



AVEAC

April/May
2026

NEWSLETTER

WELCOME!

Welcome to your new AVEAC newsletter. We will be bringing you club news, race results and some fun every other month. If you have athlete news or ideas for future newsletters, please do let us know 😊

CELEBRATION NIGHT

The annual AVEAC Celebration Night took place this year at the Derby Conference Centre on Saturday 28th March. It was a fantastic evening, celebrating all of the club's athletes who have given their best throughout the 2025/26 season. A special thank you goes to our Social Lead, Claire D, for organising such a wonderful event. The food was excellent, the company was fantastic and the Traitors-themed table centrepieces certainly brought plenty of smiles!

UPCOMING EVENTS

- Sun 19th April** - Notts Dev League Match 1. U16+ by invitation
- Sat 25th April** - Mini-League Match 1 for all U14 and younger athletes. Open to all U16.
- Sun 3rd May** - UK Youth Dev League Match 1. U14 & U16 by invitation.
- Sat 9th & Sun 10th May** - Derbyshire County Champs. U14+. Open to all.
- Sun 17th May** - Heart of England League Match 1. U12-U18 by invitation.
- Sun 24th May** - Notts Dev League Match 2 U16+ by invitation
- Sun 31st May** - UK Youth Dev League. Match 2. U14 & U16 by invitation.

SAVE THE DATE: Club Championships will be held on Saturday 5th September at Rutland Sports Park.

Useful websites:

Below are websites most commonly used to check for/sign up to events and competitions.

www.meets.rosterathletics.com
www.race-results.co.uk

Keep track of your athletes performance data at licensed athletics competitions and events on the Power Of 10 website:
www.powerof10.uk



SPORTSHALL 2025/2026

March 15th saw match 6 round off another Sportshall season, a fully commendable effort to all athletes that competed across the 6 matches. We came 2nd overall, but narrowly missing out on 1st in the under 11 girls and under 15 boys categories. Special mention to Eva Price and Joe Moss for setting new league records during the course of the season - records which will now stand forever as the new age changes mean next season all records will start over again. Bring on Minileague race 1 on the 25th April at Moorways Stadium in Derby - where we will be competing to retain our winning title from 2025!

KIT SHOP & TUCK SHOP

The kit shop aims to be open during Saturday morning training sessions, this is a great opportunity to see and try on the club kit if needed. You can also order through the club website: www.aveac.org.uk/kit/ Or alternatively you can view more of the club kit on offer at: www.m3csports.com/amber-valley-erewash-athletic-club

The tuck shop will also be available at most Saturday morning training sessions, offering hot drinks, cold drinks and snacks. All profits go back into the club and your support is greatly appreciated.

COACH SPOTLIGHT - RICH W

Name: Richard

Events you coach: Sprints, Long Jump and Sportshall athletics

How long have you been involved with the club? Over 12 years now. I was originally invited along by one of the coaches to help out, despite having very little knowledge of athletics beyond what I remembered from school. Thankfully I enjoyed it, stuck around... and the rest is history.

What first got you into athletics?

Being asked to lend a hand at the club. What started as helping out quickly turned into something I really enjoyed doing.

What is your favourite athletics event?

Sprints - fast, simple, and brutally honest. The clock never lies.

Did you / do you compete yourself?

Yes... although unfortunately I am professionally injured constantly.

If you could play any other sport

professionally for a day, what would it be? Something in the Winter Olympics. Luge looks like the perfect mix of bravery and mild madness.

Would you rather run a race wearing clown shoes or throw a javelin made of spaghetti?

Clown shoes. At least they might still work.

Would you rather jump into a sandpit full of jelly or custard?

Custard (which I don't like). However, I simply don't trust jelly. I'd prefer it to be ice cream.

Would you rather run a race dressed as a superhero or a dinosaur?

Dinosaur, naturally.

Tell us something people at the club might be surprised to know about you:

I once appeared as an usher on the TV show Don't Tell the Bride. Not your typical athletics CV entry!

One piece of advice for young athletes:

Your biggest competition is always yourself. Aim to give 100% every time you train or compete, and if things don't go the way you hoped, take time to reflect and learn from it. You learn far more from defeat than you do from victory.

Finish the sentence: Athletics is great because...

...there's always something new to learn and another personal best to chase



COMPETITION CORNER - SPOT THE SHOT!

Can you correctly guess which number hides the shot put? Let us know your guess and 1 lucky winner will be drawn to win a tuck shop prize.

Submit your guess at the sign in desk at Saturday training before May 23rd - a winner will be chosen at random from all the correct entries.

CAN YOU HELP?

Amber Valley & Erewash Athletics Club is proudly run entirely by volunteers - from our coaches and committee members to those supporting us behind the scenes. We are incredibly grateful to every one of our current volunteers, but we are always keen to welcome more people to the team. If you feel you could help in any way, we would love to hear from you. Whether it's assisting coaches at training sessions, lending a hand at competitions, or supporting the club through promotion and administration, every contribution makes a real difference. You'll be warmly welcomed and fully supported. There is also training opportunities available for those who would like to get involved at a higher level.

If volunteering isn't for you, you can still support us by spreading the word about our fantastic club. Tell your friends and family - new members are always welcome.