

HOLLAND SPORTS A.C.

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Newsletter



NOVEMBER 2017

Compiled by Nigel Bongers

Sorry that it has been over 3 months since the last newsletter but I have been really busy, coaching, administrating, officiating and working. However now that I have retired from work I shall have more time to devote to Holland Sports.

AWARDS NIGHT

I am sure everyone who attended the awards night will agree that it was a fun night. Thanks go to Iain Miles for providing the disco and photography and to Mark Andrews who provided the Certificates.

The winners were:

THE PHILIP CUP (Best Sportsperson of the Year – Commitment to Competing) – **James Vancliff**

BONGERS SHIELD for FEMALE CROSS-COUNTRY – **Maisie Gibbins**

BONGERS SHIELD for MALE CROSS-COUNTRY – **Miles Brown**

THE CLIVE WATERS CUP (Best 800 Metres Performance) – **Miles Brown**

THE EVANS CUP (Most Promising Newcomer) – **Issy Massey**

YOUNG ATHLETES TROPHY (Most Points Scored in Junior League) – **H Fisher**

SPRINTER'S TROPHY – **Aaron Houlton**

THE KINGS CUP (Female Performance of the Year – for winning the Gold Medal at Triple Jump in Surrey Champs) – **Hannah Griffin**

THE KINGS SHIELD (Male Performance of the Year – for Club Record in 400 Metres) – **James Vancliff**



THE CRAME CUP (Field Athlete of the Year) – **Maddy Nunan**

THE HILL SHIELD (Male Athlete of the Year) – **Mark Andrews**

THE PINNER SHIELD (Female Athlete of the Year) – **Maddy Nunan**

ALF MARTIN'S COMMITMENT TROPHY – **Poppy Wells / Phoebe Musgrove**

MILES CUP (for Field Throwing Athletes) – **Katie Greer**

THE COMMITTEE'S CUP (Athlete's Athlete of the Year) – **Mark Andrews**

THE HARRISON SHIELD (Club Member of the Year) – **Miriam Southam**

COACHES

Congratulations to James Vancliff who has qualified as an Assistant Coach and is taking an active part in assisting Jeff deliver 365 training to our young athletes.

LONDON MARATHON

We will have one place available so please let me know by end of November if you want to be considered for this place. We will want you to raise money for the club but we have not put a figure on this.

KIT

If you want to purchase a hoodie for your child they are £22.50 for Juniors or £25 for adults. We do have some second hand ones in good condition for £5 – speak to Nigel.

If you have not been given your Holland Sports running vest (included in the membership fee), see Nigel.

Nigel also has some second-hand spikes.

RESULTS

In the Combined Events in September we had the 2nd highest entries of all Surrey Clubs and came away with the following medals

- U13 Girls' Pentathlon – **Jasmine Fletcher** Bronze
- U17 Women's Heptathlon – **Maddie Nunan** Silver **Bea Maynard** Bronze (**Hannah Griffin** just pipped for 4th)
- U20 Men's Decathlon – **James Vancliffe** Silver



- Senior Men's Decathlon – **Mark Andrews** Silver (Gold went to our 2nd claim athlete **Tom Rady** who changed clubs when he went to Uni)

On same day Surrey held the U17 Men's 1500m Steeplechase event and **Harry Fisher** is now Champion and **Matt Domingues** Silver Medallist

In a recent major Pole Vault competition **Hannah Griffin** in her first competition and only after a few training sessions won her pool and smashed the U17 Club Pole Vault record with 2m 63 and was one of a few athletes who had honourable mention in the report.

FUTURE EVENTS – TRACK & FIELD (INDOORS - SPIKES)

County Championships – David Weir Leisure Centre, Carshalton

Saturday 17 February and Sunday 18 February

OPEN EVENTS

Sunday 3 December – Lea Valley Open Meeting

- 60m (two rounds)
- 60m hurdles (two rounds)
- 300m (U15 upwards)
- 600m
- Long jump
- Pole vault
- High Jump

30 December – Metaswitch Indoor Games – Lea Valley Indoors

| | | | |
|-------|-------------|---------------------------|---------|
| 14:00 | 60m Hurdles | G15,W17,SW/W20,M17,M20,SM | Round 1 |
| 15:15 | 60m Hurdles | G15,W17,SW/W20,M17,M20,SM | Round 2 |
| 16:30 | 400m | W17, Women | |
| 16:50 | 400m | M17, Men | |
| 17:15 | 800m | W17, Women | |
| 17:40 | 800m | M17, Men | |
| 18:15 | 200m | W17, Women | |



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|-------|------|---------------------------------------|
| 18:40 | 200m | Men |
| 14:00 | | Pole Vault (start height 2.43m) |
| 14:00 | | Long Jump |
| 15:30 | | Long Jump |
| 17:00 | | Men's Pole Vault (start height 3.43m) |
| 17:00 | | High Jump (start height 1.33m) |
| 17:00 | | High Jump (start height 1.63m) |

Monday 1 January – Lee Valley New Year Open Meeting

| | |
|-------|-----------------------------|
| 13:00 | 60m U13 and U15 (round one) |
| 13:20 | 60m U17 upwards (round one) |
| 14:00 | Shot put women |
| 14:15 | 300m U15 upwards |
| 14:45 | 60m U13 and U15 (round two) |
| 15:05 | 60m U17 upwards (round two) |
| 15:30 | Shot put men |
| 16:00 | 400m U15 upwards |
| 16:30 | 200m U13 and U15 |
| 16:45 | 200m U17 upwards |
| 17:30 | 800m |

Saturday 6 January – SLAN Open Meeting – David Weir Leisure Centre, Carshalton

- Pole Vault
- High Jump
- Long Jump
- 60m

Brunel Opens – Field Events Only

- Sunday 10 December
- Sunday 4 February
- Sunday 11 March



SPORTSHALL

U13 & U15 Boys & Girls League – Venue: Spectrum, Guildford

- 26 November
- 28 January

U11 Sportshall (Years 5 & 6)

- 11 November – Venue: Surrey Sports Park, Guildford 1.30pm – 6pm
- 14 January – Venue: Spectrum, Guildford 1.30pm – 6pm

FUTURE EVENTS – CROSS-COUNTRY

Downs League

- Sunday 5 November
- Sunday 3 December
- Sunday 18 February
- Sunday 4 March

There are now team trophies for the girls teams. So I am pleased to announce that, while all athletes will run together as before, there will have separate trophies for boys and girls teams in each age group, with 3 runners to score.

