



# Trackside!

December 2018

## Editor's Note



*Hi everyone!*

*How many sleeps until Xmas? Will you be searching under the tree or gearing up for the Boxing Day sales? Whatever your plans are, don't forget the End of Year Xmas party on the 16th (contact [Michelle](#) for tickets) and the AGM on the 8th January—an opportunity to have a say in “YOUR” club. See “Notices” below.*

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

*Merry Xmas Everyone! See you in 2019!*

**Xmas Party: Sunday 16 December 6:30pm onwards**

[The Grange](#)

**Beddington Park**

**London Road SM6 7BT**

**Tickets for sale on training nights and on the door!**

**Coaching Assistants and Officials needed** for home fixtures and meetings. All 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 the [Club's documents](#).



In relation to 'Safeguarding' awareness, please ensure that **children >12 are supervised at all times**. Unless participating in a centre or club organised activity,

children are **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, email Michelle, [Membership Secretary](#).

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

## WANTED

DEFINITELY ALIVE

Development Officer

Track/Hurdles Coach(es)

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

Veterans Representative

Fundraising Officer

Team Managers – Lily B & Rosenheim

Club Officials

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

**HUGE REWARD**  
A YEAR OF LEARNING AND FUN

**AGM: Tuesday 8 January 2019 at 6:30pm**

**David Weir Leisure Centre**

**Middleton Road**

**All members welcome**

**FIXTURES 2018/9 - Please note deadlines ([click links](#) below to register online).**

Sat	Sun
1 December	2 December <b>Epsom Downs</b> Epsom Downs XC League Cross Country (U13+) Manager: Thomas Keenan
8 December <b>Wimbledon Common</b> Surrey Mens League Cross Country (U13+) Manager: Nick Hancock <b>Hospeth (Oxford)</b> SEAA (by selection) Speak to Maureen & Nick Hancock	9 December
15 December	16 December <b>Priory Park, Reigate</b> Reigate Park Holly Run Speak to Maureen & Nick Hancock
5 January <b>Lee Valley</b> <a href="#">London Games U13 to U17</a> <i>Deadline for entries: 30 December 2018</i>	6 January <b>Lee Valley</b> <a href="#">London Games U13 to U17</a> <i>Deadline for entries: 30 December 2018</i> <b>DWLC</b> <a href="#">SLAN (Open) (Electronic timing)</a> <i>Deadline for entries: 4 January 2019</i>
12 January <b>Lee Valley</b> <a href="#">Southern Indoors U13s/U15s/U17s</a> <i>Deadline for entries: 2 January 2019</i>	13 January <b>Lee Valley</b> <a href="#">Southern Indoors U13s/U15s/U17s</a> <i>Deadline for entries: 2 January 2019</i>
19 January <b>Lee Valley</b> <a href="#">Southern Indoors U20s</a> <i>Deadline for entries: 8 January 2019</i>	20 January <b>Lee Valley</b> <a href="#">Southern Indoors U20s</a> <i>Deadline for entries: 8 January 2019</i>
26 January <b>Lee Valley</b> <a href="#">London Games U20/Seniors,</a> <i>Deadline for entries: 30 December 2018</i>	27 January <b>Lee Valley</b> <a href="#">London Games U20/Seniors,</a> <i>Deadline for entries: 30 December 2018</i>

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

## WINNERS PODIUM!

FIXTURE	ATHLETE	EVENT	XC Position
<a href="#">Surrey Mens League XC</a>	Spencer Bateman	U15 Boys/2.5M	3rd
	Adam Hudson	U15 Boys/2.5M	4th

For all local meetings see: <http://www.londonathletics.org/competitions-and-fixtures> or on the [England Athletics](#) website.  
For the results from all track meetings and athletes profiles, see the [Power of 10](#) website.



Remember: The **Awards Ceremony** will also be taking place during the **Xmas Party** so buy your tickets and join us as we celebrate the achievements of 2018 and toast the future successes of 2019!

## NOTICES

**Sunday 16th December**  
**6:30pm - 10:30pm**



All Club and family members are invited to our annual Christmas Party and Awards Evening at  
The Grange, Beddington Park,  
London Road, Wallington, SM6 7BT



### Buy your ticket

Only **£5 per person** including buffet and disco  
Advance tickets available to purchase on club nights or  
email [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com)

Sutton & District Athletics Club  
would like to wish everyone a  
**MERRY CHRISTMAS**

**THE 2018 CLUB AGM TUESDAY 8 JANUARY**

**AT 6.30PM**

**IN THE SUTTON & DISTRICT AC CLUB ROOM.**

An email was recently sent to all members regarding this meeting, to which the following documents were attached:

- Committee Vacancies
- Proposed Membership Fees for 2019, and
- Constitution with new proposals for 2019.

The Committee welcomes expressions of interest in the available roles to be received by 31st December 2018.

All current Committee members are invited to re-stand for their roles with such decisions to be confirmed by 31st December 2018.

Please contact [Mandy](#) if you are interested in any of the vacant Management or Club Officer roles that can also be found on the last page of this Newsletter.

*Prior to this meeting*, you will receive via email the Minutes from the last Committee Meeting along with the Agenda, for your perusal.

If you are unable to attend this meeting but have a point that you wish to add to the Agenda, please feel free to email either [William](#) or [Mandy](#) along with any feedback.

We hope to see as many members as possible.

**The Committee**

### *Raffle prizes donated include::*

A VR Headset w/ remote control—Robert Dyas

“Extra Special” Hamper—Asda

Insulated travel bags & notebooks—Glorious Soups

£20 gift voucher—Abel & Cole

Luxury gifts and bottles of Wine!

50p each or x5 for £2!!

## 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 Paul Lockyer's promising group of U13 & U15 athletes who competed at Sports Hall recently!

**Congratulations** to The Hancocks' XC group on their achievements through some unpredictable weather!

**Congratulations to all our athletes who have represented the Club throughout 2018!**

**Good Luck** to **Ricky Lutakome** awaiting the results from his XC Challenge and European Trials.

**Good Luck** to *everyone* awaiting International call-ups!

*"To give any less than your best is to sacrifice a gift."* - Steve Prefontaine, Long Distance Athlete— 1972 Summer Olympics, Munich

**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  
Club?

Donation programs spon-  
soring local organisations  
– wonder if they'd sup-  
port the Club?

**Christmas Shopping online?** 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 re-  
ceive 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 sav-  
ing! **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](#) if interest-

*Another vacancy!  
How can I fill it  
asap?*

Where can I pro-  
mote my business  
for a small fee?

**Virgin London Mara-  
thon 2019** Are you inter-  
ested in running the Mara-  
thon 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 & Julett 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 25<sup>th</sup> to the [Editor](#)  
or visit the Club [website](#) for more information**