

HOLLAND SPORTS A.C.

WWW.HOLLANDSPORTSAC.ORG.UK

Newsletter



FEBRUARY 2018

Compiled by Nigel Bongers

FUNDRAISING is the main focus of this issue, with information about the Tandridge Lottery, London Marathon and the planned Trim Trail.

Also there are some fantastic results by Holland Sports athletes in the Surrey Indoor T&F Champs, the Downs League U11 Boys cross country and the Men's Surrey League cross country.

We want to see as many athletes as possible entering the Crawley Open on Saturday March 17th - for entry forms & timetable please go to <http://crawleyac.org.uk/index.php/news/crawley-ac-open-meetings-2018>

Athletes must not come to training in just shorts and lightweight tops. It is forecast to be cold and windy for a few weeks. It is dangerous for athletes to train in inadequate clothing. It's fine for them to change into shorts after warming up but they should be wearing trackies and multiple layers on the upper body for the warm up.

Welcome to Keith Towers who has been appointed as the Club's new Treasurer. Many thanks to Miriam Southam who has retired after 27 years in the position.

FUND RAISING FOR HOLLAND SPORTS AC

Tandridge Together Lottery

Tandridge Lottery tickets costing £1 each are now on sale and anyone buying a ticket will be able to select the cause they want to support, including Holland Sports AC, which is registered on the [Lottery website](#). 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 support. The remainder will go to prizes and admin costs. The first weekly draw will be on 31st March with a top prize of £25,000. You have a 1 in 50 chance of winning a prize! Note that you must be at least 16 years old to buy tickets. Please choose Holland Sports AC if you buy the Lottery tickets.



London Marathon

You can go online with the following link and sponsor Susie Asli who is running the London Marathon on 22 April in aid of Holland Sports AC.

<http://www.crowdfunder.co.uk/london-marathon-for-holland-sports-club>

Trim Trail

This project was put forward by Jeff Manson, supported magnificently by Stuart Brown who produced all the business plans. With the full backing of the Holland Sports & Social Association, Tandridge District Council and Surrey County Council, we hope to raise enough money before September to build the Trim Trail.

The Parish Council have already generously donated £10,000. The London Marathon Charitable Trust visited in February to assess the project and decide whether to grant up to £50,000 towards the total expense.

Further details below:

Holland Sports & Social Association in Hurst Green is fund raising for a Trim Trail to improve fitness and make new exercise facilities accessible to the local community. The Association is a non-profit making organisation run by volunteers whose objective is to develop sport and outdoor activities for the Oxted, Hurst Green and Limpsfield community. It has recently received planning permission from Tandridge District Council for an all-weather Trim Trail at the Mill Lane Recreation Ground in Hurst Green. It has a provisional build date of 3rd September 2018.

A spokesman for Holland Sports said: "We aim to greatly improve the accessibility and use of the fields for the community, specifically for the very young, old and disabled. This is especially the case between October - March when every year a large reduction in public use is identified as the site becomes very wet, boggy and muddy, prohibiting access, especially for prams/pushchairs, wheelchairs and the elderly.

This project will also aim to greatly reduce the number of inactive adults in our community. We have designed the Trim Trail path to combine with the Outdoor Gym to offer a circuit. These facilities will be at the heart of a new Keep-fit club which we intend to start in 2018, offering free advice and exercise sessions per week to unfit/inactive adults, elderly or disabled persons.

The Association has been in consultation with a local Tandridge firm who specialise in making such trails. Together we have designed the path of the Trim Trail to be discrete but functional, to take advantage of the existing park layout, and above all to protect the existing flora, grass spaces and trees."

More info here: <http://www.hollandsportsclub.co.uk/trim-trail-plans/>

Holland Sports AC Results

Please note we put results and reports on the Holland Sports AC Facebook page.

Surrey Cross Country League



Holland Sports AC Senior Men's team had a great result, comfortably winning the last Surrey League Div 4 fixture at Lloyd Park. Unfortunately, Holland just missed out on promotion finishing in 3rd place overall. Holland Sports were led home by Harry Lawson in 3rd place (12th place overall if you also count Div 3) despite suffering with a cold, and he deservedly won the U20 title. Neil Danby won the Vet 50 title finishing 4th in 31m 34. Steve Bishop Vet 45, won the Vet 40 title finishing 5th in 32m 10. Zhan Su had a great race in 6th in 32m 13, ably backed by Sean McCabery 9th in 32m 47, Alasdair Kite 17th in 34m 19, Aziouz Lammali, another Vet 50, 24th in 34m 44, Richard Knight 51st in 37m 12 and final scorer Howard Crane 56th in 37m 40. Pete Gibson was 80th in 41m 05, John Holmes 109th in 46m 22 and Richard Timmis 111th in 48m 36.

