

**ALL Athletes check out the SAL
Summer Fixtures –ALL OVER 17's
CAN COMPETE
And in the Rosenheim too!!
Speak to your Team Managers and
Coaches**



VOLUNTEERS NEEDED

**Team Managers, Coaches, Officials,
Female Welfare Officer, Transport
Co-Ordinator, Group Rep-Martin's
Litter/Recycling Co-Ordinator
Contact Email: chair@waltonac.co.uk**

WAC NEWSLETTER –MARCH 2020

IMPORTANT: CLUB MEETING DATE: WEDNESDAY 1st APRIL

Academy and Satellite news:

The Walton AC Academy is on Mondays and Wednesdays from 4.45pm to 6.50pm, catering for school years 3-7.

The WAC satellite group is also in full flow, running Mondays and

Wednesdays from 5.50pm to 6.50pm.

Email for more information:

wacacademyandsatellite@gmail.com

HOT NEWS: Details to follow soon for Summer Athletics Camps

Coaching Update:

Congratulations to Jamie McLoughlin who has recently become an England Athletics Coach Tutor and is now part of the England Athletics Coach Education Team!

Surrey County Athletics are running coaching development workshops to find out more please email Camilla Thrush :

sampc@surreyathletics.uk

If any young athletes are looking to progress into becoming Assistant Coaches, Athletics Leaders or want to learn more about the Youth Scheme Grants, then please contact the Coaches Representative Jamie McLoughlin Email: jfmcloughlin@yahoo.co.uk

Team Managers Info:

Check out the latest news on the Walton AC website and our Facebook page.

Well done to all our competing athletes and our Team Managers for the wonderful job they are doing so far.

Bernhard Jongejan will be the new Ebbisham Team Manager.

Calling ALL athletes please do your very best to compete in our various leagues and matches, as you are ALWAYS needed and your competing does make that difference to the Team.

The **Summer Fixtures** are now up on our website and can be found below.

WAC is always looking for help with Team Managing, if you could assist or would like to know more please speak to any of the coaches for details.

News from the HUB:

The Long Jumps pits will be rectified shortly – thank you to Christian for all the detailed research into the two pits.

Welfare

WAC is looking to recruit a **female Club Welfare Officer** to work with our current team.

Please contact Stuart Mace for more information

Email: stuartmace67@btinternet.com

We will shortly be having a **Working Party** where we will need all hands on deck to help spruce up the place and equipment before the busy track season starts. Date for the diary: **Sunday 26th April** from 9am to 2pm.
Please help even if only for an hour or so.

We will be looking for any volunteers to shadow and eventually take over the following posts: Equipments Officer (Christian Burgar) and Treasurer (Chris Ness)– if interested please contact Christian or Chris.

Other News:

The Winter season has been in full flow with various Cross Country leagues.

Walton AC senior and U20 men won Division 3 of the Surrey Cross Country League after the final race in Croydon. In the background of this shot of the leaders you can see WAC's **Duncan Woolmer** and **Craig Jarman** who finished 4th and 6th in the race. The whole team ran well but of particular note was **Michael Cottrill** in 12th place overall earning him second placed overall U20 for the season and fellow U20 **Olly Coppellotti** who suffered from some problems on the day but took the overall U20 division title after a strong performance across the season.

This win will see WAC back in its familiar surroundings of Division 2 for the 2020/21 season beginning in October.



In the Surrey Cross Country League the U15/U17 Boys are sitting pretty in Second Place with **Tom Jones** the leading U17 Individual and **Oliver Emmet** in third place for the U15 Boys.

Phillip Kastner had a great weekend in Sheffield competing in the England U20 Combined Events 4th-5th January, picking up a new PB in the indoor heptathlon and came 3rd overall – Well done!

South of England Championships 11th-12th January – Lee Valley

Wow what a weekend for **Xavier Taylor** U13B, with 1st place and a huge PB in the Long Jump and went on to be 2nd in the 60m.

