

HOLLAND SPORTS AC NEWSLETTER

JULY/AUGUST 2010

Firstly apologies that it has been so long since the last newsletter but as most of you know I have had personal problems. I hope in future that I can produce a newsletter at least quarterly

REVIEW OF LAST 12 MONTHS

It has been a very busy year and the committee members worked hard behind the scenes to make improvements

We received a number of grants and also Bunty Watnaby's bequest raised a considerable amount of money. Also with the demise of Redhill & Surrey Beagles they donated to us just under £10,000 we have used the money wisely as follows:

New cover for long jump pit

Long jump runway has been re-laid with a proper tartan surface & lengthened so now can also be better used for triple jumping with 7 & 9 metre take off boards

More equipment has been purchased – ladders, small hurdles & new javelins & a discus circle is on the way

Payment of Coaching Fees for those who go on Coaching Course & commit themselves to taking coaching sessions

We now have our own Holland Sports banners so that you can find us at the tracks where we compete

We held a fund raising marathon on the track thanks to Sue Knight's organisation

Our running vests now have our club name on priced at £13 & we have hooded zip top also with our name priced at £15 junior sizes, and £20 adult sizes.

For the 1st time in about 15 years we held an awards night, which will be held on an annual basis (with a disco) at end of September, beginning of October. (List of last year's winners further on in News Letter)

THIS YEAR THE PRESENTATION NIGHT WILL BE HELD ON 11TH SEPTEMBER, AT 7.30 PM IN THE SOCIAL CLUB. £1 ENTRY TICKETS WILL BE SOLD FROM NEXT WEEK. PRESENTATION, FOOD RAFFLE AND DISCO. PLEASE BUY YOUR TICKETS FROM SUE KNIGHT, ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

What has been pleasing this season in the NYAL (National Youth Athletic League) for athletes aged 11 – 16, is that more of you have been competing. At one of the fixtures the organisers said, "Where have all of these Holland Sports athletes come from". I am sure that all of you who have competed have found it good fun and not at all scary so lets see those who have not competed so far put on the Holland Sports colours – also look at our website as you may see photos of yourself competing!

FUTURE EVENTS

(Always look at website <http://www.hollandsportsac.org.uk>)

REMAINING LEAGUE TRACK & FIELD FIXTURES

Saturday 4th September Southern Women's League at Watford - includes U17 - we are combined team with DMV (Purple Banner)

September 11th & 12th Combined Events Championships at Horsham

Saturday 18th September Lily B Girls League at Ewell Court - includes U11 – we are combined team with DMV (Purple Banner)

CROSS COUNTRY

2 October 2010	Bruce Judd Young Athletes Cross Country Relays	Stoke Park, Guildford
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MENS SURREY LEAGUE FIXTURES 2010/2011

9 October 2010 - Nork Park (hosts: Tadworth AC)

13 November 2010 - Lloyd Park (Croydon Harriers/ Dulwich Park Runners)

11 December 2010 - Lightwater Country Park (Runneymede Runners)

12 February 2011 - Wimbledon Common (Vets AC)

The Surrey men's cross-country league has four divisions, and our senior men's team will once again be competing in Division Three. Divisions Three and Four race together. The senior men's race commences at 3pm & the Juniors (U13/U15/U17) at 2.30pm with the exception of the December match, when the juniors' race will start at 2pm and the senior men's race at 2.30pm.

WOMENS SURREY LEAGUE FIXTURES 2010/2011

9 October 2010 - Richmond Park, Kingston Gate

13 November 2010 - Denbies Vineyard, Dorking

15 January 2011 (TBC) - Ham, near Richmond (Stragglers)

12 February 2011 - Wimbledon Common, Putney Vale

TIMETABLE FOR ALL MATCHES

12.00 pm - Seniors, 1.00 pm - U15s/U17s and 1.30 pm - U13s

The ladies league has two divisions, and they race together. The combined Oxted Runners/Holland Sports AC ladies team will again be competing in Division Two.

