

WINDSOR SLOUGH ETON & HOUNSLOW AC
SPRING NEWSLETTER 2018

From Club Sec Dennis Daly –e,mail rudidad@yahoo.co.uk Club website:wseh.info

SUMMARY –WINTER SEASON

The 2017/8 winter season saw continued success for the Club over the Cross Country plus the Indoor Championships. Without doubt, the top achievement was that of Shelayna Oskan- Clarke in the World Indoor Championships in Birmingham where she won the bronze award in the 800m in the 4th fastest time ever by a GB athlete. She also had been accorded the honour of being the GB Ladies Team Captain for the event. Morgan Lake also reached the final of the High Jump, just missing out on a medal in 4th place. Megan MARRS also made her international debut in the 60m Hurdles.

The Club also saw 6 of their athletes become National Indoor Champions. At Senior level Rachel Wallader took the Shot title, with Morgan Lake the High Jump, Shelayna Oskan-Clarke the 800m and Megan MARRS the 60m Hurdles. At U20 level it was Alex Haydock-Wilson that emerged as National Champion in the 400m and in the U17 1500m it was Dominic McDougall who produced a gold finish. There were more WSEH athletes amongst the minor medals – Temi Ojora, U17 High Jump, Orla Brennan in the U17 300m and Teepee Princewell in the U20 Triple Jump. Competing for GB in the Euro Throws Cup in Portugal, Amy Holder was 3rd in the Discus

The Road/Cross Country season started well – with the Club being medal winners in the Southern Road Relays – taking team silver in the U15 Girls plus bronze medals for the U15 Boys. The success level was raised in the Southern Cross Country Relays where gold awards resulted in the U20 Mens and U17 Ladies event plus bronze in the U15 Girls race. WSEH totally dominated the B B & O Championships in Reading with 6 individual golds and team wins in 4 of the races

Success continued in the Southern CC Championships in Brighton where the U20 Ladies team took the team title. In the National Cross Country Championships it was the U13 Girls team that dominated, winning the team silver medals with Charlotte Dewar taking the individual bronze.

Meg Ormond's contribution was recognised by her being selected to compete for the England U20 team in an international competition in Belgium where she played her part in achieving team gold.

Six WSEH athletes have been named to compete in the Commonwealth Games in Australia in April – Ashley Bryant(Decathlon), Morgan Lake (HJ), Rachel Wallader (Shot), Shelayna Oskan-Clarke (800m), Jacob Paul (400mH) and Ben Reynolds (110mH).

FIXTURE CARDS

The Summer Fixture Cards are enclosed with this Newsletter. If you do not receive a Card please contact Dennis Daly Tel 01 753 686169

ANNUAL GENERAL MEETING – NOVEMBER 24th 2017

The Minutes of the AGM are included in this Newsletter. Sadly, out of a membership of some 500 only 23 people attended the AGM however most of the vacant Committee posts have been subsequently filled. There is still a vacancy for Social Secretary. If you are interested in taking on this post please make contact with Dennis Daly 01753 686169.

Club Subscriptions were nominally increased at the AGM to cover the rise in the EA Registration Fee. Subs for existing members therefore are now: Senior £85, U20 £75. These are due from April 1st. It is essential that you pay by this date to be eligible for selection for Club teams.

TRACK CARD FEES

It is understood that the annual Track Card Fees required by TVAC will increase marginally from April 1st. This information is not at hand at present but notices will; be displayed by TVAC by the due date.

SPONSORSHIP/FUNDING

Despite the level of success achieved by the Club in recent years we have as yet been unable to attract a major sponsor. Other avenues for specific funding are also being explored. If you have any possible contact in this respect please advise Con Milton, the Sponsorship Officer, on 01784 258851.

