



# Trackside!

MEMBERS NEWSLETTER – AUGUST 2017

## INTRODUCTION!

### Hello Members

School may be closed and we are weeks away from the end of the Outdoor season but what a busy month we have had!

With our athletes competing at all levels we have had some really impressive results, see 'Winning Post' below for the links to all the fixtures!

Have you seen the new Club website? It went 'live' last month and, although still 'under development', has attracted positive, constructive feedback. Please keep an eye out for future notifications and information regarding the Club.

Finally, if you have any concerns or simply fancy a chat, feel free to email me at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com), speak to one of the coaches or any member of the Committee listed below.

See you at the Centre!

**William Ofei-Kwatia (Chair)**



## FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
19 <sup>th</sup>	U17 – U20	M	SAL	Eltham	Club	Ruth Holder
19 <sup>th</sup> & 20 <sup>th</sup>	U15 – U17	M	S England Champs <i>*Entry deadline: 8<sup>th</sup>*</i>	Crystal Palace	-	-
20 <sup>th</sup>	U13 – U15	M	Super 8	DWLC	Club	Miriam Hodgins
26 <sup>th</sup>	All ages	M	Herne Hill (Open)	Tooting Bec	-	-
26 <sup>th</sup> & 27 <sup>th</sup>	U15 - U17	M	England Champs	Bedford	-	-

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

## ANNOUNCEMENTS



**Strike a pose!** We are hoping to take some more photos for the website on a training night in early August. All athletes welcome but must wear Club vests.

We were one of a few Clubs who were given an *amazing* opportunity to be kit carriers for the track athletes at the IAAF and IPC 2017 [World Championships](#) this summer. **Congratulations** to the following athletes who represented the Club and met the professionals!:

Ricky	Thomas	Keely
Georgia	Chyna	Caitlin
Rezan	Rianna	Georgia
Jessie	Nicholas	Dylan

Our relay teams were *also* invited to race in the [Mueller Anniversary Games](#) against formidable competition at the Queen Elizabeth Stadium! With an amazing victory for our U17 Men's relay team who stormed home on possibly one of the biggest athletic stadiums and equally great efforts by the U17 Women who came 5<sup>th</sup> and our U20 Women teams.

**Congratulations** to:

Dylan Baldock  
Shemar Ferguson  
Thomas Hughes  
Rory Payn

Justine Smith  
Safyre Forrester Jackson  
Olivia Chessell  
Ella Gunnell

Sophia Henlon  
Charmont Webster-Tape  
Lucy Hoad  
Chyna Russell

As our members have increased, the Club are still looking for both a **Hurdles Coach** and a **High Jump Coach**. For more detailed information, please email Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or William at [chairsuttondistrictac@gmail.com](mailto:chairsuttondistrictac@gmail.com). There are also courses for **endurance** and **club officials**. If interested, please contact Keith Field or Mandy at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk) or, for **coaching assistants** training courses, email our Development Officer, Darren, at: [devofficer@suttondistrictac.co.uk](mailto:devofficer@suttondistrictac.co.uk). All of the above courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

The **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** has continued to produce some really aspiring young athletes whom, this season, have competed in: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. As popular as these groups are, there is always room for younger athletes or siblings. If interested, please email [membershipsuttondistrictac@gmail.com](mailto:membershipsuttondistrictac@gmail.com).

We welcome the return of Sylvia Ofei-Kwatia as **Membership Secretary**. Although Sylvia had stepped down, her continued yet unofficial commitment to the Club has been exemplary.

Finally, the online order window for the **Club kit** e.g. hoodies, tracksuits, jackets etc via this link [https://eclubshop.co.uk/index.php?route=product/category&path=33\\_109](https://eclubshop.co.uk/index.php?route=product/category&path=33_109) is **closed**. **Club vests** are available from Paul Lockyer on training nights.

## UNDER STARTERS' ORDERS!

**Congratulations** to our medal winning athletes who were selected to represent Surrey at the **English Schools!**



Dylan Baldock

Ricky Lutakome

Chyna Russell

**And** to Imani Lansiquot, on her **Team GB** performance at the **European Championships (Poland)** as well as:

Jake Field and Sid Walters

at the **Inter Counties Senior Championships!** What an achievement - **well done!**

**Congratulations** to the **Ebbisham** squad who conquered the opposition this season and were **promoted to League 1** under the guidance of their new team manager, Julett. **Well done!**

**Congratulations** to Jake Field and Lucy Hoad who both competed at the **England AAA Championships**.

**Congratulations** also to:

Kes Hodgins-Peta

Jaedon Wilson

Gabriel Idusohan

Joel Idusohan

who were selected for the Inter-Counties U13 Surrey team! **Great job!!**

**Further congratulations** to the following athletes at the **World Trials (Birmingham)**:

Imani Lansiquot

Ricky Lutakome

Allison Wilder

Harry Aikines-Aryeetey

For local meetings see: <http://www.londonathletics.org/competitions-and-fixtures> or on the [England Athletics](http://www.englandathletics.org) website. For the results from all track meetings and athletes profiles, see the [Power of 10](http://www.powerof10.org) 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
<a href="#">England AAA Championships</a>	Alison Wilder	Triple Jump SNR	Silver SB
	Jade Ive	Pole Vault	Gold

<a href="#">English Schools</a>	Ricky Lutakome	800m	Gold SB
	Dylan Baldock	200m	Silver SB
	Chyna Russell	300m	Bronze SB
<a href="#">U13 Inter-Counties</a>	Kes Hodgins Peta	High Jump	Gold

Congratulations to all our athletes who competed last month!