Hayden Evans U15B Silver medal and a PB in the 300m.

U15G **Annalise Agyei-Kyem** also a PB and a Silver medal in the 300m.

U15G **Emma Fisher** picked up a Bronze in the 200m and a PB in the 60m, making the semi final. **Ben Wells** U15B also made the semi's with a PB in the 200m.

George Sudderick U17M also picked up a Bronze in the 200m.

Also competing: **Jeslyn Agyei-Kyem** U17W was 2nd in the 200m semi's, **Jacob Gelona** U17M 5th in his heat of the 400m and **Georgia Russell** 4th in the U17W Shot.

Surrey County Championships

15th-16th February

Great performances again with

Xavier Taylor U13B 4th in his 60m heat and

Jacob Thomas U15M 4th in the Long Jump.

Two County Champs in the Shot, with **Georgia Russell**

12.49m in the U17W for the Gold and in the Senior Men

Sam Mace 11.87m to take the second Gold.



England U15/17 Championships – Sheffield 22nd-23rd February

A handful of Walton athletes made the trek to Sheffield and all came home with new personal bests!

Emma Fisher U15W 300m 41.94 sec 3rd in her heat and 60m 8.03 sec 4th in semi's.

Hayden Evans U15M 60m 8th in the semi's but made 5th place in the 300m final.

Ben Wells U15M 60m 6th in his heat and in the 300m 5th in his heat.

Big Throws for [Georgia Russell](#) who had her best weekend ever in the Shot with a huge new personal best and New Club Record with the 3kg U17W of 13.21m and best of all her first National Medal, collecting a [Bronze](#). Pictured below beaming!

Well done, the club is very proud of one and all.



New Sprints training equipment will be ordered shortly: starting blocks, speed training belts and speed sleds.

Check out the Walton AC Website and our Facebook page for all the latest news.

WALTON AC CLUB MEETING:

Volunteers Needed

- Team Managers
- Coaches
- Officials
- Female Welfare Officer/s
- Transports Co-Ordinator
- Group Rep – Martins Group
- Litter Co-Ordinator

Please come along, there will be a team on hand to answer all your questions and provide advice and support.

*** Thursday 26th March at the Hub we have a talk on athletes Nutrition with guest speaker Sue Crabtree.**

Summer Fixtures 2020



Walton AC Summer Fixtures 2020

Some locations are not yet known so please check with the team manager nearer the time

Date	League/Comp	Location	Age groups	Team Manager
Saturday 18 th April	Secta Spring throws pentathlon	Walton	Men and women aged 35 and over	Debbie Singleton
Sunday 19 th April	Throwers and hurdlers only (YDL UAG)	Southampton	Speak to your coach: Throwers and Hurdlers can compete as second claim with local club this year	

