



Trackside!

May 2019

Editor's Note

Hi everyone!

Our athletes have made promising starts to the season! To see how winter training has paid off, see below the match reports and results from last month's fixtures!

We are looking to recruit [volunteers](#) to form a "hands on" team of fundraisers. If YOU can help US, read on for more information. If you are unable to commit yourself however have begun shopping for the Summer, then don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrictac> and earn a donation for the Club every time you shop - see the back page for details!

See you at the Centre!

"Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you." - William James



Congratulations to **Nicole Williams** who competed as part of the medal winning U15W Surrey Sportshall team at the Nationals, held in Manchester!

Congratulations to our **SAL UAG Squad** who made a courageous start to the season, despite the hailstones!

Congratulations to the **U15 Boys Mini Marathon** team and **Velocity Runners** who competed at the London Marathon!

Congratulations to all our athletes who competed against some tough competition last month!



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

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WANTED

DEFINITELY ALIVE

Fundraising Officers needed!!

Development Officer

Coach(es)

Veterans Representative

Team Managers – SLAN S8/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!

TRACK & FIELD FIXTURE	ATHLETE	EVENT	PB/SB
SLAN Upper Age Group	Safyre Forrester Jackson	100m/200m U20W	SB
Click here for Manager's report	Alicia Cahill-Randon	100m U15W	PB
	Joseph Solangerachchige	100m U20M	
	Niall Coles	100m U17M	PB
	Sophie Ajuka	200m/High Jump U15W	
	Dylan Baldock	200m U20M	SB
	Jacob Veerapen	Triple Jump U23M	SB
	Andrei Chernoleskiy	Discus U15M	PB
	Ruvaro Chitita	Discus U15W	PB
Crawley Open	Justine Smith	300m U17W	PB
SAL League 3SE	Dylan Baldock	100m U20M	PB
Click here for Manager's report	Niall Coles	100m U17M	
	Justine Smith	100m/200m U17W	SB
	Safyre Forrester Jackson	100m/200m U20W	
	Jaideen Alleyne-Adams	100m/200m U17W	
	Tia Ersser	200M U17W	SB
	Milda Siilekaite	400M U17W	PB
	Dominique Corradi	400M U20W	SB
	Relay Team	4 x 100M Sen W	SB
	Reahna Wilson Jones	High Jump U17W	SB
	Emer Kerr	High Jump Sen W	SB
	Joseph Solangerachchige	Long Jump U20M	PB
	Allison Wilder	Triple Jump Sen W	

WINNERS PODIUM!

TRACK & FIELD FIXTURE	ATHLETE	EVENT	PB/SB
	Nile Cook	Shot Put/Discus Sen M	
	Sylvia Ofei-Kwatia	Shot Put/Discus/Hammer/Javelin V40W	SBs/PB
	Emer Kerr	Javelin Sen W	
Lily B	Nicole Williams	100m U15W	PB
Click here for Manager's report	Sophie Ajuka	200m U15W	PB
	Emily Scantlebury	200m U15W	
	Julia Newman	70m Hurdles U13W	
	Ksenia Boldyreva	Long Jump U15W	PB

TEAM MANAGERS

Ebbisham - [Julett Reid-Wilson](#)

Rosenheim - [**Vacant**]

Lily B - [Michelle Welch/Julett Reid-Wilson](#)

East Surrey XC League - [Maureen & Nick Hancock](#)

SAL - [Mandy Walters](#)

Epsom Downs XC League - Thomas Keenan

SLAN & Sportshall - Paul Lockyer

Surrey Ladies XC League - [Maureen Hancock](#)

SLAN Super 8 - [**Vacant**]

Surrey Mens XC League - [Nick Hancock](#)



We desperately need a **Fundraising Team** of volunteers to help with planning and coordinating future fundraisers on behalf of the Club and athletes. If you are willing to help, please email Mandy at [Club Secretary](#) or see the [website](#) for more details.



Cardiac Risk in the Young (CRY): This is an organisation providing free ECG's to young adults at an approved test centre. For more information visit: www.c-r-y.org.uk

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

Marathon runner(s) needed: Our search has begun for anyone interested in competing next year! So, if you feel motivated after watching the camaraderie of thousands including celebrities and professional sport stars whilst taking in the sights of London by foot, please email Mandy at [Club Secretary](#). #getinspired

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

Weekdays	Weekends
1 May (Wednesday) DWLC Rosenheim (U17 to Sens —Mixed) Manager: <i>tbc</i>	5 May (Sunday) DWLC Ebbisham (U13 to U15 (U11 & U17 Non-scoring) - Mens) Manager: Julett Reid-Wilson
6 May (Monday) Tooting Bec Herne Hill Open*	11 & 12 May (Saturday & Sunday) Kingston Surrey County Championships* Deadline for Entries: 1 May 2019!!!
	19 May (Sunday) Tooting Bec SAL (U17 to Sens - Mixed) Manager: Mandy Walters
29 May (Wednesday) Ewell Court Rosenheim (U17 to Sens - Mixed) Manager : <i>tbc</i>	1 June (Saturday) Walton Lily B (U11 (Non-scoring)/U13 to U17 - Womens) Manager: Michelle Welch 2 June (Sunday) Ewell Court Ebbisham (U13 to U15 (U11 & U17 non-scoring) - Mens) Manager: Julett Reid-Wilson 1 & 2 June (Saturday & Sunday) Bedford Southern U20/Senior Champs*
5 June (Wednesday) Crawley Open Meeting *	8 June (Saturday) Kingston Surrey Schools' Championships*

*** 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.

NOT FORGETTING

Got 'free time',
how can I help the
athletes and Club?

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

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](#).

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 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