



# Trackside!

MEMBERS NEWSLETTER – JULY 2017

## INTRODUCTION!

### Hello Members

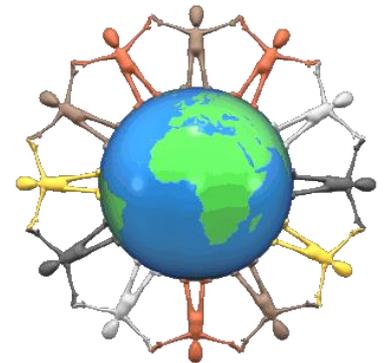
Halfway through the season and proud to say that we have made an impact at competitions across all levels! See 'Winning Post' for the results!

The new Club website has gone 'live!' Ever open to feedback, please find the time to visit it and let us have your thoughts.

Finally, if you have any 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 or any member of the Committee listed below.

See you at the Centre!

**William Ofei-Kwatia (Chair)**



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
1 <sup>st</sup> & 2 <sup>nd</sup>	Seniors	M	England Championships	Birmingham	County	-
1 <sup>st</sup>	U13 – U17	G	Lily B	Guildford	Club	Lucy Chessell/ Karen Elgar
5 <sup>th</sup>	U17 - Sens	M	Rosenheim	Kingston	Club	Mandy Walters
7 <sup>th</sup> & 8 <sup>th</sup>	All ages	M	English Schools	Birmingham	Inter County	-
8 <sup>th</sup>	U17 – U20	M	SAL	Lewes	Club	Ruth Holder
9 <sup>th</sup>	U13 – U17	B	Ebbisham	Coulsdon	Club	Julett Reid- Wilson
19 <sup>th</sup>	U17- Sens	M	Rosenheim	Ewell	Club	Mandy Walters
22 <sup>nd</sup>	All ages	M	Herne Hill	Tooting Bec	Open	
30 <sup>th</sup>	U11 –U15	M	SLAN Super 8	Coulsdon		Miriam Hodgins

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

## ANNOUNCEMENTS

We were one of a few Clubs who were given an *amazing* opportunity to be kit carriers for the track athletes at the IAAF and IPC 2017 [World Championships](#) this summer. **Congratulations** to the following athletes who will be representing us:

Ricky	Thomas	Keely
Georgia	Chyna	Caitlin
Rezan	Rianna	Georgia
Jessie	Nicholas	Dylan

Our U17 relay teams were *also* invited to race in the [Mueller Anniversary Games](#) against formidable competition at the Queen Elizabeth Stadium! **Congratulations** to:

Olivia Chessell	Dylan Baldock
Safyre Forrester Jackson	Shemar Ferguson
Ella Gunnell	Thomas Hughes
Chyna Russell	Rory Payn

The Club **needs** both a **Hurdles Coach** and a **High Jump Coach**. For more detailed information, please email Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or William at [chairstutondistrictac@gmail.com](mailto:chairstutondistrictac@gmail.com). There are also courses for **endurance** and **club officials**. If interested, please contact Keith Field or Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or, for **coaching assistants** training courses, email our Development Officer, Darren, at [devofficer@sutondistrictac.co.uk](mailto:devofficer@sutondistrictac.co.uk). All of the above courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

Our younger athletes from the **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** have continued with their competitive streak this season in: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. As popular as these groups are, we are happy to make room for more younger athletes or siblings. If interested, please email [membershipsutondistrictac@gmail.com](mailto:membershipsutondistrictac@gmail.com).

Just a reminder to our 'Everyone Active' **Sporting Champions** to submit their online profiles ASAP!

Finally, the online order window for the **Club kit** e.g. hoodies, tracksuits, jackets etc 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) is **closed**. **Club vests** are available from Paul Lockyer on training nights.

## UNDER STARTERS' ORDERS!

**Congratulations** to all our athletes who were selected to represent Surrey at the **Inter Counties**:



Karen Abiwu  
Dylan Baldock  
Olivia Chessell  
Dominique Corradi

Georgia Duthie  
Shemar Ferguson  
Jade McFarlane  
Chyna Russell

and to

Dylan Baldock, Ricky Lutakome and Chyna Russell

who qualified for the **English Schools** team 2017!

**Congratulations** to Imani Lansiquot, on her **Team GB** selection at the **European Championships (Poland)** as well as Jade Ive, Jake Field and Sid Walters on their selection to represent Surrey at the **Inter Counties Senior Championships**!

**Further congratulations** to the following athletes who have been invited to the **World Trials (Birmingham)**:

Imani Lansiquot      Ricky Lukatome      Allison Wilder      Harry Aikines-Aryeetey

For 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
<a href="#">Lily B</a>	Sophie Ajuka	U13 100m	PB
	Kes Hodgins-Peka	U13 High Jump	

