

# Holland Sports AC

NEWSLETTER NOVEMBER 2018

Welcome to this month's newsletter. Please take the time to have a **look** and **support** the Mighty Blues of **Holland Sports AC** and your **athlete**.

**Be Inspired** at our Trim Trail opening by Olympian & English Discus Record Holder Jade Lally on **Saturday 24<sup>th</sup> November at 11am** at Holland.

There is news on **keeping all athletes safe**, requests for **parental support** (Thursdays) coming **XC events** (jeff coordinating), **Sprint Events** (James/Alex organising) and **Sports Hall**  
There are also the usual Results, Shopping list suggestions and Nutritional help.

If you love High Jump there is also important news.

## **GOOD IDEA FOR XMAS PRESENT**

- Holland Sports AC Hoodie for your child. They are £22.50 for Juniors or £27.50 for adults. We do have some second hand ones in good condition for £5

If you have not been given your Holland Sports running vest (included in the membership fee) please let me know

We have crop tops for the girls £15 each. We also have some second hand spikes some in very good condition, sizes 3 (2 off), 5½, 6 (2 off), 6½ (2 off), 7, 9, 9½

## **KEEPING OUR ATHLETES SAFE**

Being Seen & Safe

With Nights closing in we are also keen for every athlete to be seen and safe – so add those reflective bands (arm or waste) to Christmas lists. Do talk to Steve Chalmers at Track if you want help selecting a suitable one.

## **SIGN IN and SIGN out Help.**

We are also committed to ensuring all athletes SIGN IN and SIGN out for all TRACK sessions. By the time you receive the newsletter you will have started to use a computerised sheet arranged in AGE GROUP ORDER. We would ask for PARENT VOLUNTEERS TO CHECK ALL ATHLETES SIGN IN AND SIGN OUT – IF YOU CAN HELP WITH THIS WE WOULD APPRECIATE 15 MINUTES time (before start and before finish times) starting WITH THURSDAY NIGHT SESSIONS . Can you help check our 3 start SIGN IN and 3 Sign Out finish sessions. Session 1 - 5.30 – 6.30 pm Session 2 6.30 – 7.30 and Session 3 FROM 7.30 – 8..30 pm. Please email JEFF WITH MESSAGE "SIGN IN/OUT HELP" AND YOUR Thursday support with a specific day, month or until a specific end date. WE do need your support

## **TRIM TRAIL MARSHALS**

Until we improve our Floodlights we would also ask for 4 adults to marshal the 4 corners of the trim trail. If you can help this on Thursday for middle distance runners and sprinters Please email JEFF WITH MESSAGE "trim trail HELP" AND with a specific day, month or until a specific end date. WE do need your support

# HOLLAND SPORTS AC - RESULTS & CONGRATULATIONS

Please note we ALSO put the result reports on Holland Sports AC Facebook Page

The ability of our cross country runners to respond to any challenge (a feature of our first half term) was again on show in match 1 of the Epsom Downs League competition. The Epsom Downs League remains a great event to test your ambitions and fitness and is an opportunity to aim high. In her debut it was pleasing to see U11 Harriet Jones finish her first race in 18<sup>th</sup> place. Our runners are very much an awakening force with Millie Henson & Dillon Quirici (3<sup>rd</sup>), Poppy Wells & Archie Walters (5<sup>th</sup>), Oscar Prebble (6<sup>th</sup>), Harry Ryall (9<sup>th</sup>), each finishing in the top 10. Holland Sports AC now boasts real running talent - Dillon and Millie potential medal winners in this event. U15 Millie Henson led her U15 team to 4<sup>th</sup> team place and is an example of what can be achieved for Lottie McLennan (23<sup>rd</sup>) and the partially sighted (but unstoppable) Erin Taylor-Benson (27<sup>th</sup>). U15 Boys saw Holland Sports AC finish in 2<sup>nd</sup> place to Herne Hill Harriers. Dillon Quirici (3<sup>rd</sup>) led early and finished strongly. The other U15 team members of Harry Ryall (12.45), Nick Jones (13.14) and Euan Ashmore (14.22) all ran with real control and fire. The U13 boys (2<sup>nd</sup> placed team) saw Archie Walters (5<sup>th</sup>) and Oscar Prebble (6<sup>th</sup>) never far from the front. Both now can work for top 3 places. Like Noah Laird (13<sup>th</sup>) & Lewis Jessup (16<sup>th</sup>), our runners are starting to believe and target their potential. The U13 Girls (just one place from 3<sup>rd</sup> team position) saw a typically strong performances from Charlotte Hosp (24<sup>th</sup>). It is pleasing to see so many new athletes ambitious and seeking to make their mark – with perhaps with the performance of a strong in training/strong in racing Archie Walters being most memorable. Our improved training and racing is certainly powering real running improvements. More success awaits!

