

# Daventry AAC - Newsletter – April 2011

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## Introduction

The season is fast approaching as we wind down our winter training and go outside. The indoor training has been going very well and we look forward to the first league meeting in May to show-off how much, faster, stronger and agile all the athletes have become. The provisional fixture list is posted inside the hut so please take a copy. Also if you intend to attend the County Championship 14/15<sup>th</sup> May, the deadline for entry is 27<sup>th</sup> April. Should you want any further information, speak to one of the coaches who will be more than happy to help.

## Welcome to Old/New Athletes

We would like to welcome old/new members back to the club. We have coaching disciplines in all categories: Speed – Sprint/Hurdles/Relays, Endurance (Running), Jumps (Long Jump, Triple Jump, High Jump), Throws – (Shot, Discus, Javelin and Hammer). We encourage athletes to reach their full potential and try out multiple events throughout the year.



## Training Times at the Track

Monday 6.00-8.00 pm (Year 8+ throwing only)  
Tuesday 7.00-8.30 pm (Year 6 and above)  
Thursday 6.30 – 8.00 pm (Year 3 to year 7)  
Thursday 7.00 – 8.30 pm (Year 8 and above)

## Contacts

Diane Clarke 01327 879 140, Barry Fenn 01327 879 651 or Jan Aarre 01327 877 492

## Annual Membership is now due

Junior (Year 3 to year 5) £10.00  
Junior (Year 6 to leaving full time education) (£15.00)  
Senior £20.00  
Family £30.00

## Training Fees

Training fees are £2.00 a session (maximum £4.00/family for all ages)

## League Meetings

The club participates in several leagues throughout the year (Young Athletes League, Heart of England and Midland League - see fixture list for dates. For some of these meetings the club puts on a mini bus for athletes. For other meetings we fill up cars to ensure we have enough athletes to compete in most disciplines at matches.



Daventry Athletic Club has achieved Clubmark status  
Clubmark is the mark of high quality junior clubs in Great Britain.

## Winter Training

During the Winter about 10-15 athletes has been training every Monday at William Parker School to improve their strength, conditioning and core muscles as well as to improve their agility. The sessions have been very successful. A massive thanks to the athletes for their focus and commitment throughout (you will see massive benefit once the season starts). I would also like to thank Sarah and Richard for assisting me <Jan>.

Training also took place on Thursday evenings at William Parker School for athletes aged 13 and under & at Stefen Hill Sports Club for athletes over 13. The sessions were very well attended & Diane/Barry would like to thank all helpers for their valuable support.



## Daventry Athletes Ranked high in East Midland/Country



### **Niklas Aare**

- o 1st in the East Midland Region (last 2 years)
- o Inter County School Champion in Discus 2010
- o County School Champion in Discus 2010
- o County UKA Champion in Discus 2010
- o 5th in English School in Discus 2010
- o 8th in UKA National Championship in Discus 2010
- o 11th in the Country in Discus 2010 (8th in 2009)



### **Kieran Russ**

- o England Selection for Junior Boys Multi Events
- o 1st East Anglia Multi Events
- o 1st County Multi Events
- o 2010 - District Cross Country Champion
- o Shot Put/Javelin County Champion
- o 2010 - County Champion 80M Hurdles and record holder 12.1 sec
- o 2nd East Midlands 80m Hurdles
- o 2nd East Midlands Javelin
- o 3rd County Cross Country
- o 8th in the Country Multi Events



### **Abby Lakey**

- o County School Champion in Discus 2010
- o Ranked 5th in East Midland



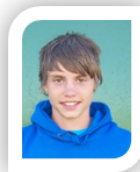
### **Michael Fenn**

- o Selected to represent Northants as a Senior athlete in Inter Counties Championships
- o U/20 Men Northants County Champion.
- o U/20 Men Midland Championships silver medallist.
- o Best distance of 6.84m - ranked no.1 in East Midlands & 27th in UK.
- o Selected for East Midlands U/23 team for match v Loughborough University v British Police



### **Matthew Clarke**

- o Member of the Under 15 boys Northamptonshire Pentathlon team who came First in the Anglia regional championships and then first in the English schools multi events competition.



### **Sam Meyler**

- o 1st in U15 in East Midland in Long Jump
- o 2nd in East Midland in Pentathlon
- o Inter County School Runner-up in Long Jump 2010
- o 4th in U15 in East Midland in 80M Hurdles
- o 12th in the UK in Pentathlon last year
- o 34 in U15 in the Country in Long Jump



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