



# Trackside!

MEMBERS NEWSLETTER – JUNE 2017

## INTRODUCTION!

### Hello Members

What a month it's been with competitions at all levels and medals across the board. See 'Winning Post' for our podium toppers!

Thanks to all those who attended the 'senior athletes' introductory meeting. Some of the suggestions made include a 'new' group for non-competing athletes or those on a limited training programme. They also mentioned increased interaction between the coaching groups at the Club and Fixtures. Looking at our recent results, this is already paying off! With such level headed athletes, we foresee a bright future for the Club and look forward to supporting them in the future.

Please note that although we are pursuing enquiries for notebooks and discussing open days, I can confirm that updated information regarding the Club's standing in the league tables is now on our website, along with any additional notices during the course of the month.

Finally, if you have any concerns or simply fancy a chat, feel free to email me at [chair@suttondistrictac.co.uk](mailto:chair@suttondistrictac.co.uk), speak to our 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
3 <sup>rd</sup>	U13 – U17	F	Lily B	Croydon	Club	Lucy-Anne Chessell/ Karen Elgar
4 <sup>th</sup>	U13 – U17	M	Ebbisham	Kingston	Club	Julett Wilson
10 <sup>th</sup>	All ages	Mixed	Surrey Schools	Kingston	Pre-registered	-
10 <sup>th</sup> & 11 <sup>th</sup>	U20 – Snrs	Mixed	Southern Champs	Crystal Palace	-	-
17 <sup>th</sup>	U17 – Snrs	Mixed	Southern Athletic League	Kingston	Club	Ruth Holder
17 <sup>th</sup> & 18 <sup>th</sup>	U20 – U23	Mixed	England Champs	Bedford	-	-
21 <sup>st</sup>	U17 – Snrs	Mixed	Rosenheim	Twickenham	Club	Mandy Walters
30 <sup>th</sup>	Seniors	Mixed	England Champs	Birmingham	-	-

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

## ANNOUNCEMENTS

The Club is in **desperate need** for a **Membership Secretary**, a **Hurdles Coach** and a **High Jump Coach**, as well as volunteers for **Team Managers**. For more detailed information, please contact Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or William at [chair@suttondistrictac.co.uk](mailto:chair@suttondistrictac.co.uk). 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@suttondistrictac.co.uk](mailto:devofficer@suttondistrictac.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 made an impact at Outdoor fixtures in: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. As popular as the groups are, there are still a few places left for younger athletes or siblings. If interested, please email [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com).

Thanks to 'Everyone Active' we now have **Sporting Champions** of our own as some of our athletes were chosen to receive EA Awards for their recent achievements. Congratulations!

Finally, the online order window for the **Club kit** e.g. hoodies, tracksuits, jackets etc via this link [https://clubshop.co.uk/index.php?route=product/category&path=33\\_109](https://clubshop.co.uk/index.php?route=product/category&path=33_109) is **closed**. In the meantime, **club vests** are available from Paul Lockyer on training nights.

## UNDER STARTERS' ORDERS!



**Congratulations** to all our athletes who competed at the **Loughborough** International games:

Jade Ive  
Imani Lansiquot  
Charmont Webster-Tape  
Ricky Lutakome, and  
Harry Aikines-Aryeetey.

For local meetings see: <http://www.londonathletics.org/competitions-and-fixtures>. Information regarding 2017 'key' fixtures (International/National/Domestic) can be found on the **England Athletics** website.

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

For the results from all track meetings and athletes profiles, see the **Power of 10** website.

## WINNING POST!

See below our **winners** from last month. Full results available via links provided.

Meeting	Athlete	Event	SB/PB
<a href="#">Herne Hill Open</a>	Rory Payn	U17 200	
<a href="#">Rosenheim</a>	Jordan Allen	Snr 400m	
<a href="#">Lily B</a>	Sophie Ajuka	U13 100m	PB
	Darcie Cook	U13 200m	
	Miriam Matata	U13 200m	
	Kes Hodgins-Peka	U13 High Jump	
	Karen Abiwu	U15 100m/200m	
	Justine Smith	U15 100m/200m	
	Jana-Jae Wilson	U15 100m/200m	

	Misheel Suvd	U15 200m	
	Reahanna Wilson-Jones	U15 Long Jump	
	Olivia Chessell	U17 100m/High Jump/Long Jump	
	Dominique Corradi	U17 1500m	
	Amy McGrath	U17 High Jump/Shot Put	PB
	Jade Macfarlane	U17 Shot Put	PB
	All ages!	Relay teams	
<a href="#">Surrey County Champs</a>	Chyna Russell	U17 300m	Gold PB
	Ricky Lutakome	U20 800m	Gold
<a href="#">SAL</a>	Safyre Forrester Jackson	U17 100m/200m	PBs
	Joshua Sematimba	U17 200m	PB
	Bilal Bentchakal	U17 800m	PB
	Olivia Chessell	U17 Long Jump	
<b>Athlete of the Match!!</b>	Lucy Hoad	U20 100m/200m	SB
	Sophia Henlon	U20 100m/200m	SB/PB
	Kaylen Francis	U20 200m	
	Jordan Allen	U20 800m	PB
	Rianna Saunders	U20 Discus/Javelin	SB/PB
	Daniel Ogun	U23 100m/High Jump/Long Jump	PBs
	Alex Marsch	Snr 100m	SB
	Sylvia Ofei-Kwatia	Snr Steeplechase/Hammer	PBs
	Emma Lawrence	Snr Javelin	PB
	Snr Women	Relay Team: 4 x 100m	PB
<a href="#">Loughborough</a>	Jade Ive	Snr Pole Vault	
	Imani Lansiquot	U23 100m	