Age groups will stay as: athletes aged 8-school year 6 = U11, school years 7/8 = U13, school years 9/10 = U15. Race times U11 – 10:45; U13 – 11:15 est; U15 – 11:30 est. U17 can run non-scoring

Men's Surrey Cross-Country League, Divisions 3 & 4 (U20 upwards)

- 11 November – Epsom Downs – 3pm
- 2 December – Roundshaw Downs – 3pm
- 10 February – Lloyd Park – 2pm

Boys & Youths Surrey Cross-Country League (U13, U15 & U17)

- 11 November – Mitcham
- 13 January – Farthing Downs, Coulsdon



- 10 February – Wimbledon Common

Women's Surrey Cross-Country League (all age groups, U13 upwards)

- 11 November – Nonsuch Park, 11.00 Seniors &U20, 12.00 U15/17, 12.30 U13
- 13 January – Richmond Park, 12.00 U15/17, 12.30 U13, 13.00 Seniors Div 2
- 10 February – Wimbledon Common, 11.00 Seniors &U20, 12.00 U15/17, 12.30 U13

Other Cross-Country Dates

- 17 December (Sun) – **Holly Run**, Reigate Priory Park (U11 upwards)
- 7 January (Sun) – **Surrey County Championships** – Denbies, Dorking
- 27 January – **Southern Championships, Stanmer Park, Brighton**
- 24 February – **National Championships**, Parliament Hill

PARKRUNS

There was a recent article in Athletics Weekly about parkrun. I'll summarise its main points, and add my own comments.

Applications for junior membership of athletic clubs often come with a CV-style parkrun pedigree detailing how quickly and often their child has run the 5k. Such enthusiasm is encouraging but should it be a cause for concern that children as young (or even younger) as 8 and 9 are clocking up so many miles?

Are they a blessing in that they encourage more youngsters to the sport or a curse as that become an obsession?

Most agree that parkruns have done wonders for mass participation but opinion is divided on whether it is helping or hindering the performance or progression of young athletes.

Comments by various experienced coaches – Do too many – convenience. Too stale – better testing themselves at other disciplines i.e. track and cross-country for their competitive development.

Remember parkruns are not a race.

Some are on tarmac paths – not good – strain and impact. Overuse lower limb injuries. Among them are chondromalacia patellae caused by imbalance in muscle strength on either side of the kneecap which can require strapping until muscles are re-educated or Osgood Schlatter disease which the growth plates at top of shinbone or tibia become inflamed when tendons attached pull hard on it during high impact exercise.



Too much focus on 5km means that development of speed and primary movement skills is overlooked. At this age there is a unique physiological window of opportunity to develop basic speed which is the key performance factor in all events.

Sometimes there is parental pressure – keep up.

In my view the Junior parkruns are better – 2k distance.

I am certainly against 8 year olds and younger running the 5k distance and 9 year olds should only run them occasionally.

What are your views?

NUTRITION

MILK – THE BENEFITS

Protein-packed

Consuming protein soon after your workout is essential for muscle repair and an important part of the process in order to make them stronger. According to *Dairy Nutrition*, milk contains two types of high quality proteins, each broken down by your body at different speeds: whey, which is fast-digesting, and casein, which is slow-digesting. Milk comes with the perfect combination of both, so drink up knowing your post-run body has ample protein to support your progress.

Maintain strong bones

We all know calcium helps to keep our bones strong, and luckily for us milk is jam-packed with it! Consuming ample calcium at any age is essential for good bone health and should be a key part of everyone's diet, but it's particularly important for runners.

Up until our late twenties our bodies build up calcium stores as we consume it. As we age it's especially important to maintain these stores, as our body removes this essential mineral and replaces it as part of a bone remodelling process. The calcium found in dairy is easily absorbed, making milk the obvious choice.

Healthy carbohydrates

Consuming carbohydrates after your run is vital for recovery and future athletic performance. When we exercise we use carbohydrates as fuel, so it's important to restock our glycogen stores soon after exercising.

Packed with carbs, protein and electrolytes, this makes milk the perfect post-run drink. The carbohydrates found in milk are simple sugars which enter our system quicker, speeding up the repair



process. If you opt for chocolate milk which often contains added sugars, this aspect of recovery can be sped up even further.

Convenience

Making healthy diet choices during a post-run haze isn't always easy. Reaching for a glass of chocolate milk will conveniently replenish lost nutrients if you don't have the time to prepare a proper meal, not to mention rehydrate you.

Thanks to its perfect protein to carbohydrate ratio, drinking milk within the first half an hour of finishing your run will allow your muscles to get the quick fix they need. Simply drink the white stuff and bask in the glow of your runner's high.

If you follow a dairy-free diet you can still get the required nutrients from non-dairy milks, including soy and almond milk. Many high street brands add in calcium and vitamin D, so drink up.

Nigel Bongers