SURREY CROSS COUNTRY CHAMPIONSHIPS

Saturday 8th January Lloyds Park Croydon

CONGRATULATIONS

Vicky Smith, one of our throws coaches, won a Bronze Medal last year in the Tae Kwon Do World Championships in Argentina. Our good wishes go to Vicky, as she is pregnant.

Neil Lincoln our Long & Triple Jump Coach won the Southern Masters Championships U40 Category with a prodigious leap of 6m 51. It was at the British Masters Championships that Neil won the M35 Long Jump. In addition this season Neil also won both the long and triple jump at the Southern Counties Vets Championships and the Surrey Masters Championships. Holland Sports are very proud to have a National Champion.

Ocean Schwartz won the Surrey Championships U13 High Jump & was selected to compete for Surrey (Unfortunately was away on holiday)

STAR FOCUS

Full Name - Isla Caitlin Anderson

Date of Birth - 24th April 1998

Most pleasing performance - competing and winning the 1200m in the NYALs, and winning the 1500m in school athletics matches/ winning my school inter-house cross country and captaining the winning team in the district athletics (against 15 schools).

What I enjoy most about training - being in the middle distance group as we all do everything together, and the cross-country route.

What I like least about training - the middle section of a training pyramid!

Aims: To become a surgeon, to break the junior school record for 1500m, to run marathons all over the world (the two oceans 56k in Africa etc....)

Hobbies: running, scuba diving, playing the electric guitar, reading, cooking.

Favourite food - pepper steak/ ice cream!

Favourite TV programme - Family Guy, 24, America's next top model, The Simpsons.

Favourite music/artist/group -Taylor Swift, The Killers, Kings of Leon, Colbie Caillat

NEW MEMBERS

Please note if you have a friend who wishes to join the club please note new rules, which have just been introduced

All new members must now come via website

From this contact an initial induction date will be given to them, 15 minutes before training, a welcome pack will be given to them, all fees & paperwork must be presented at this time.

Nigel & Lindsay will assess suitability of member to join, 3 week trial period will then start.

After 3 weeks trial time finish they become member, if not they get their money back.

SIMPLY SPORTS

Although they do not offer special discount for Holland sports athletes, they do offer their own loyalty card, which produces money off next purchase, and we have found them to be helpful for athletics, and not too pricey on basic running shoes.

AWARDS NIGHT – LAST YEAR’S WINNERS

THE COMMITTEE’S CUP – ATHLETE’S ATHLETE OF THE YEAR (Voted on by the Athletes) **POPPY MOORE**

THE PHILIP CUP – BEST SPORTSPERSON OF THE YEAR – For the athlete who may not have won any medals, grades etc but has trained well, & always willingly competed for the club especially in the leagues. **ALICE FIELD**

THE ALF MARTIN COMMITMENT TROPHY – this is to be given to someone who is dedicated & committed but it is not necessarily the best athlete. Obviously it is similar to the Philip Cup although with the latter there is also emphasis on competing in the leagues - **LEANNE KAVANAGH**

BONGERS SHIELD - FEMALE X COUNTRY ATHLETE OF THE YEAR – **EMMA GORDON**

BONGERS SHIELD for MALE X COUNTRY – **JAMES RADY**

HILL SHIELD – MALE ATHLETE OF THE YEAR – **MARK ANDREWS**

THE PINNER SHIELD – Female Athlete of the Year **POPPY MOORE**

THE KINGS SHIELD – Male Performance of the Year **OCEAN SCHWARTZ**

THE KINGS CUP – Female Performance of the Year **POPPY MOORE**

THE CRAME CUP – Field Athlete of the Year – **LIAM MILES**

THE EVANS CUP - Most promising Newcomer – **STEPHEN HODGE**

THE CLIVE WATERS CUP – Junior 800 Metres Performance **WILLIAM RADY**

THE HARRISON SHIELD – Club Member of the Year – **SUE KNIGHT**