



Trackside!

MEMBERS NEWSLETTER – JANUARY 2017

INTRODUCTION!

Happy New Year!

What a busy month we've had!

The new Committee held its introductory meeting to propose future plans for the Club next year. Minutes from this meeting can be found on the Club notice board. If anyone has any comments or proposals that they would like considered at future meetings (or would like to attend in person), please contact us.

Our new Social Committee successfully launched the 1st edition of this Newsletter last month to a very positive audience! This followed a social evening of Ten Pin Bowling and ended with a bagpacking fundraiser at Asda, Sutton! For further news on how the Club did, see below.

We look forward to seeing all our members in the year ahead!

The Committee



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Club/ Open/ Schools	Team Manager
7 th		M&F	Surrey XC Cross Country Champs	Lloyd Park	Open	
8 th	Register!		<u>SLAN Indoor Open</u>	DWLC	Open	
7 th & 8 th	U15/17 Register!	M&F	<u>SEAA Indoor Championships</u>	Lee Valley	Open	
14 th & 15 th	U20SNRS Register!	M&F	<u>SEAA Indoor Championships</u>	Lee Valley	Open	
14 th	U13/15/17/20	M	2XU Cross Country	Mitcham Common	Club	Nick Hancock
14 th	U13/15/17/20/SNRS	F	Ladies Surrey Cross Country League	TBC	Club	Maureen Hancock
21 st	U13-U20	M&F	Surrey Schools XC Champs	Priory Park Reigate	Schools Selection	
22 nd	U13/15 See Mandy!	M&F	Sportshall	Guildford Spectrum	Club	

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

ANNOUNCEMENTS

Registration has begun for our **U13 Development Group!** Training sessions are on Tuesdays & Thursdays, 6 - 7pm. So if there are any siblings/younger athletes who may be interested, please feel free to email William at: chair@suttondistrictac.co.uk.

The **UKA 365 Programme** will be restarting this month where at each session the athletes will have an opportunity to experience multi-events such as Javelin, Shot put, Discus, High Jump, Long Jump as well as the Sprints. Please register your interest via email to William at: chair@suttondistrictac.co.uk!

We plan to trial a "pop-up" **GCSE Q&A centre** for all our registered athletes run by our 'qualified' volunteers. So if you are confusing your Shakespeare with Shaw or Pythagoras with Pi (or are in the teaching profession and able to

assist), please register your interest with the Editorial Team quoting '**Pop-up**' in the heading. Please note that these sessions will be held on training nights only and spaces limited to 15 minute slots. Dates will be confirmed nearer the time.

The **Club kit** can be ordered via this link: https://eclubshop.co.uk/index.php?route=product/category&path=33_109. (although the booking window is currently closed) however for club vests only, see Paul Lockyer on training nights.

Alex Starr will be running on behalf of the Club at the **VIRGIN LONDON MARATHON** in April. If you would like to sponsor him, please contact Mandy on clubsecretarysutton@live.co.uk.

For anyone interested in **training as a coaching assistant**, the next course is scheduled for **14/15 January**, registration by 6 January. Please contact our Development Officer, Darren, at: devofficer@suttondistrictac.co.uk. Additionally, if anyone's interested in **becoming a Club Official**, please contact Keith Field through Mandy at clubsecretarysutton@live.co.uk. For further information: <http://www.englandathletics.org/courses-and-bookings>.

If you know anyone who would be interested in **joining the Club** (or **renewing their membership**), please contact the Membership Secretary on: membershipsuttondistrictac@gmail.com. Alternatively, if you would be interested in this vacant post, please email William at chair@suttondistrictac.co.uk.

UNDER STARTERS' ORDERS!



For information regarding 2017 'key' fixtures (International/National/Domestic), see the [England Athletics](#) website. (Always plan ahead so remember to check the relevant websites for registration deadlines!! Some events can be paid on the day however, if unsure, **please speak to your coach(es) beforehand.**)

For all results and profiles, see the [Power of 10](#) website.

WINNING POST!

"Well done" to **Holly Hume** on winning the U11 Holly Run. Further 'congratulations' to **Georgia Bell** and **Dominique Corradi** who competed in the Surrey Ladies Cross Country league and represented Surrey at the SEAA, along with **Ricky Lutakome** who, in a tight finish of 5 seconds behind the winner, got an individual bronze medal - Surrey won a team bronze overall.

Congratulations to our **Jack Petchey** recipients:

Ella Cunnell

Olivia Chessell

Nile Cook

Ricky Lutakome

Charmont Webster Tape

Ayden Wood

WELL DONE EVERYONE!

