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Attleborough Boxing Club was formed in 2008 and is therefore celebrating its 10th anniversary this year. As part of our Anniversary Celebrations our May 5th Home Show, at Wymondham Rugby Club is planned to be our biggest Boxing Show yet with celebrity Ex World Champion Guest Boxers attending the event. We have at least three shows a year in, March, May and November, to showcase as many of our talented boxers as possible.

In the 10 years since we have been formed we have continually grown and at this current time we are officially the 4th largest club in the country. Over 950 members have passed through the Club in those 1st 10 years and this number continues to gain momentum and is likely to smash through the 1,000 milestone in 2018. This is a terrific achievement for a Club with humble beginnings in a small Market Town in rural Norfolk which started life sharing the High School Gymnasium and 6 months later moving into part of a Barn Building. The current, fully equipped, Boxing Gym contains 3 permanent Boxing Rings a specialist S&C room, fully equipped classroom and all the usual facilities associated with an Elite Sports Centre producing National Athletes. The Club is entirely run on a voluntary basis and keeps subscription fees as low as possible so the facility and sessions are available for all pockets. The Club is Clubmark Accredited and each session is run by England Boxing Qualified Coaches.

There are many different sessions run over six days a week. They include;

Little Rockies Aged 5-9

Juniors aged 10-16

Seniors aged 16+

Development Squad Juniors aged 10+

Development Squad Seniors aged 16+

Competition Squad Juniors aged 10+

Competition Squad Seniors aged 16+

Ladies Fitness classes aged 17+

Running Sessions

Specialist Well Being Sessions and Physiotherapy Sessions are also available



This year alone has so far produced two National Junior Champions in Lydia Nagle and Tommy Fletcher. Both are now on the England Boxing pathway and Tommy is competing for England in the Tri Nations Tournament In Russia this year.

Every year the club has training camps in Ireland and also travels all over the country to spar and compete at the highest level with other clubs. Our competition squad currently comprises of 35 Boxers. We have competed in previous years in Finland and Sweden and have returned with Gold medals from both and this year the Club went to the Isle Of Mann where 2 of our Boxers, Owen Bolingbroke and Devon Lockwood both came away with wins.

The Club prides itself in being an inclusive Club and open to all. As a club we actively encourage and cater for all ages and abilities and from fitness (or lack of it) to competitive boxing. We also actively encourage females to join the club and have female coaches as well as Male coaches to encourage training.

Thank you for attending this evening and helping us to celebrate our 10 Year Anniversary – here's to the next 10 Years!

A Word For Our Sponsors

Attleborough Boxing Club and its members would like to extend a very warm hand of thanks to all our club sponsors, supporting partners and those that give donations. There are far too many to name but without your support and help the club would not be able to progress and offer the fantastic facilities that it does. The generosity by all has been, and is, truly amazing.

Sponsorship

If you know anyone that may be interested in helping by either becoming a boxer sponsor or a principal sponsor to help us build on a hugely successful period in the clubs history, please get in touch with the club Chairman Colin Kilby on 07789866781 for more details.

Enjoy your evening

Game on!!

Colin

Colin Kilby

ABC Chairman



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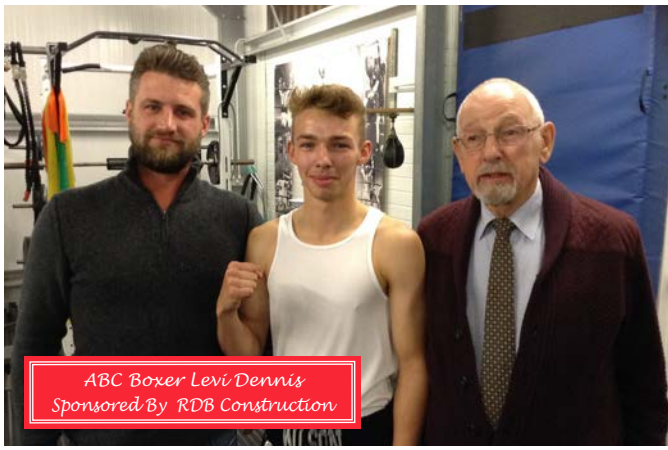


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| Ivan Cobb | Level 4 |
| Alan Clarke | Level 2 |
| Byron Tout | Level 2 |
| Mark Atkin | Level 2 |
| Martin Lancaster | Level 2 |
| Paul Goulding | Level 2 |
| Robert Softley | Level 2 |
| Richard Caston | Level 2 |

| | |
|------------------|---------|
| Abigail Dennis | Level 1 |
| Alan Friedman | Level 1 |
| Chris Harris | Level 1 |
| Connor Holloway | Level 1 |
| Dean Sewell | Level 1 |
| Kieran Lancaster | Level 1 |
| Levi Dennis | Level 1 |
| Mel King-Tomlin | Level 1 |
| Ray Firth | Level 1 |
| Wendy Clarke | Level 1 |

