



# Trackside!

MEMBERS NEWSLETTER – DECEMBER 2017

## INTRODUCTION!

### Hello Members

The Indoor season has begun and club activity increased!

As we start to plan our year ahead, **all members** are invited to attend the next **Club AGM** meeting on **Tuesday 12th December** starting at **7pm**. This is an opportunity for us to openly discuss suggestions for 2018 and devise an action plan to meet these targets. If you are unable to attend but have suggestions, please let me know.

Tickets are currently on sale for our **Xmas Party and Awards Evening** on **Sunday 17 December** at **The Grange, Beddington Park, £5 each**. See below for further details!

Finally, if you have any additional concerns or simply fancy a chat, feel free to email me at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com), speak to one of the coaches and/or any member of the Committee of 2017 listed below.

See you at the Centre!

**William Ofei-Kwatia (Chair)**



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
3 <sup>rd</sup>	Juniors	All	Epsom Downs XC	Tattenham Corner	Club	Tom Keenan
9 <sup>th</sup>	All	All	SEAA Intercounties	Hospeth Oxford	-	-
9 <sup>th</sup>	All	All	East Surrey XC	Wimbledon Common	Club	Maureen & Nick Hancock
10 <sup>th</sup>	All	All	“Corrective Exercise = Effective Change”	DWLC	Open to all members	
17 <sup>th</sup>	All	All	Reigate Holly Run	Priory Park Reigate	Open	-
30 <sup>th</sup>	All	All	Metaswitch Indoor Games	Lee Valley	Open	-

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

## ANNOUNCEMENTS

*Xmas Party – Sunday 17 December – **The Grange, Beddington Park***

*Tickets: £5 p/p (including hot/cold buffet) Raffle tickets: 50p each or 5 tickets for £2*

For the members who indicated an interest as **volunteers**, please see the Club's [website](#) for further information as we **need Team Managers** for 2018 fixtures. Whilst online, you will also find all of the [Club's documents](#), including the '**Code of Conduct**' and various guidelines.

Following their first winter training season and achievements at **Sportshall**, the **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** are eagerly looking forward to the Indoor season starting this month!

If there are any junior athletes or siblings who would like to **master track and field events**, please email [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com). Although popular, we always aim to accommodate our younger members.



### **Marathon Runner Needed ASAP!**

The Club are applying for someone to represent us at the **Virgin London Marathon** so if you are already a long-distance enthusiast who enjoys pounding the streets of London, taking in the sights by foot, to the cheers of millions whilst wearing a Club vest, please contact Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) ASAP or see the Club's [website](#) for more information.

As days get shorter, our coaches have been putting the athletes through their **winter training** paces! Please ensure that you speak to your coach(es) as additional kit may be required for some sessions and locations subject to change.

Our membership has multiplied! We can now offer **High Jump training sessions on Tuesdays at 7pm** but are still seeking a **Track (Hurdles) Coach** for our athletes! If interested, please email Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or William at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com).

**Congratulations** to all those who completed the Club Officials and/or Coaching Assistant courses recently. Future dates can be found on: <http://www.englandathletics.org/courses-and-bookings>.

With more members onboard 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**.



Finally, **would all new members** please see **Paul Lockyer** for **Club Vests** on training nights. These must be worn when representing the Club at fixtures. Additional Club Kit can be purchased seasonally e.g. hoodies, tracksuits and jackets via this link [https://eclubshop.co.uk/index.php?route=product/category&path=33\\_109](https://eclubshop.co.uk/index.php?route=product/category&path=33_109). Information regarding the next shopping window will be posted onto the noticeboard and Club website.

### **UNDER STARTERS' ORDERS!**



**Congratulations** to **Dominique Corradi** and **Max Naylor** who were both selected to compete for the Surrey Cross Country team in the SEAA Inter-County race this month.

**Well done** to **Ricky Lutakome** who competed in the British Athletics XC Challenge in Liverpool and has been selected to compete for the GB U20 team at the **International XC in Vento de Banos**, Spain and as a reserve for the **European XC Championships**.

**Congratulations** to all of our younger athletes who participated in the **Surrey Sportshall** competition last month, managed by Colin and Mandy, as well as the **Cross Country team** for their amazing results on some extremely, muddy courses, managed by Maureen and Nick.

**Congratulations** to our **Jack Petchey** recipients, U15 **Alex Blencowe** (Coaches nomination) and U13 **Amy McQuitty** (Team Managers nomination) for their dedication and commitment to the sport, resulting in some well earned PBs!

**SLAN Indoor Open Competition – 6<sup>th</sup> January - DWLC** [register here now!](#) NB: Limited entries for field events so register early! 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 links provided.

MEETING	ATHLETE	EVENT(S)	PB/SB
<a href="#">Downs League</a>	Max Naylor	U13	4 <sup>th</sup>
	Adam Hudson	U15	5 <sup>th</sup>
<a href="#">London Youth Games</a>	Dominique Corradi	U17	2 <sup>nd</sup>

For full reports from all of our league meetings: [Ebbisham](#), [Lily B](#), [SAL](#), [Rosenheim](#) and [Cross Country](#), see the website.

