



The News Flyer

Volume 2 Issue 3

Newsletter for Desford Flyers Athletic Club

September 2018

Quad Kids Round 2

After a fantastic 4th place for the Desford Flyers in round one we went into round 2 with our normal attitude of 'just go and have fun' and that's exactly what they did with brilliant Throwing, jumping and running on a beautiful Friday evening. The behaviour, attitude and determination from these kids make us coaches very proud of everyone of them. Huge appreciation from us coaches to you parents for getting your children to these events so they can represent the Flyers.

Round 2 resulted in another amazing 4th place from 10 teams with a total score of 2744 with the winners Charnwood scoring 3127.

The biggest improvement from round 1 was our year 3/4 Girls who have gone from 3rd place to 1st!!! Yes in Leicester's junior athletics Quad Kids our 3/4 girls came out on top! Well done.

	<u>Year 3/4 Boys</u>	<u>Year 3/4 Girls</u>
Desford Flyers-		
3/4 Boys 607pts 6 th	26 George Burton	3 Jasmine Johnson
3/4 Girls 676pts 1 st	36 Douglas Mather	6 Lucy Smith G
5/6 Boys 770pts 6 th	37 Jack Wright	11 Lilly Riley-Flinders
5/6 Girls 691pts 6 th	40 Alex Ruston	21 Maisie Dixey
	41 Jake Tyrrell	24 Eadie Hanrahan
	43 Harry Macswiney	28 Evie Wright
	44 William Pallet	29 Eadie-May Walters
	46 Alfie Wright	31 Holly Saunders
		33 Grace Bowie
		35 Lucy-Joy Heathcote
		36 Sian Evans
		41 Phoebe Paddison
		45 Lilly Brewin
		50 Lexie Collins
		52 Charlotte Heathcote
Total- 2744pts 4th overall		

On the individual side of things we had some amazing improvements starting with them yr3/4 girls as Jasmine Johnson finished in the top 3 with a fantastic 3rd place and she was well supported with Lucy Smith in 6th and a fantastic event from lily Riley-Finders in 11th. Yr5/6 Boy Ayobomi Abiodun achieved the joint second fastest 75meter sprint of the night in 11.4 seconds and came 11th overall, Yr 5/6 Girl Imogen Saunders completed her final Quad Kids event for Desford Flyers before moving over to compete for Wreake & Soar Valley AC finished in a brilliant 10th. From all the Coaches at Desford we wish Imogen all the best at her new club and will always give you a huge cheer at events.

The following Flyers have made huge improvements in training over the past few weeks and it shows in these results and they are – George Burton, Douglas Mather, Dexter Boon & Faith Smith. Well done guys, hard work really does pay off!

Year 5/6 Boys

- 11 Ayobomi Abiodun
- 26 Dexter Boon
- 43 Finn Dixie
- 47 Callum Fraser
- 48 Jack Lewis
- 49 George Bond
- 50 Oliver Kerslake
- 54 George Riley-Flinders

Year 5/6 Girls

- 10 Imogen Saunders
- 38 Faith Smith
- 46 Leilani Adams
- 51 Maisie Pallet
- 54 Isabella Marvin
- 58 Layla Atton
- 62 Nancy Chivers
- 63 Izzy Macswiney



Rainbows 50 Lap junior Challenge

1.07.18

This event is a favourite of the Desford Flyers and our fourth time taking part in this brilliant charity event raising funds for Rainbows the children hospice. With the event getting more and more popular this was the first time the event was held on a Sunday morning with 9 junior teams and 4 of them being Flyers.

What made this very sunny Sunday morning really special was the fact we fielded 2 very young teams made up of 5-8 year olds, something that other clubs don't do and to see these young athletes flying round a 400meter track 4 or 5 times each was an awesome sight.

Track running is not easy and a 75 minute limit to complete 50 laps was a tall order but our teams did themselves and the club proud with a smile on their face! If I heard the sentence 'when is it my turn' 200 times that wouldn't be a lie, such a great bunch of enthusiastic kids. The Challenge does have a competitive edge to it with 1st 2nd & 3rd places up for grabs and having 2 firsts and 1 second in previous years we did field a couple of strong teams but kept a good mix of experience in all 4 teams to keep every athlete happy and giving it their all which they did and we came away with a fine second place. Well done all!

