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MONTHLY NEWSLETTER

EDITORIAL

.Lots of interesting stuff in this month's issue from decorating to coaching courses! If you have any suggestions for future issues, or would like to contribute (training tips, diet etc) then please let me know.

Don't forget our Open Meeting on 16 September, online entry now available. Get your entry in while there are still places.

TRACK AND FIELD

Southern Women's League –The league still has one match to go, on 5 September. So far we've done surprisingly well, and now lie 7th in the league, ahead of local rivals Heathside and Orion, and also ahead of Southend. The link up with Barnet has been a great success, allowing us to meet new friends and each club covering many of the events the other club might struggle to fill!

Southern Men's League – Our men finished the season in 9th place of Division 1, with 25 teams in this division this is an excellent performance given the lack of specialist throwers. Once again a great credit to Richard Priestley, our long suffering team manager. Richard really does want to hand the job over to someone else. If any of you would like to take this on Richard would be delighted to ease you into the job and pass on the benefit of the knowledge he has accumulated after so many years. Just let me know.

National Young Athletes League – Our youngsters completed a successful YAL campaign by finishing second of the seven teams in our division at the final meeting at our Parliament Hill track. We have had many excellent performances, many of which will be reported in full in the next issue of our club magazine, The Gate, but I would like to give special praise to those youngsters who completed in all four meetings this season – Idris & Ishmail Hashir, Peter Laing and Gabriel Springer . Many YA's competed in three of the four, all will get a mention in The Gate. Final table for the season was:

Newham & Essex Beagles	28
Dartford	20
Victoria Park	18
Highgate Harriers	18
Invicta	14
Eton Manor	7
London Heathside	7

COACHING COURSES

As mentioned in the last Newsletter, the coaching courses are being restructured. We now know that the new courses will be UKCC (United Kingdom Coaching Certificates) which are planned to encompass all sports by 2015. In athletics, it is planned that level 1 & 2 courses will be phased in from Autumn 2009 with some pilot level 1 courses already being advertised. New structures we know of are:

Level 1 – now 3 days with 2 days course time and a 45 minute assessment.

Level 2 – now 5 days with 4 days course time and a 1 hour assessment.

With both courses, assessment occurs on a separate day from the main course delivery with the courses themselves broken down into a number of days or weekends separated by several weeks.

For further details on course availability go to www.englandathletics.org and for more details on the new course www.uka.org.uk/coaching-and-strategy/

CLUB ROOM

We will be re-decorating the club room on Wednesday 26th August, so if you can help paint, scrub, hammer then be at the track from 10 o'clock onwards. If you have anything to donate that would make the room more welcoming then please bring it along. We are particularly looking for floor covering, the dimensions of the room are approximately 1.6m x 2.2m.

CLUB RECORDS

All club records have been brought to the attention of the Committee if they are to be validated. If you are aware of any possible records please let me have the venue/date/performance and I shall see it is presented at the next meeting. Once the club room has been redecorated (see above), we hope to display a full list of club records in there.

DIARY FOR NEXT TWO MONTHS

August

29th LICC Barnet Cophthall

September

5th SWL Watford

13th Middlesex Young Athletes Road Relays Minet Centre, Hayes

16th HH Open Meeting Parliament Hill

October

3rd NWL YA Perivale

10th Met League Ruislip

24th NWL YA Loughton

LICC – London Inter Club Challenge

SML – Southern Men's League

SWL – Southern Women's League

NWL YA – Young Athletes cross-country (U11,U13,U15,U17)

Met League – Metropolitan League cross-country (U13,U15,U17, Senior)