Congratulations to Millie Henson & Jacob Hunt who won District School X Country titles

Also to Poppy Wells whose 3<sup>rd</sup> place in the Surrey League was our club's best performance for a long time

The Match 2 of the Surrey League Cross Country competition on 10<sup>th</sup> November saw impressive Top 10 Surrey performances from Poppy Wells (3<sup>rd</sup> in U13 race) and Millie Henson (7<sup>th</sup> in U15 race) both again achieving top impressive Surrey rankings good enough to gain selection to the Surrey Country Inter Counties Team in December. Our progress in Cross Country provided further evidence that striving and struggling for success really does precede real success. In taking on the best, our runners are becoming comfortable at being uncomfortable and as a result moving up a level.

In the U13 events our athletes striving for success included the talented Joseph Waldon (51<sup>st</sup>), along with a great debut from Thomas Veale (54<sup>th</sup>) and the improving Alasdair Evans (55<sup>th</sup>). The U13 Girls finished in 8<sup>th</sup> Girls team ahead of Croydon, Woking and Dorking thanks to Poppy Wells (3<sup>rd</sup> – 12.22), Eloise Ashmore (18<sup>th</sup> – 13.33) and the multi-talented Phoebe Musgrove (50<sup>th</sup> – 15.26).

Our U15 Girls Team achieved a strong 6<sup>th</sup> Team Placing (narrowly behind Croydon and Epsom & Ewell) with unstoppable Erin Taylor Benson again our final Team scorer (even in a long & challenging race) and flowing Giselle Hasler (17<sup>th</sup> – 22.28) returning to top form. The U15 Boys saw strong performances from increasingly ambitious and successful Dillon Quirici (9<sup>th</sup> – 14.29), Nick Jones (34<sup>th</sup> – 16.24), Ben Carpenter (43<sup>rd</sup>- 17.13) and Michael Warne (47<sup>th</sup> – 18.36) secure a creditable 11<sup>th</sup> team placing just 9pts from Epsom. Dillon Quirici continues to look an athlete with County success in his reach. The U15 Girls achieved our best Team performance – 6<sup>th</sup> place from 16 teams.

This match showed our young athletes continue to attempt the impossible, and are starting to achieve it.

## **Events - Important Cross Country & Sports Hall races coming up**

Downs League Epsom Downs Sunday 2<sup>nd</sup> December – U11, U13 & U15 Boys & Girls

Holly Runs X Country Reigate Priory Park – you need to enter this but let Jeff know (I am away) – remember to put Holland Sports AC as Club as we may have a chance of winning team medals (last year we won the U11 Boys Race). The U11 races are only 1 mile, U13 are 2 miles.

Surrey X Country Champs Saturday 5<sup>th</sup> January Lloyd Park – email Jeff know your availability as soon as possible/

PLEASE GIVE JEFF ENTRY FEE (£5 per event) BY 5<sup>TH</sup> December to allow team entry – especially the Surrey X Country Champs.

### **CROSS COUNTRY SURREY LEAGUE JUNIOR BOYS (U13, U15 & U17)**

Saturday January 12 Mitcham

Saturday February 9 Lloyd Park Croydon – Seniors will also be running there

### **CROSS COUNTRY SURREY MENS LEAGUE SENIORS (Incl U20)**

Saturday January 12 Oxshott

Saturday February 9 Lloyd Park Croydon

### **CROSS COUNTRY SURREY WOMENS LEAGUE (U13, U15 & U17, U20 & SENIORS)**

Date to be determined

Saturday February 9 Richmond Park (Kingston end)

Surrey County X Country Championship – Saturday 5<sup>th</sup> January Lloyd Park, Croydon

Southern X Country Championship – Saturday 26<sup>th</sup> January Parliament Hill

National X Country Championship – Saturday 23<sup>rd</sup> February Leeds

### **DOWNS LEAGUE**

2<sup>nd</sup> Dec, 17<sup>th</sup> Feb, 3<sup>rd</sup> March – Boys & Girls U11, U13 & U15

### **SPORTSHALL LEAGUE U13 & U15 BOYS & GIRLS**

Location: **Guildford Spectrum**, 25/11/2018. 27/01/2019

### **SPORTSHALL U11 BOYS & GIRLS**

Please also note the 2<sup>nd</sup> U11 (Years 5 & 6) Sportshall Competition is on Sunday 13<sup>th</sup> January. All those who competed in the 1<sup>st</sup> one loved it!

