

HOOPS NEWS

Official newsletter of Dartford Harriers Athletic Club



WELCOME 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.

You now no longer have to pre book a space at the track!!

HOW TO ENTER

Entries for the Dartford Harriers Open Meeting are priced at £6 per event and must be purchased using our online form. Please note that entries are strictly limited on a first-come first-served basis.

Entries will not be permitted on the day of the event.

Don't forget to read Jack Fox's Kent County Championships review on our website to see all the results of our amazing athlete's who competed last month at the Julie Rose Stadium!



DHAC OPEN MEETING

Wednesday 23rd June 2021

We are pleased to announce the return of our popular open meeting which this year is combined with the Kent Championship 3K and 10K.

The event contains a range of track and field events for athletes in the U13 and over age group. We will have electronic timing for track & EDM for the field events.

DHAC OPEN MEETING TIMETABLE

Wednesday 23rd June

TRACK EVENTS

Time	Event	Age Group
6.00pm	100m	U13 and above
6.20pm	400m	U15 and above
6.40pm	200m	U13 and above
7.00pm	300m	U15 and above
7.20pm	3.000m	County Championships
7.40pm	10,000m	County Championships

FIELD EVENTS

Time	Event	Age group(s)
6.00pm	Hammer	U13 and above
6.15pm	Long Jump	U13 and above
7.15pm	Shot Put	U13 and above
6.00pm	Pole Vault	Invitation only



UPCOMING EVENTS

June / July 2021

- England Athletics U20 and U23 Track and Field Championships
Bedford International Athletic Stadium Jun 19 – Jun 20
- Southern Athletics League – Match 1
Central Park Arena, Dartford - Jun 20
- Dartford Harriers Open Meeting (inc Kent 3K & 10K Champs)
Central Park Arena, Dartford - Jun 23
- English Schools Combined Events and Race Walks Championships
Lee Valley Athletics Centre, London - Jun 26 – Jun 27
- British Masters Regional (South) Multi-Events Challenge
Horspath Road Athletics Track - Jun 27
- Youth Development League (Upper) – Match 2
Sutcliffe Park, Eltham - Jun 27
- SEAA Combined Events Championships (U15/U17/U20/SEN)
Horspath Road Athletics Track - Jul 3 – Jul 4
- England Athletics 10,000m Championships
Walthamstow Track - Jul 9
- English Schools Track & Field Championships
Regional Athletics Centre, Manchester - Jul 9 – Jul 11
- Kent Young Athletes League – Match 2
Central Park Arena, Dartford - Jul 10



MEMBERS CORNER

Spotlight on Hope Still

Age group: U15 Girls

Events: Hammer, Discus and Shot-put and sometimes Javelin

Coach: Paul Head

What is your greatest athletics achievement:
Achieving Number 1 in the UK for Under13 Girls Hammer 2019

No. 1 Goal for 2021: To compete in Hammer at the English Schools Track and Field Championships

Favourite Athletic Moment / Memory: Throwing the Hammer for the first time, aged 9, and saying "I rather like that!" Plus, the feeling when breaking a Club Record.



MAY CHAMPIONS

Recent Club Records

Colin Bates

M60 : 400m : 63.09s Dagenham 29.05.2021
M60 : 300m : 44.97s Bromley 24.05.2021

Hope Still

U15G : HT : 42.61m Dartford 23.05.2021
U15G : SP : 10.34m 5.6.21.

Stephanie Wood

W55 : 10k Road : 45.48mins 8.5.21
W55 : 5k Road 22.25 mins

Teresa Eades

W60 : 100m : 15.08s 1.6.21.

Kai Barham

U17B : HT : 59.31m 9.5.21.

Timi Babatunde

U17B: Discus throw 41.49 metres 9.5.21.

Coach Tip of the Month

From Trevor Bent

"There are a lot of elements that go towards making a long or triple jumper but the most important is the run up (approach). The take off board is 20 centimetres wide so accuracy of run up is paramount. Without a proper run up you will never reach your full potential!"

CLUB DRAW

For April and May 2021

The results are in for the April and May 200 Club Draw!

Results were as followed:

April 2021

1st Prize, Allison Page - £250

May 2021

1st Prize, Karen Servadei - £25

2nd Prize, Helen Wilson - £15

3rd Prize, Sim Pyne - £10

The June draw will take place on the 24th June 2021.

If you would like to join then contact Ken on 01322 557974 or 07910 778329.