



October 2011

Issue 4

Athlete Profile Barney Simmons

Age: 10

School: St. Pauls,
Swanley Village

How many years been
interested in athletics?

Four

What do you like about
athletics? It keeps me fit

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

What is your favourite
run/event? Darrick Wood

What is your best achieve-
ment in sport? Players
player for my football
team

Who is your sporting
hero? Valdes

What would you like to
achieve? To become a pro
footballer

What do you like doing
outside of sport? Xbox,
watching Crystal Palace
play.

Just like watching Brazil
eh Barney! Ed.

Why do you like coming
to the club? It's fun

If you could choose a
piece of music to run to,
what would it be? Gre-
nade by Bruno Mars

Is there anything that we

don't know about you that
would surprise others?
Nothing that I know of!



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James and Isabel at Orpington



Both James and Isabel won trophies at Darrick Wood Schools races in the Summer; both were first in their age group. This is a lovely run through woods and fields close to the school. Then of course there are the bacon butties at the end; not fair on the 10k runners though.

James hit the finish tape in 7:53. Isabel came home in 9:22. Well done to both of you!

Many other Panthers ran under school colours, including:-

Barney Simmons, Tommy Simmons, Harry Simmons, Sean White, Olivia Willard, Libby Meager, Sophie Dunmall and Amy Willard (sorry if we've missed anyone).

Well done to all.



Race Report by Callum Boddy

Weald St George 2km

I turned up and was really excited about running. After waiting around for about half an hour I was getting very bored, and then to my surprise Dame Kelly Holmes showed up. Then to my annoyance my mum told me she had forgotten the camera and then told me that she had forgotten her phone as well. After another half hour of waiting all of the 10k runners were called to the start. I decided to go and watch them start off as I knew that the 2k

would start soon after. Finally we were told to get ready and everyone went and stood on the line and Kelly Holmes started us off. I then had another surprise when Kelly Holmes came running past and sprinted off into the distance. After the run I was given a medal and then watched the 10k runners come in, after this we watched the prize presentation and then headed off home.

Great Report Callum, Mum's Eh, never organised! Ed.

Some pictures of Kelly and one or two yellow shirts.



Tips from Brian "The Coach"

As we move back to the school hall; this winter we are going to be working our way through a scheme from UK Athletics called 365. The plan is to give you a try at different events but to help you strengthen your core muscles. These are the ones all around your middle and are so important for runners; they give you strength to keep your style good and they give you the energy you need towards the end of a run. Good strong core muscles will also help you avoid getting a stitch.

All this will help build towards a successful cross country season that starts at Knole Park in Sevenoaks.

We always put the biggest and best team out and we hope that will continue this year. The training we give you will help but on race day that is only half of it. The other half is down to you, the athlete and it is your positive attitude. The first part is to feel good and part of a team, so wear your club vest and all line up together at the start. As cross countries are a race and the grass is wet you should wear shorts. Jogging trousers will get wet and slow you down.

Secondly prepare, don't eat too much before the race and eat at least two hours before as well.

Thirdly warm up. We have spoken to some of you about just getting a little out of breath ten minutes before the race, having a rest and then catching your second wind for the race.

And finally believe in yourselves and be really proud of your achievement.

Just think about how many of your friends can't and won't do what you do.

Keep up the good work - The Coach

Future Events

6th November - Beckley nr Rye. 1 mile and 2 mile runs starting at 10:45 Also a 10k race too.

27th November - Snowman Scamper 5k in Knole Park entry fee for children is £5.

18th December - Kent Christmas Cracker, nr Deal. There are 1 and 2

mile runs.

Kent Fitness League

Most races start around 10:15

23rd October - Knole Park, Sevenoaks

13th November - Swanley Park

8th January 2012 - Minnis Bay, Birchington (a trip to the seaside)!

15th January - Nurstead Court, nr Meopham



Athlete Profile Grace Ladley

Name: Grace Olivia Ladley

Age :Twelve

School: Leigh Technology Academy

How many years been interested in athletics? About five

What do you like about athletics? Keeping fit and meeting people

Apart from Athletics, what other sports do you like to do? I swim and take part in Triathlons (Modern Pentathlon, shooting not cycling)

What is your favourite run/event? 1500m

What is your best achievement in sport? Sixth in the country in my age group at Triathlon in Wolverhampton

Who is your sporting hero? Usain Bolt.....he's fast!

What would you like to achieve? Just to keep fit and stay injury free

What do you like doing outside of sport? Music and TV

Why do you like coming to the club? Because of swimming commitments I cannot come down for the usual training but I enjoy the team cross countries. The people are

all so friendly

If you could choose a piece of music to run to, what would it be? Anything by Robbie Williams!!

Is there anything that we don't know about you that would surprise others? Not all blondes are dumb!



Anyone for Volleyball

A few months ago we had two special guests come to one of the training sessions in the park. Luke and Jake Sheaf from Eynsford are hoping to be part of Team GB in the 2012 Olympics, taking part in the beach Volleyball.

They popped down to the park to share some of their training techniques and to explain what work

you need to put in to be good enough to go to the Olympics! There were loads of great questions asked by the Panthers at the end of the training session.

Good luck to the boys!

Luke and Jake are the tall wimpy ones at the back!!!!



Cross Country - Kent League

Summer is all but over and the long dark nights are with us but fear not, running is just as much fun. Not only do we have the KFL series of cross country races but there are also Kent League races; the coaches will tell you about these races which run on 29th Oct at Tonbridge, 12th Nov at Danson Park and 3rd Dec at Sparrows Den.

The first race in the series at Swanley Park saw Isabel, Harry, Tommy and Sean take part in the under 13 race with James in the under 15's.

Harry and James were invited to take part in the Southern Inter Counties race in Croydon. Well done!

Number Puzzle

