



# Trackside!

MEMBERS NEWSLETTER – APRIL 2017

## INTRODUCTION!

### Hello Members

As one season closes, the other is ready to go and the Blue and Gold vests have flown out of the pre-season blocks! See 'Winning Post' for the latest results.

The Social Committee have raised more money for the Club from the latest fundraiser, the Quiz Night, which closed with the AAA Awards presentation - see below.

Pursuant to the recent Club meetings, listed below are the agenda points which were discussed in some detail:

1. Small fixtures notebooks for athletes and parents;
2. Introduction of a coaching group for non-competing athletes;
3. Updated reports on the Club's standing in the league tables;
4. Evenly spaced fundraising events;
5. Diarising trial open days and/or school holiday camps; and
6. Future meetings held on training nights (for better attendance).

Some of the above requires further research however, in the meantime, the Minutes for the Committee meeting can be found on the notice board in the 'Les Allder' club room.

Finally, if you have any concerns that you would like added to future agenda(s), for either the next parents or Committee meetings, please feel free to contact me at [chair@suttondistrictac.co.uk](mailto:chair@suttondistrictac.co.uk).

See you at the Centre!

### The Committee



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
1 <sup>st</sup>	All ages	M&F	Herne Hill Open	Tooting Bec	Open	N/A
2 <sup>nd</sup>	U15 - U20	M&F	SLAN UAG	Sutton	Club	Paul Lockyer
8 <sup>th</sup>	<b>See timetable</b>	M&F	<u><a href="#">Crawley Spring Open</a></u>	K2 Crawley	Open	N/A
9 <sup>th</sup>	<b>See timetable</b>	M&F	<u><a href="#">Hercules Wimbledon</a></u>	Sutton	Open	N/A
15 <sup>th</sup>	U17 & SNRS	M&F	Southern Athletic League	Sutton	Club	Ruth Holder/ <b>TBC</b>
23 <sup>rd</sup>	U11 - U17	M&F	London Mini-Marathon	London	<i>Selection by Borough only</i>	<i>Maureen &amp; Nick Hancock</i>
29 <sup>th</sup>	U15 - U20	M&F	SLAN UAG	Tooting Bec	Club	Paul Lockyer
30 <sup>th</sup>	U11 - U17	M	Ebbisham League	Sutton <b>TBC</b>	Club	<b>TBC</b>

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

## ANNOUNCEMENTS

### English

**GCSE Language (AQA),  
GCSE Literature**  
(dependent upon text)  
and/or **AS/A** level texts

**April: 11<sup>th</sup>/25<sup>th</sup>**

**May: Tbc**

email [Editorial Team!!](#)



**LAST CALL** for our **GCSE, iGCSE and AS/A level** athletes who would like to register for the "pop-up" Q&A centre, starting next week!

There are only x4 15 minute slots on the training nights shown so if interested email the [Editorial Team](#), quoting 'Pop-up' in the heading.

### Maths

**IGCSE**

**April: 11<sup>th</sup>/13<sup>th</sup>/18<sup>th</sup>**

**May: Tbc**

**REGISTER NOW!**

Our Junior groups are getting excited! Both the **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** will be competing for the first time at Outdoor fixtures in the multi-events offered: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. Both of these groups have proven really popular although we will always find room for any younger athletes or siblings. If interested, please email William at: [chair@suttondistrictac.co.uk](mailto:chair@suttondistrictac.co.uk).

Please note that 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 now **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.

The Club are still looking for a **High Jump Coach**, **desperately** need a **Membership Secretary**, 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>.

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

### **AAA Awards - 2016**

<b>Under 13s</b>	<b>Under 15s</b>	<b>Under 17s</b>
Tia Ersser	Karen Abiwu	Georgia Duthie
Kessi Hodgins-Peka	Olivia Chessell	Sophie Gee
Alex Nienow	Dominique Corradi	Chyna Russell
Morgan Taylor Wells	Safyre Forrester Jackson	Olivia Stillman
Abigail Valentine-Rugg	Jade McFarlane	Charmont Webster-Tape
Reahna Wilson-Jones	Justine Smith	Dylan Baldock
Finn Burns-Hussein	Misheel Suvd	Thomas Darcy
Gabriel Iduschan	Jana-Jae Wilson	Shemar Ferguson
Samala Matata	Matthew Amanor-Boadu	Eric Hammond-Saro
Jaedon Wilson	Callum Holder	Ricky Lutakome

Theo Lewis  
Rory Payn  
Trevor Sanjiv

Rhys Timms  
Nicholas Veerapen

"Thanks" to Paul Lockyer for coordinating the certificates and medals.

