



Trackside!

MEMBERS NEWSLETTER – NOVEMBER 2017

INTRODUCTION!

Hello Members

During these quieter months, we have turned our attention to fundraising for next season and are proud to announce that in celebration of the Club's achievement, we will be hosting a **Xmas Party and Awards Evening** on **Sunday 17 December** at **The Grange, Beddington Park!** See below for further details!

The next **Club AGM** meeting will be held on **Tuesday 12th December** (time tbc). This is an opportunity for us all to discuss the Club's targets and proposals for the future. All members are welcome!!

Finally, if you have any additional concerns or simply fancy a chat, feel free to email me at chairsuttondistrictac@gmail.com, speak to one of the coaches and/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
5 th	All	All	Epson Downs XC	Epsom	-	Tom Keenan
11 th	All	F	Surrey Ladies CC League (1)	Nonsuch Park	Club	Maureen Hancock
11 th	All	M	Surrey CC League (1)	Mitcham Common	Club	Nick Hancock
18 th	All	All	London Youth Games	Parliament Hill	Club	-
26 th	U13 –U15	All	Sportshall	Spectrum Guildford	Club	Colin Rawlings/ Mandy Walters

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

ANNOUNCEMENTS

Xmas Party – Sunday 17 December – The Grange, Beddington Park

Tickets: £5 p/p (including hot/cold buffet) Raffle tickets: 50p each or 5 tickets for £2

Following on from the recent parents/athletes meeting, for the members who indicated an interest as **volunteers**, please see the Club's [website](#) for further information, as we **need Team Managers**. Whilst online, you will also find all of the [Club's documents](#), including the 'Code of Conduct' – interesting reading....

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**.



As days get shorter, our coaches have been putting the athletes through their **winter training** paces! Please ensure that you speak to your coach(es) as additional kit may be required for some sessions.

Having consistently proven their ability all season, our **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** won medals at the Relay Championships and are eagerly looking forward to the season ahead! Should you wish to join them in **mastering track and field events**, please email membershipsuttondistrictac@gmail.com. Although popular, we always aim to accommodate our younger athletes.



Marathon Runner Needed!

The Club are applying for someone to represent us at the **Virgin London Marathon** so if you are already a long-distance enthusiast who enjoys pounding the streets of London, taking in the sights by foot, to the cheers of millions whilst wearing a Club vest, please contact Mandy at clubsecretarysutton@live.co.uk ASAP or see the Club's [website](#) for more information.

Our membership has multiplied! We can now offer **High Jump training sessions on Tuesdays at 7pm** but are still seeking a **Track (Hurdles) Coach** for our athletes! If interested, please email Mandy at clubsecretarysutton@live.co.uk or William at chairsuttondistrictac@gmail.com.

Surrey Indoor Sportshall Competition at Guildford Spectrum Centre – The next competition will take place on 26th and give some of our U13 to U15 athletes an opportunity to go on and compete for Surrey in other competitions. If interested, please email Mandy at clubsecretarysutton@live.co.uk **ASAP** for more information!

Training dates have been released for the following:

- i) **Club Officials** – **25 November** at **Wimbledon High School**. Booking Deadline: 17 November. The Club will support the payment for 10 people to become an official on a first come first served basis. We currently still have spaces free for this so please email Mandy at clubsecretarysutton@live.co.uk if interested.
- ii) **Coaching Assistant** training courses will be at **DWLC** on **4/5 November**. Details are on the Club's [website](#). If interested, 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>.

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://clubshop.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 **Harry Aikines-Aryeetey** and **Imani Lansiquot** on their selection to the GB Squad!

Congratulations also to our athletes Nicole, Kiana, Amy, Emily, Siara & Darcie who attended our first ever **Surrey Sportshall** competition last month, managed by Colin, as well as the **Cross Country team** on their valiant efforts at the Surrey Relays last month!. Amazing achievements all round! See the website for full reports.

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.

THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Membership Secretary: Sylvia Ofei-Kwatia

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

Safeguarding our Athletes!

WINNING POST!

