



Trackside!

January 2019

Editor's Note

Hi everyone!

Happy New Year! Hope everyone's enjoyed the festive break and are now ready to lace up their spikes for the Indoor season? Must say "thank you" to everyone who supported and helped to organise the Xmas Party as we look forward to another great year of sporting achievements!

If you have any specific questions/queries, see the relevant Committee contacts listed on the back page or if you would like to meet the Chair, feel free to email [William](#).

See you at the Centre!

MARATHON RUNNER NEEDED!!

If interested in a sightseeing jog around London with like-minded runners, please contact [Mandy](#) ASAP!

Coaching Assistants and Officials needed for home fixtures and meetings. For information on training dates and how to book, see the website: <http://www.englandathletics.org/courses> or contact Mandy at [Club Secretary](#). For official documents including the 'Constitution' and 'Code of Conduct', see [Club's documents](#) on the website. 'Safeguarding' awareness: Please ensure that, unless participating in a centre or club organised activity, **children >12 are supervised at all times and strictly prohibited from playing on the sports equipment or using the Centre's facilities 'without permission', Club**



hoodies, tracksuits and jackets for winter fixtures can be ordered through **Paul Lockyer** on training nights. NB: All athletes **must** wear Club vests when competing and have their England Athletics membership details. If unsure, please email Michelle, [Membership Secretary](#).

Finally, it's **cold and flu season** so before using any medication, please refer to [Global Drug Reference Online](#).

AGM: POSTPONED UNTIL FURTHER NOTICE

A revised date will be circulated in due course.

WANTED

DEFINITELY ALIVE

Development Officer

Track/Hurdles Coach(es)

Welfare/Disability Officer - contact [Miriam](#)

Veterans Representative

Fundraising Officer

Team Managers – Lily B & Rosenheim

Coaching Assistants/Club Officials -

<http://www.englandathletics.org/courses>

If you are able to help, please contact either [William](#) or [Mandy](#)!!

HUGE REWARD
A YEAR OF LEARNING AND FUN

FIXTURES - Please note deadlines ([click links](#) below for further information).

Sat	Sun
<p>12 January</p> <p>Lee Valley Southern Indoors U13s/U15s/U17s</p> <p>Coulsdon Surrey Ladies League U13 to U20 Manager: Maureen Hancock</p> <p>Mitcham Common Surrey Mens League U13 to U17 Manager: Nick Hancock</p>	<p>13 January</p> <p>Lee Valley Southern Indoors U13s/U15s/U17s</p>
<p>19 January</p> <p>Lee Valley Southern Indoors U20s & Seniors</p> <p>Priory Park, Reigate Surrey Schools Championships Speak to Maureen & Nick</p>	<p>20 January</p> <p>Lee Valley Southern Indoors U20s</p>
<p>26 January</p> <p>Lee Valley London Games U20/Seniors,</p> <p>Parliament Hill SEAA (XC) Speak to Maureen & Nick</p>	<p>27 January</p> <p>Lee Valley London Games U20/Seniors,</p> <p>Guildford Spectrum Sportshall Manager: Paul Lockyer</p>
<p>9 February</p> <p>Richmond Park Surrey Ladies League U13 to U20 Manager: Maureen Hancock</p> <p>Wimbledon Common Surrey Mens League U13 to U17 Manager: Nick Hancock</p> <p>Birmingham UKA Senior Indoors Championships</p>	<p>10 February</p> <p>Birmingham UKA Senior Indoor Championships</p>

Please speak to your coach(es) before registering for any 'unlisted' meetings.

For all local meetings see: <https://www.englandathletics.org/athletics-and-running/england-competitions/> or the [England Athletics](#) website. For the results from all track meetings and athletes profiles, see the [Power of 10](#) website.

AWARDS & PRIZES



NOTICES



Congratulations to our raffle prize winners:

Able & Cole £20 Gift Card & Luxury biscuits—
Calvin

Asda's Extra Special Hamper - John Harris

Bath Bombs - Jess

Family ticket to Trampoline Park - Emily

x2 Glorious bundles - Keely and Safyre

Rymans VR headset & Baylis Gift Set - Dominic

**Selection of Wines - Annmarie, Annabelle,
Dominique and Georgia**



Congratulations to the following Award winners:

U11 Male — Calvin Cooke

U11 Female — Ella Sanger & Annmarie Krige

U13 Male — Abiram Nagarajan

U13 Female — Emily Scantlebury

U17 Male — Bilal Bentchakal

U17 Female — Olivia Chessell

U20 Male — Luke Morley

U20 Female — Georgia Bell

Senior Male — James Hancock

Senior Female — Emer Kerr

Masters Male — Chris Smale

THE 2018 CLUB AGM - POSTPONED

The AGM has been postponed due to unforeseen changes concerning the management of the Club. A revised date will be circulated in due course.

