



# Trackside!

MEMBERS NEWSLETTER – MAY 2018

## Editor's Note

Hi everyone!

And we're off with the first month of fixtures past the finishing post, our athletes are warming up for the rest of the season (even if the weather's not!).

Thanks for the last minute volunteers although there are still a couple of vacancies outstanding. Please see below.

Please take note of the announcements below, particularly regarding membership, additional coaching sessions and 3AAA & Jack Petchey presentation coming up in June!

Finally, for 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](mailto:chairsuttondistrictac@gmail.com).

See you at the Centre!



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
2 <sup>nd</sup>	U17 to Sens	All	Rosenheim	Walton		Vacant
5 <sup>th</sup>	U11 to U17	F	Lily B	Ewell	Club	Thomas & Caitlin
7 <sup>th</sup>	All	All	Herne Hill Open	Tooting Bec		
12 <sup>th</sup> & 13 <sup>th</sup>	U15 to Sens	All	Surrey County Champs *Registration closed*	Kingston		
20 <sup>th</sup>	U17 to Sens	All	SAL	Erith	Club	Vacant
30 <sup>th</sup>	U17 to Sens	All	Rosenheim	Ewell		Vacant

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

Club Secretary (General enquiries) Mandy Walters

Membership Secretary: Michelle Welch

Officials Secretary: Keith Field

**Disability Officers:** Miriam Hodgins & Hassan Hussein  
Honorary Vice Presidents: Paul Lockyer & Alex Starr  
Ordinary Members: Claire Bryant & Julett Reid-Wilson  
Veterans: **Vacant**

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 - Julett Reid-Wilson  
SLAN U15 to U20 - Paul Lockyer  
Lily B U11 to U17 – Thomas Keenan/Caitlin Williams  
SAL U17 to Seniors – **VACANT URGENT**  
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](mailto: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](mailto: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](mailto: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

### **\*\*Special Announcement\*\*:**

**From Friday 25 May 2018**, the General Data Protection Regulation ("**GDPR**") will require that all data protection frameworks improve secure processing of personal data in our new digital age. Personal data is information that is attributable to an individual and may help to identify them, including access to databases, promotional emails, direct marketing and the publishing of personal photos or video recordings. This means that everyone will generally have more control

over their digital footprint, how it is used/passed on by companies by maximising control over personal data and providing easier access.

Pursuant to club membership, all members would have received a disclaimer permitting the use of personal information including photos for marketing purposes or on the Club's photo gallery. Should you now object to the use of such material being made public, please contact Michelle at [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com) or Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk).

**Messages from Mandy:** "Please respond quickly to communications regarding competitions. We have had very few replies or very late replies recently regarding availability for selection in all competitions and it is adding to all the Team Managers being delayed in communicating back to the athletes regarding Team Selections, events/timings for those competing and team declarations to the host clubs.

**\*Note for the Diary\*:** 3AAA & Jack Petchey Certificate presentations: 14<sup>th</sup> June - 8pm in the Sportshall. All club members, parents and coaches are welcome."

**Membership still unpaid?** See message below or email Michelle at [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com). (NB: Club membership is required to compete at all fixtures and includes England Athletics registration!)

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

Still seeking **volunteers!** Please see the Club's [website](#) regarding our quest for **Team Managers** for SAL and Rosenheim fixtures and a **Track (Hurdles) Coach!** If interested and have the relevant coaching experience, contact either William at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com) or Mandy at [clubsecretarysutton@live.co.uk](mailto: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](mailto: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, **the kit window is open until 31 May 2018.** All athletes **must** wear the Club vests when competing at Club fixtures. See **Paul Lockyer** on training nights or shop online via this link [https://clubshop.co.uk/index.php?route=product/category&path=33\\_109](https://clubshop.co.uk/index.php?route=product/category&path=33_109).

## UNDER STARTERS' ORDERS!



**Congratulations** to **Harry Aikines-Aryeetey** & Team GB for winning Gold in the 4 x 100m relays and **Lorna Boothe**, Team GB speed coach at the Commonwealth Games.

**Congratulations** to all the athletes whom, following a late invitation, competed for the **Kinnaird & Sward Trophy** and between a small team, covered almost every event! See the [website](#) for the full report.

**Congratulations** to **Nick Suchy & Olivia Chessell** who were named 'SAL athletes of the match' at the first meeting of the season! A special mention to our very own Thomas '**Iron Man**' **Keenan** whom, despite hitting the high hurdles in his first event, kept on jumping, running and throwing! 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 **winner**s from last month. Full results available via links provided.

