



Trackside!

MEMBERS NEWSLETTER – AUGUST 2018

Editor's Note

Hi everyone!

What a busy month of achievements in the midst of a heatwave!

With only a few more weeks to go before the end of the season, our athletes have continued to represent the Club at a number of major fixtures this season in both track & field events - a very proud moment.

Now, here's a message to all members! **Your Club Needs You** as we are hosting the **SLAN Super 8 & Lily B** and are short of volunteers. If you are able to help, feel free to contact Mandy at clubsecretarysutton@live.co.uk.

If you have any specific questions/queries, see the relevant Committee contacts listed below or, if you have yet to introduce yourself to the Chair, email William at chairsuttondistrictac@gmail.com.

See you at the Centre!



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
11 th & 12 th	U15 to U17	All	Southern Champs	Lee Valley		
18 th	U17 to Sens	All	SAL	Tooting Bec	Club	Mandy
19 th	U15 to U20	All	SLAN Super 8	DWLC	Club	Julett
25 th	U11 to U17	F	Lily B (Final!!)	DWLC	Club	Thomas & Caitlin
25 th	All	All	Herne Hill (Open)	Tooting Bec		
25 th & 26 th	U15 to U17	All	England Champs	Bedford		
26 th	All	All	Crawley (Open)	Crawley		

Please check with your coach(es) regarding the above fixtures AND any registration deadlines

THE COMMITTEE

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Welfare Officers: Miriam Hodgins & Hassan Hussein

Club Secretary (General enquiries) Mandy Walters

Membership Secretary: Michelle Welch

Officials Secretary: Keith Field

Disability Officers: Miriam Hodgins & Hassan Hussein
Honorary Vice Presidents: Paul Lockyer & Alex Starr
Ordinary Members: Claire Bryant & Julett Reid-Wilson
Veterans: **Vacant**

Social Officer/**Editor:** Wendy Forrester

Website Manager: **Vacant**

Athletes Representatives: Thomas Keenan & Niles Cook

Fundraising Officer: **Vacant**

Safeguarding our Athletes!

TEAM MANAGERS FOR 2018



Ebbisham U11 to U17 – Julett Reid-Wilson
SLAN Super 8 U11 to U15 – Miriam Hodgins/Julett Reid-Wilson
SLAN U15 to U20 - Paul Lockyer
Lily B U11 to U17 – Thomas Keenan/Caitlin Williams
SAL U17 to Seniors – Mandy Walters
Rosenheim U17 to Seniors – **VACANT URGENT**
Surrey Mens XC League - Nick Hancock
East Surrey XC League - Maureen & Nick Hancock
Surrey Womens XC League – Maureen Hancock
Epsom Downs XC League U10 to U15 - Thomas Keenan

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.

Please email Mandy at clubsecretarysutton@live.co.uk for more information.



Learn how to protect yourself inside and out 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, email William at chairsuttondistrictac@gmail.com.

To encourage the success of previous years, we are offering our older athletes the opportunity to **master track and field events!** The 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 clubsecretarysutton@live.co.uk who will put you in touch with coaches who can help you or see website for information on our **coaches** and their specialised events.



ANNOUNCEMENTS

Volunteers needed for **SLAN Super 8 & Lily B** meetings to be held at **DWLC** this month! If available, please contact Mandy at clubsecretarysutton@live.co.uk.

The Club need a **Track (Hurdles) Coach!** If interested and have the relevant coaching experience, contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

Please see the Club's **website** regarding our quest for a **Team Manager** for Rosenheim fixtures and vacancies on the Committee. If interested, contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

If you missed the last Club Officials and/or Coaching Assistant courses, future dates can be found on: <http://www.englandathletics.org/courses-and-bookings> or contact Mandy at clubsecretarysutton@live.co.uk. For official paperwork including the 'Code of Conduct' and various guidelines, see the [Club's documents](#).

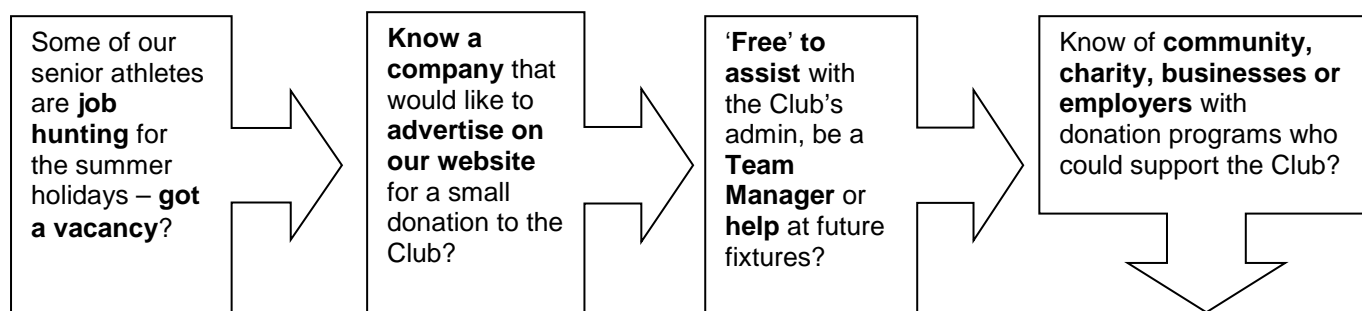
With more members on-board and **child safety** our priority, please be aware that unless participating in a centre or club organised activity, **playing on the sporting equipment or using the Centre's facilities 'without permission' is prohibited**. Therefore, for the safety of the children, please ensure that they are **supervised at all times**.



