

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!!



NEW BRITISH RECORD

Achieved by Colin Bates, Kevin Pye, Chris Ireland and Jed Turner

On Wednesday 7th June, Colin Bates from Dartford Harriers travelled up to Sheffield to meet with Kevin Pye, Chris Ireland and Jed Turner to attempt to take the British Record for Masters M60 - 4 x 800m Relay. They achieved the record with a time of 9:50.60.



TREVOR BENT COACHING

Last Month's coaching tip was from Trevor Bent and he would like to add that if anyone is interested in Long Jump or triple Jump he is more than happy to coach an individual or a group!

Contact Trevor on: trevorbent44@gmail.com

EVENTS THIS MONTH

- England Athletics Senior Championships
Bedford International Stadium - Jul 17 and Jul 18
- Youth Development League (Lower) Match 2
Central Park Athletics Arena - Jul 17
- British Masters Half Marathon Championships
Redhill Aerodrome - Jul 18
- British Masters Inter-Area Outdoor Track and Field Challenge
University of Warwick (Westwood Campus) - Jul 18
- Youth Development League (Upper) - Match 3
Medway Park, Gillingham - Jul 25
- Southern County Vets League (Friendly)
Tonbridge School Sports Grounds - Jul 30
- British Masters Regional (South) Track & Field Challenge
Lee Valley Athletics Centre - Aug 1
- Southern County Vets League (Friendly 2)
Central Park Athletics Arena - Aug 6
- England Athletics U17 and U15 Championships
Regional Athletics Centre, Manchester - Aug 7 and Aug 8
- Kent Young Athletes League - Match 3
Tonbridge School - Aug 8
- Southern Athletics League - Match 3
Medway Park, Gillingham - Aug 14



MEMBERS' CORNER

Spotlight on Eloise Harvey

Age group: U23 Women

Events: Long Jump and Triple Jump

Coach: Kieth Fleming

What is your greatest athletics achievement: Competing for England and GB Juniors, as well as achieving U17 British Record

No. 1 Goal for 2021: To compete pain free and injury free all season

Favourite Athletic Moment / Memory: British Record! Her first time jumping over 12m and adding over 50cm to her previous PB, she didn't know it was a British Record til after the event!



RUN, JUMP, THROW

3rd and 24th of August

Unfortunately DHAC's Summer Club will not be running this year due to COVID. However, it has been a huge success in the past! In the absence of the summer club, we've added two Run Jump Throw mornings for club athletes in school years 1-6.

The first Run Jump Throw morning has been scheduled for the morning of Tuesday 3rd August 2021, including Javelin, High Jump and 75m Sprint. At the second event, on Tuesday 24th August, the timetable will follow a similar format, only with the Javelin Throw replaced by Shot Put, and the High Jump replaced by Long Jump.



PARKRUN

Free Weekly Timed 5K Run

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior Parkruns for children aged 4 to 14.

Dartford Park and Dartford Heath are the two closest Parkrun's to the track, and are due to commence again on Saturday 24th July, check their FB pages for final confirmation

MAY CHAMPIONS

Recent Club Records

Adam Bernard

M35 400m 53.02 secs Dagenham 29.05.21

Colin Bates

M60 400m 61.87 secs Stratford 13.06.21

M60 200m 28.02s Dartford 23.06.21

Kai Barham

M17 Hammer throw 61.91ms Dartford 23.06.21

Don't Forget that if you have recently broken a club record then let Trevor Bent know on:

trevorbent44@gmail.com

*Coach Tip of the Month
From Gary Capon*



"When high jumping always be TALL.

Stand Tall.

Run Tall.

Jump Tall.

This is the perfect start for a high jumper"

Special thanks to our editor Claudia Bates, and contributions from Jack Fox, Eloise Harvey, Gary Capon and Trevor Bent.