If you are interested in any of the vacant Committee or Club Officer vacancies advertised and would like more information, please contact [Mandy](#).

Regards

The Committee

TRAINING SESSIONS



There are places available on our **U13 Development Group** and [UKA 365 Programme](#) for junior athletes or siblings who would like to **master track and field events**. Sessions are **Tuesdays & Thursdays, 6pm to 7pm**.

Spaces are also available for **High Jump training sessions on Tuesdays at 7pm**. Although popular, we always aim to accommodate our younger members.

Any questions? Please email Mandy at [Club Secretary](#).

As part of our training program, we are able to offer **our athletes** the opportunity to **master track and field events** where sprinters can try throws and/or jumps and our field athletes, sprints. This could be in addition to or alongside your current training supported by our coaching squad.

If interested, please email Mandy at [Club Secretary](#) who will put you in touch with coaches who can help you or check the website for information on our [coaches](#) and their specialised events.

Learn how to protect yourself at the **Strengthening & Conditioning** sessions held every **Monday from 6:30pm**.

There are also **sports massage treatments** available (by appointment only). 50% discounts for Club members. Insurance policies accepted.

For more information, please email [William](#) the Club's chairman.

TEAM MANAGERS

Surrey Mens XC League - Nick Hancock

East Surrey XC League - Maureen & Nick Hancock

Surrey Ladies XC League - Maureen Hancock

Epsom Downs XC League - Thomas Keenan

Ebbisham - Julett Reid-Wilson

SLAN Super 8 - Miriam Hodgins/Julett Reid-Wilson

SLAN & Sportshall - Paul Lockyer

Lily B - [**Vacant**]

SAL - Mandy Walters

Rosenheim - [**Vacant**]



Congratulations to **Lorna Boothe** gaining her **MBE** for her commitment to Athletics in the New Years Honours List and a member of the [Regional Council London](#) (England Athletics).

Congratulations to our Award Winners of 2018!

Congratulations to the Cross Country squad whom, without exception, have all performed very strongly against some very tough competition so far this season!

Good Luck to everyone awaiting International call-ups!

"I work hard. And I do good. And I'm going to enjoy myself. I'm not going to let you restrict me." - Usain Bolt, gold-medal track and field athlete

Fundraising ideas needed! If you have any suggestions, or are interested in the role, please email the [Editor](#).

Got 'free time',
how can I help the
athletes and Club?

Local businesses with
donation programs –
wonder if they could
support our Club?

January Sales!! Don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! Once registered, you will receive reminders and links for over 3,000 shops and sites including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's to use online. The Club will collect a % of your total balance. So download the app, and start saving! **You spend, we collect!**

Need spikes? Do you know the difference? There are spares in 'good condition' at the Centre—speak to your coach(es) on training nights or email the [Editor](#).

Got a job vacancy?! How can I fill it asap?

Need to advertise my service but on a low budget?

Virgin London Marathon 2019 Are you interested in running the Marathon as a fundraiser for our club? If so please contact [Mandy](#) for more information.

Sound familiar? If so, email the [Editor](#)!

THE COMMITTEE

- [Chairman](#): William Ofei-Kwatia
- [Club Secretary](#) (General enquiries): Mandy Walters
- [Treasurer](#): Shaun Chessell
- [Membership Secretary](#): Michelle Welch
- [Welfare Officers](#): [**Vacant**] & Hassan Hussein
- [Disability Co-ordinator](#): [**Vacant**]
- Veterans Representative: [**Vacant**]
- Fundraising Officer: [**Vacant**]
- Honorary Vice Presidents: Paul Lockyer & Alex Starr
- Ordinary Members: [**Vacant**], Claire Bryant & Juliet Reid-Wilson
- Development Officer: [**Vacant**]
- Social Officer/[Editor](#): Wendy Forrester
- [Web Manager](#): Faye Scantlebury
- Officials Secretary: Keith Field
- Athletes Representatives: Thomas Keenan & Niles Cook

Please feel free to forward any feedback and/or future submissions by the 25th to the [Editor](#) or visit the Club [website](#) for more information