



Trackside!

MEMBERS NEWSLETTER – FEBRUARY 2017

INTRODUCTION!

Hello Members

What a busy start to the indoor season we've had! Whilst we were busy scheduling the introduction of the new training groups and coaching programmes for 2017, our coaches and athletes have achieved some really impressive results, including Personal Bests! For all the results, see "Winning Post" below.

The Social Committee have confirmed the return of the Club's Quiz Night on Friday 31 March. Information on how to purchase tickets and support our very own Marathon Man, Alex Starr, can be found below.

See you at the Centre!

The Committee



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Club/ Open/ Schools	Team Manager
4th		M&F	SE Schools XC Kent	Kent	Schools Selection	
11 th	U13/15/17/20	M	2XU Cross Country	Wimbledon Common	Club	Nick Hancock
11 th	U13/15/17/20/ SNRS	F	Ladies Surrey XC League	Coulsdon	Club	Maureen Hancock
18 th & 19 th	U13/15/17/20/ SNR	M&F	Surrey County Indoor Champs	DWLC	Open	
19 th	U11/13/15	M&F	Epsom Downs League	Epsom Downs	Club	TBC
25 th		M&F	National XC	Nottingham		

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

ANNOUNCEMENTS

Save the Date: Quiz Night! Friday 31 March - Doors Open 6:45pm. Help needed!!

The **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** have kicked the year off with a bang! **UKA 365** has a varied program whereby it gives the younger athletes an opportunity to experience multi-events such as Javelin, Shot put, Discus, High Jump, Long Jump as well as the Sprints. So, if there are any younger athletes or siblings who would like to trial either of these groups, please email William at: chair@suttondistrictac.co.uk.

For our **GCSE** students, the provisional dates for our **Maths "pop-up" Q&A centre** are: 6th, 11th, 13th and 18th **April**. Further dates to be confirmed next month. NB: There will be x4 15 minute slots on training nights only, so please register your interest via email with the **Editorial Team** asap, quoting '**Pop-up**' in the heading.

The **Club kit** can be ordered via this link: https://eclubshop.co.uk/index.php?route=product/category&path=33_109. (although the booking window is currently closed) however for club vests only, see Paul Lockyer on training nights.

For details regarding training courses for **coaching assistants**, please contact our Development Officer, Darren, at: devofficer@suttondistrictac.co.uk or to become a **Club Official**, contact Keith Field through Mandy at

clubsecretarysutton@live.co.uk. For further information: <http://www.englandathletics.org/courses-and-bookings>.

For anyone interested, there are also a number of **additional indoor track meetings** happening around London. See: <http://www.londonathletics.org/competitions-and-fixtures>. For information regarding 2017 'key' fixtures (International/National/Domestic), see 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.**

Finally, **membership renewal emails have been sent!!** If you have not received a reminder, or have any questions concerning your membership, please contact the Membership Secretary on: membershipsuttondistrictac@gmail.com.

More importantly, if you are interested in this vacant post, please email William at chair@suttondistrictac.co.uk.

UNDER STARTERS' ORDERS!

Charmont Webster-Tape has been selected to attend GB U20 relay practices.



Ricky Lutakome and Dominique Corradi have been selected to represent Surrey at the UK Intercounties and English Schools.

Ryan Galvin, Alex Galvin, Jack Simpson, Georgia Bell, Georgia Hope and Emily Ashwood have been selected to represent Surrey at the Schools Inter-counties.

For all results and profiles, see the [Power of 10](http://www.powerof10.co.uk) website.

WINNING POST!

See below results provided by our coaching team:

Meeting	Athlete	Event	Position
SEAA Indoor Championships Lee Valley	Charmont Webster-Tape	60m	4th PB
	Jake Field	High Jump	3 rd
	Jade Ive	Pole Vault	1 st PB
	Shaye Emmett	Pole Vault	1st
	Chyna Russell	200m	3rd
	Safyre Forrester Jackson	60m	1 st
		200m	3 rd
	Karen Abiwu	60m	2 nd PB
	Sophia Henlon	60m	2 nd PB

and Jordan Allen, Matthew Amanor-Boadu, Georgia Bell, Georgia Duthie, Olivia Chessell, Neville Harris, Jaz Hoad, Lucy Hoad, Thomas Hughes, Ricky Lutakome, Madeline Sketchley and Nicholas Veerapen.

