



Medway & Maidstone
Athletic Club

M&M

Bulletin

13th October 2008 – Issue 10

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 24th 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 up date 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. Please bring a raffle prize to contribute – all proceeds go to the club!!!! A fun quiz will also take place after the presentation of awards. **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 24th October. **The EGM 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 . 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. The new club constitution that will be up for approval can be viewed online at:

http://mandmac.org/Documents/New_charity_Constitution_2008_10_07_Fina.pdf

New Tracks

Sutton Valence

As reported in the last club Bulletin ([Number 9](#)), the plans for a new athletics track at Sutton Valence have been approved by Maidstone Borough Council's Planning Committee. The contractor, to take forward the building of the new facility, has also now been appointed and work on the building of the track is forecast to begin w/c 10 November 2008. It will be completed at the end April 2009, subject to the weather.

The club has recently been awarded a £10,000 grant towards the costs of the new track from the Members' Funds at Kent County Council. This is excellent news and we are grateful to the County Council for their support!

Black Lion

There is no further news to report at present on the Black Lion Track. [Please see the Bulletin Issue 8 for the latest news.](#)

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.

Sportshall Athletics

Entry forms for Kent's sportshall athletics events this winter can now be found online at: <http://mandmac.org/Documents/200809%20sportshall%20athletics%20forms%20and%20info.pdf>

Officials Courses

Anyone who would like to become an official in field judging, track judging or timekeeping should step forward now. The Club will pay the fees for those who will be officiating at club events next year. Please contact the committee at contact@mandmac.org to get booked on to the course. Well done and thank-you to all those that have done this recently.

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. you can be a complete novice or somebody with experience in the sport, everyone is welcome and a course that's right for you can be found!

Athlete Profiles

Athlete Profiles continue to be published on the club website. If haven't seen the latest ones, 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 with the details you wish to see listed. **Visit:** <http://mandmac.org/cluboffers.aspx>

Winter 2008/09

The X-Country season is now underway and if you haven't dipped your toe into the muddy water yet, but are thinking of doing so you might like to read a very interesting and compelling article by Andy Baddeley , Britain's leading track middle distance runner, on why he feels its and important part of his preparations for 2009. Visit:

<http://www.ukathletics.net/media/news/september-2008/29-09-08-aw-column/>

Details of the club's winter trials for young athletes can be found online at:

<http://mandmac.org/clubevents.aspx>

Membership Renewals

Some 2008 Club subscriptions and membership renewals are still outstanding and if you are running in x-country events 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.

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>

Staying up to date!

Using the club 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 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

**Contact us and send your questions to the committee and team managers at:
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.