

A very warm welcome to our first Quarterly Newsletter.

As many of you will have noticed, we have a brand new website which looks great and many thanks for Kevin Williams for his brilliant Logo illustration and Paul Moscrop (www.sitetype.co.uk) for designing our website.

When you browse our website you will see that not all the athletes mentioned are members of Lavington Athletics. This is because they have been or still are being trained by our coaches at different venues. I am delighted that we have very close ties with our friends at MADJA. This shows how two clubs can help with coaching each other's athletes with the sole intention of helping these athletes be the very best they can be.

A new initiative over last summer were the Squad Days aimed at the promotion of Combined Events and the supplying of coaching for those athletes who competed at the SW CE, those who qualified for the CE Nationals and those who fancied having a go at training for multi events. The Squad Days were run by Club Coach Deborah and her great friend Julie Alexander (Team Bath Sprints & Hurdles coach). They were assisted at various times by Paul Warren, Mark Hay, Sally Hornby and Vanya Body. All in all, between 20 -25 athletes had the benefit of all day training sessions at various venues ranging from Dauntey's facility, Bath Uni and Marlborough College track. The athletes came from our club, MADJA, Team Bath and City of Salisbury. Further Squad Days are planned for this winter for those who would like to come along as well as those all ready on our mailing list.

Our renamed Juniors Group continues to flourish and a short Waiting List is currently in operation.

We continued to coach a small group of athletes from Appleford School over the summer and several of them did very well at their Independent Schools Nationals. At the end of September, a group of pupils with Learning Disabilities from Fairfield Farm Residential College started receiving Saturday morning coaching by Deborah.

The Monday evening Circuit sessions are in their ninth year and go from strength to strength. These cater for athletes from our own sport, plus those from other ones and for members of the public who simply want to get fit.

Please check the Fixtures List as new opportunities to compete get posted regularly. Some of the 2017/2018 Indoor Competitions are all ready up so make sure you enter yourselves if you are interested. Be aware there are closing dates.

Coach Louise is doing her Massage Course so may be looking for volunteers to practise on!

As with most clubs around the country, we are always looking for new coaches and helpers so, if you think you would be interested, you can contact us via the website.

Our club does have one space allocated to us for anyone wanting to enter the London Marathon.