Date	League/Comp	Location	Age groups	Team Manager
Sunday 19th April	Ebbisham league	<i>Sutton</i>	U13, U15 and U17 ¹	Bernhard Jongejan
Saturday 25th April	Southern Athletics league	Crawley	Senior Men & Women, U17s can compete as seniors	Martin Norman
Wednesday 29th April	Rosenheim League (electronic timing and EDM)	Walton	U17s and Senior Men and Women	Debbie Singleton
Saturday 2nd May	Lily B League	Ewell	U11, U13, U15 & U17 Girls	Sally Stock
Monday 4th May	Master's League	Kingston	Men and women aged 35 and over	Debbie Singleton
Sunday 10th May	Surrey Masters Track & Field	Kingston	Men and women aged 35 and over	Debbie Singleton
Saturday 16th May	YDL Lower Age Group	Wycombe	U13 and U15 Boys and Girls	TBC
Sunday 17th May	Southern Athletics League	Winchester	U17s and Senior Men and Women	Martin Norman
Monday 18th May	Master's League	Walton	Men and women aged 35 and over	Debbie Singleton
Sunday 24th May	Throwers and hurdlers only (YDL UAG)	Southampton	Speak to your coach: Throwers and Hurdlers can compete as second claim with local club this year	
Sunday 24th May	Ebbisham League	Walton	U13, U15 and U17 ¹	Bernhard Jongejan
Wednesday 27th May	Rosenheim	St Mary's	U17s and Senior Men and Women	Debbie Singleton
Saturday 30th May	Surrey Championships	Kingston	Speak to your coach	Self entry
Sunday 31st May	Surrey Championships	Kingston	Speak to your coach	Self entry
Saturday 6th June	YDL Lower Age Group	<i>TBC</i>	U13 and U15 Boys and Girls	TBC
Sunday 7th June	Southern Athletics League	Walton	U17s and Senior Men and Women	Martin Norman
Monday 8th June	Master's League	Ewell	Men and women aged 35 and over	Debbie Singleton
Saturday 13th June	Surrey School Champs	Kingston	Entry by schools	N/A
Sunday 14th June	Surrey School Champs	Kingston	Entry by schools	N/A
Wednesday 17th June	Rosenheim	Ewell	U17s and Senior Men and Women	Debbie Singleton
Sunday 21st June	Throwers and hurdlers only (YDL UAG)	Guildford	Speak to your coach: Throwers and Hurdlers can compete as second claim with local club this year	
Saturday 27th June	Lily B League	Walton	U11, U13, U15 & U17 Girls	Sally Stock
Wednesday 1st July	Rosenheim	Sutton	U17s and Senior Men and Women	Debbie Singleton
Monday 6th July	Master's League	Croydon	Men and women aged 35 and over	Debbie Singleton
Friday 10th July	English Schools	TBC	Entry by schools	N/A

¹ Only Some non-scoring U17 events available

Date	League/Comp	Location	Age groups	Team Manager
Saturday 11 th July	English Schools	TBC	Entry by schools	N/A
Saturday 11 th July	Lily B League	Guildford	U11, U13, U15 & U17 Girls	Sally Stock
Sunday 12 th July	Southern Athletics League (electronic timing and EDM)	Walton	U17s and Senior Men and Women	Martin Norman
Wednesday 15 th July	Rosenheim (electronic timing and EDM)	Walton	U17s and Senior Men and Women	Debbie Singleton
Saturday 18 th July	YDL Lower Age Group	Kingston (co-hosting)	U13 and U15 Boys and Girls	TBC
Sunday 19 th July	Ebbisham League	Coulsdon	U13, U15 and U17 ¹	Bernhard Jongejan
Sunday 26 th July	Throwers and hurdlers only (YDL UAG)	Kingston	Speak to your coach: Throwers and Hurdlers can compete as second claim with local club this year	
Sunday 26 th July	Southern Combined events Champs	Oxford	Speak to your coach Seniors	
Saturday 8 th August	YDL Lower Age Group	Harrow	U13 and U15 Boys and Girls	TBC
Saturday 15 th August	Southern Athletics League	Winchester	U17s and Senior Men and Women	Martin Norman
Saturday 15 th August	South of England U13, U15, U17 Champs	Kingston	U13, U15 and U17 Boys and Girls	Speak to your coach
Sunday 16 th August	South of England U13, U15, U17 Champs	Kingston	U13, U15 and U17 Boys and Girls	Speak to your coach
Wednesday 19 th August	Rosenheim Final	Tooting	U17s and Senior Men and Women	Debbie Singleton
Saturday 5 th September	Southern Inter counties	Oxford	U20 and seniors	Speak to your coach
Saturday 12 th September	Surrey Combined Events and Steeplechase Champs	Sutton	Seniors	Speak to your coach
Sunday 13 th September	Surrey Combined Events and Steeplechase Champs	Sutton	Seniors	Speak to your coach

Contact emails:

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Rosenheim: WACrosenheim@gmail.com

Ebbisham: WACebbisham@gmail.com

Lily B: lilybwaltonathleticclub@gmail.com