



Trackside!

MEMBERS NEWSLETTER – SEPTEMBER 2018

Editor's Note



Hi everyone!

With the outdoor season drawing to a close, our athletes are looking forward to a well-earned rest before the ever popular but essential winter training begins.

We have had some great results in both Track & Field events, thanks to the coaching team who have repeated another year of successes for our "small but BIG" Club nationwide! See below for more information and achievements.

If you have any specific questions/queries, see the relevant Committee contacts listed below or, if you have yet to introduce yourself to the Chair, email William at chairsuttondistrictac@gmail.com.

See you at the Centre!

TEAM MANAGERS FOR 2018

Would like to "thank" the **Team Managers** below for their help and dedication:-

- Ebbisham – Julett Reid-Wilson
- SLAN Super 8– Miriam Hodgins/Julett Reid-Wilson
- SLAN - Paul Lockyer
- Lily B– Thomas Keenan/Caitlin Williams
- SAL– Mandy Walters
- Rosenheim– Mandy Walters/John Harris/Colin Rawlings
- Surrey Mens XC League - Nick Hancock
- East Surrey XC League - Maureen & Nick Hancock
- Surrey Womens XC League – Maureen Hancock
- Epsom Downs XC League - Thomas Keenan

WANTED

DEFINITELY ALIVE

- Track/Hurdles Coach (*experience preferred*)
- Development Officer
- Veterans Representative
- Fundraising Officer
- Team Manager – Rosenheim
- Club Officials

If you are able to help, please contact either William at chairsuttondistrictac@gmail.com or Mandy at clubsecretarysutton@live.co.uk.

A YEAR OF LEARNING AND FUN

FIXTURES

Date	Age Group	Gender	Fixture	Location	Selection	Team Manager
14 th Oct	U13 to U15	All	Sportshall	Guildford	Club	tbc

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

THE COMMITTEE

Chairman: William Ofei-Kwatia

Treasurer: Shaun Chessell

Welfare Officers: Miriam Hodgins & Hassan Hussein

Disability Officers: Miriam Hodgins & Hassan Hussein

Honorary Vice Presidents: Paul Lockyer & Alex Starr

Ordinary Members: Claire Bryant & Julett Reid-Wilson

Veterans: **Vacant**

Club Secretary (General enquiries) Mandy Walters

Membership Secretary: Michelle Welch

Officials Secretary: Keith Field

Social Officer/**Editor:** Wendy Forrester

Website Manager: Faye Scantlebury

Athletes Representatives: Thomas Keenan & Niles Cook

Fundraising Officer: **Vacant**

Safeguarding our Athletes!

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.

Please email Mandy at clubsecretarysutton@live.co.uk for more information.

As part of our training program, we are offering our **older athletes** the opportunity to **master track and field events!** The 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 clubsecretarysutton@live.co.uk who will put you in touch with coaches who can help you or see website for information on our **coaches** and their specialised events.



Learn how to protect yourself inside and out at the **Strengthening & Conditioning** sessions held every **Monday from 6:30pm**.

There are also **sports massage treatments** available (by appointment only). 50% discounts for Club members. Insurance policies accepted.

For more information, please email William, the Club's chairman, at chairsuttondistrictac@gmail.com.

ANNOUNCEMENTS

Save the Date: Sunday 16 December!

Keep an eye out for more information regarding our End-of-Year celebrations!

With more members on-board 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.**



Training dates for **Coaching Assistants** can be found on: <http://www.englandathletics.org/courses> and-bookings. For official guidelines including the 'Code of Conduct', see the [Club's documents](#).

If you would like to purchase additional kit e.g. hoodies, tracksuits and jackets, see **Paul Lockyer** on training nights. All athletes **must** wear the Club vests when competing at Club fixtures.

UNDER STARTERS' ORDERS!



Congratulations to the Lily B squad, winning the Plate for the 2nd year running and to the SAL squad who finished 8th this season, their highest ranked placing for years!

Congratulations to all our athletes who competed at the Surrey County Relays including the U15B who won both Bronze (4 x100m) and Silver (4 x300m) medals!

Congratulations to Olivia Chessell who won the Long Jump at the SEAA meeting.

