



Trackside!

February 2019

Editor's Note

Hi everyone!

The members' AGM was held last month. See below a personal pledge of commitment from our new Chair, [John Harris](#), the new Committee Members elected and vacancies still outstanding. Minutes from the AGM will be circulated soon so keep an eye on your inbox/spam folder!

As our track & field athletes have come indoors whilst our Cross Country squad continue to brave the elements, it would be great if we could continue to motivate their commitment during these bleak winter months, by proving that although we are 'small' we have a HUGE network of spectators!

See you at the Centre!

MARATHON RUNNER NEEDED!!

If interested in a sightseeing jog around London with like-minded runners, please contact [Mandy](#) ASAP!

Reminder: it's cold and flu season so before using any medication, please refer to [Global Drug Reference Online](#).

Coaching Assistants and Officials needed for home fixtures and meetings. For information on training dates and how to book, see the website: <http://www.englandathletics.org/courses> or contact Mandy at [Club Secretary](#).

'Safeguarding awareness':

Please ensure that, unless participating in a centre or club organised activity, **children >12 are supervised at all times** and **strict-**

ly prohibited from playing on the sports equipment or using the Centre's facilities 'without permission',



Club hoodies, tracksuits and jackets for winter fixtures can be ordered through **Paul Lockyer** on training nights. NB: All athletes **must** wear Club vests when competing and have their England Athletics membership details. If unsure, please email Ash, [Membership Secretary](#). For official documents including the 'Constitution' and 'Code of Conduct', see [Club's documents](#) on the website.

WANTED

DEFINITELY ALIVE

Development Officer
Coach(es) Representative
Track/Hurdles Coach(es)
Welfare/Disability Officer
Veterans Representative
Fundraising Officers
Team Managers – SLAN S8/Lily B/Rosenheim
Coaching Assistants/Club Officials -

<http://www.englandathletics.org/courses>

If you are able to help, please contact [Mandy](#)!!

HUGE REWARD
A YEAR OF LEARNING AND FUN

FIXTURES - Please note deadlines ([click links](#) below for further information).

Sat	Sun
<p>9 February</p> <p>Richmond Park Surrey Ladies League U13 to U20 Manager: Maureen Hancock</p> <p>Wimbledon Common Surrey Mens League U13 to U17 Manager: Nick Hancock</p> <p>Birmingham UKA Senior Indoors Championships</p>	<p>10 February</p> <p>Birmingham UKA Senior Indoor Championships</p>
<p>16 February</p> <p>David Weir Leisure Centre Surrey Indoor Championships U13 to Seniors <i>Deadline for entries: Friday 8 February 12 noon</i></p>	<p>17 February</p> <p>David Weir Leisure Centre Surrey Indoor Championships U13 to Seniors <i>Deadline for entries: Friday 8 February 12 Noon</i></p> <p>Epsom Downs Epsom Downs League Manager: Thomas Keenan</p>
<p>23 February</p> <p>Harewood House (Leeds) National Cross Country Championships</p> <p>Sheffield National Indoor Championships U15 to U20</p>	<p>24 February</p> <p>Sheffield National Indoor Championships U15 to U20</p>
<p>2 March</p>	<p>3 March</p> <p>Epsom Downs Epsom Downs League U11 to U15 Manager: Thomas Keenan</p>
<p>8 March</p> <p>Loughborough National Inter Counties (Cross Country)</p>	<p>10 March</p>

Please speak to your coach(es) before registering for any 'unlisted' meetings.

For all local meetings see: <https://www.englandathletics.org/athletics-and-running/england-competitions/> or the [England Athletics](#) website. For the results from all track meetings and athletes profiles, see the [Power of 10](#) website.

WINNERS PODIUM!

XC FIXTURE	ATHLETE	EVENT	XC Position
Surrey County Schools Champs	Dominique Corradi	U17W 5.7 KM	5th
	Spencer Bateman, Alex Dunn, Adam Hudson & Max Naylor	U15M Relay Team	4th
TRACK & FIELD FIXTURE	ATHLETE	EVENT	PB/SB
SEAA Indoors Championships	Jade Ive	Sen (W) Pole Vault	SB
London Senior & U20 Games	Jade Ive	Sen (W) Pole Vault	PB

AGM 2019

The AGM meeting took place on Tuesday 29 January, attended by members of the Club and the Committee. If you were unable to attend the AGM and would like more information, please email Mandy at [Club Secretary](#) although the Minutes will be circulated in due course. Aside from the Chair's Address and reports from both the Secretary and Treasurer, see below the topics discussed and a list of elected Committee Members on the back page of this Newsletter:

- Review of subscriptions
- Motion for discussion
 - ◇ An amended Constitution
 - ◇ Additional motion for additional Management Committee member—Coaches Representative
 - ◇ Review of subscriptions

Regards

The Committee

Hello Everyone

A lot of the new members will not know me, as I've been working as an independent coach for the last couple of years however my association with the club goes back to 2006, when my son joined. I actually started coaching in 2008 and have continued coaching up to this current date and also spent 5 years as the team manager for the SAL. I accept that I'm more marmite than vanilla, but I promise to listen to all members as my intention is to unify the whole team, with a positive outlook. We have to commit to fair and reasonable treatment for all.