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

MEETING	ATHLETE	EVENT(S)	PB/SB
Sportshall	Emily Scantlebury	U13/Shot Put	
Athlete of the Match	Nicole Williams	U13	
Surrey Ladies League	Dominique Corradi	Seniors	3 rd
East Surrey League	Ricky Lutakome	Seniors	1 st
	James Hancock	Seniors	3 rd
	Alfie Edgeworth	U11	1 st
	Max Naylor	U13	4 th
	Adam Hudson	U15	5 th
	Ben Gillham	U17	5 th
	Dominique Corradi	U17	1 st

Congratulations to all our athletes who competed last month!

For full reports from all of our league meetings: [Ebbisham](#), [Lily B](#), [SAL](#) and [Rosenheim](#) see the website.

Well Done Everyone!

SOCIAL/FUNDRAISING EVENTS

**** Xmas Party – Sunday 17 December – [The Grange, Beddington Park](#) ****

Tickets: £5 p/p (including hot/cold buffet) Raffle tickets: 50p each or 5 tickets for £2

One for the diary! The evening will include our **Club's Awards Ceremony** and hopefully kick off the Xmas festivities! Prizes kindly donated by local businesses and our supporters however ****ticket sellers needed****

If any members know a local business willing to support this fundraiser, please email the [Editorial Team](#). The more the merrier!

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[As Nature Intended](#)", "[B-Fresh](#)" who supported us this season, not forgetting "[Science in Sport](#)" who assigned us a members only discount of **20%** for online purchases valid until December 2017 (promotional code: **SIS-20-17** - excluding sale items).

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!!

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 see William on training nights or email the [Editorial Team](#). We have:-

Offered:

2.5 (hardly worn)
7 (track)
7.5 Jumps (x3 pairs)

Wanted:

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

8 (track)
9 (High Jump)

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

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 and monies received goes towards the Club's funds!

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

PHOTO FINISH!



Imani Lansiquot

Imani is a South Londoner, raised in Peckham and now living in Croydon whom, from an early age, excelled in sport, in particular, sprinting.

She has won a relay gold at the European U20 Championships in 2015, consistently performed at the English School Championships and has continued to make great strides in athletics: captained the GB team at the 2016 World Championships and became the second fastest British teenager in history clocking 11.17 over 100m!

"After training for six years, it's an amazing feeling to be rewarded with such a special partnership. I really believe it will push my career to higher heights."

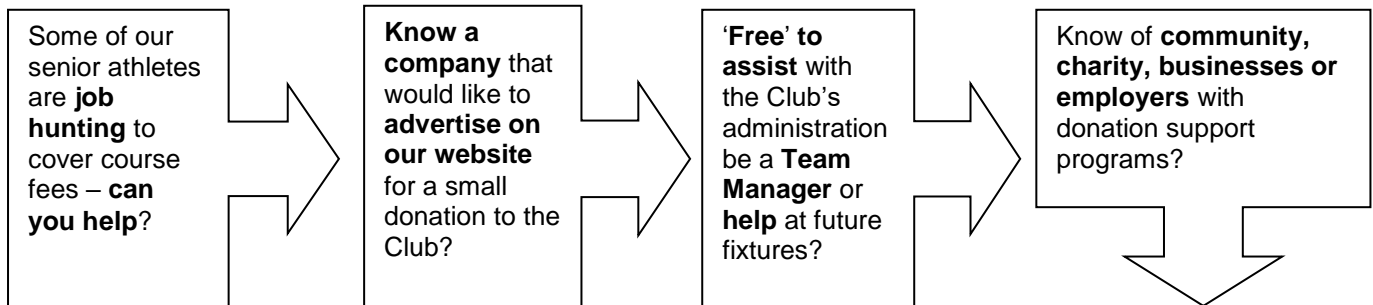
Imani was announced as one of 10 athletes to win a place on the coveted Sky Sports Scholarship programme, and over the next four years, she will be financially supported as an athlete as she targets the Tokyo Olympics in 2020 and beyond.

Following in the footsteps of Dina Asher-Smith, Imani begins the latest chapter of her young adult life as a student at Kings College University, London ensuring that there is a future both on and off the track!

Glad to have you on-board!

THE 'CLUB HOUSE'

Following a fantastic season and a positive future ahead, this could be your opportunity to help other members seeking employment, invaluable experience and funding:



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

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

 *Xmas Party – Sunday 17 December – **The Grange**, Beddington Park* 

 *Tickets on sale soon!* 