



Trackside!

MEMBERS NEWSLETTER – JULY 2018

Editor's Note

Hi everyone!

The exams may be over but Summer's not!

We have had a great run of results, personal and seasons bests across the board as we approach the halfway point for this season. See below news on what's happened so far and what's yet to come!

We are still short of **volunteers** - see below. If you think that you may be able to help out over the coming weeks, feel free to contact Mandy at clubsecretarysutton@live.co.uk or speak to a member of the Committee listed below.

If you have any specific questions/queries, see the relevant Committee contacts listed below or, if you have yet to introduce yourself to the Chair, email William at chairsuttondistrictac@gmail.com.

See you at the Centre!



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
1 st	Sens	All	England Championships	Birmingham		
4 th	U17 to Sens	All	Rosenheim	Kingston		tbc
8 th	U11 to U17	M	Ebbisham	Walton	Club	Julett
13 th & 14 th	U11 to U17	All	English Schools	Birmingham		
14 th	U17 to Sens	All	SAL	DWLC	Club	Mandy
15 th	U11 to U17	F	Lily B	Kingston	Club	Thomas/Caitlin
18 th	U17 to Sens	All	Rosenheim	Walton		tbc
25 th	All	All	Crawley (Open)	Crawley		
29 th	U11 to U15	M	SLAN Super 8	Coulsdon	Club	Miriam/Julett

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

THE COMMITTEE

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Welfare Officers: Miriam Hodgins & Hassan Hussein

Disability Officers: Miriam Hodgins & Hassan Hussein

Honorary Vice Presidents: Paul Lockyer & Alex Starr

Ordinary Members: Claire Bryant & Julett Reid-Wilson

Veterans: **Vacant**

Club Secretary (General enquiries) Mandy Walters

Membership Secretary: Michelle Welch

Officials Secretary: Keith Field

Social Officer/**Editor:** Wendy Forrester

Website Manager: **Vacant**

Athletes Representatives: Thomas Keenan & Niles Cook

Fundraising Officer: **Vacant**

Safeguarding our Athletes!

TEAM MANAGERS FOR 2018



Ebbisham U11 to U17 – Julett Reid-Wilson

SLAN Super 8 U11 to U15 – Miriam Hodgins/Julett Reid-Wilson

SLAN U15 to U20 - Paul Lockyer

Lily B U11 to U17 – Thomas Keenan/Caitlin Williams

SAL U17 to Seniors – Mandy Walters

Rosenheim U17 to Seniors – **VACANT URGENT**

Surrey Mens XC League - Nick Hancock

East Surrey XC League - Maureen & Nick Hancock

Surrey Womens XC League – Maureen Hancock

Epsom Downs XC League U10 to U15 - Thomas Keenan

To replicate the success of 2017, volunteers needed!

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.

Please email Mandy at clubsecretarysutton@live.co.uk for more information.



Learn how to protect yourself inside and out at the **Strengthening & Conditioning** sessions held every **Monday from 6:30pm**.

There are also **physio/massage treatments** available (by appointment only). 50% discounts for Club members. Insurance policies accepted.

For more information, email William at chairsuttondistrictac@gmail.com.

2017 winners of the Ebbisham Cup and Lily B plate so this year we need to hold onto our **#1 positions!** To do this, we are offering **our older athletes** the opportunity to **master track and field events!** The sprinters can try throws and/or jumps and our field athletes, sprints. This could be in addition to or alongside your current training.

If interested, please email Mandy at clubsecretarysutton@live.co.uk who will put you in touch with coaches who can help you or see website for information on our **coaches** and their specialist events.



ANNOUNCEMENTS

Urgent Reminder: In line with **GDPR**, all members must tick the consent boxes on 'Paysubsonline' forms. If you have any issues please contact Michelle at membershipsuttondistrictac@gmail.com.

The Club need a **Track (Hurdles) Coach!** If interested and have the relevant coaching experience, contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

Still seeking **volunteers!** Please see the Club's [website](#) regarding our quest for a **Team Manager** for Rosenheim fixtures and vacancies on the Committee. If interested, contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

If you missed the last Club Officials and/or Coaching Assistant courses, future dates can be found on: <http://www.englandathletics.org/courses-and-bookings> or contact Mandy at clubsecretarysutton@live.co.uk. For official paperwork including the '**Code of Conduct**' and various guidelines, see the [Club's documents](#).