These are a few of my visions for the club. It will not happen overnight but a re-energised team, a change of mindset making us more effective and having targets to achieve over the next year might be stretching but achievable. We must ensure that we are ATHLETE CENTRED and celebrate their successes, not just track and field but also cross country, during the hard winter months. We must also acknowledge the hard work and dedication of the committee members and the coaches, don't forget that the majority have very busy lives and are volunteers.

Going forward, we must strengthen our relationships with Everyone Active and the local schools to grow the membership, after all these young athletes are the future lifeblood of the club. We should explore whether some type of partnerships with other clubs for competitions would benefit the athletes. However we must not lose our identity.

There is a vacancy for a Development Officer which is a priority. It would also be beneficial if we could recruit some more coaches. particularly as we grow.

I'm sure many of you have ideas and skills which would help the club, so I urge you to come forward.

Warmest Regards

[John Harris](#), Chair

TRAINING SESSIONS



There are places available on our **U13 Development Group** and **UKA 365 Programme** for junior athletes or siblings who would like to **master track and field events**. Sessions are **Tuesdays & Thursdays, 6pm to 7pm**.

Spaces are also available for **High Jump training sessions** on **Tuesdays at 7pm**. Although popular, we always aim to accommodate our younger members.

Any questions? Please email Mandy at [Club Secretary](#).

As part of our training program, we are able to offer our **athletes** the opportunity to **master track and field events** where sprinters can try throws and/or jumps and our field athletes, sprints. This could be in addition to or alongside your current training supported by our coaching squad.

If interested, please email Mandy at [Club Secretary](#) who will put you in touch with coaches who can help you or check the website for information on our [coaches](#) and their specialised events.

TEAM MANAGERS

Surrey Mens XC League - Nick Hancock

East Surrey XC League - Maureen & Nick Hancock

Surrey Ladies XC League - Maureen Hancock

Epsom Downs XC League - Thomas Keenan

Ebbisham - Julett Reid-Wilson

SLAN Super 8 - **[Vacant]**

SLAN & Sportshall - Paul Lockyer

Lily B - Michelle Welch/**[Vacant]**

SAL - Mandy Walters

Rosenheim - **[Vacant]**



Congratulations to all of our athletes who recently competed at the SEAA Champs at Lee Valley.

Good luck to Emily who has been selected for the U13 Surrey Sportshall Team trials!

Good Luck to everyone awaiting International call-ups!

"Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best." – Michael Johnson, Olympic Gold Medallist & Record Holder

Fundraising ideas needed! If you have any suggestions, or are interested in the role, please email the [Editor](#).

Got 'free time',
how can I help the
athletes and Club?

Local businesses with
donation programs –
wonder if they could
support our Club?

Sofa Shoppers!! Don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! Once registered, you will receive reminders and links for over 3,000 shops and sites including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's to use online. The Club will collect a % of your total balance. So download the app, and start saving! **You spend, we collect!**

Need spikes? Do you know the difference? There are spares in 'good condition' at the Centre—speak to your coach(es) on training nights or email the [Editor](#).

Got a job vacan-
cy?! How can I
fill it asap?

Need to advertise
my service but on a
low budget?

Virgin London Marathon 2019 Are you interested in running the Marathon as a fundraiser for our club? If so please contact [Mandy](#) for more information.

Sound familiar? If so, email the [Editor](#)!

THE COMMITTEE & CLUB OFFICERS - Safeguarding our Athletes!

- [Chairman](#): John Harris
- [Club Secretary](#) (General enquiries): Mandy Walters
- [Treasurer](#): Shaun Chessell
- Development Officer: [**Vacant**]
- [Membership Secretary](#): Ash Cahill
- [Welfare Officers](#): Sonya Marriot/[**Vacant**]
- Ordinary Members: Claire Bryant, Juliette Reid-Wilson, Miriam Hodgins, Wendy Forrester & Colin Rawlings
- Event Manager (Fixtures): Paul Lockyer
- Vice Presidents: Paul Lockyer & Alex Starr
- [Disability Co-ordinator](#): [**Vacant**]
- Veterans Representative: [**Vacant**]
- Social Officer/[Editor](#): Wendy Forrester
- [Web Manager](#): Faye Scantlebury
- Fundraising Officers: [**Vacant**]
- Officials Secretary: Keith Field
- Athletes Representatives: Nile Cook, Ella Cunnell, Safyre Forrester Jackson & Thomas Keenan

Please feel free to forward any feedback and/or future submissions by the 25th to the [Editor](#) or visit the Club [website](#) for more information