**SPORTSHALL ATHLETICS** is an indoor form of track and field for children between the ages of 4 and 16. It was created by George Bunner MBE to provide a safe and warm environment for young athletes to train during the cold and dark winter months. Following Sportshall Athletics introduction it quickly developed into a new form of team competition and the first ever Sportshall competition took place in 1976 with the annual UK Clubs Championships being established in 1984.

Today Sportshall is the largest competition within the School Games framework and with an estimated user-base of well over 1 million children, Sportshall has more participants than any other School Sport Competition. The programme focuses on fitness and multi-skill development providing a grounding for all sports. It is totally inclusive, encourages children to get fit and promotes friendship whilst having lots of fun. Additionally, Sportshall promotes a wide range of community benefits as it provides a focus for mums, dads and grandparents to actively come and support their children. Sportshall also provides a stepping stone into after-schools sporting activity.

January 13th Spectrum Guildford 2pm to 6pm

### **INDOOR SPRINT COMPETITIONS**

With indoor opportunities also available it is important that all sprinters continue to support the Club at training and racing. E Mail James Vancliff james.vancliff@icloud.com if interested

Sutcliffe indoor - £8 pounds 16th December.

Eton - £7 pounds per event:

2nd December

3rd February

3rd March

6<sup>th</sup> January SLAN Open - David Weir Leisure Centre Carshalton £7.50 per event

Lee valley - £7 pounds per event:

2nd March U13 & u15s

17th March - 200 meters only.

Indoor championships

12-13th January Southern Championships U17 & U15

16th- 17th February Surrey County AA indoor track and field championships - David Weir Leisure Centre Carshalton

16th February Metaswitch indoor games u15s above only.

## **LONDON MARATHON PLACE**

HSAC has been allocated **one** club entry for the LM 28 April 2019. Now need to find someone to do it.

Please note "It is the runner's responsibility to ensure their form is complete, as failure to do so by the **closing date of Friday 25th January 2019 at 17:00** will result in the entry not being accepted". Please let me know if you want the place by 30<sup>th</sup> November  
We would like whoever is given the place to raise money for Holland Sports AC as we are raising money to put in floodlights the other side of the track

## **TANDRIDGE TOGETHER LOTTERY**

It is very disappointing we have so few supporters. Come on support our club & buy some tickets

The lottery tickets cost £1 each & anyone buying a ticket will be able to select the cause they want to support – ie Holland Sports AC – 50p of the ticket price will go directly to the chosen cause with a further 10p in the £ going into a fund for the Council to distribute in the form of small grants to a wide range of projects who apply for the support. The remainder will go to prizes & admin costs. The draws are held weekly with a top prize of £25,000. You have a 1 in 50 chance of winning a prize. So start buying the tickets by going to the website <https://www.tandridgelottery.co.uk> & putting Holland Sports AC as the cause you wish to support & then buy the tickets

Holland Sports AC has a winner which was yours truly Nigel Bongers - winning £250 – on 2 separate occasions he won 3 free tickets & other Holland Sports AC parents of members have won prizes.

## **AWARDS NIGHT WINNERS**

THE PHILIP CUP – BEST SPORTSPERSON OF THE YEAR – For the athlete who may not have won any medals, events etc but has trained well, & always willingly competed for the club.  
Charlotte Hosp

BONGERS SHIELD - FEMALE X COUNTRY ATHLETE OF THE YEAR – Poppy Wells

BONGERS SHIELD for MALE X COUNTRY – Harry Lawson

THE CLIVE WATERS CUP – Junior 800 Metres Performance. – Dillon Quirici

THE EVANS CUP - Most promising Newcomer - Harry Young

NYAL Trophy – this is awarded to the athlete who has made the most contribution with the points they won for the team in what is now called the YDL – Poppy Wells

ALF MARTINS COMMITMENT TROPHY

This award is presented to someone who hardly missed training sessions.. Obviously it is similar to the Philip Cup although with the Phillips Cup there is also emphasis on competing in the leagues.- Joseph Waldon