Committee Members

| | |
|--------------------------|-----------------|
| Chairman | Colin Kilby |
| Deputy Chairman | Jeremy Burton |
| Club President | Richard Caston |
| Head Coach / Tutor | Jon Dennis |
| Treasurer | Mel Dennis |
| Secretary | Pam Riley |
| Hospitality | Shirley Caston |
| Child Protection Officer | Harold Wilson |
| Child Protection Officer | Liz Wilson |
| Committee Member | Danny Moloney |
| Committee Member | Heidi Nagle |
| Committee Member | Lisa Dennis |
| Committee Member | Mel King Tomlin |
| Committee Member | Owen Watkinson |
| Committee Member | Sue Morgan |
| Committee Member | Suzanne Currie |

Volunteer Coaching Assistants

Heidi Nagle, Katy Harding,
Mel Dennis, Susie Currie,
Lisa Dennis - Wellbeing Coach
Paul Tanner - Club Physio



Honorary Vice Presidents

Adrian Stasiak, Lee Storer,
Marc Greg, Peter Francis,
Phil Leslie, Toni Storer, Vera Dale

England Officials of ABC

| | |
|------------------|-------------------|
| Jeremy Burton | MC |
| Jon Dennis | Judge/Supervisor |
| Mark Atkin | Judge/Referee |
| Martin Lancaster | Judge |
| Pam Riley | Judge/Time keeper |
| Paul Goulding | Time keeper/MC |
| Richard Caston | Judge |

Life Presidents

Abigail Dennis, Harold Wilson,
Jeremy Burton, Jon Dennis,
Liz Wilson, Martin Lancaster,
Mel Dennis, Pam Riley, Peter Neal,
Richard Caston, Robert Softley, Shirley Caston

Congratulations!

Tommy and Lydia pictured with Head Coach and Trainer Jon Dennis.

In March Lydia became the 2018 National Cadet Champion at 50kg. This allowed her to attend an Open Talent Day for England Boxing. We are delighted to say that she was successful and is now on the England Boxing Talent Pathway. Well done Lydia!

Also in March Tommy Fletcher fought his way to become 2018 National Junior Champion at 70-75kg. Automatically securing himself on the England Boxing Talent Pathway. Well done Tommy!





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When my daughter was starting secondary school, the headmistress told a story. Every morning a boy would walk down onto a beach near his home. The beach was covered with starfish that had been washed up by the tide. The little boy threw as many of them as he could back into the sea before the sun became too hot and they died. An old man watched him and one day asked him "why ever are you doing this? There are thousands of starfish on the beach and you can only throw a small number back. Does it really matter?" "It made a difference to that one" the boy replied.

I feel that sums up ABC.

I was invited as a guest to the boxing evening in Attleborough.

Reading the profiles of the boxers brought home to me just how much of a difference the club had made to the lives of these young people. Confident, self-assured, disciplined respectful and super fit; wonderful ambassadors for the club and more importantly themselves. It is for this reason that Rogers and Norton are proud and honoured to be a principal sponsor of the club.



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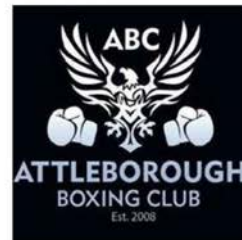
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Attleborough Amateur Boxing Club provides a much loved and valued service for the community. The Club has been running for 10 years and provides excellent facilities for all ages and all abilities, both male & female. We deliberately keep subscription fees low so that the facility, which is run by volunteers, can be enjoyed by all.

We need your help so we can continue to offer and even expand our service!

We are seeking funding for equipment so that we can take our shows out to the wider community around Attleborough and hoping to replace our mini-bus which takes our members all over the country and also helps bring members, who don't have transport, regularly to the gym.

By signing up for the Breckland Lottery and nominating our Club as your good cause not only are you helping the Club but also have the chance to win £25,000 every week.

Thank you for your support and good luck!

Yours sincerely

Jeremy Burton - Vice Chair



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Anglian Demolition, are proud to be a principal sponsor of Attleborough Boxing Club
and would like to congratulate them on the 10 year Anniversary
and wishing them continued success in the future

Lily Devlin & Katy Taylor

Lily Devlin pictured below right, with her Head Coach and trainer Jon Dennis (2nd from left) post training session with the Olympic Gold medallist Katy Taylor.

Lily started her training with ABC back in 2013 at the age of 14.

To date she has had many achievements including, Two Gold medals in Sweden Box Cup and was silver medallist in 2013 National Junior Championships. With a 3 year break behind her she has recently had her first return bout in Dagenham and came home with an impressive win. Well done Lily!



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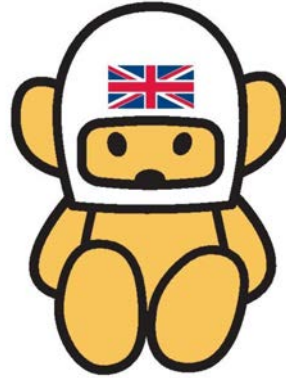
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