With more members on-board 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.**



If you would like to purchase additional kit e.g. hoodies, tracksuits and jackets, see **Paul Lockyer** on training nights. All athletes **must** wear the Club vests when competing at Club fixtures.

UNDER STARTERS' ORDERS!



Congratulations to all our athletes who competed at the **Surrey Schools** and **Intercounties** competitions recently!

Congratulations to all our athletes who competed at the **Southern** and **England Champs**, **Ebbisham**, **SAL** and **Rosenheim** last month!

Congratulations to all our **AAA** and **Jack Petchey** recipients!

Congratulations to **Olivia Chessell**, **Dominique Corradi** and **Ricky Lutakome** who have all qualified for the Surrey team and will be competing at the **English Schools Championships** in Birmingham this July and their coaches, **Tony Ganio** and **Maureen & Nick Hancock**!

Well done to all who competed last month and 'thanks' to the coaches and parents who supported them. For full reports, see the [website](#).

For all 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.

WINNING POST!

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

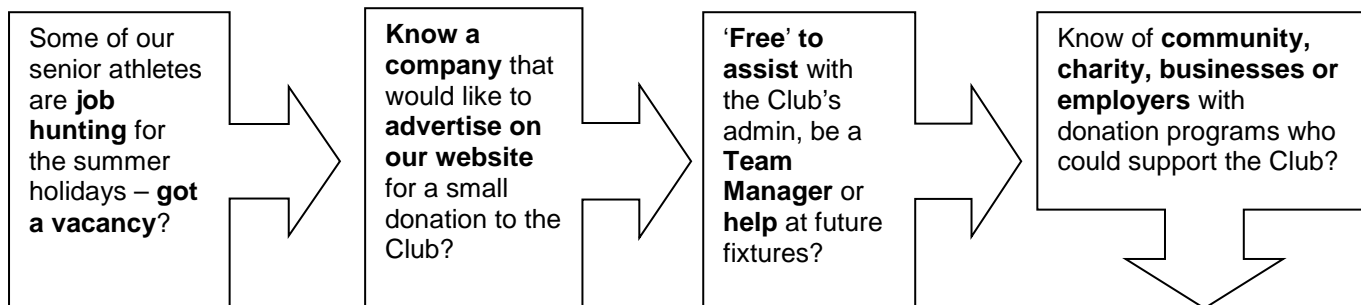
Meeting	Athlete	Event	SB/PB
Southern Champs	Jade Ive	Sens/Pole Vault	
Ebbisham	Adam Hudson	U15M/1500	
	Alex Dunn	U15M/1500	PB
	Szymon Komuda	U15M/Discus	PB
	Joel Idusohan	U15M/Discus	PB
	Andrei Chernoleskiy	U15M/Discus	PB

Surrey Schools	Ricky Lutakome	U20M/800m	
	Dominique Corradi	U17W/3000m	
	Reahanna Wilson Jones	U15W/High Jump	PB
	Olivia Chessell	U17W/Long Jump	
Rosenheim	Luke Morley	U20M/100m	PB
SAL	Thomas Hughes	U17M/100m	
	Ethan Wood	U23M/100m	
	Justine Smith	U17W/100m	
	Karen Abiwu	U17W/100m/200m	PB
	Sophia Henlon	U20W/100m/200m	
	Matthew Amanor-Boadu	U17M/800m	PB
	James Hancock	U23M/1500m	
	Robert Lloyd Smith	V45/5000m	PB
	Relay team	U17W	SB
	Daniel Ogun	Sens/High Jump	
	Sid Walters	U23M/High Jump	
	Jade Ive	Sens/Pole Vault	
	Callum Holder	U17M/Long Jump	
	Allison Wilder	Sens/Long Jump/Triple Jump	SB
	Nile Cook	U23M/Discus	
	Emma Lawrence	U20W/Javelin	SB
British Athletics Champs	Imani Lansiquot	U23W/100m	

See the [website](#) for photos and match reports! **Well Done** to everyone who competed **#TeamSpirit!**

THE 'CLUB HOUSE'

Want to help the Club's community?



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

SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated prizes for our previous fundraisers, are now following the Club's achievements via Twitter!

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

For the sofa shoppers, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! By registering, your total online spend comes directly to our Club and members so, if you download the app, you will receive reminders to use the links when shopping online and we'll collect **a %!** 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! **You spend, we collect!**

Need spikes for Summer? Do you know the difference? There are currently a couple of **'good, reusable condition'** spares at the Centre so feel free to speak to your coach(es) on training nights or email the [Editor](#) if interested.

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