



## TEAM DEVIZES - MOONRAKERS ATHLETICS CLUB

Termly News Letter

February 2018



### Athlete of the Month

Matt/Mark Group – Phoebe ..  
for regular attendance, a big  
smile and great effort

Michelle/Sam Group – Edith ..  
for grit and determination to  
return after illness

### Event reviews

Written by Edith - I have  
recently participated in  
three running events.  
Two for the club and one  
for my school (Emmaus  
School Staverton).

On the 20<sup>th</sup> January I  
participated in the Castle  
Combe relay 1 lap of the  
track of 1.85 miles  
totaling 7.4 miles per  
team; I ran this with  
Mate and two other  
boys. My time was  
13.36.

On the 24<sup>th</sup> January I  
participated in the South  
West division of the ISA  
Cross Country

Competition in  
Exeter. The weather  
was atrocious and  
the course a hilly  
two-miler, but I  
came fourth in my age  
category qualifying for  
the nationals in Rugby in  
March.

My last run was on 27<sup>th</sup>  
January at Southwick  
Park Trowbridge, the  
Junior 2K park run. I was  
the 3<sup>rd</sup> girl, and did my  
second best time and did  
it in a time of .

It is great to be back  
running and competing  
after having had 10  
chest infections, being  
diagnosed with asthma  
and having 2 bouts of  
pneumonia ( one putting  
me in hospital last year).  
I can rest for a bit until  
the end of February  
when I run the  
Southwick Park run  
again.

### Dates for your diary

Term 3, last training night 7<sup>th</sup> Feb 2018

Term 4, return 21<sup>st</sup> Feb 2018

Term 4, last training night 21<sup>st</sup> Mar 2018

### REMINDERS



Please can all athletes tie up  
long hair. Loose hair can  
restrict vision when training  
and could be dangerous when  
jumping, hurdling and  
throwing.



All athletes should bring a  
bottle of water with the to  
training. They do work hard  
and it is important to stay  
hydrated.



Footwear for training, should  
be well fitting, supportive  
trainers – no fashion trainers,  
no hightops. Trainers are to be  
laced properly at all times.



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### Welfare Officers

Within the club we have two welfare officers - Marcella Heyes and Col Carter. Their role in the club is 'deliver an environment where everyone involved in athletics feels safe and secure to enable them to achieve their potential – to run, jump and throw, to coach, officiate or to support those who do.' If anyone would like to contact them on any issues please feel free to email [welfare@teamdevizes.org](mailto:welfare@teamdevizes.org)