	Sophia Hepher	U15 Pole Vault	
	Misheel Suvd	U15 200m	
	Chyna Russell	U17 300m	
	Amy McGrath	U17 High Jump	
	Keely Elgar	U17 Hammer/Discus	
<u>Surrey County Schools</u>	Dylan Baldock	U17 200m	
	Chyna Russell	U17 300m	
	Ricky Lutakome	U20 800m	
<u>England Athletics</u>	Imani Lansiquot	U23 100m	
<u>Inter County Champs</u>	Chyna Russell	U17 300m	Gold PB
<u>SAL</u>	Callum Holder	U17 High Jump	
	Amy McGrath	U17 High Jump	
	Sophie Hepher	U17 Pole Vault	
	Kaylen Francis	U20 100/200	PB
	Jordan Allen	U20 800	
	Jessie Walters	U20 Hammer	
	Emma Lawrence	U20 Javelin	PB
	Daniel Ogun	U23 100	PB
	Ethan Wood	U23 100/200	PB
	Nile Cook	U23 Discus	
	Jake Field	U23 High Jump	SB
	Sid Walters	U23 High Jump	PB
	Alex Marsch	SEN 200	PB
	Jade Ive	Snr Pole Vault	<b><i>Athlete of the Match!!</i></b>
	Jamie Fitzgerald	SEN Pole Vault	
	Jeremiah Nampuma	SEN Long Jump	
	Sylvie Ofei-Kwatia	V40 Hammer	PB
Chris Smale	V50 Discus		
<u>Ebbisham</u>	Gabriel Idusohan	U13 100m	
	Keaton Callender-Nantwi	U13 100m/High Jump	
	Davis Daesu	U13 100m/200m	

	Jaedon Wilson	U13 200m	
	Joel Idusohan	U13 Discus	
	Malachi Lewis	U13 Discus	
	Roman Day	U13 Discus/Javelin	
	Emmanuel Bonney	U15 300m	
	Matthew Amanor-Boadu	U15 300m	
	Adam Hudson	U15 1500m	
	Jonas Zimman	U15 1500m	
	Finn Burns-Hussein	U15 Long Jump	PB
	Samule Matata	U15 Long Jump/Discus	PB
	Relay Teams	4 x 200m	
<a href="#">European Team Champs</a>	Harry Aikines-Aryeetey	Sens 100m/4 x 100m Relay	

Congratulations to all our athletes who competed last month!  
**A GREAT TEAM EFFORT** at some really tough fixtures.

#### PHOTO FINISH!



**Harry Aikines-Aryeetey**

A prodigious junior runner, Harry won the BBC Young Sports Personality of the Year (2005) and the IAAF's Rising Star of the Year after becoming the first athlete to win gold medals at both 100 and 200 metres at the World Youth Championships.

Aged 17, Harry competed in the 100m at Gateshead then won a gold medal in the 100m at the 2006 World Junior Championships in Beijing (August 2006), setting a season's best of 10.37s.

*"I'm always the underdog – no one ever rates me. I just go out and try my best."*

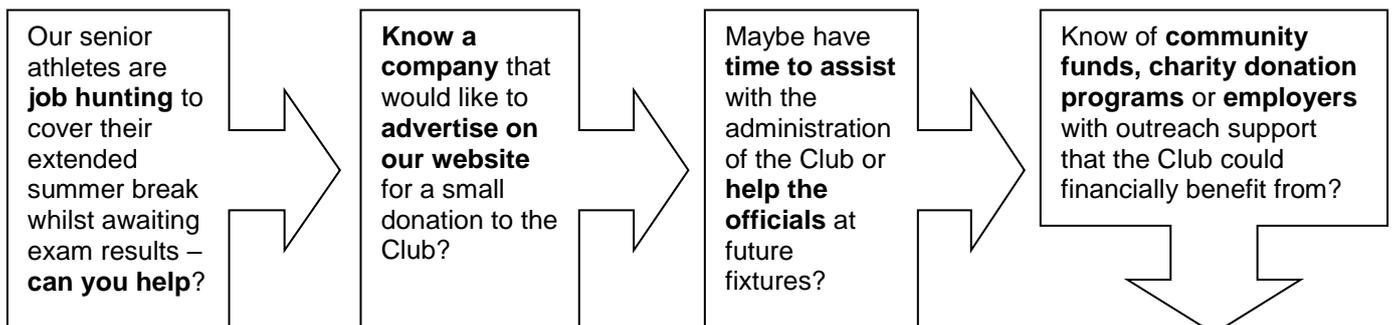
[Metro Newspaper – 28 June 2017]

Harry has many GB accolades: a relay medalist as a senior for Great Britain at the 2009 World Championships, the 2014 IAAF World Relays as well as representing England at the 2014 Commonwealth Games. He won his first senior individual medal, a bronze, in the 100m at the 2014 European Athletics Championships in Zurich followed by a gold medal as a member of Team GB's 4 x 100m relay team!

**Glad to have you onboard!**

#### THE 'CLUB HOUSE'

Before **'Schools out!'** and the new term beckons,



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

## SOCIAL/FUNDRAISING EVENTS

**Thanks** to everyone who has supported, donated and/or volunteered their time to help or support us at fixtures nationwide!

'Thanks' also to "[Abel and Cole](#)", "[Asda](#)", "[As Nature Intended](#)", "[B-Fresh](#)", and "[Science in Sport](#)" who assigned us a members only discount of **20%** for online purchases valid until December (promotional code: **SIS-20-17** - excluding sale items) and have continued to follow the Club's progress on Twitter.

Do you shop online? Start using: <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!!

The **Spikes Swap Shop** is "in demand" so, if in need of a pair, or have either old track or field **spikes** in a '**good, reusable condition**' then feel free to see William on training nights. See below what is currently "in stock":-

Offered:

2.5 (hardly worn)  
5 (will need new spikes)  
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).**

If interested, please email the [Editorial Team](#). All requests will be treated in the strictest of confidence and monies received goes towards the Club's funds!

The [Editorial Team](#) are **still waiting** to hear your suggestions for **fun events** to end the Outdoor season so please email your ideas quoting "**Summer Fun!**".

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

## THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Membership Secretary: **Vacant**

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

**Putting the Athletes 1<sup>st</sup>!**

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