



Trackside!

MEMBERS NEWSLETTER – MARCH 2017

INTRODUCTION!

Hello Members

Coming to the close of the indoor seasons and what a great one we've had!

The Club achieved fantastic results across the board with some outstanding personal accolades - see below for all our sporting achievements last month.

Thank you to all those who were able to attend the recent parents meeting last month. We hope to see more members in the future, particularly as we rely upon your input to ensure that the Club is progressing cohesively; the minutes of which will be circulated via email to all our members.

Finally, tickets are on sale for the Club's Quiz Night, on Friday 31 March where we will also be presenting our athletes with Awards for their achievements last year. See below for further details.

See you at the Centre!

The Committee



FIXTURES THIS MONTH

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
11 th	U13-SNR	M&F	CAU Inter-County Cross Country	Loughborough	County <u>only</u>	
12 th	U11/13/15	M&F	Epsom Downs League	Epsom Downs	Club	TBC
18 th	JB/JG/IB/IG/SB/SG	M&F	English Schools XC Champs	Norwich	County Schools	
25 th	U13	M&F	SE Inter-Counties	Priory Park Reigate	County	
25 th	<i>Check Timetable</i>	M&F	Crawley Pre-Season Open	K2 Crawley	Open	N/A
25 th	<i>Check Timetable</i>	M&F	Bracknell YA Open	Bracknell	Open	N/A

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

ANNOUNCEMENTS

For our **GCSE**, **iGCSE** and **A level** students, the proposed dates for the "pop-up" Q&A centre are as follows:

<u>Subject</u>	<u>Exam/Board</u>	<u>April</u>	<u>May</u>
English	GCSE Language (AQA), GCSE Literature (dependent upon text) and/or AS/A level texts	4 th 11 th 25 th	-
Maths	IGCSE	6 th 11 th 13 th 18 th	Tbc

NB: There will be x4 15 minute slots on training nights only, so please register your interest via email with the [Editorial Team](#) asap, quoting 'Pop-up' in the heading.

U13 Development Group (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** have both taken off! Judging by the level of activity, our juniors have given these sessions an overall thumbs up for the multi-events offered: Javelin, Shot put, Discus, High Jump, Long Jump and Sprints. If there are any younger athletes or siblings who would like to trial either of these groups, please email William at: chair@suttondistrictac.co.uk.

The order window for the **Club kit** is now open! Online purchases can be made for hoodies, tracksuits etc (not vests) via this link: https://eclubshop.co.uk/index.php?route=product/category&path=33_109 until **Monday 13 March**. (NB: Delivery expected end April). If you need a **club vest**, see Paul Lockyer on training nights.

Our Development Officer, Darren, has the details for future **coaching assistants** training courses. If interested, please email him at: devofficer@suttondistrictac.co.uk. There are also courses for **endurance** and **club officials**. Contact Keith Field or Mandy at clubsecretarysutton@live.co.uk. All courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

Looking ahead to the outdoor season, we are a few volunteers short of **Team Managers**. Responsibilities include point of contact at meetings, monitoring an attendance register, issuing bib numbers etc. For more detailed information, please contact Mandy at clubsecretarysutton@live.co.uk. *Additionally*, the club still need a **Membership Secretary!** For more information, please email William at chair@suttondistrictac.co.uk.

For our long distance runners, The Bone Cancer Research Trust are offering their last **8 Adidas Silverstone Half Marathon places** with an entry fee of £10 (with offer code 50OFF) and a minimum fundraising pledge of £200. This is taking place on **Sunday 12 March**. If interested, please see their [website](#) for further details.

Finally, **membership renewals deadline: 31 March!!** If you have not received a reminder, or have any questions concerning your membership, please email: membershipsuttondistrictac@gmail.com.

UNDER STARTERS' ORDERS!

Our very own, **Jade Ive**, was crowned British Pole Vault Champion at the British Athletics Indoors, selected to compete at the [Grand Prix](#) championships in Birmingham then topped this with a jump for the 'home' crowd at the [Surreys Indoors Championships](#), achieving a personal best of 4.36m!



Well done Jade!

Georgia Bell was also selected to represent Surrey at the UK Inter Counties and English Schools, joining Dominique Corradi and Ricky Lutakome.

For local meetings see: <http://www.londonathletics.org/competitions-and-fixtures>. Information regarding 2017 'key' fixtures (International/National/Domestic) can be found on the [England Athletics](#) website.

Please speak to your coach(es) before registering for any track meetings not listed on our Fixtures calendar.

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



WINNING POST!

See below results provided by our coaching team:

Meeting	Athlete	Event	Position
British Athletics	Jade Ive	Pole Vault	1 st (PB)
Sheffield	Allison Wilder	Triple Jump	5 th (SB)
	Harry Aiknes Aryeety	60M	6 th (SB)

and Tremayne Gilling.

Surrey County Indoors	Jade Ive	Pole Vault	1 st (CBP/PB)
DWLC	Georgia Duthie	Pole Vault	1 st
	Sophie Hepher	Pole Vault	2 nd
	Jamie Fitzgerald	Pole Vault	3 rd
	Jake Field	High Jump	2 nd
	Eric Hammond-Sarfo	Long Jump	2 nd
	Finn Burns-Hussein	Long Jump	3 rd
	Olivia Chessell	Long Jump	3 rd
	Lucy Hoad	60m	2 nd (SB)
	Jaedon Wilson	60m	2 nd
	Kes Hodgins-Peka	60m	3 rd (PB)

and Karen Abiwu (SB), Sophie Bruneel, Keely Elgar, Tia Ersser, Safyre Forrester Jackson, Kaylen Francis, Amelia Gummer, Jack Hoad, Rhianna Levy, Alex Marsch, Amy McQuitty, Justin Smith and Reahna Wilson-Jones.