CLUB CANTEEN- Help Wanted

The Club Canteen on match days has been effectively run for the past 5 years by Carolyn Ditton. She has indicated that she wishes to retire from the role this Summer, hence we urgently need a parents or helpers to fill this position for the Summer and beyond. If you are interested please make direct contact with Carolyn Ditton on 01483 474324 or Dennis Daly on 01753 686169

OFFICIALS

Val Stenning has taken on the important role of Officials Secretary however we desperately need more parents/helpers to come forward to help on match days whether it be simply raking a pit or holding a tape. We also encourage parents etc to consider becoming qualified officials, thus enabling you to climb the ladder to perhaps being able to officiate at international level. The Club is prepared to meet the costs of becoming qualified. If you are interested please make contact with Val Stenning on 01628 545678

CLUB GYM

Due to restrictions of space, access to the Club Gym is limited to Approved Users. Such approval comes from the WSEH Committee against applications made in writing. To succeed with an application to use the Gym you must be over 18 and be of area medal standard. Unsupervised access is not available to U18's because of insurance restrictions and access is not available to Second Claim members unless directly supervised by a WSEH Coach. Users must sign the Gym Book AND replace weights etc after use. CCTV has been installed to monitor such use and abusers risk being removed from the Approved User List. Anyone on the Approved User who fails to make use of the Gym for 3 months will be removed from the List.

CHAMPIONSHIP ENTRIES

Virtually all entries for major championships are now done on line. Where the club is sent a poster with entry details, this will be displayed on the Notice Board in the Clubroom. However it is up to you the athlete to make yourself aware of the championships (they are generally in the Fixture Card) and closing dates – normally a month before the championships.

CLUB RUNNING KIT

Club Vests and Kit continue to be available from the Club Committee Room on Tuesday and Thursday evenings. Please make contact with Irene Speller or Con Milton.

SPORTS BURSARY AWARDS

Both Windsor & Maidenhead Council and Slough Council have a Sports Bursary Award Scheme open to all athletes that live in the respective boroughs and who compete at County level and above. The awards are nominal but are usually enough to buy kit. Details are available on the respective websites. There are also further awards available at a national level from the Ron Pickering Memorial Fund and the Arthur Kendall Memorial Fund. Details once again are on the respective websites.

ACHIEVEMENTS BURSARIES

To recognise the achievements of WSEH athletes and the publicity gained for the Club, there is a Club Achievements Bursary. Sums available are based on performances in the UKA/National Championships and are:

1st place £75 2nd place £50 3rd place £25.

Club vests must have been worn!! These are nominal sums but if Club sponsorship becomes available these sums will be increased accordingly. Eligible athletes will need to apply in writing to the Club Committee c/o Dennis Daly 213 Coppermill Road, Wraysbury, Staines TW19 5NW.

INDOOR SPORTS HALL ACCESS

A reminder that the Indoor Sports Hall is not available for WSEH training between April 1st and September 30th – Please respect this TVAC requirement.

SAFETY ISSUES – THROWING AREAS

I continue to get complaints from Throws Coaches about track athletes using short cuts between reps by running across the throwing areas during training sessions. This is highly dangerous and could result in a fatal accident. Coaches are asked to instill into their sprints/distance squads to steer clear of the throwing areas on training nights.

SPORTS INJURIES

The Club is fortunate to have two very experienced Sports Masseurs in Bob Fudge and Sue Kennedy providing a service for WSEH athletes on training nights at a nominal cost. For serious injuries TVAC have several Physiotherapists operating at the Centre – ask at Reception for details.

WSEH ACADEMY

The Academy has been functioning very successfully for 4 years now. Academy members are eligible to compete for the Club if they are EA Registered. Team selection however is based on the Club Ranking Lists. Thus to be considered for the team it is essential that Academy members compete in the Open Meetings or Non Scoring events in the Alder Valley Leagues to get into the Club Rankings and hence team selection.

WSEH SPRING OPEN MEETING SUN March 25th

The Club is staging this Open Meeting at TVAC. Details of the events are posted on the Club notice boards. More details on the Club website wseh.info. Entries close on March 9th generally but late entries may yet be accepted from WSEH athletes. Don't delay!!

