



Trackside!

March 2019

Editor's Note

Hi everyone!

Spring is in the air and whilst we are mid-Indoor season, the athletes are collecting an impressive haul of medals! See below news on their achievements and links to the results.

The 'new' Committee held its 1st meeting last month with our new Chair, [John Harris](#). John is determined to lead this board "forward, together" however he would like to hear what We can do for You and, maybe, what You can do for the Club (see "Wanted" below) - feel free to email him!

Finally, let me know what you think about the 'new' Newsletter!

See you at the Centre!

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter, CEO of the Miami Marlins



Congratulations to Nicole Williams who has been selected for U15 Surrey team for the Sportshall Regional Finals. Nicole now joins **Emily Scantlebury** who was selected for U13 team. Congratulations to Nicole and Emily on this achievement!

Congratulations to Adam Hudson & Spencer Bateman who finished the season joint 3rd U15s in the Mens' Surrey XC League and our U15/U17 team who also finished 3rd! **Well done** to all of the athletes who took part this season!

Congratulations to all our athletes who competed at the Indoor fixtures last month!



Good Luck to everyone awaiting International call-ups!

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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

WINNERS PODIUM!

XC FIXTURE	ATHLETE	EVENT	XC Position
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Surrey Mens League	Adam Hudson	2.5M U15/U17	4th
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TRACK & FIELD FIXTURE	ATHLETE	EVENT	PB/SB
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Surrey County Champs	Peter Bennett	U13M 60m	
	Olivia Chessell	U20W Long Jump	
	Andrei Chernoleskiy	U13M High Jump	
	Yasmin Henlon	Sen W Triple Jump	
	Nile Cook	Sen M Shot Put	

LORNA M BOOTHE MBE, OLY

Lorna is an Honorary Life Member having joined the club at 11 years old. Her achievements include winning the Commonwealth Games gold in the 100m hurdles in a new Games record, silver in the following games and further known for Management, Administration and Coaching. Read all about Lorna's path to the Palace and how commitment pays off [here](#). Her club bio can be found in the [December 2016](#) edition of 'Trackside!'.



TEAM MANAGERS

Surrey Mens XC League - Nick Hancock	SLAN Super 8 - [Vacant]
East Surrey XC League - Maureen & Nick Hancock	SLAN & Sportshall - Paul Lockyer
Surrey Ladies XC League - Maureen Hancock	Lily B - Michelle Welch/ [Vacant]
Epsom Downs XC League - Thomas Keenan	SAL - Mandy Walters
Ebbisham - Julett Reid-Wilson	Rosenheim - [Vacant]

FIXTURES - Please note deadlines ([click links](#) below for further information).

Sat	Sun
	3 March Epsom Downs Epsom Downs League U11 to U15 Manager: Thomas Keenan
9 March Loughborough National Inter Counties (Cross Country)	
16 March Leeds English School Athletics Association Champs (Cross Country)	
30 March DWLC (Carshalton) SLAN Network Upper Age Group Manager: Paul Lockyer	
4 April (Thurs) Ewell East Surrey League U13 to Snr Manager: Maureen/Nick Hancock	7 April Wimbledon Park Hercules Open Crawley Crawley Open
13 April Eltham SAL Manager: Mandy Walters	
20 April Crawley Crawley Open	22 April (Easter Monday!) Ewell Court Lily B Manager: Michelle Welch

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 their 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 25th to the [Editor](#) or visit the [Club website](#) for more information