Meeting	Athlete	Position
SEAA XC Champs	Dominique Corradi	5 th

along with Bilal Bentchakal and Ryan Galvin.

Ryan Galvin, Alex Galvin, Jack Simpson, and Emily Ashwood represented Surrey at the [SE Inter-counties](#); Bilal Bentchakal, Adam Hudson and Max Naylor competed in the [Men's 2XU Cross Country Surrey League](#); Georgia Hope and Alfie Edgeworth competed in the [Epsom Downs league](#); and Dominique Corradi and Ricky Lutakome competed at the [English National Championships](#) held in Nottingham last weekend. Well done for braving the unpredictable weather!

Congratulations to all our athletes!

THE 'CLUB HOUSE'

Do you have a **business to advertise** (for a small donation)? Time to assist at track meetings as a **team manager/assistant**? Maybe you have a skill that could help the Club in the future? **Looking for work**, recruiting for a vacancy? Have a temporary/term-time **work placement** that could be filled by our older athletes or members? Work for a company who offer or have in place **community support or charity donation programs**? Or maybe you are a **qualified teacher** who has some 'free' time to support our athletes with revision pre-exams this Summer?

REMEMBER: If any of the above applies to you, please email the [Editorial Team](#) quoting 'Club House'.

PHOTO FINISH!



John Vernon

John is an Honorary Life Member having previously served as a President of the Club and was an active committee member for 45 years. His achievements include English Schools Champion as a triple jumper and also an England U/20 Champion, all in the 1960's. He has represented England and Great Britain on several occasions in the triple jump. He is a former holder of the British Indoor record in the triple jump. John qualified as a Club Coach (level 3) in the jumps and has coached several athletes to the international level. He has also served the country as a regional coach.

John worked for England Athletics as a volunteer in the capacity of Performance Director for several years. He was responsible for England team selections as well as being part of a team to select coaches and team managers for international events. During this time John also served on the board of the British Athletics Performance organisation.

John continues to assist athletes to high performance levels. He is especially effective in helping athletes gain the opportunity to study and compete in the United States of America. Glad to have you onboard!

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

Putting our Athletes 1st!

SOCIAL/FUNDRAISING EVENTS

Don't forget the Club Quiz Night! Friday 31 March - Doors Open 6:45pm. Tickets on sale now!

Adults £5 or £2.50 (U11s) or Tables for 6 players @ £30

Reserved through the [Editorial Team](#) or purchased 'in person' from William or Shaun, who will be in the cafe on training nights where raffle tickets will also be available from Tuesday 28th - 50p each or £2 a strip = 5 tickets. All prizes kindly donated by respected businesses and supporters – see [flyer](#) for details!

Doors will open at 6:45pm, Quiz starts at 7:15pm with black bags and broomsticks at 9:30pm! Due to licensing, please bring your own refreshments (hot, cold or hampers!) but **No Alcohol!**. If you are able to help on the night, please contact the [Editorial Team](#)!

The evening will close with our annual Awards ceremony so please come along to celebrate the [AAA](#) achievements of our athletes.

Our **Spikes Swap Shop** is now open! **Up to size 5 = £5, Sizes 6 upwards £5+ (+ at buyer's discretion).** See 'stock' below:

<u>Offered:</u>	<u>Wanted:</u>
2.5 (hardly worn)	7.5
5 (will need new spikes)	8
9 (High Jump)	
7.5 Jumps (x3 pairs)	

If interested, please email the [Editorial Team](#). All requests will be treated in the strictest of confidence.

Remember, if you are replacing your **old spikes** because they **no longer fit** but are in a '**good condition**', feel free to drop them off for the [Editorial Team](#) on a training night with William in a clearly labelled bag (stating 'size' and 'suitability' e.g. Women, Mens' etc) for recycling! All proceeds/donations received will go towards the Club - you never know, you may be helping another athlete to find their feet!

Spring Clean for Charity! A local company, [Bob's Cash 4 Clothes](#) 'buy' donations of clothing and toys/bric-a-brac to be sent to Africa (so we are both giving and receiving). From the total raised, it has been proposed that the Club will send a donation to [The British Red Cross](#) (giving again!). [Bob's](#) also offer van collections so are able to collect from a designated pick-up address e.g. the Centre. As there were no other suggestions, will schedule a collection date in May to be announced in next month's edition of the Newsletter. If you would like to be included in this collection, please let the [Editorial Team](#) know.

In affiliation with "[Science in Sport](#)" (*"a leading sports nutrition company that develops, manufactures and markets innovative sports nutrition products for professional athletes and sports enthusiasts"* who work closely with none other than **Sir Chris Hoy and Katarina Johnson-Thompson!**) we have a members only discount of **20%** for online purchases valid for this year only (excluding sale items)! To take advantage of this offer, simply place your order and add the promotional code: **SIS-20-17**.

Whilst there, remember to use <http://www.easyfundraising.org.uk/causes/suttondistrictac> as the more **you spend, we collect!**

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

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