" **Well done** to the middle distance group that competed at the [Surrey Champs](#) and throughout May. Hard work paying off early in the track season with promising performances all round from 300m - 5k, field events, relays & hurdles!"  
- Maureen & Nick Hancock

" **Well done** to all associated with [@SuttonDistAC](#) at today's SAL at Horsham. As usual, the performances & support were quality over quantity!" - Keith Field

" **What made Sutton stand out**, however, was the relentless support from the team: there was shouting, cheering... even a Mexican wave was seen trackside, leaving the other teams' supporters looking on with envy!" – Ruth Holder  
[\[Read\]](#) the full article on the Club's website

" **The Sutton and District crew!!**" - Harry Aikines-Aryeetey ([Loughborough](#))

## 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

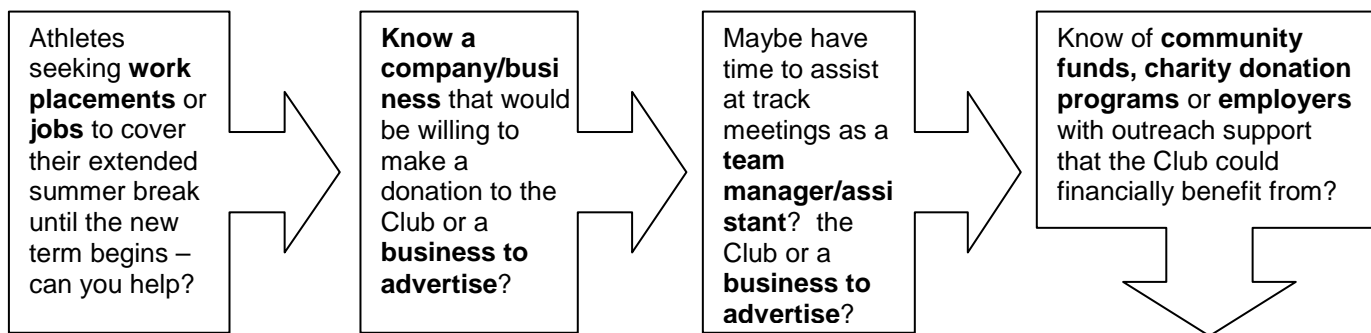
Welfare Officers: Miriam Hodgins & Hassan Hussein

Ordinary Members: Sylvia Ofei-Kwatia & Steve Ive

### Putting the Athletes 1st!

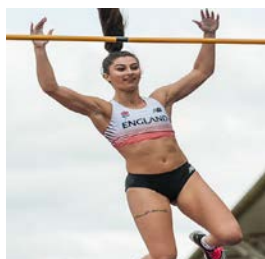
## THE 'CLUB HOUSE'

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



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

## PHOTO FINISH!



**Jade Ive**

A former elite level gymnast, Jade is now concentrating on athletics.

At 15, she twice improved the UK best in 2007 and 2008, as well as the U17 record, setting a personal best of 4.05m at the Commonwealth Youth Games in India. "I was going to Poland and India – I was on a high". Taking time out to recuperate from injury setbacks, Jade showed tenacity and later returned more focused. Such commitment has paid off as she holds the UK junior outdoors record and is the current British Athletics Indoors Champion!

Jade has put a lot of the credit down to the support of her family: "I want to thank my dad. He has been a massive support throughout the year and we have bounced off each other. I hugely appreciate his support and encouragement."

**Glad to have you onboard!**

## SOCIAL/FUNDRAISING EVENTS

**Thanks** to everyone who has supported, donated and/or volunteered their time to help at track meetings as a coach, team manager or by providing last minute refreshments!

**'Thanks'** to "[Abel and Cole](#)" who supplied healthy snacks for all the competitors at our recent Lily B 'home' meeting! With future support also agreed with "[As Nature Intended](#)" as well as "[Science in Sport](#)" assigning us a members only discount of **20%** for online purchases valid until December ( promotional code: **SIS-20-17** - excluding sale items), proves that a little PR goes far!

Remember to use <http://www.easyfundraising.org.uk/causes/suttondistrictac> - **you spend, we collect!**

Due to a busy Outdoor season and sudden growth spurts, 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)

### Wanted:

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

7.5 Jumps (x3 pairs)

8 (track)

9 (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!

[Editorial Team](#) need your suggestions for **fun events** to end the Outdoor season so email us, quoting "**Summer Fun!**".

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

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