



Daventry AAC - Newsletter – May 2010

Introduction

This is the 2nd Newsletter this season and the training and competitions are in full swing. It is a pleasure to see so many kids coming to training (particular on a Thursday when we have over 50 athletes). For the competing athletes we have seen great success both in County Championship with 22 medals and in the amount of Grading Certificates given out (28). We are also doing well in the Young Athletes League (but need more athletes to compete for the club).

28 AAA Grading Certificates Given Out (as per 21/05/10)

We have given out 28 AAA Grading Certificate (2 Grade One, 4 Grade Two, 5 Grade Three and 16 Grade 4. To achieve Grade 1 and 2 puts you on the upper part of the national average of high performing athletes.

- Grade 1 has been achieved by Kieran Russ in Javelin with 42.39 and in 80M Hurdles with 12.1 sec
- Grade 2 has been achieved by Niklas Aarre in Discus with 35.32, Nathan Young in Shot with 8.76, Sam Meyler in 80M Hurdles with 12.5 and Sam Meyler in Long Jump with 5.59.
- Grade 3 has been achieved by Georgia Webster in 75M Hurdles 12.8, Niklas Aarre in Hammer 31.47, Connor Aldridge in 100 M 13.6, Jake Fuller in Hammer 33.05.
- Grade 4 has been achieved by Kieran Russ in Shot 10.75, Lydia Williams in Long Jump 4.00, Sam Meyler in 100 M 12.3, Connor Aldridge 200 M 28.5, Matthew Clarke in 80M Hurdles 13.0, Jodie Lintern in Shot 8.10, Emily Spilman in 75M Hurdles 13.0, Jade Reynolds in Long Jump 4.44, Emily Spilman in Long Jump 4.39, Lydia Williams in 70M Hurdles 13.7, Georgia Webster in 200M 27.7, Jake Fuller in Shot 10.38, Matthew Clarke in Long Jump 5.13

22 Medals in County Championship (8 Gold, 6 Silver and 8 Bronze)

We had a successful weekend at the Country Track and Field Championship at Rockingham Triangle, Corby with the club winning 22 medals.

Gold - Niklas Aarre in Discus, James Best in High Jump and Javelin, Kieran Russ in Javelin, Shot and 80M Hurdles, Michael Fenn in Long Jump and Jodie Lintern in Shot.

Silver - Sam Meyler in Long Jump and 80M Hurdles, Connor Aldridge in 200M, James Best in Hammer, Jade Reynolds in Long Jump and Georgia Webster in 75M Hurdles.

Bronze - Matthew Clarke in Javelin and 80M Hurdles, Michael Fenn in 100M, Kieron Russ in Long Jump and High Jump, Katie Print in Long Jump, Emily Spilman in Long Jump and Georgia Webster in 200M.

Kieran/Niklas Reach the English School Qualifier

Kieran has managed to reach the qualifier in 80M Hurdles with 12.1 which he reached in County Championship in Corby. Niklas managed to reach his qualifier in Discus with 35.32 at an Open Meeting in Watford. The School County Championship takes place at Corby on the 12th June followed by the National English School Championship on July 9/10th.

Michael selected for East Midland U23 Team

Michael Fenn was selected to represent East Midland U23 team in a competition against Loughborough University and British Police on Wednesday the 26th May. He finished 2nd in Long Jump with a jump of 6.78 m. He was also selected for Northamptonshire County for the Inter County Match at Bedford on Monday 31st May where he jumped 6.74 in Long Jump.



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



Daventry Amateur Athletic Club Stefen Hill Sports Ground Daventry

Prize Draw and Family Fun Day Saturday 17th July

Saturday 17th July is a date to be put in your diary!! The club's next project for upgrading facilities at the track is to try and improve the javelin run-up by having a synthetic surface laid. To help with this, we are holding a fundraising prize draw and all athletes will be given some tickets at the end of the month to try and sell.

We are organising the fun day at Stefen Hill Sports Club on 17th July starting at 2pm when we shall have a BBQ, bouncy castle, games etc. and the prize winners will be drawn during the afternoon. We hope as many of you as possible will come along to help make the afternoon an enjoyable event.

Flying Coach Visits

On Wednesday 2nd June we are getting visit from a Hurdle coach (Ted Grey) who will coach/mentor Daventry's Coaches and Athletes. The focus is on how to adjust height changes in particular.

On Monday 21st June we are also getting a visit from Throws coach (Gary Herrington) who will coach Discus/Hammer athletes from 18:30 - 20:30. Please speak to Jan about attendance on the 21st session.

Currently 6th in Young Athletes League (after 2 matches)

Nene Valley is leading the YAL with 1,157 points followed by Corby on 1,002 points. Daventry is 6th with 544 points. There are 9 teams in this league and with more athletes competing we should be able to at least climb a couple of places before the end of the season.

Need Young Athletes to Compete

We would like to encourage athletes who come to training that is over 11 years to compete for the club in the league. This is a great days out (full day - usually Sunday) and if you are unable to come as parent/carers the club usually put on a minibus for the Athletes. Come and compete in your event(s), to see how you progress/improve to the best of your ability and how you rank against other athletes from the region. We are in particular short of athletes competing in U13 Boys/Girls. So speak to Diana/Barry/Jan about competing (every point counts).

Thank You!

We wanted to say a massive thank you to the parents and athlete who have been assisting at League Meetings. Other than we get points for providing officials/helpers this also allows the Coaches also to attend the Athletes should they need support.

Currently 6th in Midland League Division 7 (Seniors) - after 1 match

Notts AC is leading the Midland League Division 7 with 399 points followed by Harborough with 361 points. Daventry is 6th with 180 points. There are 8 teams in this league and we would like to encourage more senior athletes to compete to ensure we climb a couple of places before the end of the season (speak to Barry). Next match is on Sunday 6th June at Cosford..

Club Kit List

I would like to let you know that the club have got a kit list of Sweatshirts, T-Shirts, Polo Shirts, Vests and Competition tops for sale with the Club Log printed. The Sweatshirt cost £12/£15 dependent on size. The T-shirt £5, Polo Shirt £12, Competition vest price depends on type/style. If you are interested in purchasing any of these items please speak to either Diane or Rhonda.

Content for Newsletter

If you have anything you want to raise/write about that would be of interest for the club's members, please speak to Jan or Barry.



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