

TrackUpdate

SEPTEMBER 2021



IN THIS ISSUE : TRAINING SESSION UPDATES, COUNTY CHAMPS ROLL OF HONOUR, FORTHCOMING FIXTURES
JOIN US! - VOLUNTEER AS A PARENT HELPER OR BECOME A COACH!

Coaching Sessions ... at Rutland Sports Park - and now inside at the Tennis Centre

As the nights draw in and the club begins the transition to winter training over the coming months we will move our younger athletes into the tennis centre, dependant on weather conditions. This will occur on Saturdays and Wednesdays. Our older athletes will continue outside, unless weather conditions prevent this*.

Our current coaching sessions remain as follows:

Saturday - full club training sessions 10.00-12.00 - all groups, with exception of Recreation group, now benefit from athlete rotation enabling up to 2 different skills to be practiced

Tuesday & Thursday - coach 'invite' sessions for specialty groups including Javelin, Triple Jump, Long Jump, Middle Distance Running, Hurdles & Sprints - times are event specific but are generally 6.30-8.00 your coach will confirm time!

Wednesday - session for Recreation / Transition group 6.30 - 8.00

*If for any reason the track becomes unavailable due to weather conditions we will post on our social media channels, so please ensure you are a member of our [Facebook](#) group and follow our [Twitter](#) account for updates.

Derbyshire & Nottinghamshire County Champs - AVEAC medalfest!



The County Champs were held at Harvey Hadden Sports Village in Nottingham over the weekend of 11th/12th September. The weather was excellent on the Saturday, with only a slight attempt at rain and more clouds on the Sunday. AVEAC had a fantastic medal haul of over 50 medals. Club athletes were represented in both Derbyshire and Nottinghamshire championships. Full details are on our website, but here is our Athlete 'roll of honour'!

Derbyshire

Under 13 Girls

- 🏅 Isla Hiscocks - 70mH-12.93
- 🏅 Freya Kirby - Javelin-25.12m
- 🏅 Ellie Travis - Shot-7.34m
- 🏅 Ellie Travis - Long Jump-4.07m
- 🏅 Ellie Travis - High Jump-1.20m
- 🏅 Jasmine Shore - Shot-6.00m
- 🏅 Isla Hiscocks - 100m-13.95
- 🏅 Isla Hiscocks - Long Jump-3.70m
- 🏅 Jasmine Shore - Javelin-17.07m

Under 13 Boys

- 🏅 Gino Franco - Javelin - 30.39m

Under 15 Girls

- 🏅 Imogen Laugharne-75m Hurdles-11.83
- 🏅 Imogen Laugharne-High Jump - 1.55m
- 🏅 Mae Jones - Long Jump-4.93m
- 🏅 Alexa Gordon - Long Jump-4.91m

- 🏅 Mae Jones - High Jump-1.35m
- 🏅 Imogen Laugharne - 100m-13.80
- 🏅 Mae Jones - 75m Hurdles-12.55
- 🏅 Imogen Laugharne - Long Jump-4.63m
- 🏅 Imogen Laugharne - Shot-7.60m

Under 15 Boys

- 🏅 Hugo Thomas - Long Jump-5.73m

Under 17 Women

- 🏅 Nicole Bonser - 200m-28.70
- 🏅 Katie Potts - Long Jump-4.97m
- 🏅 Nicole Bonser - 100m-13.93
- 🏅 Isabelle Hays - 80m Hurdles-18.84
- 🏅 Nicole Bonser - Long Jump-4.82m
- 🏅 Nicole Bonser - Shot-8.40m

Under 17 Men

- 🏅 Ryan Rawlinson - 100m Hurdles-16.13
- 🏅 Ryan Rawlinson - Long Jump-5.94m
- 🏅 Ryan Rawlinson - Triple Jump-11.84m

