



# Trackside!

MEMBERS NEWSLETTER – SEPTEMBER 2017

## INTRODUCTION!

### Hello Members

Summer holidays are officially over!

'Well Done' to all our athletes who received some amazing exam results last month and 'Good Luck' to those who are progressing on to University this Autumn! We look forward to hearing about this new and exciting chapter in the future!

Not only have we had a great season with outstanding competition and individual results (see 'Winning Post' below for more information) but I am proud to say that our "small but BIG Club" has also continued to expand its membership this season! Judging by our induction groups, we are making a positive impact on our sporting community and progressing in the right direction. For this, I would like to thank all of our members for their invaluable feedback and contribution towards the Club's development.

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
2 <sup>nd</sup>	U11 – U17	F	Lily B (Final)	Kingston	Club	Karen Elgar
3 <sup>rd</sup>	U11 – U17	M	Slan Super 8	Wimbledon	Club	Miriam Hodgins
3 <sup>rd</sup>	All	M	Woking (Open)	Woking	-	-
9 <sup>th</sup> & 10 <sup>th</sup>	All	M	Surrey County Relays & Multi Events	DWLC	Club	Mark Briggs

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

## ANNOUNCEMENTS

**Strike a pose!** We are hoping to take some more photos for the website on a training night. All athletes welcome but must wear Club vests.



Talking about photo opportunities, Mandy and her team of **Kit Carriers** had a great time at the **Para World Championships and World Championships** this Summer and clearly made a few new friends. See the Club's website for Mandy's [article](#) as well as photos including a couple **taken by Mr Martin Rooney** himself!

A memorable experience and inspiration for the athletes!

As our members have increased, the Club are still looking for 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 [chairsutttondistrictac@gmail.com](mailto:chairsutttondistrictac@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: [devoofficer@sutttondistrictac.co.uk](mailto:devoofficer@sutttondistrictac.co.uk). All of the above courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

The **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** have consistently proven their natural ability, ending on such a high that we look forward to them returning next season. Should you wish to join them in mastering track and field events, please email [membershipsutttondistrictac@gmail.com](mailto:membershipsutttondistrictac@gmail.com). Although popular, there is always room for younger athletes or siblings.

Finally, **Kit Orders have arrived!** Please see **Paul Lockyer** for collections or replacement **Club Vests** on training nights. Please note that the online order window for the **Club kit** e.g. hoodies, tracksuits, jackets etc is still closed 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).

## UNDER STARTERS' ORDERS!

**Congratulations** to all our athletes who competed at the South England Championships over the summer holidays:



Lucy Hoad	Karen Abiwu	Matthew Amanor-Badou	Emmanuel Bonney
Olivia Chessell	Ella Cunnell	Maravilla Ezekwuka	Shemar Ferguson
Safyre Forrester Jackson	Callum Holder	Thomas Hughes	Jade McFarlane
Theseus Ricketts	Chyna Russell		

With such high quality of competition, our athletes have continually exhibited professionalism, tenacity and a high level of competitive ability – **WELL DONE!**

**Congratulations** to **Chyna Russell**, a 300m finalist at the South England Championships and **Silver medalist** at the England Athletics Championships this Summer



**GREAT JOB!**

**Congratulations** to our coaching team, match officials and volunteers who have helped the athletes to achieve their goals this season with consistent results – **TEAM WORK!**

For local meetings see: <http://www.londonathletics.org/competitions-and-fixtures> or on the [England Athletics](http://www.englandathletics.org) website. For the results from all track meetings and athletes profiles, see the [Power of 10](http://www.powerof10.org) 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="http://www.englandathletics.org">England Athletics</a>	Chyna Russell	U17 300m	Silver
<a href="http://www.seathletics.org">SE Champs</a>	Shemar Ferguson	U17 400m	Bronze PB
<a href="http://www.super8.org">Super 8</a>	Harry Hill	U11 100m	PB

	Sophie Ajuka	U13 100m	PB
	Jaedon Wilson	U13 200m/Shot Put	PB
	Relay Team (Mens)	U13 4x100m	
	Amy McGrath	U17 High Jump	
	Katy McGrath	U13 High Jump	
	Erica Clemming	U13 Shot Put	
<a href="#">Herne Hill Open</a>	Callum Holder	U17 100m Hurdles	PB
	Nile Cook	U23 Discus	PB
<a href="#">Crawley Open</a>	Olivia Chessell	U17 Long Jump	Gold
	Callum Holder	U17 100m Hurdles/High Jump	Silver/Gold

Congratulations to all our athletes who competed last month! Once again we had some **amazing** results and proven that training, endurance and commitment has paid off!

