

HOLLAND SPORTS A.C.

WWW.HOLLANDSPORTSAC.ORG.UK

Newsletter



JULY 2017

AWARDS NIGHT

Please attend this to celebrate the achievements of our athletes and see if they have won one of the awards. So put a note in your diary and on your calendar for **Friday, 15 September, 7.30pm** at the clubhouse. Tickets are £2 each and will give you a chance to win one-year's free membership of the athletics club. We are not be doing food as in previous years as much of it is wasted but there will be nibbles and also a raffle (all donations for prizes gratefully received).

ATHLETES COMPETING

Many of you have not competed this season which is very disappointing and a waste of the volunteer coaches' time. Let us see as many as possible U11, U13 and U15 girls compete in the last Lily B League competition on Saturday 2 September. Details will be sent out shortly – no excuses!

LONDON MARATHON

Thanks to all those who sponsored me. I raised £3,500 for the athletics club and £1,000 for Helen and Douglas House (children's hospice) – in the past running marathons I raised £55,000 for the hospice.

For those who did not know my time for fast walking was 6hrs 10m 37 secs. I was a bit disappointed as I went through 8 miles in sub 12 minute miles and through half way in 2hrs 46. However at 14 miles the wheels fell off – I think I was dehydrated – and for next 5 miles I slowed considerably and felt awful. I then grabbed a gel, swallowed it with water and my energy and speed returned for the last 6 miles and I started overtaking people.



PARENTS' HELP AT OUR LEAGUE MEETINGS

We need more parents to qualify as officials either as Field Judges, Track Judges, Marksman and Timekeepers. If you attend the half day course and qualify if you want you can just officiate at our events. If there are not 3 qualified timekeepers at an event then almost definitely the results will not go on the *Power of 10* website – <http://www.thepowerof10.info> – this records all your child's performances and shows where they are ranked in the UK.

KIT

Yet again items of clothing are being left at the track – please please put your child's name inside the garment. See the photos on the back page of the unclaimed items left at the track. They are:

- Grey Hoodie USA69 made by GAP
- Nike Pink Hoodie – Small
- Black & Pink Top – Age 7 – 8 years

If you want to purchase a hoodie for your child they are £20. We do have some second-hand ones in good condition for £5 – speak to Nigel.

Nigel also has some second hand spikes.

TRIM TRAIL

We intend to have an all-weather Trim Trail around the perimeter of Mill Lane Recreation Ground. It will be a maximum of 2 metres wide and 828 metres long, and will also join to the outside gym area. This will not only benefit our athletes enabling them to train in all weathers, but also the wider community.

Holland Sports and Social Association submitted and paid for the planning application, which was approved by the district council.

However we need to raise the money! The parish council have given us a grant of £10,000 towards the approximate cost of £75,000. Stuart Brown has done a fantastic job in obtaining grants for this and the track. Any suggestions or help in raising this money will be gratefully received, including recommending any companies or organisations we could approach.

FUNDRAISING

Due to work pressures we need someone to help and eventually take over from Stuart the task of fundraising for the club. Please let me know if you are willing to help Stuart.



RESULTS

We had our best ever medal haul – 11 – at the Surrey track & field championships in May. So congratulations to:

- U13 Katie Greer – Silver Javelin, Bronze Shot
- U13 Aaron Houlton – Bronze 200 Metres
- U17 Hannah Griffin – Gold Triple Jump, Silver High Jump
- U17 Maddy Nunan – Bronze in Long and Triple Jumps
- U17 Bea Maynard – Silver 300m Hurdles
- Senior Men Mark Andrews – Gold 110m Hurdles, Silver 400 Hurdles and Triple Jump.

In the Inter-Counties Mark Andrews, competing in 6 events, helped the team achieve third place.

Sportshall

Congratulations to Maddy Nunan and Hannah Griffin who were in the silver medal winning Surrey team in the national Sportshall finals in Manchester. However they should have won the gold as Maddy's individual performance in the speed bounce was wrongly recorded!

Quadkids

Our Year 5s and 6s did well to finish fifth in the qualifying rounds, but due to drop-outs and clashes with other events we finished seventh in the final. Everyone who took part gave 110%. A special mention to Jasmine Fletcher finishing second overall in qualifying (sadly not available for final) and Martha Nancarrow who was not originally selected for the final as she did not score better than the 5 in the A team, stepped in at the last minute and with a huge improvement was our second highest scorer.

In the YAC Quadkids Year 7 competition Oscar Powney showed his all-round skills winning the gold medal.