MILES CUP FOR FIELD THROWING EVENT ATHLETES

This is to be presented to an athlete who is not necessarily the best but who shows commitment & has progressed throughout the year - Phoebe Musgrove

U11 ATHLETE OF THE YEAR - Daniel Collins

MOST IMPROVED U11 ATHLETE OF THE YEAR – Elise Tagg

SPRINTERS TROPHY – Devon Mooney

THE KINGS CUP – Female Performance of the Year. - Maddy Nunan

THE KINGS SHIELD – Male Performance of the Year. The Rosenheim Team - Mark Andrews, Harry Lawson, James Vancliff & Alasdair Kite

THE CRAME CUP – Field Athlete of the Year. – Hannah Griffin

THE HILL SHIELD – Male Athlete of the Year. – Joint Winners Jacob & Joseph Hunt

THE PINNER SHIELD – Female Athlete of the Year – Hannah Griffin

THE COMMITTEE'S CUP – ATHLETE'S ATHLETE OF THE YEAR (Voted on by the Athletes). – Poppy Wells

THE HARRISON SHIELD – Club Member of the Year – this is presented to someone who makes a major contribution to the Club & is voted on by Committee Members - Steve Chalmers

## HIGH JUMP TRAINING - more than ever

On **Friday nights** throughout the year Nigel will take athletes training indoors (spikes) at **Carshalton**. We leave the club at 5pm & return at 8pm. Cost £3 a session. E Mail Nigel Bongers [nigel@bongers-home.co.uk](mailto:nigel@bongers-home.co.uk) if interested

We are committed to offering more opportunities than ever to Holland Sports athletes.

**Starting FROM 26<sup>th</sup> November** there will be local High Jump OPPORTUNITIES based in THE Scout Hut in Mill lane close to track. This will include general and a specialist group. Jeff ([JMANSONJM@ICLOUD.COM](mailto:JMANSONJM@ICLOUD.COM)) is you contact in this matter.

**Tuesday** – Starting 5.30 pm ( 365 athletes U11 session – possible split with out door session). Starting 6.30 pm for Middle group.

**Thursday** – Specialist HJ invitation group starting either 5.00 pm to 6.00 pm or 5.30 – 6.30 pm,

## LOST PROPERTY

If your children have lost any kit I have a number of items

## PLYOMETRICS

Why do we do plyometric drills in our training sessions?

They are a key element in developing running economy, power & leg stiffness. Jump & react type exercises develop the stretch-shortening cycle & the stretch-reflex – simply put they up the elasticity of your legs & develop greater 'ping' on every stride.

## NUTRITION

**Seven great porridge toppings.** Porridge is great fitness fuel at any time of year but it's a particular favourite of ours on cold, dark winter mornings. The slow-release carbs will ensure you feel fuller for longer, power you through a morning run and keep you going until lunch (ok, elevenses). Instead of reaching for the golden syrup though, try these tasty – and nutritious – toppings to start your day the healthy way...

### 1. Bananas

Potassium-rich bananas will help level your blood pressure, keep body fluids balanced and aid heart function. They're also high in dietary fibre, so you'll stay full for hours.

## **2. Dark chocolate**

Lower in sugar than its milk and white counterparts, dark chocolate has been found to help lower blood pressure and pack more antioxidants than green tea and red wine. What a way to start the day – whoever said chocolate wasn't for the breakfast table?

## **3. Cinnamon**

Daily consumption of cinnamon has been found to settle blood sugar levels, meaning you're less likely to get a mid-morning crash. Pair it with chopped apple for added vitamins and one of your five a day.

## **4. Honey**

With 25 per cent fewer calories than white sugar, honey is a better choice if you're watching what you eat. It's also thought to help your body process calcium – good news for your bones.

## **5. Peanut butter**

It's not just for bagels! Sometimes criticised for being high in fat, rest assured that the majority of peanut butter's fat content comes from healthy fats. Plus, it's rich in B vitamins and phosphorous, which help your body turn food into energy.

## **6. Blueberries**

Sweet, tasty and a hearty source of wound-healing vitamin K, blueberries are particularly rich in polyphenols, which offer anti-inflammatory properties.

## **7. Carrots**

Yes, carrots. It may sound wacky, but try grated carrot, raisins, cinnamon and honey: it'll offer lots of immune-boosting vitamin A as well as delivering tasty carrot-cake flavours.

Nigel Bongers