

PANTHERS POST

Swanley & District AC

March 2011

Issue 2



A Newsletter for Panthers

Welcome to the second issue of our Newsletter aimed at the Panther section of Swanley AC.

As you can see we have a name! Panthers Post was chosen by our coaches! So well done to Sophie and

Libby who had a joint brainstorming and came up with the winning name.

As promised, there will be some goodies on their way to you!

We are very keen for any ideas that you may have for

articles or if you would like to write one of the usual articles. Please let either Anna or Andy know (our contact details are on the last page).

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Athlete Profile James Graves

Age : 12

School:
St Michaels school, Otford

How many years been interested in athletics?

From Yr 5 at Primary school, when I was chosen to represent the school in the North Kent inter cross country champs. I became interested again at the beginning of Yr 8.

What do you like about athletics?

Winning !! It's an ideal way to get fit and keep fit.

Apart from Athletics, what other sports do you like to do?

I play football, rugby, cricket and swim for the school. I've also joined a tennis and badminton club recently.

What is your favourite run/event?

I'm new to the sport but I've enjoyed the Kent Fitness league this season and surprised myself at the Caper a few weeks ago.

What is your best achievement in sport?

I enjoyed getting 3 first places in the Kent Fitness league and I was quite pleased with my finishing position in the Kent schools races.

Who is your sporting hero?

A combination of Sir Chris Hoy and Dame Kelly Holmes - Olympic giants !

What would you like to achieve?

I would like to run a marathon especially London and then compete in the Commonwealth Games

What do you like doing outside of sport?

I enjoy fishing and have tried sea, course, fly and carp so far. I also enjoy walking my dog - Badger.

Why do you like coming to the club?

I like meeting new people and I've picked up some really useful tips from the older members.

If you could choose a piece of music to run to, what would it be?

The artist would be Wretch 32 singing Traktor.

Is there anything that we don't know about you that would surprise others?

I have a problem with heights. I was born in South Africa and lived there for a year before moving to Kent.

James at Swanley Park.



Special points of interest:

- Speedy James!
- Caper report!
- Coach says!
- Coaches award
- Junior club person of the year

Achievements



Well done to Stephen Sawyer - the coaches choice for Junior Club Person of the year.

Stephen was chosen because he turns up every week and is fully committed to training, joining in with all the activities.

Stephen is extremely caring - he is always the first person to offer help to other athletes if they hurt themselves.

Future Events

Greenwich Park 2k on 6th March, starts at 11:00

Knole Park, Sevenoaks 2k on 13th March. Starts at 10:40

Hastings 2k on 20th March

Paddock Wood 2k on 27th March

Bromley 5k on 10th April

Danson Park 2k on 22nd May

Bluewater 2k on 5th June



Tips from Brian "The Coach"

Nutrition

With the winter coming to a close we will soon be able to forget about muddy cross countries and look forward to shorter faster races. Well done to all of you that have run in the cross country races, both the KFL (the Sunday one) and the Kent League. You should all be very proud of your efforts. Cross country is the hardest type of running races there are, so well done.

Last month in the newsletter I spoke about your running technique, lifting your legs etc. This is really important when we get to the faster summer races. This month I want to talk about equipment



and nutrition.

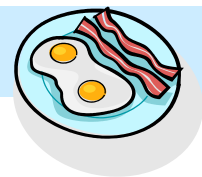
The grass in the park gets slippery so it is important you have correct running shoes, that have support and padding. You must also make sure they are tied tightly, with loose ends of the laces tucked in. You will also run quicker if you wear the right clothes! In the summer and especially in races try and wear lightweight shorts. They will give you plenty of freedom of movement. Also wear a technical sports top. These stop you overheating and you will feel more comfortable in them.

Finally eating and drinking. On training nights please try and have a snack when you get home from school, something like toast, and have your dinner

You should always eat after training as your body absorbs all the good stuff in your food. I never eat a proper meal within about 3 or 4 hours of training or a race. So if I have a long race on a Sunday at 10.00am I'll get up at 6.00am to have some breakfast.

Drinking is really important. Please bring either some water or a sports drink with you. You won't need to drink loads of water but you should always have some to re-hydrate after hard bits of training. Its also quite good to have some sports drink before, for an energy boost, and after to replace body salts you will have lost.

Keep up the good work - The Coach



Race Report by Sean

The Later Than Planned Xmas Caper

I was buzzing waiting for the race the adrenaline rushing through you. Finally it was race time! I was a bit nervous but that soon went. On your marks, get set, go and we were off the adrenaline got higher as I ran through Swanley.

It was really fun running through Swanley watching all the people in their

cars just watching in amazement. As we got round to Five Wents it started to get harder and I wanted to stop but I kept going. The cheering and the thought of finishing kept me going.

Once I got to St David's Road it got harder because of the hill but once I got to the top it got easy. After that and I started to get faster.

Once I got the finish I was happy that I finished.

Sean's time was 35:25. Well done Sean!



Sudoku

		4			1			
9			3	2	8			5
7	8		4	6				1
	6		2	7				9
	4	1					5	2
	7			5	4			6
	3			1	7			8 5
	5		8	3	9			2
			5				3	

Child Welfare Officers at Swanley AC

Please contact either Richard Hills or Michelle de Kisshazy if you wish to raise an issue or just have a chat about the Child Welfare Policy at the club

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If you have any ideas for future issues of your newsletter or you would like to write an article, please contact either Anna or Andy (our details are just below). Or catch up with us at a Wednesday training session or at a race.

We look forward to hearing from you.

Thanks

Anna and Andy

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Jokes

- Q: What do you call an ant who skips school?
A. A truant!
- Q. How did the Vikings send secret messages?
A. By norse code!
- Q. What is the best hand to write with?
A. Neither - it's best to write with a pen!



Race Results



Several Races to mention:

The Later Than Planned Xmas Caper had a great turnout of Panthers. We've read what Sean made of the race, it sounded like he enjoyed it and certainly had a big grin on his face when he came past one half of the editorial team at Hilda May Ave. James had a outstanding run, finishing 12th overall in 29:06. Isabel was just behind Sean in 37:25 (beating her Dad, well done Izzy). Another well beaten parent was Anna, being beaten by Olivia in a time of 39:48. Well done also to Harley and Lewis who also completed the race.

Isabel, Olivia, James and Sean have all competed in the Kent Schools XC races at Swanley Park and/or the Kent County XC Championships at Wilmington. The later being particularly difficult due to the rather damp conditions under foot in some parts of the course. The Swanley Park race wasn't much better with a strong wind to battle against.

The KFL races have seen a good Panther turnout. At Meopham James was first home in 11:51 and Isabel was second girl in 14:04. However, I think the race of the day went to both Olivia Carter and Eleanor Burnside who both put in really great performances. Well done girls.

The KFL series are really quite tough, so well done to all of you that went along to some or all of the junior races this season.

Libby, Eleanor, Olivia Carter, Charlotte, Joseph, Sean, Olivia Willard, Sophie, Grace, Georgina, James and Tommy

To keep you all keen for next seasons KFL, there are numerous races that are fairly close by. See the future events item on page two for some more detail.

Libby, Sophie, Olivia, Sean and Joseph will each get a trophy for completing three KFL races.

Finally, congratulations to James and Isabel who where both runners up in their under 13 groups. Well done to both of you—top spot next year?

Swanley & District AC

Any ideas for future editions of this Newsletter, please contact either Anna or Andy

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