



Trackside!

MEMBERS NEWSLETTER – MAY 2017

INTRODUCTION!

Hello Members

We've made a great start to the official season! So many individual achievements - see 'Winning Post' for further news.

Thanks to everyone who supported the events organised by our Social Fundraising team, that we will soon become owners of our own personalised gazebo! Goes to show what a small Club such as Sutton can achieve when we work together.

For those who have asked, we are still discussing the agenda points from the last meeting e.g. small fixtures notebooks for athletes and parents, coaching group for non-competing athletes, communicating Club's standing in the league tables, evenly balanced fundraising events, possible trial open days and/or school holiday camps and holding future meetings held on training nights. Should there be any developments, we will let you know.

Finally, if you have any concerns or simply fancy a chat, feel free to contact me at chair@suttondistrictac.co.uk, the coaching team or the Committee.

See you at the Centre!

William Ofei-Kwatia (Chair)



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
1 st	All ages	M&F	Herne Hill Open	Tooting Bec	Open	N/A
3 rd	U17 & SNRs	M&F	Rosenheim League	Kingston	Club	tbc
6 th	U11 – U17	F	Lily B	Sutton	Club	Lucy-Anne Chessell/ Karen Elgar
13 th & 14 th	All ages Registration deadline: 3rd	M&F	Surrey County Champs	Kingston	Open	-
21 st	U17 & SNRs	M&F	Southern Athletic	Horsham	Club	Ruth Holder
31 st	U17 & SNRs	M&F	Rosenheim League	Ewell	Club	tbc

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

ANNOUNCEMENTS

As we are surrounded by geniuses, we have withdrawn the scheduled dates for our "Pop Up" Revision Clinic. However, if help is required with English revision on a training night in May, please email the [Editorial Team](#) headed "Pop Up".

Both of our junior groups, the **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme**, have become seasoned professionals having trialled at Outdoor fixtures in the multi-events offered: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. Although popularity has increased, there are still a few places left for younger athletes or siblings. If interested, please email membershipsuttondistrictac@gmail.com.

The Club is in **desperate need** for a **Membership Secretary** and a **Hurdles Coach**, as well as a **High Jump Coach** and volunteers for **Team Managers**. For more detailed information, please contact Mandy at clubsecretarysutton@live.co.uk or William at 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 or, for **coaching assistants** training courses, email our Development Officer, Darren, at: devofficer@suttondistrictac.co.uk. All of the above courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

The **membership renewals deadline** has expired!! If you have not registered, please email: membershipsuttondistrictac@gmail.com ASAP. Remember: if representing the Club at any meetings, all athletes must be registered with England Athletics.

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 is currently **closed**. Watch this space for future 'sale' and despatch dates (every x3 months). For new members, **club vests** are available through Paul Lockyer on training nights.

UNDER STARTERS' ORDERS!



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](http://www.englandathletics.org) 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](http://www.powerof10.org) website.

WINNING POST!

See below results from recent meetings provided by the coaching team. Full list accessible by the link(s).

Meeting	Athlete	Event	Achievement
SLAN	Eric Hammond-Sarfo	100m & Long Jump	1 st
	Trevor Sanjiv	100m	1 st
	Donte Campbell	100m	1 st
	Lucy Hoad	100m	1 st
	Karen Abiwu	100m	1 st
	Misheel Suvd	100m	1 st
	Dylan Baldock	100m	1 st
	Safyre Forrester Jackson	200m	1 st
	Matthew Amanor-Boadu	300m	1 st
	Chyna Russell	300m	1 st
	Georgia Bell	400m	1 st
	Jordan Allen	800m	1 st
	Finn Burns-Hussein	Long Jump	1 st
	Reahna Wilson-Jones	Long Jump	1 st

	Rianna Saunders	Javelin	1 st
Hercules Open	Jaedon Wilson	100m & 200m	1 st
	Lucy Hoad	100m	1 st
	Safyre Forrester Jackson	100m & 200m	1 st
	Misheel Suvd	200m	1 st
	Ricky Lutakome	Mile	1 st

80% of our athletes achieved personal/season bests – Fantastic!

SAL "Man of the Match"	*Dylan Baldock	100m & 200m	1 st PBs
*Winners ** Nominees	*Jade Ive	Pole Vault	Competition record!
	**Jake Field	High Jump	SB
	**Chyna Russell	100m & 200m	PBs
	**Olivia Chessell	Long Jump	1st

90% of our athletes achieved season/personal bests at the SAL meeting (including the non-scorers) – Winter training has paid off!

