

HOOPS NEWS

Official newsletter of Dartford Harriers Athletic Club

WELCOME TO ALL NEW MEMBERS!

During the pandemic we have agreed to restrict our track use to Tuesdays, Thursdays and Saturdays only, to allow other users access on other days without risk of overcrowding.

All members must pre-book in advance with their coach BEFORE attending the track.



UPCOMING EVENTS

Kent Young Athlete League

Dartford Track - 23rd May

Contact Jon Kennedy - chair@dartfordharriersac.co.uk

Age Groups: U13, U15

<http://www.kcaa.org.uk/KYAL.htm>

Youth Development League (Upper)

Dartford Track - 30th May

Contact - Gary Capon - garyc.dhac@gmail.com

Age Groups: U17, U20

<https://www.ukydl.org.uk>

Open Meetings

A number of local clubs are holding open meetings throughout the upcoming months, check their websites for more information!

Under 13: at least 11 years and under 13 years on 31st August in year of competition

Under 15: at least 13 years and under 15 years on 31st August in year of competition

Under 17: at least 15 years and under 17 years on 31st August in year of competition

Under 20: at least 17 and under 20 years on 31st December in year of competition

CLUB KIT

With events starting up again VERY soon..

Don't forget to get your hands on some of our clubs branded apparel!

Racing Club Vest - £18

Sports Trousers - £18.49

Adult Hoodies - £20.

Sports Jackets - £28.99

Child Hoodie - £17

For all sizes and personalisation options (eg initials) please visit our [website shop!](#)

VOLUNTEERING!

Why volunteer? Would you like to:

- Develop new skills and build confidence?
- Make new friends and get to know others better?
- Make a positive difference and help the club succeed?

If so, then why not consider volunteering for our club?

We are currently on the lookout for the following vacancies:

- Boys cross country team manager
- Coaching assistants (and enthusiastic helpers without qualifications) on Tue, Thu and Sat
- Auditor
- Dartford Half Marathon organising committee members.

You can find out more about the range of opportunities on our [website!](#)

TRAINING SESSION

Beginners Group

Runs on Thursdays

Coached By Jon Kennedy and Sophie Price

On only the second session on the 8th of April 2021, Jon and Sophie had 15 new people join their beginners group.

This was the first time their group were introduced to our track!

Jon and Sophie took them through basic running drills and a warm up followed by the main session of 3 - 5 x 400m at a steady pace in small groups with 2 minute recoveries.

Jon and Sophie finished her group off with some group stretches!

Below is a picture of the group doing some drills and a photo of new member Thevi with dad Sella.





COMPETE FOR THE CLUB

Kent Young Athletes League

League Summary: The KYAL is part of the competition events provided by Kent County Athletics Association (KCAA) with an aim of providing competition experience for athletes who otherwise may not have the opportunity. The League is fully part of KCAA and is managed by the KYAL secretary who is a member of the KCAA Track and Field Committee.

Age groups: U15 and U13 athletes.

Team captain(s): Jon Kennedy



CLUB CHAMPIONS

Recent Club Records

Gary Capon

M60 : PV 2.28m Dartford 10.10.20

Claire Capon

W35 : HT 36.93m Dartford 13.09.20

Teresa Eades

W60 : 100m 15.44 secs Dartford 12.09.20

Kai Barham

U15B : HT 57.65m Lewes 12.09.20

Timi Babatunde

U15B : SP 14.21m Dartford 12.09.20

Dave Kemp

M55 : 200m 26.86 secs Dartford 12.9.20

Dave Kemp

M55 : 400m 58.26 secs Dartford 12.09.20

Timi Babatunde

U15B : DT 46.01m Chelmsford 30.08.20

MEMBERS CORNER

Spotlight on Colin Bates

Age group: M60

Events: 400m and 800m

Coach: Jon Kennedy

What is your greatest athletics achievement:

British Masters South of England 800m Champion – indoors and outdoors

No. 1 Goal for 2021: Getting on the podium at the British Masters 800m Championships

Favourite Athletic Moment / Memory: Winning a M50 Herculis 1000m event in Monaco at the Louis II Stadium ahead of the Diamond League 2019 event.

Coach Tip of the Month

From Jon Kennedy

"For your body to benefit from your training, it's vital to get adequate recovery and nutrition. At least 8 hours sleep, and sufficient high quality protein and carbohydrate post exercise. Protein is the bricks, carbs are the builders laying those bricks - both are essential."