- 🏅 Ben Pitts - High Jump-1.80m
- 🏅 Ben Pitts - Discus-29.06m
- 🏅 Ryan Rawlinson - 200m-23.71
- 🏅 Ben Pitts - Javelin-36.42m
- 🏅 Ryan Rawlinson - 100m-11.84
- 🏅 Joe Bennett - Javelin-30.38m

Under 20 Women

- 🏅 Charlie Yates - High Jump-1.55m
- 🏅 Charlie Yates - Triple Jump-10.60m
- 🏅 Charlie Yates - 100m-13.61
- 🏅 Fran Howett - 1500m-5.55.92
- 🏅 Grace Bennett - Javelin-26.72m

Under 20 Men

- 🏅 Henry Knighton - High Jump-1.80m

Senior Men

- 🏅 Scott Ram - 400m-51.49
- 🏅 Scott Ram - 110m Hurdles-15.90
- 🏅 Scott Ram - Long Jump-6.27m
- 🏅 Scott Ram - Pole Vault-3.30m
- 🏅 Scott Ram - 200m-23.46
- 🏅 Scott Ram - 100m-11.71

For all the latest news and reports on Amber Valley Athletes, remember to check our club [website](#) and our [Facebook](#) page - and we're also on [Twitter!](#)

Nottinghamshire

Under 15 Girls

- 🏆 Daisy Kaye - 300m - 44.30
- 🏆 Daisy Kaye - High Jump - 1.45m
- 🏆 Daisy Kaye - Shot - 9.07m

Under 17 Women

- 🏆 Lucy Fitzpatrick - Triple Jump - 9.74m
- 🏆 Millie Walster - Javelin - 30.23m

Senior Women

- 🏆 Jessie Brown - Javelin - 41.01m



Sportshall Returns in 2021!

Derbyshire Athletics are bringing back the Derbyshire Mini League for Sportshall Athletics this year.

The Competitions will take place on the following dates at the Queens Park Leisure Centre, Chesterfield:-

- Sunday 10th October 2021
- Sunday 14th November 2021
- Sunday 12th December 2021
- Sunday 16th January 2022
- Sunday 27th February 2022
- Sunday 27th March 2022

Each competition will commence at 1.30pm, and lasts for around 2 hours.

This is an ideal opportunity for athletes u11 - u15 (or u17 as non-scorers) to get in some fun competition! Test your athletic skills and work as a team in the relays to see if you can be part of the winning team! No previous experience is necessary. More details and team managers will be announced soon on our website and Facebook page.



It's nearly time to get freezing cold, muddy and soaking wet - yep, **Cross Country** is just around the corner!

The club has entered the North Midlands XC League, so why not talk to your coach and give it a go? Age groups from u11 through to Seniors!

2021/22 Fixtures:

- Saturday 16th October Markeaton Park, Derby
- Saturday 13th November Wickstead Park, Kettering
- Saturday 4th December Shipley Park, Heanor
- Saturday 15th January 2022 Berry Hill Park, Mansfield

The outline timetable / distances are as follows:

12:30	u11 Girls	
12:40	u11 Boys	
12:50	u13 Girls	3.0km
13:05	u13 Boys & u15 Girls	3.5km
13:25	u15 Boys & u17 Women	4.5km
13:45	u17 Men	6.0km
13:50	Sen/Jun/Vet Women	6.0km
14:20	Sen/Jun/Vet Men	10.0km

Turn up around an hour before the start, find our club base (you should see the tent / flag!) Tell the Team Manager you're running, and make sure you are in your Club Colours!

For further information, check out the website :

<http://www.northmidscxleague.co.uk/>

Or you can of course talk to your coach!



...more Cross Country? *Why not...*

Derbyshire Athletics will be holding their friendly and fun **Cross Country Mini League** in the coming weeks! Exact dates were not available at time of print, but we know they will be on Saturday mornings one each in October, November and December - stay tuned for details, when we know, you'll know!

NEXT ISSUE: Some features have had to be held over to our next issue, which will be out very shortly. *Current planned content includes: The basics of horizontal jumps, Committee update - AGM, and lots of other news...*

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