

PANTHERS POST

Swanley & District AC



June 2011

Issue 3

Athlete Profile Harley Allen

Age: 16

School: **The Leigh Technology Academy**

How many years been interested in athletics? **5**

What do you like about athletics? **Its fun and keeps me in shape**

Apart from Athletics, what other sports do you like to do? **Swimming, ice skating any sports really**

What is your favourite run/event? **100m sprint, long jump**

What is your best achievement in sport? **Winning the 100m in sports day**
Who is your sporting hero? **I don't really have one.**

What do you like doing outside of sport? **Art, textiles, hanging with mates**

Why do you like coming to the club? **Because I meet new people and make new friends .**

If you could choose a piece of music to run to, what would it be? **Any that gets you up and pumping**



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Top class new kit, sponsored by United House!



Panthers in their new kit

Top row from left to right - Callum, Sean, James, Eleanor, Olivia W & Izzy. 2nd row left to right - Libby, Sophie, Charlotte, Tommy, Harry & Barney. 3rd row left to right - Nicole, Olivia C, Laura, Amy & Sophie

Top Tips

When you are running it's very important to make sure that you are wearing the right gear. A pair of trainers that fit well and some comfortable clothes. They don't have to be expensive (phew I hear from Mum's and Dad's).

Don't forget that your laces should be tied tightly (but too tight) and should be in double bows to save them coming undone. Can you

imagine doing really well in a run, only to have to stop to do up your laces.



Danson Park 3k

Results from this race as follows:-

James - 2nd in 11:36
Harry - 5th in 11:56
Barney - 12th in 13:50
Tommy - 16th in 14:00
Izzy - 19th in 14:14
Sophie - 48th in 16:28
Libby - 88th in 19:18



There was a field of 219 runners!!!! So they all did brilliantly.

Tips from Brian "The Coach"

There were some really strong runs on Wednesday in the handicap and I was really impressed with the enthusiasm and commitment you all showed. Well done.

Running events like the handicap should put you in a good position when competing in sports events at school. By making you run around the lake two or three times it builds up your strength, and stamina. It also helps you develop speed as you either catch people, or knowing that someone is trying to catch you, you do your best to keep in front. One of the important things it gives you is confidence to keep going even though

its hard and everything is starting to hurt, but you know you can get through it.

We will do the handicap again in June and this will be really good practice for the relays on Wednesday 6th July. You will all be running in teams either in the junior race which is about 800m or the senior race which is about 1 mile. Anna, Mel and me will make sure you run in the correct race. I know you can all do it. This is a great event as you will run against other clubs and schools. Please encourage your parents to come and watch.

After your race you can laugh at us three running in our races!

Keep up the good work - The Coach

Future Handicap Dates

Wed 22nd June

Wed 20th July

Wed 21st Sept

There will be "prizes" to the most improved girl and most improved boy over the handicap series.

Keep those shoes laces tight and good luck!



Future Events

5th June - Bluewater 2k. Run around the roads of the shopping centre. It can get very busy. The 10k is very popular so arrive in good time.

12th June - Eltham Park 3.5k or 1 mile fun run. A choice of two runs. The 3.5k starts at 10am with the mile run 30 minutes later.

3rd July - Orpington Darrick Wood

School. 2k races. Lower Junior Race (Year 3+4) starts at 10.20. Upper Junior Race (years 5+6) starts at 10.00am AND Senior Race (Years 7 - 11) starts at 09.40am.

6th July - Swanley Park Relays
Teams of four compete; each leg is about 800m. So let's see as many

yellow Swanley tops there as possible!

5th Sept - Weald St George. 2k fun run

18th Sept - Swanley Park 2 mile fun run. This event isn't hosted by Swanley AC but by the Swanley and North Downs Lions

Sudoku

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

Jokes

Q: Why couldn't the sailors play cards?
A. Because the Captain was standing on the deck!



Railway Porter (cheerfully) - Miss the train, sir?
Passenger - No, I didn't like the look of it, so I chased it out of the station.

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

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



Race Report by Harry

Danson Park 3km

On the day of the race I was very excited and keen to compete, as running is a sport I am very into and enjoy.

Unfortunately the race was delayed by 10 minutes. This was due to the fact that the race officials had to go and get some more numbers as many competitors had turned up. Ten minutes after this everybody was lining up ready to start, this also included many other members from Swanley AC.

As soon as the race got underway my heart started to pump as I was very excited and glad that we had finally started. I started off well and gained a good position of 4th. It was a very enjoyable race as all of the top 5 were way ahead of everyone else.

I found this a very good course as it tested both your stamina and your leg muscles. There were plenty of steep hills that tested your fitness. Very near to the end of the race I was overtaken and subsequently finished 5th. I found this a tough race but fun. All runners received a medal at the end of it to show that they had completed the course. My time was 11:56 minutes for the 3km event.

I thoroughly enjoyed the race and am hoping to do it again next year.

Well done to all the Swanley runners in the race and especially James Graves who had a fantastic run to come 2nd.



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

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