



# Trackside!

April 2019

## Editor's Note

**Hi everyone!**

***This is the last edition of the Newsletter for Winter 2018/19 as the athletes are finally outside and getting ready for the Outdoor season! With so many fixtures coming up, it would be great to have your support as spectators and/or volunteers at fixtures - see the 'Wanted' poster below for 'current vacancies'!***

***In order to support our athletes all year round requires funding therefore if you are an online shopper, don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and earn a donation every time you shop and/or look out for fundraising schemes!***

***See you at the Centre!***

*"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them." – Picabo Street, Olympic Gold Medallist*



**Congratulations** to **Jade Ive** on her PB at 'Vault Cardiff'!

**Congratulations** to all our **Jack Petchey winners, Emily, Esme, Marissa, Sophie & Yasmin**, chosen by their team-mates!

**Congratulations** to all our athletes who competed last month!



**Good Luck** to everyone trying to qualify for International call-ups!

# WANTED

## DEFINITELY ALIVE

### Fundraising Officers needed!!

Development Officer

Coach(es)

Veterans Representative

Team Managers – SLAN S8/Lily B/Rosenheim

Coaching Assistants/Club Officials -

<http://www.englandathletics.org/courses>

If you are able to help, please contact

[Mandy!!](#)

# HUGE REWARD

A YEAR OF LEARNING AND FUN

## WORTH MENTIONING ...

**Fundraising** : With Outdoors starting this month, please look out for any funding schemes that may help the Club to recoup potential club expenses this season and don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac>!

**Club Vests:** In order to represent the Club at fixtures, all athletes must wear a vest. If you haven't got one, please contact our Events Manager, Paul Lockyer.

### Michael McCabe and Dan Sidbury

Created by London Marathon Events Ltd, in partnership with Sported, The Vitality Big Half is London's community running festival. Michael and Dan both competed in [The Vitality Big Half marathon](#) under the 'Elite Wheelchair' category alongside the legendary Olympian, David Weir. They raced from Tower Bridge to the Cutty Sark and through numerous boroughs to finish with impressive speeds in a tight race! **Well done!!**



**Athletes in training for Outdoor season!**

**Look out for medal winning performances in next month's edition!!**

### TEAM MANAGERS

Ebbisham - Julett Reid-Wilson

Lily B - Michelle Welch/[**Vacant**]

SAL - Mandy Walters

SLAN & Sportshall - Paul Lockyer

SLAN Super 8 - [**Vacant**]

Rosenheim - [**Vacant**]

East Surrey XC League - Maureen & Nick Hancock

Epsom Downs XC League - Thomas Keenan

Surrey Ladies XC League - Maureen Hancock

Surrey Mens XC League - Nick Hancock

**FIXTURES** - Please note any deadlines for registration ([see links](#) for further information).

<b>Weekdays</b>	<b>Weekends</b>
4 April ( <b>Thurs</b> ) <b>Ewell</b> East Surrey League (U13 to Snr) Manager: Maureen/Nick Hancock	7 April <b>Wimbledon Park</b> Hercules Open* <b>Crawley</b> Crawley Open*
	13 April <b>Bromley</b> SAL (U17 to Sens—Mixed) Manager: Mandy Walters
	20 April <b>Crawley</b> Crawley Open* <b>Kingston</b> Kinnaird Sward Trophy (U17 to Sens—Mixed)
22 April ( <b>Easter Monday!</b> ) <b>Ewell Court</b> Lily B (U13 to U17 (U11 Non-scoring) - Women) Manager: Michelle Welch	27 April <b>TBC—keep an eye on the noticeboards or speak to Paul</b> SLAN Network Upper Age Group (U15 to U20—Mixed) Manager: Paul Lockyer
1 May ( <b>Wednesday</b> ) <b>DWLC</b> Rosenheim (U17 to Sens —Mixed) Manager: <i>tbc</i>	5 May <b>DWLC</b> Ebbisham (U13 to U15 (U11 & U17 Non-scoring) - Mens) Manager: Julett Reid-Wilson
6 May ( <b>Monday</b> ) <b>Tooting Bec</b> Herne Hill Open*	11 & 12 May ( <b>Saturday &amp; Sunday</b> ) <b>Kingston</b> Surrey County Championships* <b>Deadline for <a href="#">Entries</a>: 1 May 2019</b>

**\* Please speak to your coach(es) before registering for any of the above Open meetings or one that is 'not listed' on our fixtures calendar.**

For all local meetings see: <https://www.englandathletics.org/athletics-and-running/england-competitions/> or [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 able to offer our **athletes** the opportunity to **master track and field events** where 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 check the website for information on our [coaches](#) and specialised events.

## SOCIAL/FUNDRAISERS!

**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  
athletes and Club?

Local businesses with  
donation programs –  
wonder if they could  
support our Club?

**Sofa Shoppers!!** Don't forget to use:  
[http://www.easyfundraising.org.uk/  
causes/suttondistrictac](http://www.easyfundraising.org.uk/causes/suttondistrictac) and raise a free  
donation every time you shop! Once reg-  
istered, you will receive reminders and  
links for over 3,000 shops and sites in-  
cluding Amazon, John Lewis, Aviva,  
thetrainline and Sainsbury's to use online.

**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](#).

Need to advertise  
my service but on a  
low budget?

Got a job vacan-  
cy?! How can I  
fill it asap?

Sound familiar? If so, email the [Editor](#)!

**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**