Huge thank you to everyone that helped out on the day and special mentions to Guy Dayman, Nikki Fraser, Emily Newton, Russell Smith and all the other Striders & Parents that ran a few miles with our smaller Flyers to keep them company and a special mention to Neil Adams who organised all 4 teams and entered them into the event. Nice one Neil.

Loads of amazing pictures on the FB members only page of every Flyer but I've chosen a few which capture the spirit of being a Flyer.





Notice Board

Got anything for the newsletter?

Articles, photos, letters of complaint etc??

Please forward to:

Gaz Chivers

desfordflyers@gmail.com

Stay in touch

Have you seen our website!!

Stay up to date with all the latest info at
Desfordflyersac.co.uk

Also our Facebook page for parents of our members

Pictures

I hope you enjoy the photographs in the newsletter and also on the website. However if you have an objection to your image being in any of these, then please let me know asap and I'll remove them.

Derby Runner XC Dates

Sunday 28th October - Derby XC
 Sunday 9th December - Bradgate XC
 Sunday 13th January - Desford XC
 Sunday 17th February - Grace Dieu XC
 Sunday 3rd March - Hinckley XC

Darker Evenings

Apologies for stating the obvious but now that the nights are drawing in please can we all think about what our children wear. We go inside at the end of September but until then can we all try to avoid black, or dark coloured, tops.

Many thanks

Quad Kids Round 3

The third and final round of Quad Kids resulted in another enjoyable night of athletics from this brilliant little club, with the school term coming to an end and lots of activities going on and as normal in recent years the number of athletes was down and the number of Flyers was slightly less than the last 2 rounds with 30 athletes competing.

The Flyers finished the season with a fine 5th from 9 teams and it was our year 3&4 girls that proved to be our strongest team on the night finishing in 2nd place and an improved 5th place for the 5&6 boys.

Many great performances on the night with Douglas Mather having a great event and has improved in each round to be our top 3/4 scoring boy, Jasmine Johnson finished a great season with a fine 4th place and even though she didn't want to run her last event of 400meters through being exhausted she dug deep to produce a fine run, Lucy Smith backed her team mate up with a blistering 400meters and a brilliant 9th place. In the 5/6 boys Ayobomi Abiodun broke into the top 10 with an 8th place finish which included a fantastic sprint, Daisy Lee also broke into the top 10 of the 5/6 girls with 9th place and continues to improve as a consistent all rounder!

This season the athletes have represented the club impeccably and we coaches are very proud of the way they have performed and what they have achieved during the series. Well done!

Desford Flyers

3/4 Boys 647pts 6th
3/4 Girls 689pts 2nd
5/6 Boys 757pts 5th
5/6 Girls 670pts 6th

Total- 2763pts 5th overall

Year 3/4 Boys

28 Douglas Mather
31 George Burton
35 Jack Wright
40 Jake Tyrrell
43 William Pallet
44 Harry Macswiney
46 Harold Ogden
47 Jude Brinkley
56 Archie Kerlake

Year 3/4 Girls

4 Jasmine Johnson
9 Lucy Smith
13 Lily Riley-Flinders
26 Maisie Dixey
36 Lucy-Joy Heathcote
38 Grace Bowie
39 Lilly Brewin
40 Eadie-May Walters
44 Charlotte Heathcote
45 Lexie Collins

Year 5/6 Boys

8 Ayobomi Abiodun
38 Finn Dixey
43 Oliver Kerlake
44 Jack Lewis

Year 5/6 Girls

9 Daisy Lee
30 Leilani Adams
37 Faith Smith
41 Emma Smith
43 Maisie Pallet
45 Isabella Marvin
51 Nancy Chivers



Athlete Spotlight – Douglas Mather

Over the past couple of months a shy polite young man has been a pleasure to coach and have around the club and that is Douglas Mather, Douglas is always willing to help set up the session and pack away, he always listens to instructions and tries his best which has seen his confidence grow and his performances improve resulting in a brilliant Quad Kids series. Keep up the good work Douglas!