See the website for full reports from the following league meetings: [Ebbisham](#), [Lily B](#), [SAL](#), [Rosenheim](#), [Herne Hill](#) and [SLAN Super 8](#).

## Amazing Results!

### PHOTO FINISH!



**Tony Ganio**

Tony's interest in athletics began at school then accelerated to competing in both New York (5 times!) and London marathons. This led to him coaching middle distance to marathon athletes with Belgrave Harriers. Soon after, he became a long/triple jump coach where his first athlete was his eldest son whom, at the age of 11, won the triple jump at the Prep schools London championships then, by his father's persuasion, focused on long jump and the rest is history.

Not only is Tony a qualified coach (Level 3 - middle distance/horizontal jumps/strength and conditioning) however he is also a certified practitioner in sports therapy and has worked with the London Irish emerging team, 'Chessington and Hook' football club and Belgrave Harriers British league team

Following the 2005 Olympics and a brief hiatus, Tony returned to coaching pursuant to the London Olympics in 2012. He began assisting at the Club in 2006 practicing therapy with a couple of the squads and coaching Surrey on a monthly basis then later teamed up with John Vernon's group with Phil Martin whilst John now alternates between the U.K. and USA. Thanks to Tony (and the other jump coaches) we have produced many talented athletes:

2009/2011 - 5 of the top U20 male triple jumpers in UK; and

2013 /2016 - 3 athletes who won gold in English Schools, Indoors and Outdoors Nationals eleven times collectively.

The dynamics of the group has since shifted to long jumping and is currently female dominant – all positive signs of gender equality.

**Glad to have you on-board!**

### SOCIAL/FUNDRAISING EVENTS

**Thanks** to everyone who has supported, donated and/or volunteered their time to help or support us at fixtures nationwide! Many hands surely do make light work!

**"Thanks"** also to "[Abel and Cole](#)", "[Asda](#)", "[As Nature Intended](#)", "[B-Fresh](#)", and "[Science in Sport](#)" who assigned us a members only discount of **20%** for online purchases valid until December (promotional code: **SIS-20-17** - excluding sale items) and have continued to follow the Club's progress on Twitter.

Do you shop online? Start using: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and raise a free donation every time you shop! By registering, a % of your total online spend comes directly to our Club and members and, if you download the app, you will receive reminders to use the links when shopping online. 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! It is as easy as 'on your marks, get set' ... so what are you waiting for? Open the link: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and start shopping! **You spend, we collect!** Go!!

Do you need a pair of spikes to see out the rest of the season? 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 see William on training nights. We have:-

Offered:

2.5 (hardly worn)

Wanted:

7.5 (track)

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

8 (track)  
10.5 (High Jump)

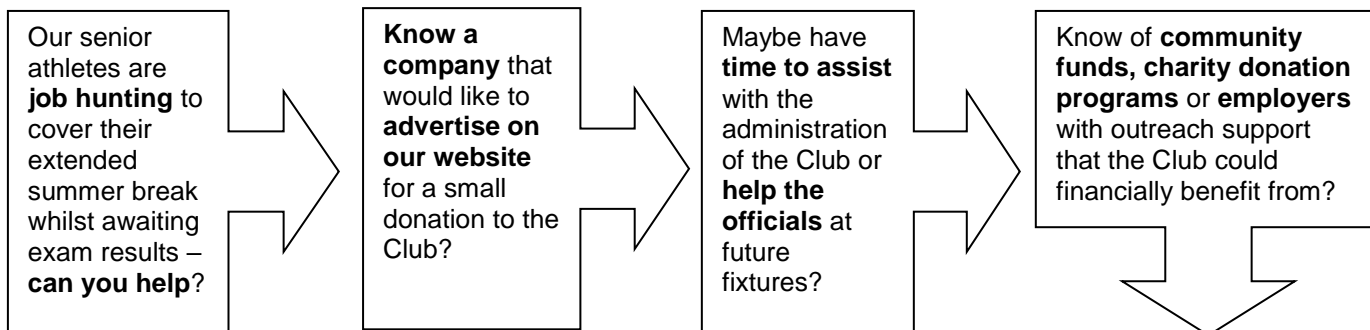
**Up to size 5 = £5, Sizes 6 upwards £5+ (+ at buyer's discretion).**

If interested, please email the [Editorial Team](#). All requests will be treated in the strictest of confidence and monies received goes towards the Club's funds!

Finally, if you have **any ideas** for future fundraising/social events, please email the [Editorial Team](#).

## THE 'CLUB HOUSE'

First week in and they're already bored or nervously awaiting results. Maybe you can help?:



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

## THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Membership Secretary: Sylvia Ofei-Kwatia

Disability Officers: Miriam Hodgins & Hassan Hussein

Social/Fundraising Officer: Wendy Forrester

Club Secretary Mandy Walters

Development Officer: Darren Piper

Officials Secretary: Keith Field

Welfare Officers: Miriam Hodgins & Hassan Hussein

Ordinary Members: Sylvia Ofei-Kwatia & Steve Ive

## Putting the Athletes 1<sup>st</sup>!

Please feel free to forward any feedback and/or future submissions by the 25<sup>th</sup> to :

**Editorial Team:** [socialcommsuttondistrictac@outlook.com](mailto:socialcommsuttondistrictac@outlook.com)

Or visit the Club website: <http://suttondistrictac.co.uk/index.html> for more information