Our U13 team finished 2nd in the last fixture at Wimbledon and finished 2nd overall. Well done to all those who competed for the team.

Downs League

There was a fantastic performance by our U11s, comfortably winning the 3rd Downs League fixture, strengthening their position at the top, with a clean sweep of the first four places and had six in the top eight. Leading the team home was Joseph Hunt in 10m 20, closely followed by brother Jacob in 10m 23, with Luke Danby 3rd in 10m 42 and Oscar Prebble 4th in 11m 04. Lewis Jessup was 6th in 11m 12 and Daniel Asli, a year down, 8th in 11m 24. They were ably backed by Joe Waldon, 17th in 12.00, George Spilsbury, 21st in 12m 05 and Eloise Ashmore, 29th in 12m 26.

Surrey Indoor T&F Championships

Holland Sports only had 5 athletes competing in the Surrey Indoor Championships at Carshalton on 17/18th February but these athletes had some strong performances winning **10 county medals** and breaking **3 club records**.

Saturday started well with James Vancliff winning **Gold** in the U20M High Jump and Mark Andrews winning the **Silver** in the SM High Jump. Aaron Houlton was up next in the U15B 60m and ran a fine race to qualify for the semi final. He had another solid race in the semi-final running 7.98s and 7.99s in the two rounds. It was then Maddy Nunan's turn to step up in the Long Jump where she jumped an impressive 5.18m to set a new Indoor Club Record and win the **Bronze** medal. James Vancliff was also competing in the U20M long jump finishing 4th with an Indoor Club Record of 5.22m.

In an early start on Sunday morning, Mark Andrews won **Gold** in the SM Shot with a solid series of throws and a best of 9.37m, only a few centimetres short of his own indoor club record. James Vancliff then competed in the U20M 60m, and whilst his start wasn't his best, he still finished strong in 7.54s (exactly the same time as he had run in his last four 60m races!).

Sunday afternoon saw Hannah Griffin and Maddy Nunan competing head-to-head for the U17W Triple Jump title. A great competition finished with Hannah winning the **Gold** in a new Club Record of 10.71m and Maddy taking the **Silver** in a very creditable 10.64m. Immediately after the Triple Jump, Hannah won another **Gold** in the U17W Pole Vault straight with a season's best jump of 2.60m. In the SM Triple Jump, competing with a bad knee injury, Mark Andrews was a long way off his best but still won the **Silver** medal with a jump of 12.30m. Overlapping with the Triple Jump, Mark also won the **Silver** medal in the SM 60mH in a messy race which still saw Mark setting a PB with 9.67s. Finishing the weekend off, James Vancliff also won a **Silver** medal in the U20M 60mH.



HOLLAND SPORTS FLAGS

See photo. We have purchased three and we will use them especially at cross country races so our athletes can meet up – well done Martin Berry for organising.

COACHING COURSES

There are several Coaching Assistant Courses coming up that are easy to drive to, so why not do a course, particularly if you have been helping Jeff.

Details are:

- 10/11 Mar - Waltham Forest Feel Good Centre, 170 Chingford Road, Walthamstow, E17 5AA (just under 1hr away)
- 17/18 Mar - Allianz Park, Greenlands Lane, Hendon, North London, NW4 1RL (just over 1hr away)
- 7/8 Apr - Harrow School Sports Club, Garlands Lane, Harrow on the Hill, Middlesex, HA1 3GF (1hr away)
- 14/15 Apr - Bluecoat Sports Health & Fitness Club, Christ's Hospital, Horsham, West Sussex, RH13 0YB (45 mins)
- 5/6 May - Bexleyheath Academy, Woolwich Rd, Bexleyheath, Kent, DA6 7DA (35 mins)

Please let Nigel know as soon as you have booked the course which you can do by clicking on link <https://www.englandathletics.org/courses-and-bookings>

The cost is £245.00, less a discount of £60.00, making a total of £185.00. You should quote 2658109 to get the discount. The discount is because Holland Sports AC is affiliated to all the major UKA authorities.

Afterwards when you have coached for a while, the Club will refund the cost.

POLE VAULT COURSE

Easter Beginner's Pole Vault Camp – you need to be U13 & older

Tuesday 3rd April - Thursday 5th April

Time: 10 - 2pm

Cost: £60

Location: Walton AC, Xcel Sports Hub, Waterside Drive, Walton, KT12 2JG

If you want to go on this course please Email hils_jones@hotmail.com

Last year Hannah Griffin went on the course and now she is a fully fledged pole vaulter.

