



WAC NEWSLETTER – OCTOBER 2019

Academy and Satellite news:

The new Walton AC Academy is now up and running and proving to be a big hit, it 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.



Save the date: Friday 29th November WAC Awards evening – venue to be confirmed. ALL athletes please ensure that you have returned your forms either to Jamie McLoughlin or Christian Burgar (please see your coaches for help). Remember to confirm if you can make it and any donations for the raffle are always welcome!! Thank you in advance.

Coaching Update:

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.

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 Winter 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:

Places for People and Elmbridge are looking for Stadium Stewards to assist on match days, if interested please contact Christian (must be over 21).

Email; burgarc20@gmail.com

Important to note: Training entry is through the HUB building and new Exit Only gates have been installed on the Athletics side.

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

Other News:

Remember to check out the WAC Club photo on display in the HUB.

We would like to thank Tracy West for all her help with the clothing and we are now looking for a [volunteer please](#) to take over the vest orders.

What a season we are having at Walton AC, check out these amazing performances from the summer: -

National Championship **BRONZE** for Nicola Bell with A new Club Record of 43.37m in the Javelin. English Schools Championships and another **BRONZE** and pushed the club record further to 43.63m, perfect for her last year at English Schools.



English Schools Champion Cedelle Agyei-Kyem – Intermediate Girls 300m **GOLD** – earning Cedelle an **England** vest for the SIAB Schools International in Swansea. More news to follow on Cedelle.....

Amy-Lee van der Westhuizen – Junior Girls Hammer – 5th English Schools.

Georgia Russell – Intermediate Girls Shot – 11th English Schools.

Jeslyn Agyei-Kyem - Intermediate Girls 300m – 5th English Schools.

Philip Kastner – Senior Boys Long Jump – 2nd **SILVER** English Schools.

English Schools Champion Sam Mace – Senior Boys Hammer **GOLD**. Sam's last year too for English Schools and bows out with his second Gold to add to his two Silvers over the six years.

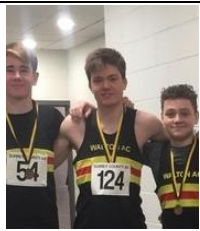


Success for **Cedelle Agyei-Kyem** at the SIAB International in Swansea. **GOLD** for Cedelle beating Scotland, Wales and All Ireland in The Intermediate Girls 300m and they are still flowing with another **GOLD** For the 4 X 300m Relay Team.

Welsh U20 International Second for **Sam Mace** at Cardiff.

Sam was selected to represent England –South and came 2nd in the Hammer. Competing countries were: Wales, Welsh Schools, the three English regions, Scotland, Northern Ireland and Guernsey. Also competing at the match was former Walton AC athlete Sia Banbury for Guernsey coming 6th in the Hammer.





Phillip Kastner was selected to represent **England** at the Home Countries Combined Events coming **Second** with PB's in both the 110m Hurdles 14.62sec and Pole Vault 3.57m.

Sam Mace wins the **Silver** Medal in the **International Throws** meet in **Leiria, Portugal**. Sam's second chance to wear his **England** vest with Pride in an International Hammer Field. Sam also won the **Silver** at the South of England Championships in Hammer.



Hayley and Clare – British MASTERS CHAMPS
Hayley Cargill – W35 800m Champion GOLD Medal
(Pic Left)



Clare Ridd – W35 High Jump Champion GOLD Medal
(Pic Right)

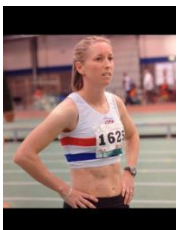
Also at the British Masters Championships **Joe Eastwood** wins **SILVER** in the **M65** Javelin and in the **M45 Martin Willis** takes the **BRONZE** in the 3000m Steeplechase. Debbie Singleton 6th in both W60 Weight Throw and Hammer.



South of England **Champion** title added for U17 **Cedelle Agyei-Kyem** in the 400m. **Gold** medallist.



Ross Hurst wins the **Silver** medal in the U17 Mens 1500m Steeplechase at the South of England Championships.



Susie McLoughlin secured **TWO SILVER** Medals in the **W40** 100m and 200m at the European Masters Championships in Venice, Italy. **GOLD** secured in **4 X100m**. **Jamie McLoughlin** ran the 10km to finish 12th in the **M40**.





Walton AC Second Claim **Fiona de Mauny** went for the triple in the **W35 400m, 800m and 1500m**. Fiona won **SILVER's** in the **400m and 800m** and came 5th in the **1500m**.

Virginia Mitchell won **three GOLD** medals in the **W55 400m, 800m and 4 X 400m**.

Louise Wood wins **BRONZE** medal in the **W55 Triple and Jump** and came 7th in the Triple Jump. **Tony Mitchell** **BRONZE** medal **M60 4 X 100m**

Second claim **Sophie Mace** was the only Walton athlete to qualify for the highly prestigious **British Championships**, a massive achievement. **Sophie** made the final and came 7th in the **Discus**. Competing amongst the best athletes that the country has to offer and brushing shoulders with the likes of Dina Asher-Smith and Adam Gemili.



Please see below Winter Fixtures List:

Walton Athletic Club Winter Fixtures List 2019/2020				
Date	League/Comp	Location	Age groups	Team Manager
2 nd November 2019	Priory relays	Reigate	U13 & up	Speak to your coach
3 rd November 2019	Masters Pentathlon	Sports Hub (Home)	Seniors U35 & up	Speak to your coach
9 th November 2019	Men's Surrey XC League ¹	Epsom Downs	U20 & up	Chris de Mauny
9 th November 2019	Boy's Surrey XC League ²	Wimbledon Common	U13 , U 15 & U17	Andrew Kennard
9 th November 2019	Women's Surrey XC League ³	Mitcham Common	U13 & up	Lizzie Amos
23 rd November 2019	South of the Thames 5M XC	TBC	U20 & up	Speak to your coach
7 th December 2019	Cross Country Masters & Inter Counties Champs SEAA	Horspath Oxford	Seniors U35 & up	Speak to your coach
15 th December 2019	Holly Run	Reigate	U13 & up	Speak to your coach
5 th January 2020	Surrey XC Champs	Denbies Vineyard	U13 & up	Speak to your coach
11 th January 2020	Men's Surrey XC League ¹	Oxshott Woods	U20 & up	Chris de Mauny
11 th January 2020	Boy's Surrey XC League ²	Beckenham	U13, U15 & U17	Andrew Kennard
11 th January 2020	Women's Surrey XC League ³	Wimbledon Common	U13 & up	Lizzie Amos
18 th January 2020	Surrey Schools XC Champs	TBC	U15, U17 & U20	Speak to your school
25 th January 2020	SEAA Cross Country Championships	Parliament Hill	Ages U13 & up	Speak to your coach
8 th February 2020	Men's Surrey XC League ¹	Lloyd Park	U20 & up	Chris de Mauny
8 th February 2020	Boy's Surrey XC League ²	TBC	U13 , U15 & U17	Andrew Kennard
8 th February 2020	Women's Surrey XC League ³	Richmond Park	U13 & up	Lizzie Amos
22 nd February 2020	National Cross Country Championships 2020	Nottingham Wollaton Park	Ages U13 & up	Speak to your coach