



Trackside!

MEMBERS NEWSLETTER – FEBRUARY 2018

Editor's Note

Hi everyone!

Well, we've made a promising start to 2018!

The new Committee has settled in - should hear all about their plans for the Club soon!

Our athletes have left an impression on the track, field and road! See below for the results from the recent indoor and cross-country fixtures!

Note: there are still a few **vacancies** on the Committee and for team managers. See below for further information.

Finally, for any concerns, please email William at chairsuttondistrictac@gmail.com, the [welfare officers](#), speak to the coaches, team managers or contact a member of the Committee listed below.

See you at the Centre!



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
10 th	U15 – U20	F	Surrey Ladies	Richmond Park	Club	Maureen Hancock
10 th	U15 – U20	M	Surrey Mens	Wimbledon Common	Club	Nick Hancock
17 th & 18 th	Seniors	All	National Indoors	Birmingham	Open	
17 th & 18 th	All	All	Surrey Indoors *Closing: Fri 9 Feb!*	DWLC	Open	
18 th	U10 – U15	All	Epsom Downs XC	Epsom Downs	Club	Thomas Keenan
24 th	U15 – U20	All	National XC Champs	Parliament Hill (Hampstead)		
24 th & 25 th	U15 – U20	All	National Indoors *Closing: Mon 5 Feb!*	Sheffield	Open	

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

ANNOUNCEMENTS

Calling all GCSE teachers - The Mocks are upon us and GCSE exams approaching at world record speed! If there are any teachers who are able to offer athletes support during this build-up, please email the [Editor](#)!

Everyone Active have opened applications for their "[Sporting Champions](#)" sponsorship program. After a great 2017 for the Club, you may find that you meet the criteria as a bronze, silver or gold ambassador. Check the website for more information on how to qualify and apply!

Trials to represent Sutton in the **London Mini Marathon** have begun! To be considered for a place in one of the six teams of six runners for the Sutton Borough team, you must either:

- a) live in the borough,
- b) go to school or
- c) were born between 23rd April 2000 and 22nd April 2007.

Trial Details: Selection is made from parkrun times submitted to be run at either Nonsuch or Roundshaw parkrun between 9th December 2017 and 24th February 2018 inclusive. To register for the parkrun click [here](#). NB: Selection will be confirmed week commencing 5 March 2018. If interested, please email our Cross Country Team Manager, Maureen Hancock, at - nmja.hancock@live.co.uk.

If there are **any junior athletes or siblings** who would like to **master track and field events** with our **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme**, please email membershipsuttondistrictac@gmail.com. Spaces are also available for **High Jump training sessions on Tuesdays at 7pm** whilst we are still seeking a **Track (Hurdles) Coach!** If interested, please email Mandy at clubsecretarysutton@live.co.uk or William at chairsuttondistrictac@gmail.com. Although popular, we always aim to accommodate our younger members.

Please ensure that you speak to your coach(es) as additional kit may be required for some **winter training** sessions as locations are subject to change.

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

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. Information regarding the next shopping window will be posted onto the noticeboard and Club website.

UNDER STARTERS' ORDERS!



Well done to Ricky Lutakome who came 4th competed at the **Cross Internacional de Italia in Seville** for **Team GB U20** team and **good luck** with his future GB fixtures!

Congratulations to all our athletes who competed at the recent cross country and indoor fixtures.

Congratulations to Imani-Lara Lansiquot on winning the **Welsh Indoors 60m**.

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	SB/PB
Surrey XC Champs	Dominique Corradi	U17 Womens	Silver
Surrey Ladies XC Champs	Dominique Corradi	U17 Womens	Silver
SLAN Open	Finn Burns-Hussein	U15M 60M	PB
	Reahanna Wilson Jones	U15W 60M	PB
	Tia Ersser	U15W 60M	SB
	Precious Bello	U17W 60m	PB
	Yamin Choudhury	U17M 60M	PB
	Luke Morley	U20M 60m	PB
	Sophia Henlon	U20M 60m	PB
London Games	Kes Hodgins-Peka	U15W 200m	PB
	Safyre Forrester Jackson	U17W 200m	SB
SEAA Seniors	Lucy Hoad	U20W 60m	SB
	Jade Ive	Seniors W Pole Vault	
	Daniel Ogun	Seniors M Long Jump	
London Games Seniors	Chyna Russell	U20W 400m	PB

Well Done Everyone!

SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated the prizes for the Xmas raffle, are now following the Club's achievements via Twitter!

The **winter sales** are almost over! If you are still shopping around and trying to snap up a bargain online, 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!!

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

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 [Editor](#). We have:-

Offered:

7 (track)

Wanted:

7.5 (track)

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

8 (track)
10.5 (High Jump)

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.

THE "COMMITTED" COMMITTEE 2018!

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Membership Secretary: Sylvia Ofei-Kwatia

Disability Officers: Miriam Hodgins & Hassan Hussein

Website Manager: Steve O'Sullivan

Honorary Vice Presidents: Paul Lockyer & Alex Starr

Social/Fundraising Officer: **Vacant**

Club Secretary: Mandy Walters

Development Officer: Darren Piper

Officials Secretary: Keith Field

Welfare Officers: Miriam Hodgins & Hassan Hussein

Ordinary Members: Michelle Welch (Enquiries & Inductions), Claire Bryant & Julett Reid-Wilson

Athletes Representatives: Thomas Keenan & Niles Cook

Veterans: **Vacant**

Safeguarding our Athletes!

TEAM MANAGERS FOR 2018

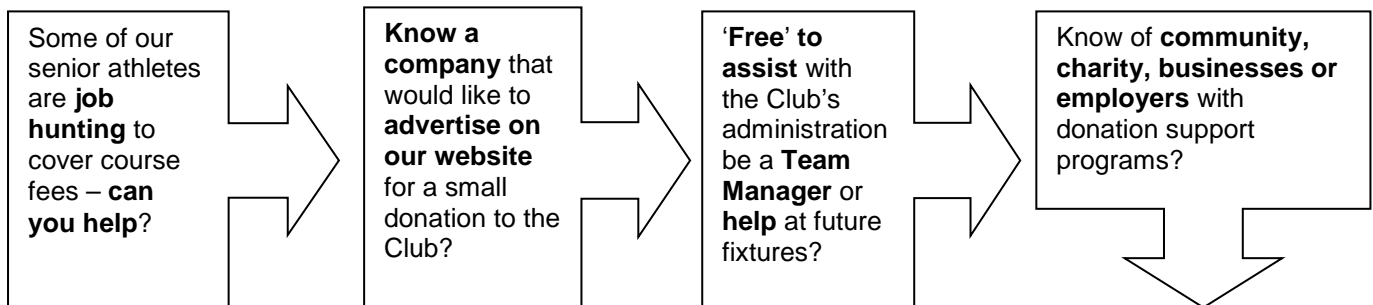


Ebbisham U11 to U17 – Julett Reid-Wilson
SLAN Super 8 U11 to U15 - Julett Reid-Wilson
SLAN U15 to U20 - Paul Lockyer
Lily B U11 to U17 – Thomas Keenan
SAL U17 to Seniors - **VACANT**
Rosenheim U17 to Seniors - **VACANT**
Surrey Mens XC League - Nick Hancock
East Surrey XC League - Maureen & Nick Hancock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

To replicate the success of 2017, volunteers needed!

THE 'CLUB HOUSE'

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 **Editor** quoting '**Club House**'.

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