HIGH JUMP TRAINING

On Friday nights throughout the year, Nigel takes athletes training indoors (spikes) at Carshalton. We leave the club at 5pm and return at 8pm. Cost £2.75 a session. Email Nigel Bongers nigel@bongers-home.co.uk if interested.



KIT

For all kit requirements see Nigel

If you wish to purchase a hoodie, they are £22.50 for Juniors and £25 for adults. We do have some second hand ones in good condition for £5. I also have crop tops for the girls. The cost is £15 each. We also have some second hand spikes.

Speak to Nigel if you have not been given your Holland Sports running vest (included in the membership fee for new members).

FUTURE EVENTS

CROSS COUNTRY Downs League

Sunday 4th March

Race times U11-10:45; U13-11:15 est; U15-11:30 est. U17 can run non-scoring.

Age groups: U11=athletes aged 8/school year 6, U13= school years 7/8, U15= school years 9/10.

TRACK & FIELD (Indoors – Spikes)

Sunday 4th March - Windsor Slough, Eton & Hounslow Open Meets at Thames Valley Athletic Centre, Eton - 60m, 60m Hurdles, Long & Triple Jump, Shot.

Sunday 11th March - Brunel Opens – Field Events Only (Pole Vault, High Jump, Long Jump, Triple Jump, Shot). Nigel will be officiating at these if you want a lift.

TRACK & FIELD (OUTDOORS)

LILY B Girls League (U11, U13, U15 & U17)

- Saturday 5th May, Ewell
- Saturday 2nd June, Croydon
- Sunday 15th July, Kingsmeadow, Kingston
- Saturday 25th August, Carshalton

Ebbisham Boys League (U11, U13, U15, U17)

- Sunday 15th April – this date will now be rearranged, look out for new date
- Sunday 10th June
- Sunday 8th July

SAL Men & Women – U17 – Seniors

- Saturday 14th April, Eltham
- Sunday 20th May, Wimbledon
- Saturday 23rd June, Tooting
- Saturday 14th July, Carshalton
- Saturday 18th August, Eltham



YDL Lower Age Group Girls & Boys (U13 & U15)

- Saturday 21st April, Battersea Park
- Saturday 19th May, Central Park Dartford
- Sunday 17th June, Sutcliffe Park, Eltham
- Saturday 21st July, Linford Christie Stadium

YDL Upper Age Group Men & Women (U17 & U20) – Jointly with Reigate Priory AC

- Sunday 29th April, Sutcliffe Park, Eltham
- Sunday 27th May, Bexley
- Sunday 1st July, Central Park, Dartford
- Sunday 29th July, Central Park, Dartford

OPEN TRACK & FIELD MEETINGS

The following dates are all for meetings at the K2 Crawley (All Age Groups U11 upwards) – Entry Forms in due course will be on <http://www.crawleyac.org.uk> :

- Saturday 17th March
- Sunday 1st April
- Wednesday 20th June
- Wednesday 25th July
- Sunday 26th August (Medal Meeting)

Sunday 2nd September: Woking Young Athletes Medal Meeting (U11 through to U17)

QUADKIDS

This competition is for Years 5 and 6 (although an exceptional Year 4 may make it in the team). We will enter two teams of six Boys and six Girls – they each throw a howler, run 75 metres and 600 metres, do standing long jump and take part in a 50 metre shuttle relay.

We will have a few trials at the Club training sessions to decide who will be in which team. If we make it to the final, anyone in the B team that scores higher than an A team member will be selected for the final team.

Qualifying Dates – either Wednesday 6th June or Wednesday 20th June – we will probably go for 6th June as 20th June clashes with a Crawley Open, unless 6th June is a bad day because of other school activities.

The FINAL is on Wednesday 4th July.

NUTRITION

TEFF

This is a copy of an article in Athletics Weekly.



Unlike most grains, Teff is a great source of iron plus vitamin C, calcium and protein. It is a major source of food for Ethiopian runners. Being gluten free, it is also a great substitute for wheat flour in bread, pasta and pizza bases. Teff contains on a gram for gram basis twice the amount of iron in liver. Iron contributes to the release of muscular energy. Tough endurance training reduces iron content in the body which can lead to tiredness and reduced performance. Lack of iron is common in athletes particularly female endurance runners. Iron is also a key element of the haemoglobin molecule in red blood cells needed to transport oxygen around the body to working muscles.

Teff flour is available from High Street supermarkets, specialist health shops and online.

Nigel Bongers