**Well Done Everyone!**

## SOCIAL/FUNDRAISING EVENTS

**\*\* Xmas Party – Sunday 17 December – The Grange, Beddington Park \*\***

**Tickets: £5 p/p (including hot/cold buffet) Raffle tickets: 50p each or 5 tickets for £2**

**One for the diary!** The evening will include our **Club's Awards Ceremony** and hopefully kick off the Xmas festivities! Prizes kindly donated by local businesses and our supporters include hampers of festive goodies and gift vouchers.

**Tickets sold by the Committee!**

If any members know a local business willing to contribute to this event or any future fundraiser, please email the [Editorial Team](#). The more the merrier!

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[B-Fresh](#)" and "[Glorious!](#)" who supported us this season, not forgetting "[Science in Sport](#)" who assigned us a members only discount of **20%** for online purchases valid until December 2017 (promotional code: **SIS-20-17** - excluding sale items).

Have you started your Christmas shopping yet? Planning on doing it all online? If so, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! By registering, a % of your total online spend comes directly to our Club and members and, if you download the app, you will receive reminders to use the links when shopping online. 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! It is as easy as 'on your marks, get set' ... so what are you waiting for? Open the link: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and start shopping! **You spend, we collect!** Go!!

Seeking spikes? Do you know the difference? Well, the **Spikes Swap Shop** is "Open" so, if in need of a pair, or have either old track or field **spikes** in a '**good, reusable condition**', feel free to speak to your coach on training nights or email the [Editorial Team](#). We have:-

Offered:

7 (track)  
7.5 Jumps (x3 pairs)  
8 (track)  
9 (High Jump)

Wanted:

7.5 (track)  
8 (track)  
10.5 (High Jump)

**Up to size 5 = £5, Sizes 6 upwards £5+ (+ at buyer's discretion).**

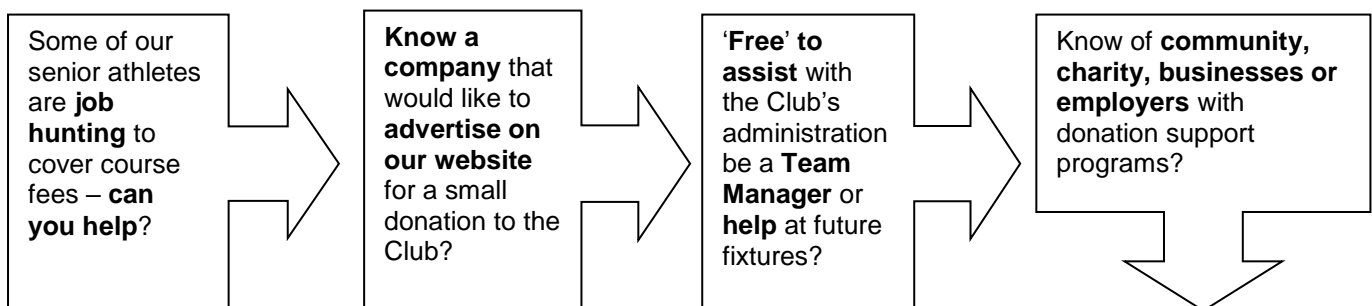
**NB: New members** - please speak to your coaches to clarify what spikes are suitable for what events.

All requests will be treated in the strictest of confidence and monies received goes towards the Club's funds!

Finally, if you have **any ideas** for future fundraising/social events, please email the [Editorial Team](#).

## THE 'CLUB HOUSE'

As 2017 edges towards 2018, this could be your opportunity to set a New Years resolution to help other members seeking employment, invaluable experience and funding:



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

## THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Membership Secretary: Sylvia Ofei-Kwatia

Disability Officers: Miriam Hodgins & Hassan Hussein

Social/Fundraising Officer: Wendy Forrester

Club Secretary: Mandy Walters

Development Officer: Darren Piper

Officials Secretary: Keith Field

Welfare Officers: Miriam Hodgins & Hassan Hussein

Ordinary Members: Sylvia Ofei-Kwatia & Steve Ive

Safeguarding our Athletes!



## PARTY TIME!!!



### *Christmas Party and Awards Ceremony*

*Sunday 17 December 2017*

*The Grange, Beddington Park,  
London Road,  
Wallington SM6 7BT*

*6:30pm – 11pm*

*Entry: £5 per person (including buffet) – Raffle tickets: 50p or 5 for £2!*

*Raffle prizes include Xmas goodies kindly donated by local benefactors*

*All members welcome!*

Please feel free to forward any feedback and/or future submissions by the 25<sup>th</sup> to :

Editorial Team: [socialcommsuttondistrictac@outlook.com](mailto:socialcommsuttondistrictac@outlook.com)

Or visit the Club website: <http://suttondistrictac.co.uk/index.html> for more information

*Xmas Party – Sunday 17 December – The Grange, Beddington Park*

*Tickets on sale every Training Night*

