



Term Dates

Spring Term 2025

Last sessions of term:

Mon 24th March

Fri 28th March

Easter Camp dates April 2025

3 days of athletics at Spectrum

Mon 7th, Tues 8th, Weds 9th, April from 10am to 2pm

Book now on our website!

www.young-athletes.co.uk

Summer Term 2025

10 weeks

Fridays start on 25th April

Mondays start on 28th April

Juniors: 5.00pm to 6.00pm

Performance Seniors 6pm to 7pm

Bank Holiday:

Mon 5th May YAC is ON!!

Half Term:

Mon 26th May to Fri 30th May

YAC Open Meeting!!

Sunday 25th May 2025

12pm to 6pm at Spectrum

Events and medals for

U7, U9, U11, U13, U15

Summer Term 2025 ends Friday

4th July

Monday 7th July

Summer Camp July 2025

3 days of athletics at Spectrum

Mon 28th, Tues 29th, Weds 30th

July 2025 from 10am to 2pm

Autumn Term 2025, 11 weeks

Starts Monday 8th Sept

Friday 12th Sept

Cross Country— YAC wins 3 Trophies to round off the season!!

YAC athletes raced in 4 cross countries over the winter season. The first race was our home match at Guildford Stoke Park on Sunday 10th November which had a record turnout of 420 athletes from the 10 clubs taking part in the Border League. In December, the event was at Maidenhead. In February we went to sunny and muddy Merrist Wood and then on 2nd March, Reigate hosted the final race of the season in glorious sunshine. There were 60 YAC athletes racing round Priory Park and this was where medals and trophies were decided.

2024 / 2025 Border League Cross Country— Results for the season (4 races):

YAC won 3 trophies! U9 girls, U9 boys, U11 girls with U11 Boys in 2nd

YAC overall Medal winners:

U9 girls

- 1st Sylvie Webb
- 2nd Marilyn Megens
- 3rd Theia Routley
- 4th Alessia Croall

U9 boys

- 3rd Jenson Cullen
- 4th Joshua Welch

U11 girls: 5th Alice Dibben

U11 boys: 1st Finlay Palmer
won all 4 races – a first for any athlete from YAC!!

U9 girls medal winners

Marilyn, Sylvie, Theia, Alessia



U9 boys medal winners

Jenson, Joshua with trophy



U11 girls Alicia, Alice, Poppy, Annika



Finlay going for gold in U11 boys



Orla and Sylvie with U9 girls trophy



Need a physio? Barry Walsh comes highly recommended by Young Athletes Club.

Contact Barry on: 07791 611717

- 27 years experience
- Burpham clinic



Do you need water-based training and injury rehabilitation?



Contact
Tony Mitchell
07771 995942



Finlay U11 boys winner



U11 boys team



U11 girls team

YAC Boys Team and Girls Team win silver at Surrey Sportshall January 2025—plus YAC athletes in Surrey Team!

It has been another successful Sportshall season for **Young Athletes Club Teams**. The 12th January event saw 8 Surrey club teams competing at the Spectrum Indoor hall. This is always a key event because it involves selections to Surrey trials. **Young Athletes Club** teams are always in the medals and after a very exciting series of track and field events, YAC boys won Silver and the girls won Silver in close run battles with Cleves.

BOYS COMPETITION

- 1st Cleves 200 points
- 2nd YAC 194 points**
- 3rd Camberley 164 points

GIRLS COMPETITION

- 1st Cleves 210 points
- 2nd YAC 178 points**
- 3rd Woking 138 points



Silver medals for YAC teams

YAC Boys Team (back row left to right): Lucas Wiltshire, Charlie Rona, Jonah Okesola, Daniel Shaw, Noah Gashi, Seb Lambley, Alexander Margetts, Will Smith, Luke Hulse, Oskar Dobson. **Girls Team (left to right)** Niah Walia, Molly Prince, Pippa Swanborough, Marie Gatland, Lucy Delves, Martha Ward, Annika Everett, Verity Kilner, Alisa Shmeliova, Alicia Tsai, Isabella Hartung, Luna Hibbert (not in photo) **Coaches:** Virginia, Tony, Oscar Sinnett



