



Trackside!

MEMBERS NEWSLETTER – JANUARY 2018

Editor's Note

Happy New Year everyone!

Thanks to all who attended the Xmas Party and Awards Evening at The Grange, Beddington Park. Was a great opportunity for many members to kick off their spikes and pull on their dancing shoes. If you were unable to attend, see below for all the news including our Award winners!

Following on from the Club AGM meeting, see below the changes to the Committee for 2018. Note: there are a couple of vacant roles both in the Committee and for Team Managers. If interested, please contact the Club.

Finally, for any concerns, please email William at chairsuttondistrictac@gmail.com, 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 |
|-------------------------------------|-------------|--------|---|---------------------------|-----------|--------------------|
| 6 th | U15 + | All | SLAN Open | DWLC | | |
| 6 th & 7 th | U15 & U17 | All | SEAA Indoors *entries closed* | Lee Valley | | |
| 7 th | All | All | Surrey XC Champs | Denbies, Dorking | Club | The Hancocks |
| 13 th | All | F | Surrey XC Womens | Wimbledon | Club | Maureen Hancock |
| 13 th | All | M | Surrey XC Mens | Coulsdon | Club | Nick Hancock |
| 13 th & 14 th | U20/Seniors | M | SEAA Indoors *entries closed* | Lee Valley | | |
| 20 th | All | All | Surreys XC Schools | Priory Park, Reigate | Borough | |
| 20 th | U17 | | London Games | Lee Valley | Open | |
| 21 st | U13 & U15 | | London Games | Lee Valley | Open | |
| 27 th | All | All | SEAA XC Champs | Stanmer Park, Brighton | Club | The Hancocks |
| 27 th & 28 th | U20/Seniors | All | London Games | Lee Valley | Open | |

| | | | | | | |
|------------------|-----------|-----|------------|-----------|------|----------------------------------|
| 28 th | U13 & U15 | All | Sportshall | Guildford | Club | Colin Rawlings/ Mandy Walters |
|------------------|-----------|-----|------------|-----------|------|----------------------------------|

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

ANNOUNCEMENTS

Thanks to everyone who supported the Xmas Raffle! Due to ticket sales, and a surprising number of prizes kindly donated by local businesses and supporters, we are able to continue supporting the athletes and administration costs of the Club.

Calling all GCSE teachers - with exams fast approaching, if there are any teachers who are able to offer athletes support with revision, please email the [Editor!](#)

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.

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.

Spaces are available for **High Jump training sessions on Tuesdays at 7pm** and we are still seeking a **Track (Hurdles) Coach!** If interested, please email Mandy at clubsecretarysutton@live.co.uk or William at chairsuttondistrictac@gmail.com. Also, 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. Although popular, we always aim to accommodate our younger members.

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!



Congratulations to **Dominique Corradi** and **Max Naylor** who both competed in the SEAA Inter-County race for the Surrey Cross Country team recently.

Well done to **Ricky Lutakome** who competed at the **International XC in Vento de Banos**, Spain for the GB U20 team, as a reserve for the **European XC Championships** and, as his promising future with Team GB continues, **good luck** as he competes at the **Edinburgh Great Cross Country.**

Well done to **Bilal Bentchakal**, 3rd in East Surrey XC League at Wimbledon Common and **fingers crossed** for all our XC athletes competing in Surrey Cross Country Champs & Surrey Schools fixtures this month.

Last call! - SLAN Indoor Open Competition – 6th January - DWLC [register here now!](#) NB: Limited entries for field events!

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 **Award Winners!**

| CATEGORY | ATHLETES |
|----------|---|
| U11s | Alfie Edgeworth & Amelia James |
| U13s | Max Naylor & Kes Hodgins-Peka |
| U15s | Matthew Amour-Boadu & Reahna Wilson Jones |
| U17s | Dylan Baldock & Chyna Russell |
| U20s | Ricky Lutakome & Rhianna Saunders |
| Seniors | Nile Cook & Yasmin Henlon |
| Veterans | Chris Smale & Sylvia Ofei-Kwatia |

Well Done Everyone!

SOCIAL/FUNDRAISING EVENTS

The Club bid farewell to a season of successes as we feasted then danced the night away! Was great to see coaches and members (and a few Xmas jumpers!) away from the often windy spectators' stands, celebrating the achievements of our athletes including the Ebbisham Cup and Lily B Plate winners! See below our Award winners – more photos on the website!

'Thanks' also to: "**Abel and Cole**", "**Asda**", "**Farmfoods**", "**Glorious!**", "**Morrisons**" and "**The Cake Box**" who kindly donated the prizes that helped us to raise over £150 from the Xmas raffle!

The **January sales** are on 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!!

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

Wanted:

7.5 (track)
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

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 & Juliet Reid-Wilson

Social/Fundraising Officer: **Vacant**

Athletes Representatives: Thomas Keenan & Niles Cook

Veterans: **Vacant**

Safeguarding our Athletes!

TEAM MANAGERS FOR 2018

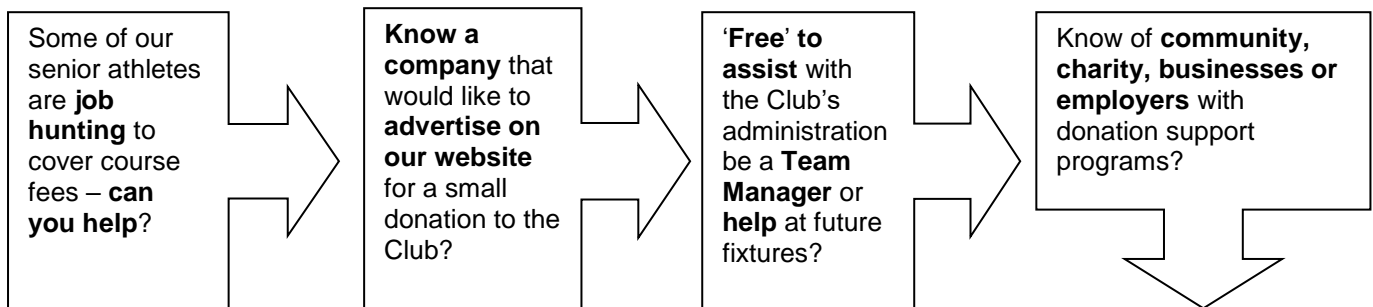


Ebbisham U11 to U17 – Julett Reid-Wilson
SLAN Super 8 U11 to U15 - Julett Reid-Wilson
SLAN U15 to U20 - Paul Lockyer
Lily B U11 to U17 – Thomas Keenan
SAL U17 to Seniors - **VACANT**
Rosenheim U17 to Seniors - **VACANT**
Surrey Mens XC League - Nick Hancock
East Surrey XC League - Maureen & Nick Hancock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