Meeting	Athlete	Event	SB/PB
<a href="#">Crawley</a>	Callum Holder	U17M/100m Hurdles	

<u>Hercules</u>	Thomas Hughes	U17M/100m	SB
	Karen Abiwu	U17W/200m	SB
	Kes Hodgins-Peta	U15W/300m	PB
	Ricky Lutakome	U20M/Mile	SB
<u>SAL</u>	Daniel Ogun	Sens/100m & Long Jump	
	Thomas Hughes	U17M/100m	
	Sophia Henlon	U20W/100m & 200m	SB
	Karen Abiwu	U17W/100m	
	Justine Smith	U17W/100m & 200m	SBs
	Kaylen Francis	U23M/200m	SB
	Safyre Forrester Jackson	U17W/200m	
	Shemar Ferguson	U20M/400m	SB
	Joshua Sematimba	U20M/400m	PB
	Yasser Qureshi	U20M/400m	
	Ricky Lutakome	U20M/800m	
	James Hancock	U23M/800m	SB
	Jordan Allen	U20M/800m	
	Dario Kan	U20M/1500m	PB
	Ben Gilham	U17M/1500m	PB
	Dominique Corradi	U17W/3000m	PB
	Relay	U17W	SB
	Jake Field	U23M/High Jump	
	Yasmin Henlon	U23W/High Jump	
<b>*Athlete of the Match*</b>	Olivia Chessell	U17W/Long Jump	
	Nile Cook	U23M/Discus	
	Chris Smale	Vets/Discus & Hammer	SB
	Emma Lawrence	U20W/Javelin	

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

#### 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](#).

**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? Well, the **Spikes Swap Shop** is "Open" so, if in need of a pair, or have either old track or field **spikes** in a '**good, reusable condition**', feel free to speak to your coach on training nights or email the [Editor](#). We have:-

Offered:

7 (track)  
7.5 Jumps (x3 pairs)  
9 (High Jump)

Wanted:

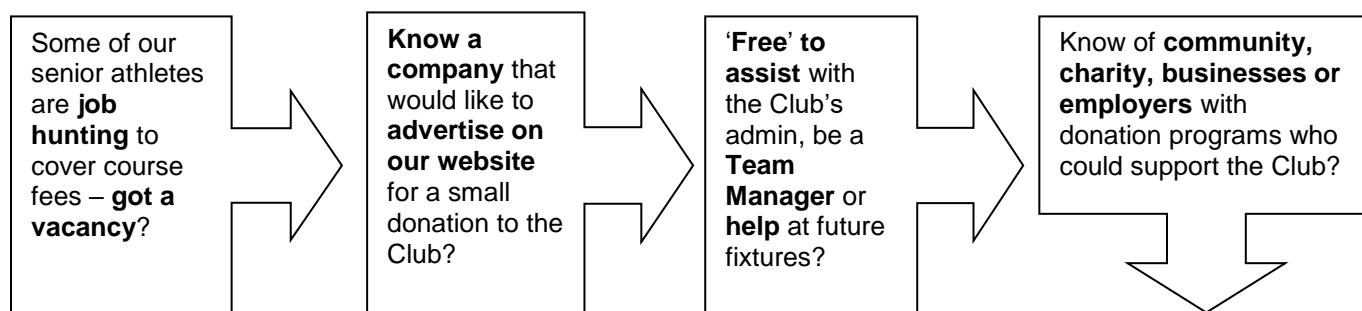
7.5 (track)  
10.5 (High Jump)

**NB: New members** - please speak to your coaches to clarify what spikes are suitable for what events.

All requests will be treated in the strictest of confidence.

## 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 25<sup>th</sup> to the [Editor](#) or visit the Club [website](#) for more information

## MESSAGE FROM THE CLUB MEMBERSHIP SECRETARY

**Subject: Final Membership Payment – DEADLINE: ASAP**

S&DAC is a non-profit making organisation and it is reliant on membership fees to remain viable.

Without these fees the club is potentially at risk of not being able to honour its financial commitments. It is therefore imperative that, if you intend to remain affiliated to our club, you pay your overdue membership fee ASAP! The club will assume that if this is unpaid then you no longer wish to continue your club membership or participate in training sessions. You can access 'Paysubsonline' by clicking [here](#). There are several serious consequences resulting from your non-membership payment, being,

- You are not covered under the club's insurance policy therefore if you were injured whilst training or competing with/for S&DAC you will not be entitled to any compensation as the club are not liable for any injuries sustained at your own risk.
- Your English Athletics (EA) membership renewal was due at the start of April of this year. As this is part of our membership package, if you have not paid, this membership has not been renewed. This means that as of now you are no longer eligible to compete at any athletics completions until your membership fee is paid.
- Our club membership has grown dramatically and continues to grow to the point where we are oversubscribed. Your membership at the club is therefore at real risk and you could forfeit your training place.

It is worth noting that our club fee is *possibly* one of the lowest fees of all local athletics clubs and our club facilities are second to none. Should you wish to discuss this further, please feel free to contact me at [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com). - Michelle