TEAM AVAILABILITY CHECKS

The team availability checks for team selection purposes worked well last year and thus are being implemented again this year. It is up to you to respond to the e-mails sent to you to confirm your availability or not..

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Minutes of the Annual General Meeting held on Friday Nov 24th 2017

Present: D.Weston(Chairman), D.Daly (Hon Sec), C.Adams (Treasurer), E.Herbert, I. Speller, K.Snelling, C.Milton, L. Pearson, V.Stenning, L.Bussley, L.Phelps, M.Phelps, M.Campbell, P.Green, R.Durban-Davison, L.Burke, J.Pearson. S.Challis, S.Papps, G.Firth, P.Firth, E.Moore

Apologies for absence: J.Bryant, G.Bryant, J.Soane, C.Ditton, P.Fudge, D.McCulloch, D.Brennan, H.Walker, B.Goodman, S.Higgins, J.Higgins, C.Ditton, D.Walker,

1. **Minutes of the previous meeting** – these were approved.
2. **Treasurers Report** – Presented by C.Adams and summarised as follows:

Income		Expenditure	
Subscriptions	£29,462.78	Insurance	£541.00
Canteen Profit	£2627.88	Postage & Phones	£665.84

League Support	Nil	Printing/Stationery	£971.35
Donations	£2042.00	Team Costs	£23566.12
Bank Interest	£272.27	Affiliation Fees Leagues	£170.00
Social Events	Nil	Affiliation Fee EA	£397.00
Open Meetings	£4932.30	General Match costs	£218.09
Sundry Income	£700.00		
		National League support	£1899.00
		Coaching Bursaries	£225.00
		Achievement Bursaries	£1175.00
		Sundries	£6753.46

There was a surplus for the year of £3040.67.

The accounts would be audited by Paul Green and were duly accepted.

3. Secretary's Report – tabled and read by D.Daly

Chiltern League Awards – J.Spicer to be substituted for J.Tidd – otherwise the Report was accepted.

4. Team Directors Report

Tabled by I.Speller

UK Womens League 4th placed in Premier. BAL – status maintained. YDL Upper – 4th in Final. Southern League – Promoted to top division. Alder Valley – Girls 4th in Cup. Boys won Plate Final. YDL Lower – relegated to Div 2. The point was made that the Club was being points penalised at some matches due to lack of sufficient qualified officials..

5. Election of Officers – the following were duly elected

President : J.Bryant	Officials Secretary : Not filled
Vice Presidents : R.Briggs,	Child Welfare : J.Higgins
S.Eldon, J.Hatch, J.Hation, E.Herbert	Sponsorship Officer : C.Milton
D.McCulloch, R.Parrish, D.Scott, J.Scott	Web Site Manager: L.Phelps
Y.Smith, I.Woods, S.Sohal, W.Wessely	Records Sec L.Phelps
G.Bryant P.Green, P.Fry	Social Secretaey – not filled
	Coaching Sec – not filled
Chairman : D.Weston	Catering Manager: C.Ditton(temp)
Deputy Chairman: C.Milton	General Committee: L.Pearson
Hon Secretary: D.Daly	H.Walker, V.Stenning, L,Burke
Assistant Secretary L.Bussley	S.Papps. S.Challis, B.Goodman,
Membership Sec. D.Weston	L.Pearson, R.Davison,

6. Rule Change – The increase in the Club Subscriptions by £1 was approved to include the £1 EA Fee increase

7. Other business:

- There was much discussion as to how to overcome the decreasing number of officials within the Club. P.Green was looking to organise an Officials Course at TVAC in the Spring – focussing on parents.
- C.Milton advised of the opportunity of Easyfunding where the Club would receive a percentage of costs expended on on-line purchases.
- K.Snelling raised an issue re the general lack of training javelins. DW will raise with TVAC.

The meeting closed at 9.30pm

D.Daly – Hon Sec