Race Report – Leicester Race for life 5k

Ellie Carvell was one of our older Flyers when we just had the 2 groups and in the summer of 2017 it looked as if Ellie would be leaving us until we decided to start the over 11's running group which Ellie immediately showed an interest in and started running with us, Ellie found it tough at first but she stayed strong, showed great determination week in week out and the improvement began to show and its brilliant to hear that running with the Flyers had really improved Ellie's fitness and in return improved performances in her football. I asked Ellie to write a report on a recent 5K she took part in-

I joined Desford Flyers in the spring of 2017 in a hope to increase my fitness to support my passion for Football, later that year the older group led by Gaz and Ross began a winter training programme, I was keen to take part but didn't find it easy at all and often found myself last in every session but I continued to train and in January this year I made a pledge to run 5K before the end of 2018. In July I ran the Leicester race for life 5K, it was a really hot day and I found it very tough but with a lot of determination I did it.

Well done to Nathan Russell who travelled up to Newcastle to take part in the Junior Great North Run finishing 121st from 290 runners in a time of 19.14. A first for Desford Flyers to be represented in this race. Nathan is a gutsy runner and one of our biggest improvers in the over 11's group. Fantastic running Nathan.

Park Running

Since the last news letter the summer seems to have brought some of our younger Flyers out giving the 5k park run a go and not to be put off by the distance Jack Bentley-Whittaker & Maya Bettoney quickly returned to achieve new PB's, Lucy Smith seems to have now taken to the distance with 2 PB's at 5k and 1 at 2k. Johnson Lunn has had 2 fantastic PB's over 5k as has Calum Fraser and Imogen Poole finished as high as 5th Lady the other week.

On to Junior park run, Jasmine Poole gets quicker & quicker with a double PB, Nadia Gauhar seems to get a PB every time she runs and was 1st girl on one occasion and Jake Tyrrell also took a win and gained his Ultra band with 50 runs as has Sonny Chivers. Amazing running from the Flyers from first timers to PB's! Well Done!

A special mention has to go to a very young Flyer who has been destroying park runs at an unbelievable pace and that's Alfie Wright, Alfie has had 3 PB's over 5k and 1 over 2K and is just flying at the moment. 23.32 for an 8year old is rapid and the scary thing is he isn't even out of breath, he just coasts round like he's not even trying! Very impressive Alfie, keep it going!

Braunstone 5k parkrun

New PB's

Callum Fraser 25.27 & 23.29
Alfie Wright 25.55 & 24.10 & 23.32
Johnson Lunn 34.25 & 34.09
Jake Tyrrell 23.08
Leon Bettoney 27.17
Jack Bentley-Whittaker 28.52
Maya Bettoney 36.48
Lucy Smith 27.47 & 26.05
Imogen Poole 23.14

First Timers

Jack Bentley-Whittaker
Mason Bentley-Whittaker
Maya Bettoney
Harry Macswiney

Aylestone 2k junior parkrun

New PB's

Florence Tunnicliffe 10.58
Jake Tyrrell 8.01
Johnson Lunn 9.58
Nadia Gauhar 7.54 & 7.52 & 7.49
Cole Nelson 9.02
Harrison Hill 8.11
Olivia Bee 11.17
Alfie Wright 8.48
Jasmine Poole 11.09 & 10.53
Lucy Smith 8.57
Harry Macswiney 10.02

First Timer

Callum Fraser



A few pics of our fab Flyers in action



Presentation Night

What a brilliant night that was! Firstly we'd like to say a huge thanks to our fabulous 'catering team', Rachel Trivett, Juliet Walters, Alex Lewis and of course our Master Chefs Michael Walters and Duncan Smith who all did a sterling job not just on the night but with all the organising too.

Our Flyers have once again excelled themselves and made all us coaches so proud! It really was such a difficult decision having to single out individuals for the awards.

We started off the night with all Flyers being split into 5 teams of mixed ages. Each team had a different activity and had to score as many points as possible within the time scale before moving on to the next one. Looking at everyone's faces I'm pretty sure they all had a fab time. The winning team were 'Leicester City', obviously, lol. Their prize was to get food first from the BBQ, they were definitely happy with that! Once everyone had sat back down we did the presentation. For safe guarding reasons we can't post names with photos so have just put the pics on here. Massive well done to our winners, and all the Flyers that make the club such an amazing one. And thanks to you guys, their parents, for bringing them to training and the various races through the year. We really do appreciate it.

