



Trackside!

November 2018

Editor's Note



Hi everyone!

As the days are getting shorter, we are slowly retreating indoors in preparation for the Winter Indoor fixtures whilst the Committee focuses on other Club matters, including scheduling the next AGM (all members welcome!), filling Club vacancies and the End of Year Xmas party! Contact [Michelle](#) for ticket sales.

If you have any specific questions/queries, see the relevant Committee contacts listed on the back page. If you would like to meet the Chair, feel free to email [William](#).

See you at the Centre!

Xmas Party: Sunday 16 December!

[The Grange](#)

Beddington Park

London Road SM6 7BT

Tickets available every Tuesday & Thursday!

Coaching Assistants and Officials needed! For information on training dates and how to book, see the website: <http://www.englandathletics.org/courses> or contact Mandy at [Club Secretary](#). For official guidelines including the 'Code of Conduct' and review from the

'Safeguarding' awareness presentation, see the [Club's documents](#).

With **child safety** being 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 strictly prohibited. Therefore, for the safety of children under 12, please ensure that they are **supervised at all times**.

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, email Michelle, [Membership Secretary](#).

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

WANTED

DEFINITELY ALIVE

Development Officer

Track/Hurdles Coach(es)

Welfare/Disability Officer - contact [Miriam](#)

Veterans Representative

Fundraising Officer

Team Manager – Rosenheim

Club Officials - Deadline: 9 November!

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

HUGE REWARD
A YEAR OF LEARNING AND FUN

Note for the diary: AGM: Tuesday 8 January 2019

David Weir Leisure Centre

Middleton Road

All members welcome

NOVEMBER'S [FIXTURES](#) - Please speak to your coach(es) before registering for any 'unlisted' meetings .

Sat	Sun
10	11 Nonsuch Park Surrey Ladies League Cross Country (U13+) Speak to Maureen Hancock Wimbledon Common Surrey Mens League Cross Country (U13+) Manager: Nick Hancock
17 Parliament Hill (By Invitation) London Youth Games Cross Country (Male & Female) Contact Maureen Hancock	18
24	25 Guildford Spectrum Sportshall (Male & Female) (U13 to U15) Manager: Paul Lockyer

Fixtures with registration deadlines (click links below for online registration forms):

- [Masters Cross Country Championships](#) 8 December 2018, Horspath Track— Deadline : *30 November 2018*
- [U15s Indoor Combined Champs](#) 15/16 December 2018, Lee Valley — Deadline: *4 December 2018*
- [U17s Indoor Combined Champs](#) 15/16 December 2018, Lee Valley — Deadline: *4 December 2018*
- [U20s/Seniors Indoor Combined Champs](#) 15/16 December 2018, Lee Valley — Deadline: *4 December 2018*

WINNERS PODIUM!

FIXTURE	ATHLETE	EVENT	XC Position
East Surrey League XC	Dominique Corradi	U17 Womens	1st
	Bilal Bentchakal	U17 Mens	3rd
	Adam Hudson	U15 Boys	4th
	Georgia Hope	U15 Girls	4th
Surrey Men's XC League	Spencer Bateman	U15 Boys	5th
Epsom Downs League XC	Spencer Bateman	U15 Boys	5th
Bruce Judd XC relays	Relay Team	U15 Boys	3rd

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.

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 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 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 see the website for information on our [coaches](#) and their specialised events.

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

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

For more information, please email [William](#) the Club's chairman.

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 - Miriam Hodgins/Julett Reid-Wilson

SLAN - Paul Lockyer

Lily B - Thomas Keenan/Caitlin Williams

SAL - Mandy Walters

Rosenheim - **[Vacant]**



Congratulations to our XC team who began the season with match-winning enthusiasm!

Congratulations to **Nicole Williams** who finished 2nd (U13G), **Emily Scantlebury** who finished 3rd (U15G) and **U13G team** who came 5th at the 1st **Sportshall** fixture this season!

Congratulations to **Spencer Bateman, Alex Dunn and Adam Hudson, U15 Boys Bronze medallists** at the **Bruce Judd XC Relays!**

Good Luck to our athletes awaiting International call-ups!

"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." - Jesse Owens, Olympic Legend

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
Club?

Donation programs spon-
soring local organisations
- wonder if they'd sup-
port the Club?

Christmas Shopping online? 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!**

Where can I pro-
mote my business
for a small fee?

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](#) if interest-

*Another vacancy!
How can I fill it
asap?*

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

- [Chairman](#): William Ofei-Kwatia
- [Club Secretary](#) (General enquiries): Mandy Walters
- [Treasurer](#): Shaun Chessell
- [Membership Secretary](#): Michelle Welch
- [Welfare Officers](#): [[Vacant](#)] & Hassan Hussein
- [Disability Officers](#): [[Vacant](#)] & Hassan Hussein
- Veterans Representative: [[Vacant](#)]
- Fundraising Officer: [[Vacant](#)]
- Honorary Vice Presidents: Paul Lockyer & Alex Starr
- Ordinary Members: [[Vacant](#)], Claire Bryant & Juliett Reid-Wilson
- Development Officer: [[Vacant](#)]
- Social Officer/[Editor](#): Wendy Forrester
- [Web Manager](#): Faye Scantlebury
- Officials Secretary: Keith Field
- Athletes Representatives: Thomas Keenan & Niles Cook

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