Congratulations to Sophie Ajuka and Emily Scantlebury who represented Surrey in the U13s squad.

For all 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.

Congratulations to the following athletes who competed for Team GB at the [WPA Euro Champs, Berlin:](#)

Shaun White who competed in the World Para Athletics European Championships.

Harry Aikines Aryeetey who won a gold medal in the 4 x 100m relay squad and brought it into the centre to inspire our athletes (see photos below).

Imani Lansiquot on her selection to a very strong squad.

WINNING POST!

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

Meeting	Athlete	Event	SB/PB
SAL	Lucy Hoad	U20W/100m/200m	
	Karen Abiwu	U17W/100m/200m	

	Georgia Bell	U20W/400m	
	Dominique Corradi	U17W/400m	PB
	Ricky Lutakome	U20M/800m/1500m	
	Emer Kerr	Sens W/800m	
	James Hancock	U23M/1500m	
	Penny Wilkins	V55W/1500m	
	Relay Team	Sens M/4 x 400m	
	Alison Wilder	Sens W/Long Jump/Triple Jump	
	Yasmin Henlon	Sens W/Long Jump/Triple Jump	
	Emma Lawrence	U20W/Javelin	
	Anita Hedges	V45W/Javelin	PB
<u>SLAN Super 8</u>	Marcia Francisco	U17W/100m	
	Relay Team	U15W/4 x 100m	
	Akinotan Akintunde	U15M/High Jump	PB
	Ruvaro Chitita	U15W/Shot Put/Javelin	
	Emily Scantlebury	U13W/Shot Put	
	Joseph Vincent	U11M/Javelin	PB
	Cadelaura de Sousa	U13W/Javelin	PB
<u>Lily B</u>	Karen Abiwu	U17W/100m	
	Cadelaura de Sousa	U13W/100m	
	Tia Ersser	U15W/100m	
	Sophie Ajuka	U13W/100m/High Jump	
	Misheel Suvd	U17W/200m	
	Gabrielle Frank	U15W/200m	PB
	Alicia Cahill-Rondon	U15W/200m/Javelin	
	Emily Scantlebury	U13W/200m/70m Hurdles/Shot Put	PB

	Kessi Hodgins-Peka	U15W/300m	
	Georgia Hope	U15W/800m	
	Jodie Paice	U15W/8000m	PB
	Julia Newman	U13W/70m Hurdles	PB
	Relay teams!	All ages/4 x 100m	
	Ruvaro Chitita	U15W/Shot Put/Hammer	PB
	Kayla Griffiths	U13W/Shot Put/Discus	
	Esme Dann	U17W/Hammer	
	Sarah Blencowe	U13W/Javelin	
<u>Surrey County</u>	Relay teams!	U17W/4 x 100m U20M/4 x 100m & 4 x 400m	

Well done to all our athletes who competed last season and ‘thanks’ to the coaches and parents who supported them. See the [website](#) for photos and match reports! #GoSutton!

SOCIAL/FUNDRAISING EVENTS

THE 'CLUB HOUSE'

Xmas celebrations – Sunday 16 December!

"Thanks" to: "[Abel and Cole](#)", "[Asda](#)", "[Farmfoods](#)", "[Glorious!](#)", "[Morrisons](#)" and "[The Cake Box](#)" whom having donated prizes for our previous fundraisers, are fellow Tweeters!

Fundraising ideas needed! If you have any suggestions, or are interested in the role, please email the [Editor](#).

Shopping for the months ahead? Well don't forget to use: <http://www.easyfundraising.org.uk/causes/suttondistrict> and raise a free donation every time you shop! Once registered, you will receive reminders and links for over 3,000 shops and sites including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's to use online, then the Club will collect a % of your total balance. So download the app, and start saving! **You spend, we collect!**

Need spikes? Do you know the difference? There are currently a couple of 'good, reusable condition' spares at the Centre so feel free to speak to your coach(es) on training nights or email the [Editor](#) if interested.

Another vacancy!
How can I fill it
asap?

Where can I
promote my
business for a small
fee?

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

Donation programs
sponsoring local
organisations – wonder if
they'd support the Club?

Sound familiar? If so, email the [Editor](#)!

Lily B Plate Winners 2018



Emily & Sophie



When Harry met ...



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