



Medway & Maidstone  
Athletic Club

# M&M

# Bulletin

26<sup>th</sup> August 2008 – Issue 8

## New Tracks

### Sutton Valence

Despite the frustrating delays we have experienced over the past 6 months with bringing the planning application for the new track at Sutton valence, the planning application for a the new track will be heard by Maidstone Borough Council's Planning committee on Thursday 28<sup>th</sup> August. The meeting gets underway at 6pm and we expect the Track to be considered about 6:30pm. Please can we ask as many club members as possible to attend the planning meeting in order to show support for the scheme! We do not want to be out numbered by local residents.

Details of the meeting, which will take place at Maidstone Town Hall (ME14 1TF) ([Click here for a location map of the Town Hall](#) ) can be found online at:

[http://www.digitalmaidstone.co.uk/PDF/080828\\_planning\\_agenda.pdf](http://www.digitalmaidstone.co.uk/PDF/080828_planning_agenda.pdf)

Once approval is given (fingers crossed), it will then take four weeks to get the contractor in place and a further ten to build the track – weather permitting. We will also update club members ASAP after the meeting.

### Black Lion

The plans for the new track at the Black Lion have been approved by Medway Council and work on the whole Medway Park development should start on time as planned. However it is now likely that the athletics track will not be in place until spring 2010. The World Cup of Modern Pentathlon is in July 2010 so it has to be in place by then or it will be very embarrassing for the Council! The plans for the track can be seen on the club website (use the link below). The more eagle eyed of you may have already spotted that there are some obvious problems with their current plans and as such we have approached the Council to make sure they are aware of the issues and to offer advice and support to Medway Council.

Go to the club website at: <http://mandmac.org/suttonvalence.aspx> or <http://mandmac.org/blackliontrack.aspx> to read more about the plans for both tracks.

## Annual 1500m Handicap

The annual club 1500m Handicap Race will take place at Deangate on Tuesday 23<sup>rd</sup> September. This event sees athletes set off at different times, depending on their best 1500m performance this season, with the aim of everyone finishing closely together. If you wish to enter please contact Chris Newman on [newmanchris36@hotmail.com](mailto:newmanchris36@hotmail.com) or sign up at the track.

## Annual BBQ

The annual club BBQ will take place at Deangate on Tuesday 9<sup>th</sup> September. The usual fare of sausages, burgers and the like will be on offer!

## Coaching Courses

Anyone wishing to become a club coach in any discipline, and would therefore like to go on a coaching course, should contact Coaching Secretary Chris Newman on [newmanchris36@hotmail.com](mailto:newmanchris36@hotmail.com)

## Athlete Profiles

A series of Athlete Profiles are now being published on the club website. If haven't seen them yet, check them out at: <http://mandmac.org/athleteprofiles.aspx>

## Club Offers

Club members are able to benefit from discounted rates for a range of products and services from businesses associated with the club. As such we have launched a club members discounts page. If you wish to offer discounts to club members from your business, or know of places that do this, please e-mail [contact@mandmac.org](mailto:contact@mandmac.org) with the details you wish to see listed. **Visit:** <http://mandmac.org/cluboffers.aspx>

## Winter 2008/09

Now that the summer season is now drawing to a close, it is time to start thinking about your winter plans!!!! For some this means the start of some welcome mileage and mud, for others it's a case of lots of conditioning work! Either way – everyone should at least consider whether cross-country could make a positive contribution to your winter training. The fixture lists will be out shortly and team managers will be keen to talk to anyone who is thinking about doing cross country events (even if only for training). Make sure you know who your X-Country Team Manager is!

The club will be hosting three cross country fixtures this winter and marshals and helpers will be required so please respond positively to appeals for help when they are made in the coming weeks.

It is essential that more young athletes take part in cross country this winter. If you have recently joined the club or have only ever competed on the track you might not know what it involves. As club coach Chris Newman explains, "Athletes are made in the winter. Preparation for next summer starts now and all athletes who run 400m and upwards should try cross country for improving their endurance, even if they only do the first part of the winter season."

More information about cross-country, and its benefits, will be published on the club website shortly and it is proposed to hold some form of trials in Medway and also in Maidstone. Details will also appear on the website.

## Membership Renewals

**2008 Club subscriptions and membership renewals are now well overdue and if you are thinking about x-country and haven't yet joined you need to!** If you haven't already submitted your form and paid your membership fee you should not be claiming to be a club member at road races and should not be competing in league teams. The new renewal form is online at: <http://mandmac.org/membership.aspx> . This year's form is a bit longer than in previous years but it is important all members fill it in and send to the membership secretary ASAP.

If you are not intending to renew your membership, you need to formally notify the club – use the website to contact us or make contact with Steve Whiting, Membership Secretary.

## Summer Presentation Evening

The 2008 Summer Presentation evening, which will give everyone the chance to celebrate the excellent team and individual performances this summer, will be held on Friday 24<sup>th</sup> October in the bar at Maidstone Leisure Centre. Everyone is encouraged to attend. As well as the presentation of trophies there will be a short update on our new tracks, a raffle and a light buffet. There is lots of free parking available. Details of how to find Maidstone Leisure can be found at <http://www.tour-maidstone.com/Default.aspx?page=343> The presentation evening will get underway at 7:45pm. **See below for details of the preceding EGM.**

## Club Structure & EGM

Works continues to prepare the club for possibly becoming an unincorporated charity.

The Extra-ordinary General Meeting planned for July was postponed to allow more work to continue on a new constitution, but has now been rearranged for Friday 24<sup>th</sup> October. **The EMG will take place prior to the Summer Presentation Evening (see above) and will begin at 7:15pm.**

If you wish to talk to anyone at this stage please contact Club Treasurer, Martin Gray, at [martingray@mandmac.org](mailto:martingray@mandmac.org) . Anyone who made a proxy vote for the postponed EGM can rest assured it remains valid and will be counted at this meeting. This is an important matter for your club and your attendance is encouraged.

# Club Kit

As we move from Summer to Winter season (sorry to be so gloomy) now is an ideal time to get your orders in for Club Kit. A full range of t-shirts, polo shirts, jackets, kit bags, hats, fleeces and new club vests are available to purchase. Full details, including pictures, of all of this new kit are online. From this page you can download an order form and also contact the Club's Kit Manager – Karen White. Visit: <http://mandmac.org/clubkit.aspx>

# M&M Open Meetings - Thanks

The Club's summer open meetings were a great success and provided some excellent opportunities for competition. Well done to all those who took part and thank-you to everyone involved in the staging of each meeting. Results form all the meetings are online at <http://mandmac.org/clubevents.aspx>

# Staying up to date!

With the new website it should be easier than ever to stay up to date – as long as everyone lets us know their news!!! If you do not wish to receive these bulletins please let us know by return of e-mail. Similarly, can all members please forward this bulletin to their training partners or athletes they coach (it is better people receive it twice than not at all). Those athletes who do not receive this direct are asked to forward their e-mail address to [contact@mandmac.org](mailto:contact@mandmac.org) so they can be added to the distribution list.

**Don't forget you can stay up to date with all the latest club news...**

**online @ [www.mandmac.org](http://www.mandmac.org)**

**Contact us and send your questions to the committee and team managers at:  
[contact@mandmac.org](mailto:contact@mandmac.org)**

**Please share this Bulletin with other club members and ask anyone not receiving it direct to let us know their e-mail address.**

*If you have received this Bulletin in error or do not wish to receive it in the future please let us know by return of e-mail. Thank-you.*