PHOTO FINISH!



William Ofei-Kwatia

William has been associated with Sutton and District AC for 5 years; as a strength and conditioning coach, to an athletics coach before he became the 'Chair' in 2016.

His 'CV' in sports related activities spans more than 20 years: personal trainer, massage therapist, corrective exercise coach, performance enhancement specialist, sports therapist, tutor, assessor, internal quality assurer and, currently, as director of Aftershock Total Fitness Ltd (a fitness training provider). Through this, William has worked with other sports professionals in implementing training programs that are functional to their particular sport e.g. Javid Amari (table tennis coach), Ben Sternum (Bath Rugby club back row international), Jim Kilty (Irish sprint team athletics coach), Carlos Parreira (Brazilian Football coach), Karl Cooke. (International Tennis Federation) to name a few, as well as featuring in various publications (Ultrafit, Health and fitness, Leisure media, Daily

Express and The Times). Additionally, he has had the pleasure of coaching athletes such as Imani Lansiquot, Tremayne Gilling, Stefan Amokwando, Paul Ogun, Jade Ive and Pippa Earley.

William's personal sporting achievements are mainly from martial arts namely Taekwondo where he achieved a double silver medal at the 2007 World Taekwondo championships however athletics is now his main focus with his objective being to increase his knowledge and experience whilst nurturing and inspiring athletes from all ages to achieve their full potential. He is an immensely proud Chair of a "small but BIG club". Glad to have you onboard!

THE 'CLUB HOUSE'

Do you have time to volunteer at track meetings? Maybe you have a skill that could help the Club in the future? Looking for work, recruiting for a vacancy or have a temporary/term-time work placement that could be filled by our older athletes? Maybe you are a qualified teacher who has some 'free' time to support our athletes during revision week next year or have a small business/service that you would like to promote on this Newsletter (for a small donation)?

REMEMBER: *If any of the above applies to you*, please email the Editorial Team quoting '**Club House**' in the heading.

THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia	Club Secretary Mandy Walters
Treasurer: Shaun Chessell	Development Officer: Darren Piper
Membership Secretary: Vacant	Officials Secretary: Keith Field
Disability Officers: Miriam Hodgins & Hassan Hussein	Welfare Officers: Miriam Hodgins & Hassan Hussein
Social/Fundraising Officer: Wendy Forrester	Ordinary Members: Sylvia Ofei-Kwatia & Steve Ive

Working for the Athletes!

SOCIAL/FUNDRAISING EVENTS

A team of volunteers, including athletes and parents, spent the day backpacking at **Asda** in Sutton! With support from the coaches recruiting at the front desk, not only did we ignite public interest and recruit a few members but we managed to **raise in excess of £577!** The **Asda Group** then revealed that pursuant to some pre-election campaigning last year, they were **donating a further £1,000** to the Club!! We would like to thank the following volunteers who helped to make the event such a success!:

Bagpackers:



Amelia	Justine	Hassan
Amy	Karen	Jenny
Callum	Keely	Julett
Ella	Kes	Lucy-Anne
Finn	Morgan	Miriam
Jaedon	Olivia	Ruth
Jana-Jae	Safyre	Wendy

Thanks also to: Mark for setting up, William for stepping in, Shaun for coordinating the promotional materials and Mandy for the much needed chocolate fix as the team entered the final lap! Was the end of a trio of events (the Newsletter, Bowling and Asda!) but none of this would have been possible without the support from those above.

The **January sales** are on so please remember to use <http://www.easyfundraising.org.uk/causes/suttondistrictac> whilst shopping online as the more **you spend, we collect!**

Don't forget that we are collecting **old spikes!** So if you are replacing yours because they **no longer fit** but are in a **'good condition'**, feel free to drop them off on a training night in a clearly labelled bag (stating 'size' and 'suitability' e.g. Women, Mens etc) to be *recycled* at our soon-to-be established **Spikes Swap Shop!** All proceeds/donations received will go towards the Club - you never know, you may be helping another athlete find their feet!

Finally, we held an impromptu Christmas social for all members and training associates, sharing a feast of festive nibbles and drinks, with 'Jingle Bell Rock' playing repeatedly in the background! "Thanks" as always to all of Santa's helpers – photos can be viewed on our Facebook page! What a great way to end 2016! *Happy New Year, everyone!*

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

Editorial Team: socialcommsuttondistrictac@outlook.com

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