



## Newsletter March 2019

Once again, we have had a busy month! With competitions coming up fast and some more fun events planned the club is continuing to grow. We have a few events coming up including a Run and Revise session in May, a Hog Roast in June, a first aid course in April and the launch of our Young Sparks!

### **Athlete's of the Month**



Well done to both Marcus and Luke who achieved our first ever Athlete of the month award for February!

One award every month will be performance based from competition results and the other will be based on training with attendance and attitude playing a part!

Congratulations!

### **County Durham Athletic Network Sportshall County Finals**

Well done to everyone who competed in the Sportshall County Finals at Temple Park. County Durham came second! Well done.



Contact: [phoenixflyers.athletics@gmail.com](mailto:phoenixflyers.athletics@gmail.com)

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Facebook: phoenix flyers ac



# Phoenix Flyers AC



## Pentathlon

Michael brought back Silver in the Senior mens Pentathlon! Huge congratulations on getting over those hurdles.

## Coaching/Volunteering



We have some great ideas that we are working on at the minute following our course on Volunteer Champions!

## Birtley X Country Relays

We had 5 Teams in the relays with a few of our members running up an age category. It was tough conditions as we had freezing rain and sleet but everyone ran absolutely fantastic.

## Welfare

Samantha Keogh and Steven Foster have completed the England Athletics safeguarding and Time to Listen workshops and are your Welfare officers. If you have any concerns or questions, please speak to one of them at the track or email.

[Samantha.keogh@outlook.com](mailto:Samantha.keogh@outlook.com)

[Lesfos74@aol.com](mailto:Lesfos74@aol.com) - Steven



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## **NEHL Alnwick**

Luke braved the final Harrier League this month! Well done and great achievement in coming 42<sup>nd</sup> overall!



## **First Aid Thursday 25<sup>th</sup> April 6pm**

We have booked a childrens first aid course and all children are welcome to attend. Training will be slightly later that night

## **AGM**

Thank you to everyone who attended our AGM, the current committee remain with Lesley kindly joining us to be Membership Secretary.

## **Run and Revise!**

We will be holding an extra session on Monday 6<sup>th</sup> May at 10am to aid with exam stress! All are welcome

## **Young Sparks!**

Our Young Sparks sessions are going to be on a Thursday from 25<sup>th</sup> April!! Please see attached information sheet. Any questions please see Mark or Sam

Looking for some fitness training  
for your little ones.....

Starts  
Thursday  
25th April



- Training every Thursday from 5.15pm to 6pm
- Based at Framwellgate School in Durham
- Training delivered by Fully Qualified UKA Athletics Coaches
- Ideal for kids between 5 & 7 years
- Enjoy a mix of Running, Jumping & Throwing
- Only £2 per child, per session & no membership needed



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## **Events coming up**

Saturday 30<sup>th</sup> March – Spring Track Relays and Throws fest (Whitley Bay)  
 Sunday 14<sup>th</sup> April – Gateshead Quad Kids – 1<sup>st</sup> event (years 3-5)  
 Sunday 14<sup>th</sup> April – Gateshead Open Medal meeting  
 Thursday 25<sup>th</sup> April – TRAINING STARTS AT 6.30. First Aid course for children 6pm  
 Wednesday 24<sup>th</sup> April – North East Grand Prix – 1<sup>st</sup> event  
 Sunday 28<sup>th</sup> April – North East Youth Development League – Whitley Bay – More information to follow with further dates  
 Monday 6<sup>th</sup> May – Run and Revise – Fram Track  
 Monday 20<sup>th</sup> May – Masters League – 1<sup>st</sup> event  
 Saturday 22<sup>nd</sup> June – Annual Hog Roast – tickets on sale soon

**Please speak to a coach or member of the committee if you are interested in competing or volunteering**

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