## 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](#) 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 results provided by our coaching team:

Meeting	Athlete	Event	Position
<a href="#">Crawley Pre-Season Open</a>	Matthew Amanor-Boadu	300m	PSB
* PSB – Pre-season best	Dylan Baldock	150m	1 <sup>st</sup>
	Ella Cunnell	80m & 150m	PSBs
	Thomas Darcy	300m	1 <sup>st</sup>
	Safyre Forrester Jackson	150m & 300m	1 <sup>st</sup> (PSB)
	Jack Hoad	150m	1 <sup>st</sup>
	Jasmine Hoad	300m	PSB
	Kessi Hodgins-Peka	75m, 150m & Shot Put	1 <sup>st</sup>
	Rory Payn	150m	1 <sup>st</sup>
	Chyna Russell	300m	PSB
	Tennessee Thresher	300m	PSB

and Matthew Conway, Darcie Cook, Keely Elgar, Tia Ersser, Lucy Hoad, Thomas Hughes, Thomas Keenan, Amy McGrath, Max Naylor, Caitlin Williams and Rehanna Wilson-Jones.

Meeting	Athlete	Position
Epsom Downs League	Georgia Hope	5 <sup>th</sup>

and Ricky Lutakome & Dominique Corradi who competed at the ECCA Saucony English National Cross Country Championships, alongside Georgia Bell ([CAU Inter-County Cross Country](#)) and Ryan Galvin (English Schools Cross Country Champs). Alfie Edge who ran at the Epsom Downs League and Holly Hume & Gusie Lewis who competed at the Surrey Primary Schools Cross Country Champs.

**Congratulations to all our athletes!**

## THE 'CLUB HOUSE'

Do you have a **business to advertise** (for a small donation)? Time to assist at track meetings as a **team manager/assistant**? Maybe you have a skill that could help the Club in the future? **Looking for work**, recruiting for a vacancy? Have a temporary/term-time **work placement** that could be filled by our older athletes or members? Work for a company who offer or have in place **community support or charity donation programs**? Or maybe you are a **qualified teacher** who has some 'free' time to support our athletes with revision pre-exams this Summer?

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

## PHOTO FINISH!



**Helen Ritson**

Helen Ritson was an active member of Sutton & District Athletic Club until she tragically passed away in November 2002.

Helen won 7 Surrey County medals (3 gold, 3 silver and a bronze) in javelin, 1500m and cross country – a highly creditable achievement.

In her honour, the Helen Ritson Fund has continued to support our young athletes as they fulfil their sporting potential. Through the Fund, we have been able to assist with equipment, coaching, travel and physiotherapy throughout the sporting seasons, granting opportunities to those for whom such achievements may not have seemed financially possible.

As a member, Helen will always be warmly remembered for her gentle, empathic spirit and dedication.

**Glad to have the Ritson family 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 1<sup>st</sup>!**

## SOCIAL/FUNDRAISING EVENTS

**Thanks** to everyone who attended (or donated towards) the **Quiz Night**, as well as the athletes who tested their general knowledge before receiving their well deserved Awards! Despite being possibly one of the busiest social weekends of the century, we raised £340, which will be used towards the purchase of a new Club Gazebo! **Hope to see more members at the next event.**

See below the lucky winners of the following raffle prizes from our generous donors:

	Prize	Winner:
	Ferrero Easter Egg	Hassan
	A gift bag of wholesome goodies	Safyre
	A free monthly subscription of smoothies & juices!	Callum

	An athlete's saddle bag with a Smartphone holder <i>plus</i> £20 gift voucher!	Tennessee
	A *limited edition* insulated lunch pack & travel mug <i>plus</i> free vouchers!	Tennessee
G. Myers Wines	Bottle of Malbec	William
Mitchell & Butler: £25 gift voucher for their chain of restaurants including		Keith Fields
	A yoga mat	Ruth
	Kids sleigh	Amy
	Solid Oak-carved Multi-games set	Teresa
	'Signature' chocolate hamper	Karen
	'Classic' Easter Egg	Mandy
	A special edition chocolate Easter Bunny for the best Bonnets!	The Thompson family

A big **Thank You** to the above named businesses and parents of: Amy (Jenny), Misheel (Baya), Olivia (Lucy-Anne), Reahna (Andre) and Safyre who helped at this event as well as Gerry Myers (the "Mic" man), Paul and



for the nibbles!

**Spring Clean for Charity!** **Bob's Cash 4 Clothes** will be collecting donations of clothing and toys/bric-a-brac to be sent to Africa late-May. As the Club will send a donation to **The British Red Cross**, the more we give the better! **Bob's** offer a van collection so will schedule a date next month to collect from a designated address e.g. the Centre, to be announced in next month's edition of the Newsletter. If you would like to be included in this collection, please let the **Editorial Team** know in advance, including roughly how many bags you will be donating.

The **Spikes Swap Shop** will be open until **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:

Wanted:

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

7.5  
8

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

Remember, they should be **spikes** in a **'good condition'**. Feel free to drop them off on training nights in a bag stating event e.g. track, long jump etc. All monies received goes towards the Club's funds - you never know, you may be helping another athlete to find their feet!

"**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!**

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

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