



Trackside!

MEMBERS NEWSLETTER – OCTOBER 2017

INTRODUCTION!

Hello Members

Welcome back!

Hope all of our athletes have enjoyed their well deserved rest after a fantastic season and a constant stream of medals in every category at the Relay Championships that ended with us being the proud winners of **both** the **Ebbisham Cup** and **Lily B Plate!** See 'Winning Post' below! To celebrate such a successful year, see 'Announcements' below for more news!

Thanks to all our members who turned out for the recent End of Season meeting last month. I was overwhelmed by the record attendance and your vested interest in our Club's community and future. The notes from the meeting will be circulated separately however I would like to thank all of our members for their invaluable feedback, suggestions and comments – can proudly say that we are working together, supporting the athletes.

We bid '*farewell (for now)*' and '*bon voyage*' to some of our seniors athletes who have gone on to University or are exploring the World on gap years whilst, simultaneously, welcoming a few new members following a very popular induction programme. Look out for new faces in/around the Centre and say 'hello'.

Finally, if you have any additional concerns or simply fancy a chat, feel free to email me at 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
14 th	U15 & U17	F	Ladies XC	Reigate	Club	Maureen Hancock
14 th	All	M	2XU	Reigate	Club	Nick Hancock
15 th	U13 & U15	All	Sportshall	Guildford	Club	<i>Tbc</i>
28 th	U13 –U17	All	Surrey County YA Relays	Guildford	Club	Maureen Hancock

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

ANNOUNCEMENTS

Strike a pose! We are hoping to take some more photos for the website on a training night. All athletes welcome but must wear Club vests. Details will be sent out soon.



Following on from the recent parents/athletes meeting, for all our members who indicated an interest as volunteers, please see the Club's [website](#) for further information. Whilst online, you will also find all of the [Club's documents](#), including the '**Code of Conduct**' – interesting reading....

Also, with more members onboard and **child safety** our priority, please be aware that unless participating in a centre or club organised activity, **playing on the sporting equipment or using the Centre's facilities 'without permission' is prohibited.** Therefore, for the safety of the children, please ensure that they are **supervised at all times.**



Marathon Runner Needed!

The Club are applying for someone to represent us at the **Virgin London Marathon** so if you are already a long-distance enthusiast who enjoys pounding the streets of London, taking in the sights by foot, to the cheers of millions whilst wearing a Club vest, please contact Mandy at clubsecretarysutton@live.co.uk ASAP - see the Club's [website](#) for more information.

Our membership has multiplied! The Club are looking for both a **Track (Hurdles) Coach** and a **Field (High Jump) Coach.** For more detailed information, please email Mandy at clubsecretarysutton@live.co.uk or William at chairsuttondistrictac@gmail.com.

Having consistently proven their ability all season, our **U13 Development Group** (Tuesdays & Thursdays, 6 - 7pm) and **UKA 365 Programme** won medals at the Relay Championships and are eagerly looking forward to the season ahead! Should you wish to join them in **mastering track and field events**, please email membershipsuttondistrictac@gmail.com. Although popular, we always aim to accommodate our younger athletes.

Surrey Indoor Sportshall Competition at Guildford Spectrum Centre - The first competition takes place on **Sunday 15th October.** Sportshall is an athletic indoor competition and it is a great opportunity for our **U13 & U15s** to compete for the club in a fun and competitive environment against other clubs based in the Surrey County. If interested, please email Mandy at clubsecretarysutton@live.co.uk **ASAP** for more information!

Training dates have been released for the following:

- i) **Club Officials** – **25 November** at **Wimbledon High School.** Booking Deadline: 17 November. If interested, please email Mandy at clubsecretarysutton@live.co.uk.
- ii) **Endurance and Risk Awareness** – **8 October** at **Belgrave Harriers, Wimbledon.** If interested, please contact Keith Field or email Mandy at clubsecretarysutton@live.co.uk **ASAP!**
- iii) **Coaching Assistant** training courses will be at **DWLC** on **4/5 November.** Booking deadline: 20 October. Details are on the Club's [website](#). If interested, email our Development Officer, Darren, at: devofficer@suttondistrictac.co.uk.

All of the above courses can be found on: <http://www.englandathletics.org/courses-and-bookings>.

Finally, **would all new members** please see **Paul Lockyer** for **Club Vests** on training nights. These must be worn when representing the Club at fixtures. Additional Club Kit can be purchased seasonally e.g. hoodies, tracksuits and jackets via this link https://eclubshop.co.uk/index.php?route=product/category&path=33_109. Information regarding the next shopping window will be posted onto the noticeboard and Club website.

UNDER STARTERS' ORDERS!



Congratulations to the **Lily B squad** and team managers, **Lucy Anne and Karen**, who successfully **won the Plate** this season!

Congratulations to all of **our relay teams** who medalled at the Championships in every category! A very proud moment for the coaches involved, **Mark, William and Roy**, who volunteered their time in preparation for this competition.

Congratulations also to our U17 Mens Relay team for not only winning their race but receiving funding for the Club!



If you are an avid road runner, don't forget to check the Club's website for other local and/or charitable events that may be of interest.

