

# Newsletter

Issue: April 2017



## Club News

Hi guys, welcome to the 6th edition of the Team Hounslow newsletter.

We had our first league match of the season, and I would like to say a massive thank to all the athletes who took part. I would also like to thank all the parents who help out on the day with the officiating. This as you all know helps us get a few more points on the board.

Well done to all those who took part in the mini marathon, with special mention going to Nina Pasquale, Eleanor Cranfield, Dave Daniels and Shiolah Elliott for making VERY early start to be team managers for the day.

Lastly the club is currently looking for some sponsors, so if you know of any business who may be interested on supporting their local athletics club, please point them in my direction.

JB

## Club Notices

- Annual subscriptions fees and/affiliation are due 1st March 2017. Your current subscription expires on Tuesday 28<sup>th</sup> February. There has been an increase in membership to £40 for the athletics year. Competing athletes should note that, included in your subscriptions is the £14 England Athletics fee for your athlete registration number.
- May 2017, **Fusion** will be increasing the track fee for members and non members.
- The next league match will be in Hillingdon 20<sup>th</sup> May
- Anyone interested in taking part in this year's London Youth Games, please contact [Eleanor.Cranfield@fusion-lifestyle.com](mailto:Eleanor.Cranfield@fusion-lifestyle.com), who will be able to advice you on which sport/event you are eligible to take part in.
- London youth games boys football trails, for those in school years 8/9 have now started at Heston Pools, every Wednesday 16.30-17.30
- The last session before the Easter break will me Wednesday 27<sup>th</sup> March. We will be returning week starting Monday 17<sup>th</sup> April
- Club kit is available to order. Please contact



The Virgin Money Giving Mini London Marathon is the official British Athletics 5km road championships for young athletes aged between 11 and 17.

This year's Virgin Money Giving London Marathon saw 1056 youngsters run the last 5km of the main marathon course. Runners finished in the Mall just ahead of the elite marathon runners.



Team Hounslow were represented by 16 young runners and had some outstanding results.



The top performances of the day were by Jonathan Bartholomew who ran the under 15 race in 17.11 finishing 102nd.

A huge congratulations goes out to all the young runners that took part, who all received a marathon medal, goody bag and finishers t-shirt.

Camila Giglio	22.11
Lilly Temple	23.37
Florence Rampley	22.41
Abigail Hallam	26.57
Amelia Swaine	23.07
Millie Giglio	20.16
Sophie Moore	22:00
William Patterson Denton	18.58
Luca Santos	19.51
Jonathan Bartholomew	17.11
Aidan Aherne	18.13
Thomas Giglio	19.09
Tom Bagnall	17.19
Joe Killip	18.53
David Bradley	19.46
Alex Bagnall	19.48





The first league match of the season kicked off in Battersea, with host Belgrave putting out a strong team. We had a few athletes missing with the London Mini Marathon the very next



A number of athletes made their first club appearance and nerves were definitely in the air, and it was great to see so many names on the team sheet.



We had our first ever pole vault entrant in the under girls, but with no poles available Jessica Thomas was unable to take part in the event.

Disappoint came in the under 15 girls 4x100m relay after a exchange outside the relay zoom meant they were disqualified after posting what would have been a club record.

\*Results from this competition have not yet been published, please lookout for them in next month's issue



### fixtures

13/14 Middlesex championships  
Lee Valley  
(entry closed)

20<sup>th</sup> YDL under 13/15  
Hillingdon

24<sup>th</sup> Lee Valley Sprint open  
Lee Valley

28<sup>th</sup> YDL under 17/20  
Ealing

## Helen Nunan, becomes the first club member to complete the Brighton Marathon.



The 9<sup>th</sup> April arrived and the forecast was for a hot and sunny day; it certainly brought the crowds out and many of them enjoyed a drink as they cheered us on! The advice is to start slow but I was

excited so did the first half too quickly for me then slowed down and enjoyed my achievement with complete strangers we supported each other running in a heat we weren't used to. I was glad I carried my own drink as the organisers ran out of water near the end of the race which was really tough for some people; the organisers have sent an apology. Everything else about the race was well organised and very well supported; you are made to feel a real hero along the way; it's addictive and so I've signed up for another one; fingers crossed for London marathon 2018.

I ran Brighton marathon in 4 hours 37 mins 35 secs last year and 5 hrs 06 mins this year; includes a couple of stops to queue for porta and loo! I'll be 50 (in age) in October so I'm happy with both marathon times and experiences.

Helen Nunan

## Dorota Smashes Club Record

Among the record 39,487 finishers on Sunday, Team Hounslow's Dorota Rakowicz completed the 42k course in 3hrs.35.51. Dorota's performance has earned her an automatic entry into 2018 London Marathon.

This is an amazing achievement for Dorota and the club.

Look out for Dorota's marathon diary in next month's issue.



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