



Trackside!

MEMBERS NEWSLETTER – JUNE 2018

Editor's Note

Hi everyone!

The sun has finally got his hat on!

We have had some great results and, with help from parents and members alike, much needed support at some very busy track & field fixtures - Thank you!

See below news from last month and all the fixtures for the busy month ahead.

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
9 th	All	All	Surrey Schools	Kingston		
9 th & 10 th	U20s/Sens	All	Southern Champs	Bedford		
10 th	U11 – U15	M	Ebbisham	Coulsdon	Club	Julett
14 th	All	All	AAA & Jack Petchey presentation	DWLC		
16 th & 17 th	U20s/Sens	All	England Champs	Bedford		
20 th	All	All	Crawley (Open)	Crawley		
20 th	U17s/Sens	All	Rosenheim	Twickenham	Club	tbc
23 rd	U15s – U17s	All	SAL	Tooting Bec	Club	Mandy
30 th	Sens	All	England Champs	Birmingham		
30 th	All	All	Herne Hill (Open)	Tooting Bec		

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

THE COMMITTEE

Chairman: William Ofei-Kwatia

Club Secretary (General enquiries) Mandy Walters

Treasurer: Shaun Chessell

Membership Secretary: Michelle Welch

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**

Officials Secretary: Keith Field

Social Officer/Editor: Wendy Forrester

Website Manager: **Vacant**

Athletes Representatives: Thomas Keenan & Niles Cook

Fundraising Officer: **Vacant**

Safeguarding our Athletes!

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

Message from Mandy: "On Sunday 7th May a group of Coaches, Team managers and Welfare Officers were given the opportunity to attend a **First Aid Course**. It was a fantastic opportunity to ensure all club members will have support if the need arises. This now means that we have a number of new first aiders to add to those who are already first aiders at the club. Our First Aiders are: Coaches/Officials; Mandy, Christine, Maureen, Mark, Peter, Claire, William, & John, Team Managers; Julett & Caitlin, Welfare Officers; Miriam & Hassan. & Membership Secretary Michelle.

On top of this the club has also recently **purchased a defibrillator**. The course was **funded by U13 Amy McQuitty**, one of our recent Jack Petchey Award winner who was very keen to support the club in this way." **Thanks Amy!**

The Club are still seeking 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 Managers** for Rosenheim fixtures and 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.

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.

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 one of our coaches, **Lorna Boothe**, who won the **Ambassador of Women's Sport** award presented by the **Women's Sport Trust** this year at the **#BeAGameChanger Awards**, celebrating the visionaries and game changers driving the future of women's sport.

Congratulations to **Michael McCabe** who came first in the Westminster Mile!

Congratulations to **Dario Karn** achieving **Gold** in the 400m, 800m & 1500m at the Olimpiadi Gioventu Italiana!

Congratulations to **Olivia Chessell** who was named '*SAL athlete of the match*' at Erith and a **special mention** to **Craig Rawlings** who stood in for multiple events and won all of them at the SAL meeting in Erith! **Well done** to all who competed and 'thanks' to the coaches and parents who supported the squad who came 2nd overall! For the full report, 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
Lily B	Misheel Suvd	U17W/100m & 200m	PB
	Darcie Cook	U13W/High Jump	PB
	Julia Newman	U13W/High Jump	PB
	Sophia Hepher	U17W/Pole Vault	
	Olivia Chessell	U17W/Long Jump & Shot Put	PB
	Ruvaro Chitita	U15W/Shot Put	PB
	Kessi Hodgins-Peka	U15W/Shot Put	PB
	Emily Scantlebury	U13W/Shot Put & Javelin	PB
	Katie Caffyn	U13W/Discus	PB
Surrey County Champs	Sophie Ajuka	U13W/100m	PB
	Ricky Lutakome	U20M/800m & 1500m	
	Dominique Corradi	U17W/300m	
SAL	Tankoy Gray	U20M/100m & 200m	
	Daniel Ogun	Sens/100m	

	Ethan Wood	U23M/100m	
	Ella Cunnell	U17W/100m & 200m	SB
	Misheel Suvd	U17W/200m	
	Shemar Ferguson	U20M/400m	SB
	Rory Payn	U17M/400m	SB
	Dario Kan	U20M/800m	PB
	Craig Rawlings	U23M/800m, Shot Put, Discus & Javelin	PB
	Thomas Keenan	Sens/400H	
	Relay	Sens M/4 x 100m	PB
	Relay	Sens W/4 x 100m	
	Daniel Ogun	Sens/Long Jump	
Athlete of the Match	Olivia Chessell	U17W/Long Jump	
	Chris Smale	Vets/Hammer	SB
	Emma Lawrence	U20W/Javelin	
<u>Rosenheim</u>	Luke Morley	U20M/100m	
	Bemtlely Sampson	U17M/100m	
	Sid Walters	U23M/High Jump	

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

TEAM MANAGERS FOR 2018



Ebbisham U11 to U17 – Julett Reid-Wilson
 SLAN Super 8 U11 to U15 - 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!

SOCIAL/FUNDRAISING EVENTS

'Thanks' to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated the prizes for the Xmas raffle, are now following the Club's achievements via Twitter! Any ideas for future fundraiser(s)? Please email the [Editor](#).

Fundraising ideas needed! Any suggestions, or interested in the role, please email the [Editor](#).

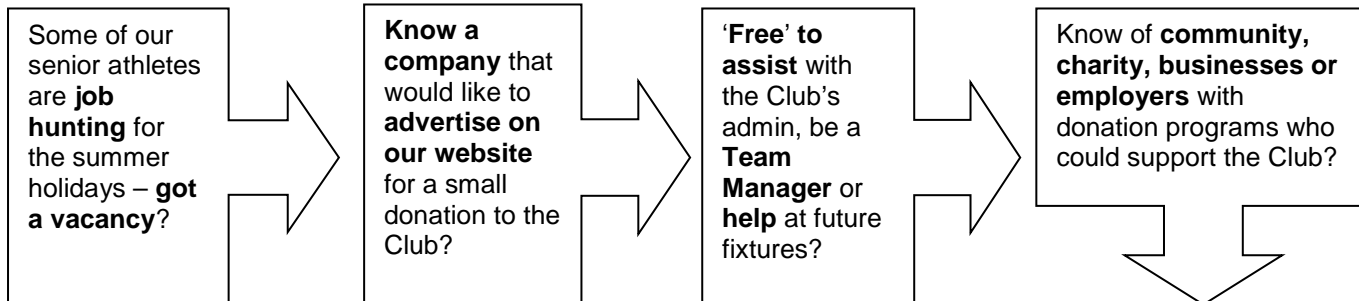
For the sofa shoppers, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! By registering, your total online spend comes directly to our Club and

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? Feel free to speak to your coach(es) on training nights or email the [Editor](#) if in need of a pair in a **'good, reusable condition'**.

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'**.

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