For local meetings see: <http://www.londonathletics.org/competitions-and-fixtures> or on the [England Athletics](#) website. For the results from all track meetings and athletes profiles, see the [Power of 10](#) website.

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

THE "COMMITTED" COMMITTEE 2017!

Chairman: William Ofei-Kwatia

Club Secretary Mandy Walters

Treasurer: Shaun Chessell

Development Officer: Darren Piper

Membership Secretary: Sylvia Ofei-Kwatia

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

Safeguarding our Athletes!

WINNING POST!

See below our **winner**s from last month. Full results available via links provided.

Meeting	Athlete	Event	SB/PB
Lily B	Karen Abiwu	U15 100m/200m	
	Justine Smith	U15 100m/200m	
	Sophie Ajuka	U13 100m	
	Keely Elgar	U17 200m/Shot Put	PB
	Georgia Duthie	U17 80m Hurdles/Pole Vault	
	U13/U15/U17	Relay Teams	
	Amy McGrath	U17 High Jump/Long Jump	
	Reahanna Wilson Jones	U15 High Jump/Long Jump	PB
	Sophie Hepher	U17 Pole Vault	
	Rhianna Levy	U17 Long Jump	
	Jade McFarlane	U17 Shot Put	
	Kes Hodgins-Peka	U13 Shot Put/Javelin	
	Esme Dann	U15 Hammer	
	Darcie Cook	U13 Javelin	
SLAN Super 8	Davis Daescu	U13 Long Jump	PB
	Amy McGrath	U17 Shot Put	
	Kes Hodgins-Peka	U13 Shot Put	
Surrey County Relays/ Multi Events	U13M Relay	4 x 100m/4 x 200m	PB

Congratulations to all our athletes who competed last month!

For full reports from all of our league meetings: [Ebbisham](#), [Lily B](#), [SAL](#) and [Rosenheim](#) see the website.

Well Done Everyone!

SOCIAL/FUNDRAISING EVENTS

****Save the Date: Xmas Party – Sunday 17 December – The Grange, Beddington Park ****

One for the diary! The evening will our **Club's AAA Awards Ceremony** and hopefully kick off the Xmas festivities! Full details to follow!!!

'Thanks' to all our supporters this season: "[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), some of whom 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? Do you know the difference? 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)
7 (track)
7.5 Jumps (x3 pairs)
8 (track)
9 (High Jump)

Wanted:

7.5 (track)
8 (track)
10.5 (High Jump)

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

NB: New members - please speak to your coaches to clarify what spikes are suitable for what events.

For any of the spikes above, 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](#).

PHOTO FINISH!



Les Allder

Les Allder was responsible for developing, amongst others, such exciting prospects as Ricky Alexis-Smith, Harry Akines-Aryeetey and Daniel Davis - all members of the home based club Sutton and District AC plus Chanelle Garnett of Herne Hill Harriers. All four, just a fraction of a large training group, have between them in recent years amassed UK, AAA and English Schools titles too numerous to mention, including Louise Brunning who was one of Britain's foremost 400m hurdlers.

Les became involved with Mitcham AC some 30 years ago and one of his earliest roles was as team manager for their women who at the time went on to become arguably the finest team in the country.

In March 2004, at the age of 78, Les succumbed to cancer of the Lymph system.

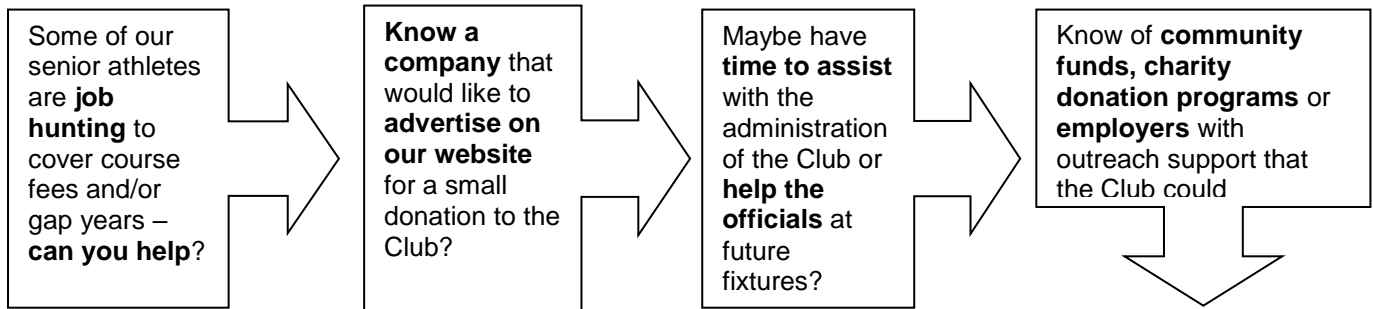
Some of Britain's brightest young talents mourned the death of their coach, many of whom have continued to credit his leadership for their sporting achievements and ensured that his legacy lives on.

A well respected friend to many of our lifelong members whom, in his honour, our Clubroom was named.

Glad to have the Allder family on-board!

THE 'CLUB HOUSE'

Following a fantastic season and a positive future ahead, this could be your opportunity to help other members seeking employment, invaluable experience and funding:



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

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