If you would like to purchase additional kit e.g. hoodies, tracksuits and jackets, see **Paul Lockyer** on training nights. All athletes **must** wear the Club vests when competing at Club fixtures.

THE 'CLUB HOUSE'

Want to help the Club's community?



If any of the above resonates with you, please email the [Editor](#) quoting 'Club House'.

UNDER STARTERS' ORDERS!



Congratulations to **Olivia Chessell, Dominique Corradi** and **Ricky Lutakome** who competed at the **English Schools Championships** for Team Surrey.

Congratulations to **Thomas Hughes**, who competed for the Surrey relay team.

Congratulations to **Imani Lansiquot** (right) on her medal winning performance for Team GB in the 4 x 100m relay!



Congratulations to **Shaun White** who has been named in the Team GB squad to compete at the [WPA Euro Champs, Berlin](#) (20 – 26 August 2018) and his coach, **Christine Parsloe**.

Well done to all our athletes who competed last month and 'thanks' to the coaches and parents who supported them.

For full reports, see the [website](#).

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.

Please speak to your coach(es) before registering for any track meetings not listed on our Fixtures calendar.

WINNING POST!

See below our **winners** from last month. Full results available via [meeting](#) links provided.

Meeting	Athlete	Event	SB/PB
England Champs	Imani Lansiquot	U23W/100m	
Rosenheim	Levii Etherington	Sens M/1500m	
SAL	Kaylen Francis	U23M/100m	SB
	Thomas Hughes	U17M/100m/200m	PB
	Emmanuel Bonney	U17M/100m/Long Jump	PB
	Lucy Hoad	U20W/100m/200m	SB
	Justine Smith	U17W/100m/200m	
	Karen Abiwu	U17W/100m/200m	
	Shemar Ferguson	U20M/400m	
	Matthew Amanor-Boadu	U17M/400m	
	James Hancock	U23M/800m/1500m	
	Thomas Keenan	Sens M/110m Hurdles	PB
	Relay Team	U20M	PB
	Relay Team	Sens W	SB
	Sid Walters	U23M/High Jump	PB
	Jade Ive	Sens W/Pole Vault	
	Georgia Duthie	U20W/Pole Vault	
	Said Abdirahman	U23M/Long Jump	PB
	Alison Wilder	Sens W/Long & Triple Jumps	
	Yasmin Henlon	Sens W/Long & Triple Jumps	PB
	Emer Kerr	Sens W/Shot Put/Javelin	PB
	Craig Rawlings	U23M/Discus	PB
	Esme Dann	U17W/Discus	PB
	Emma Lawrence	U20W/Javelin	
Lily B	Reahanna Wilson-Jones	U15W/100m	
	Emily Scantlebury	U13W/75m Hurdles	PB
	Scarlett Kennedy	U15W/Long Jump	PB
	Ruvaro Chitita	U15W/Discus	PB

	Morgan Taylor Well	U15W/Discus	
	Danielle Opoku	U15W/Javelin	
SLAN	Sophie Ajuka	U13W/200m/Long Jump	PB
	Alicia Cahill-Random	U15W/200m	
	Adam Hudson	U15M/800m/Javelin	PB
	Julia Newman	U13W/High Jump	PB

See the [website](#) for photos and match reports! **Well Done** to everyone who competed **#GoSutton!**

SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated prizes for our previous fundraisers, are fellow Tweeters!

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

Shopping for the heatwave? Whilst surfing through the endless websites looking for a summer holiday special, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! By registering, your total online spend comes directly to our Club and members so, if you download the app, you will receive reminders to use the links when shopping online and we'll collect a %! There are over 3,000 shops and sites on board including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's and it doesn't cost you a penny extra! **You spend, we collect!**

Need spikes for Summer? Do you know the difference? There are currently a couple of '**good, reusable condition**' spares at the Centre so feel free to speak to your coach(es) on training nights or email the [Editor](#) if interested.

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