTRIBUTION TO STUDENT SPORT

- 1994/95 Ray Nash (Football 4th XI)
- 1995/96 Hayley Cull (Netball)

## J.J GALLAGHER TROPHY FOR OUTSTANDING ACHIEVEMENTS

- 1995/96 Allen Clarke

## Northampton Town Football Club

Student discounts on admission  
prices for 1996/7 season:

**West stand**

**Upper: £7.50**

**Lower: £6.50**

**North stand: £5.50**

Tickets can only be bought on the day of the match,  
you must produce your NUS Card to gain this  
specially negotiated offer

## NORTHAMPTONSHIRE COUNTY CRICKET CLUB

Student Special Offer

**£10 MEMBERSHIP FOR  
THE SEASON**

This entitles you to free admission to  
all championship, Sunday League,  
and Tourist matches.

**Don't miss out on this incredible  
offer, specially negotiated by  
NCSU AU**

# AFFILIATED CLUBS

The following is a list of clubs that are affiliated to the Athletic Union. Please remember if there's a club of your choice not already set up then come to the office to set one up.

**ATHLETICS** Individuals compete in BUSA and local events.

**BADMINTON & TENNIS** This year the club is entering teams into BUSA events aswell as weekly sessions.

**BASKETBALL - MENS & WOMENS** Teams compete in BUSA and local leagues.

**CRICKET** There are two teams of which the 1st XI compete in the BUSA Championships.

**FOOTBALL** There are four teams that compete in the BUSA Championships, one Sunday League team which competes in the Nene Valley League and one in the Saturday Town League.

**GOLF** The team plays in the BUSA Championships and there are weekly sessions for all standards.

**HOCKEY** One mens team and two womens teams compete in the BUSA championships aswell as the mixed hockey local leagues.

**HORSE RIDING** They hold regular sessions, usually Wednesday afternoons.

**KARATE** Holds regular sessions.

**KICK-BOXING** Holds regular sessions.

**KUNG-FU** Holds regular sessions.

**LACROSSE** The team competes in the BUSA Championships.

**MOUNTAIN BIKE** Holds trips/events throughout the year.

**MOUNTAINEERING** Holds trips throughout the year.

**NETBALL** Two teams compete in BUSA Championships aswell as weekly sessions.

**PARACHUTING** Holds jumps for all standards throughout the year.

**ROWING** Team competes in BUSA and other events aswell as regular meetings for all standards.

**RUGBY** Three teams compete in the BUSA Championships aswell as a local league and many tournaments throughout the year.

**SQUASH** One team competes in the BUSA Championships.

**TAEKWONDO** Holds regular sessions.

**VOLLEYBALL** Holds regular sessions.

**WATERSPORTS** Meets regularly and includes various sports such as diving, swimming, canoeing etc.