6 YAC athletes in Surrey Team

6 YAC athletes selected for U11 Surrey team which competed at South East Inter Counties! Surrey Girls won GOLD Surrey Boys team won SILVER!! 6 YAC athletes achieved their first Surrey vest and were selected for the Surrey Sportshall team. **YAC girls in Surrey Team:** Isabella Hartung, Luna Hibbert, Verity Kilner, **YAC boys in Surrey team:** Luke Hulse, Jake Lawson, Alexander Margetts. Surrey competed against 6 counties and yet again Girls won gold with the boys taking silver medals. Our athletes did themselves and YAC and Surrey proud!!

Virginia competing for GB at World Indoors

YAC head coach Virginia Mitchell supported by husband Tony, is competing for GB Masters at the World Indoor Championships in Florida end March aiming to win medals at 400m and 800m. We wish her the very best!



YAC Open Meeting Sunday 25th May 2025

YAC Open Meeting 2025
Sunday 25th May 2025 at Spectrum
Applications open April 2025.

Features: Electronic timing, large score board, medals on podium.

Events by age group:

- U7: 50m and 150m**
- U9: 75m sprint, 300m, vortex**
- U11: Quadkids 75m sprint, 600m, vortex throw, standing long jump**
- U13 : 100m, 200m, 800m, Long Jump**
- U15: 100m, 300m**

We look forward to seeing all our athletes taking part in this exciting competition!!
 Look out for notifications for entry.



Young Athletes Club EASTER CAMP 2025

YOUNG ATHLETES CLUB
Easter Training Camp 2025
 3 days of athletics:
 Monday 7th, Tuesday 8th, Wednesday 9th April
 For athletes age 6 to 13 years

Bring a friend!! Athletes from other clubs/schools are also welcome!
 Book early to secure your place!
 Applications close: Weds 2nd April 2025
Spectrum Track, Guildford GU1 1UP
 Time: 10am to 2pm for all 3 days
 Quality athletics coaching that is competitive and fun!
 Sprints, Jumps, Hurdles, Throws, Middle distance,
 Relays and Competitions
 Cost: £45 per day
 All 3 days: £130 (€15 discount)
 Apply: www.young-athletes.co.uk/trainingcamps

3 Days of ATHLETICS!!
Mon 7th, Tues 8th, Weds 9th
April 2025 at Spectrum Track
10am to 2pm. Action-packed sessions that are fun and challenging for children age 6 to 13 years. YAC members can bring a friend!!
Apply on our website!
www.young-athletes.co.uk

Athlete Groups - How do they work?

Age and ability determine which group an athlete is in. Please talk to us if you wish to ask about the group your child is in.

Performance Mon / Fri 6pm	11 to 15 yrs	Yr 5/6/7/8/9/10
Squad Mixed	11/12yrs	Yr 5/6/7
Blue Boys	9/10 yrs	Yr 4/5
Red Girls	9/10 yrs	Yr 4/5
Green Boys	7/8 yrs	Yr 3/4
Yellow Girls	7/8 yrs	Yr 3/4
Development Mixed	5/6/7 yrs	Yr 1/2/3

YAC club kit - T shirts, Hoodies, Vest tops

Great moisture wicking **T shirts £14 (free to new members)** **Vests £18 and warm Zip hoodies £22.**

Pouch hoodies £15! Order or purchase at the track, or from our website. PLEASE NAME your kit!!

LOST PROPERTY will go to charity at the end of this term. Please ask us if you have lost any clothing!!



FITSTUFF
 Specialist **Running Shop & Sports Clinic**

Need new training shoes?
15% DISCOUNT for YAC athletes
 Training shoes or spikes
 Tel: 01483 533133

23A Chapel Street Guildford

We wish all our athletes an enjoyable Easter break! Website: www.young-athletes.co.uk

Email: membership@yac-admin.co.uk Facebook: www.facebook.com/young-athletes.club