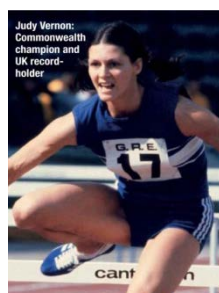
Meeting	Athlete	Position
Surrey County XC Champs Croydon	Ricky Lutakome	1 st
	Dominique Corradi	2 nd
	Georgia Bell	10 th
Surrey Schools XC Champs Reigate	Ricky Lutakome	1 st
	Dominique Corradi	3 rd

and Alex Galvin, Lily Kyle, Jack Simpson and Aimi Stiles who competed last month, as well as Bilal Bentchakal, Matthew Conway, Adam Hudson, Max Naylor and Jonas Zimman who competed at the [Surrey Mens' League](#).

Not just our first meeting of 2017 but also the Indoor season, with some great results from those who competed at the [SLAN Indoor Open](#). – bodes well for the Summer fixtures!

Congratulations to all our athletes!

PHOTO FINISH!



Judy Vernon

Judy is an Honorary Life Member having joined the club at age 25 following her move from the USA to the UK. Her achievements include winning the Commonwealth Games gold in the 100m hurdles and a silver in the 4 x100 metres relay in New Zealand in 1974. She also competed in the Olympics in Munich in 1972 in the 100 metre hurdles and she was a member of the 4 x100 metre relay team that set a new British record in the final. Judy was also instrumental in developing the 400 metre hurdles race for women and in 1973 she ran several times setting a World Best in the event and also setting 2 British records. Following her retirement from international athletics Judy continued to compete for the club for many years. She qualified as a Senior Coach (level 4) in hurdles in 1982. Judy was National Event Coach for sprint hurdles for 10 years and helped develop the event travelling to many competitions for Great Britain and coaching numerous athletes to international success.

Judy has also been involved in coaching development for England qualifying as a senior tutor. She has worked for England in delivering many coaching courses and also helping coaches at Sutton and District and other clubs achieve their current coaching awards. Judy now has retired from active coaching but with her husband John remains an avid follower of the sport and continues to retain a keen interest in Sutton and District AC. Glad to have you onboard!

THE 'CLUB HOUSE'

Do you have a business that you would like to advertise (for a small donation)? Time to assist at track meetings? Maybe you have a skill that could help the Club in the future? Looking for work, recruiting for a vacancy or have a temporary/term-time work placement that could be filled by our older athletes or members? Work for a company with community support or charity donation programs? Maybe you are a qualified teacher who has some 'free' time to support our athletes during revision week this Easter?

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

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

Working for the Athletes!

SOCIAL/FUNDRAISING EVENTS

Just in case you've missed the [announcement](#), the **Quiz Night** fundraiser is back, Friday 31 March! Tickets are £5 or £2.50 (U11s), payable via [PaySubsOnline](#) or reserved through William at chair@suttondistrictac.co.uk. Doors will open at 6:45pm, Quiz starts at 7:15pm, black bags and broomsticks at 9:30pm! Due to licensing, please bring your own refreshments (hot, cold or hampers!) but **No Alcohol!**. If you are able to **help**, please contact the [Editorial Team!](#)

The evening will also include our **Winter Awards** ceremony - members of all ages are welcome!

Our **Spikes Swap Shop** is now open! **Up to size 5 = £5, Sizes 6 upwards £5+ (+ at buyer's discretion).** See 'stock' below:

<u>Offered:</u>	<u>Wanted:</u>
2.5 (hardly worn)	7.5
9 (High Jump spikes)	8

If interested, please email the [Editorial Team](#). All requests will be treated in the strictest of confidence.

Remember, if you are replacing your **old spikes** because they **no longer fit** but are in a **'good condition'**, feel free to drop them off for the [Editorial Team](#) on a training night with William in a clearly labelled bag (stating 'size' and 'suitability' e.g. Women, Mens' etc) for recycling! All proceeds/donations received will go towards the Club - you never know, you may be helping another athlete to find their feet!

We are planning a **Spring Clean for Charity!** and hope to arrange a bagged collection of unwanted clothes or footwear in a reasonable condition. One of the suggested charities is [The British Red Cross](#) who are able to arrange van collections (as there could be quite a few bags!). If you would like to nominate a charity or know of another worthy cause that would benefit from such donation(s), please email the [Editorial Team](#) by **25th February**. The recipient(s) will be confirmed in the next edition of the Newsletter, along with details regarding the distribution of bags and collection date(s).

We have teamed up with "[Science in Sport](#)" (*"a leading sports nutrition company that develops, manufactures and markets innovative sports nutrition products for professional athletes and sports enthusiasts"*) who have kindly offered 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**. Whilst there, remember to use <http://www.easyfundraising.org.uk/causes/suttondistrictac> as the more **you spend, we collect!**

And if you're still feeling generous, Alex Starr will be running on behalf of the Club at the **VIRGIN LONDON MARATHON** in April. To sponsor him, please contact Mandy on clubsecretarysutton@live.co.uk.

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 **25th** to :

Editorial Team: socialcommsuttondistrictac@outlook.com

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