Meeting	Athlete	Position
Mini-Marathon	Ricky Lutakome	1 st London!
HW Young Athletes	Ricky Lutakome	1 st – Dave Clarke Mile
	Dominique Corradi	1 st – 3000A
	Ellie Mason	1 st – 3000B
	Ricky Lutakome	1 st – 1500A
	James Hancock	1 st – 1500B
East Surrey Road Race	Dominique Corradi	1 st - U15G 2m Road Race
	Ricky Lutakome	1 st – 4m Road Race
Clermont Open	Harry Aikines-Aryeetey	1 st

Congratulations to Dominique Corradi for her performance in the Dave Clarke Mile feature race who came a close 2nd and won a cash prize and to all of the long distance members who represented the Borough in the London mini-Marathon: Bilal Bentchakal, Dominique Corradi, Ryan Galvin, Alex Galvin, Ben Gillham, Georgia Hope, Holly Hume, Lily Kyle, Jade McFarlane, Max Naylor and Caitlin Williams. **Well done, everyone!**

THE 'CLUB HOUSE'

With our students heading off to new pastures/chapters in their adult lives, maybe you could help them out with **work placements** or have a **job vacancy** to fill over the holidays (or beyond)? **Know a company/business** that would be willing to make a donation to the Club or a **business to advertise** (for a small donation)? Maybe have time to assist at track meetings as a **team manager/assistant**? Have a **skill** that could benefit the Club? or know of **community support and/or charity donation programs** that the Club could benefit from?

REMEMBER: If any of the above applies to you, please email the [Editorial Team](#) quoting 'Club House'.

PHOTO FINISH!



Chris Parsloe

Chris graduated from Loughborough University of Technology in Mathematics, Sports Science and Physical Education, where she was a hockey player and netball umpire for British Universities and gained an array of trophies and plaudits in many sports, but strangely none in athletics!

Having previously established the first wheelchair racing club 'The Falcons' in the late 80's, Chris founded 'Velocity Racers' in 1995 (who became part of Sutton & District A.C. in 2008 following their move to Sutton Arena), where she has continued to coach numerous events, resulting in international honours, British records and medals for her "Racers".

Wheelchair racing has always been Chris's sporting passion, obvious by her commitment and dedication. Irrespective of the athlete's age, ability and interest; supporting the drive and ambition of her athletes in pursuit of their aspirations is evident, notably the recent successes of Michael McCabe in the 1500m, winning bronze medals at two World Junior Championship in 2014 and 2015.

With a competitive group of wheelchair racing athletes, Chris is positive about the potential for future successes.

Glad to have you onboard!

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!

SOCIAL/FUNDRAISING EVENTS

Thanks to everyone who has supported, donated and/or volunteered their time to help at the recent fundraisers! Because of your support, we await the delivery of our new Club Gazebo to be used as a meeting point by our athletes at track meetings and as a sports massage area.

****STOP PRESS!**** "**As Nature Intended**" have offered to support future fundraising events whilst "**Abel and Cole**" have offered to assist with healthy snacks for our athletes at future meeting(s) this season! A little PR goes far!



Saturday 27 May

Spring Clean for Charity!

Bob's Cash 4 Clothes are on their way so start sorting out any clothing, toys and/or bric-a-brac in "good, reusable condition". **Bob's** van will be collecting from the end of the Car Park so please ensure that you have donations neatly bundled (as requested by the centre management). If you would like to be included in this collection and have donations of 'good quality' to be recycled, please email the **Editorial Team in advance**, including roughly how many bags you will be donating to ensure that **Bob's** send the right size van! **It would be great to have a few volunteers to help with sorting/weighing donations (including clearing away afterwards) – any offers?** From the total raised, the Club will donate an agreed amount to **The British Red Cross**, so we are all winners!

"Science in Sport" ("a leading sports nutrition company that develops, manufactures and markets innovative sports nutrition products for professional athletes and sports enthusiasts" accredited by **Sir Chris Hoy and Katarina Johnson-Thompson!**) have kindly offered us a **members only** discount of **20%** for online purchases valid for this year only (excluding sale items)! To take advantage of this offer, simply place your order and add the promotional code: **SIS-20-17**.

We are also collecting **Active Kids** vouchers from **Sainsburys** so feel free to collect and pass on! Remember to use <http://www.easyfundraising.org.uk/causes/suttondistrictac> - **you spend, we collect!**

We are currently looking at **fun events** to end the Summer season. So if you have any suggestions, please email the **Editorial Team** quoting "**Summer Fun!**".

The **Spikes Swap Shop** will **close** after **Bob's** collection day so, if in need of a pair, please email the **Editorial Team**. All requests will be treated in the strictest of confidence. See below what is currently "in stock":-

Offered:

2.5 (hardly worn)
5 (will need new spikes)
7 (track)
7.5 Jumps (x3 pairs)
9 (High Jump)

Wanted:

7.5
8

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

Remember, **spikes** should be in a '**good, wearable condition**'. Feel free to drop them off on training nights until **Bob's** collection day in a bag stating event e.g. track, long jump etc.

All monies received goes towards the Club's funds!

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 25th to :

Editorial Team: socialcommsuttondistrictac@outlook.com

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