



DIARY DATES:

**16TH AUGUST EYAL,
SANDY**

**5TH SEPTEMBER
SWL, LYNFORD
CHRISTY STADIUM**

**13TH SEPTEMBER
EYAL FINAL, TBA**

**20TH SEPTEMBER
EAL FINAL, BURY**

**26TH & 27TH SEP-
TEMBER EAACOMB
EVENTS BEDFORD**

Congratulations to:

Athletes of the
Month

May
Emily Rogers
Lewis Manfield

June
Rachael Arbon
Daniel Hughes

July
Tania Spurling
Jack Chrisman

Club Records

Sam Milner Discus
40.76m
Justine Anthony
1500 SC 6.28.0
Rachael Arbon
Triple jump 9.57m
Harry Hughes
Javelin 39.91
Christine Anthony
1500 SC 6.22.9
Alex Dunbar
2000 SC 6.24.7
Montana Jackson
Triple jump
11.99m
Simon Bowman
Hammer 41.04m
Luke Allen
Shot 12.74m

West Suffolk Athletics Club

EST.1973

News



Letter

ISSUE 3

JULY 2009

Golden Girls

Congratulations to our six athletes who were selected and competed at English Schools in Sheffield on 11th July, Holly Archer (800m), Lizzy Harrison (High Jump), Emily Rogers (Long Jump), Montana Jackson (Triple Jump), Sam Milner (Discus) and Alex Dunbar (Steeple Chase).

Special congratulations go to our two gold medal winners, Montana and Sam. Montana jumped 11.99m and Sam threw 40.06m to secure their wins, and in doing so beat the best athletes in England in the intermediate age group.

The English School Athletics Association was established in 1925, and is dedicated to promote athletics in schools. The top athletes in three age groups are selected from their counties to compete, and to be eligible for selection they need to achieve a set standard in their chosen event. English schools is a major event in the competition calendar and our athletes of U15 age group and above should strive to achieve this standard. As



every body knows it takes extraordinary ability and dedication to reach the pinnacle in athletics, and although some of our athletes may be able to achieve this high level of success it likely that most

will not, so English Schools may be the pinnacle of their athletics career, and if they are able to go all the way to the top English Schools is an essential stepping stone.

www.westsuffolkac.com

This is the address of the new club website, the old .co.uk site is now suspended and is no longer accessible, however there is still another website at tesco.net that is still live, and we are having great difficulty in closing it down. At the present time most search engines

will suggest the tesco site in preference as our new site will take time to be recognised. Here's where everybody can help, the more the new site is accessed the higher it will appear in the search engine lists, so can everybody access the new site and have a look. We will continue to try and

close the tesco site down, but in the mean time if we access the new site as much as possible we may solve the problem.

Who'd be a team manager



This season I have experienced first hand what it is like to be a team manager and at times have said to myself 'Who'd be a team manager' (both Graham and Ray probably likewise). You see although I appear cool, collected and highly organized (you must be joking I hear you all say) underneath and behind the scenes it takes a lot of preparation . Firstly the team manager has to establish which athletes

are available, and is greeted with the usual replies of 'don't know' or 'not sure' and believe it or not some less suitable excuses such as 'it's my Birthday' or 'I'm on holiday'.

Once availability is established then comes the laborious job of team selection, because of the limit of two scoring athletes in each event this means that the team manager has to use a selection criteria. The team manager has an obligation to athletes and the club to select his best team, this means that the athletes with the best times, distances and form will be selected to score. The other athletes will be put in non-scoring events. This appears to be a bone of contention with most athletes, as many only want to compete in scoring events. There is no disgrace in being included as a non-scorer and in fact this should spur on an athlete to train harder, perform better and put themselves in contention for a scoring place, because if they do record a faster time or distance they will be scoring in the next match. When you get the chance to compete

as a scorer through illness or holidays, take that chance and prove to your team manager that you deserve your place in the team.

There are always the usual hick ups of no shows, late comers, unexpected athletes and late team amendments to contend with, but then all that is left to do is sit back and enjoy the day. Well, not quite. There are the usual in competition changes and ensuring athletes get to their events which is usually organised by able assistants Caroline and Odile. Once we arrive back my job is done, and I can enjoy a cool beverage, but spare a thought for Graham, who updates the master spreadsheets with times and PBs and then compiles the report which has to be with the news paper by Monday.

Team managing is a tough job, so please

SUPPORT YOUR TEAM MANAGER

Quote of the Month:

'Pain is temporary, quitting lasts forever.'

Lance Armstrong.

Athletics Trivia Who is the only male athlete to win gold medals in 200 & 400m at the same Olympics, in what year and where?

April's Answer:

2005 world championships in Helsinki.

A warm welcome to our new high jump coach Wendy Meadows-smith, and athletes, Simon Bowman, Amelia Dzioba, Sophie Tupman, Sophie Tooley, Beth Tooley, Paul Jenkinson, Jake Allen, Sam Johnson, Tom Knight, Tobias Rankin, Charlotte Russell-Brown, Henrietta-Mae Brown, Alexander Parkinson, Lydia Bowers, Joe Hooton, Oliver Wenman, Laura Dowsing, Ellie Keswick, Elizabeth Keswick,

Tash Mead, Marcus Mead.

Farewell to leavers, George Dennison, Sarah Ayling-Bates, Scott Ransom, Katie Ruffle, Amy Palmer.

Now we have our new resurfaced track, can all athletes and coaches observe the track rules, of no training in lanes 1&2, this will limit our space, but will ensure that the track lasts as long as possible. Please look after our track.

For safety reasons can all athletes and coaches not leave their bag etc. on the outside of the long jump run ups, and please leave them between the track and the run ups.

We have updated the club members emailing list, and members will have received invites to this yahoo mail group. As yet there have not been many replies, and I assume some of you may have thought it was SPAM. If you wish to be included, please reply, any problems with access speak to Derek.

NEWS IN BRIEF