U11 & U13 SAN Medal Meeting, Woking

Congratulations to all our athletes as they were all medal winners!

- Sam Fothergill – Gold 75m
- Daniel Collins – Gold 75m & Long Jump
- Joseph Hunt – Gold Long Jump, Silver 600m
- Jacob Hunt – Bronze 600m
- Devon Mooney – Bronze 75m
- Alex Powney – Silver Long Jump
- Oscar Powney – Gold Long Jump, Bronze 800m
- Miles Brown – Gold 1500m



CLUB RECORDS

The following club records have been broken since the last newsletter. Details are on our website – see http://www.hollandsportsac.org.uk/club_records/club_records.pdf.

U11 Boys

- Devon Mooney and Joseph Hunt – 75 metres
- Joseph Hunt – 600 metres

U13 Boys

- Aaron Houlton - 100 and 200 metres
- Miles Brown - Mile and 1500 metres

U17 Men

- Henry (“Harry”) Fisher – 300m Hurdles, 1500 and 3000 metres steeplechase
- Matt Domingues – 2000 metres steeplechase
- James Staton – 600 metres

U17 Women

- Maddy Nunan – long jump and triple jump, 80, 100, 150 and 200 metres
- Hannah Griffin – triple jump (subsequently beaten by Maddy)
- Bea Maynard – 300 metres
- Tilly Bliss – pole vault

U20 Men

- James Vancliff – 80, 150, 200 and 300 metres

Senior Men

- Mark Andrews – 300 metres

4 x 200 Metres Relay

- Tom and James Rady, James Vancliff, Mark Andrews



FUTURE EVENTS – TRACK & FIELD

OPEN EVENTS

Wed 26 July	Crawley Open
Mon 28 August	Tom Lintern Medal Meeting, Crawley
Sun 3 September	Young Athletes Medal Meet, Woking. No entries on day – closing date 18 August – online entry form: http://www.wokingac.com/yachampionships.aspx

LILY B GIRLS' LEAGUE (U11, U13, U15 & U17)

Sat 2 September	Kingsmeadow (Final)
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SOUTHERN ATHLETICS LEAGUE (U17 – Seniors) *We are a joint team with DMV & Reigate.*

Sat 19 August	Hastings
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COMBINED EVENTS – PENTATHLON, HEPTATHLON, DECATHLON (U13 upwards)

9 & 10 September	David Weir Leisure Centre, Sutton
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SPORTSHALL

U13 & U15 Boys and Girls League – Venue Spectrum Guildford

15 October

26 November

28 January

U11 Sportshall – Venue Spectrum Guildford

14 January

25 March

FUTURE EVENTS – CROSS-COUNTRY

Downs League

Dates not usually determined until September.



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

14 October – Wimbledon Common 3pm

11 November – probably Epsom Downs – 3pm

2 December – Roundshaw Downs – 2.30pm

10 February – Lloyd Park – 2pm

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

14 October – Priory Park Reigate

11 November – Mitcham

13 January – Farthing Downs, Coulsdon

10 February – Wimbledon Common

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

14 October – Priory Park Reigate

11 November – Nonsuch Park

13 January – Richmond Park

10 February – Wimbledon Common

Other Cross-Country Dates

28 October (Sat) – Bruce Judd Relays, Stoke Park Guildford

17 December (Sun) – Holly Run, Reigate Priory Park (U11 Upwards)

6 January (Sat) – Surrey County Championships – Denbies, Dorking

27 January – Southern Championships

24 February – National Championships, Parliament Hill



NUTRITION

6 Foods Every Athlete Should Eat

Turmeric

The spice with its main active ingredient curcumin is naturally anti-inflammatory. It's a favourite for keeping joints flexible and pain free and it can help reduce post-exercise soreness.

You need some oils for it to be absorbed plus black pepper which helps boost its bioavailability.

Rocket Leaves

Rich form of nitrates – relaxes and widens blood vessels and influences how efficiently our body's cells use oxygen. Even better than beetroot.

Coffee

Boost performance but also creates healthy gut flora considered essential for performance – also green tea.

Pomegranate

Contains miracle molecule that strengthens ageing muscles – wards off downturn in strength that comes with ageing.

You can buy the seeds ready-bagged.

Matcha Tea

Known to help reduce stress levels – particularly useful for endurance athletes.

Eggs

You do not get much better than an egg for replacing your protein needs – also helps reduce muscle damages.

Nigel Bongers



KIT LEFT AT THE TRACK