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

**Well Done Everyone!**

## PHOTO FINISH!



### Our History

Sutton and District Athletics Club was formed in 1985.

Mitcham AC (who were originally residents at the News of the World track in the grounds of Canons Leisure Centre, Mitcham) merged with Sutton and Cheam Harriers (who were based at Sutton United's current football ground at Gander Green Lane) to become 'Sutton and District AC'.

The club was renamed for a number of reasons: (1) there was already a Sutton athletics club in St Helens in the North of England and (2) Mitcham was outside of the London Borough of Sutton and so 'District' was added to 'Sutton' to form what is now known as '**Sutton and District AC**'.

Following a few false starts, the Leisure Centre was finally opened in February 2003 by Colin Jackson, John Vernon, Paul Ellis and Brian Hewson. This refurbishment included the only upstairs indoor 60m track in all of Europe funded by the London Marathon Trust, Sport England and Sutton Council, as well as the National Lottery. It was renamed the '*David Weir Leisure Centre*' after the London Olympics in 2012, following the success of its famous, local resident and Paralympic champion, David Weir.

We have athletes of all abilities from 10 year olds to Masters, Paralympian, European and Olympic champions. As a Club we hope to continue to encourage and nurture the natural abilities of all our athletes within a safe, friendly, sports driven community - Our members are our Club!

**Glad to have you on-board!**

## SOCIAL/FUNDRAISING EVENTS

**Thanks** to everyone who has supported, donated and/or volunteered their time to help or support us at fixtures nationwide this season, including those who have had to step in at the last minute to cover holiday absences.

**"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!!

Do you need a pair of spikes to see out the rest of the season? 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. We have:-

Offered:

2.5 (hardly worn)  
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!

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: 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

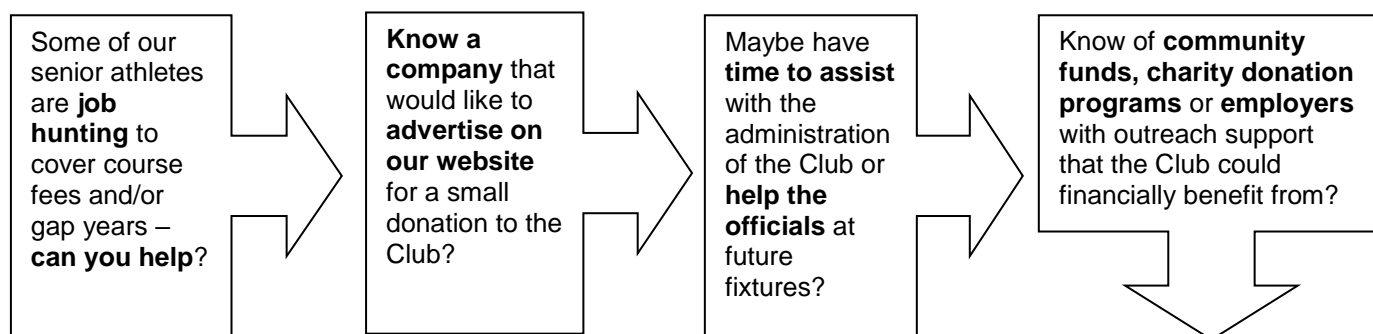
Welfare Officers: Miriam Hodgins & Hassan Hussein

Ordinary Members: Sylvia Ofei-Kwatia & Steve Ive

**Safeguarding our Athletes!**

### THE 'CLUB HOUSE'

Following fantastic exam results, this could be your last opportunity to help our athletes seeking temp/perm employment, so:



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 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