

JUNIOR NEWSLETTER

November 2014



Note from Head Coach:

As we near Christmas we still have quite a full events diary with the cross country leagues well under way. The U13 boys and girls' teams and U15 boys' teams are doing really well. Attendance from the other age categories has been disappointing.

We have the Hampshire XC Championships coming up on the 3rd January 2015. We have to get the entries in by 9th December, so please reply to the e mail asap.

The Club Christmas Handicap for all members is on the 21st December, so get your baking hats on as cakes are a big part of this event.

Keep your eyes on the website as any changes in training venues.

Eve

Cross-Country Season

The cross-country season got underway with the first of five **Hampshire League** fixtures at Farley Mount (Winchester) on 11th October and the second at Goodwood on 8th November. Attendance from the U13 and U15 boys was much improved from last season so well done as we have managed to finish full teams in both these age groups in the opening two fixtures.

Our best individual performances came from **Tom Flower** (U13) who was 31st at Winchester and **Elliott Allin** (U13) who was 42nd at Goodwood. **Claire Read** (U17) was 16th at Goodwood, but unfortunately we were unable to field full teams in this age category which is a shame as we only need three to score.

The **Hampshire League** is one of the highest standard leagues in the South of England so just to get in the top half is quite an achievement. Eve has pre-selected suitable athletes for this competition, but if you would like to do the next fixture at **Popham Airfield** (Basingstoke) and you are not on the list then feel free to speak to her.

Border League Fixtures

The **Border League** got underway on 9th November at Down Grange (Basingstoke). Remembrance Sunday was certainly not the best date for this fixture but we still managed to finish teams in seven of the eight races which was great. **Zak Hansell** (5th) and **Olly Webb** (9th) made the top ten in the U9 boys race over 1300m and **Thomas Flower** was 12th in the U13 race over 3km.

The event was fantastically well supported by our U13 boys many of whom are in the lower end of their age group so things look good for next year. They finished fifth in the team scores only 4 points behind Basingstoke & Mid Hants who are the biggest club in the county, and ahead of much bigger clubs like Woking and Bracknell.

We had several members competing in their first competition and they all put in creditable performances. The next fixture of this local league is scheduled for **Lightwater** on **7th December**.

Please try and support this event if you can as we need to try and maintain our good start in the league.

AGM

Congratulations to all the juniors who won trophies at the presentation evening earlier in November. For Cross Country the annual awards are based on an accumulated points system awarded for placing in Hampshire League and Border League and participation in Lord Wandsworth XC throughout the season. Some of our faster members failed to win awards simply due to lack of qualifying competitions they participated in. For Track and Field awards are given for the best performances.

Please Remember

Hi-Viz top or bib for training especially when we are out on the roads, it's for your own safety. Without it you may be excluded from training.

Age Groups

Age groups in athletics are dependent on your school year. So for the current cross country season (2014/15) years 3 & 4 are U9

years 5 & 6 are U11

years 7 & 8 are U13

years 9 & 10 are U15

Athletes in year 6 are now permitted to run in the Hampshire League at U13 level (remember distances will be a little longer) but you need to speak to Eve first about your suitability for this competition.

Fleet 5km

It was good to see a very good turnout of juniors for the **Fleet 5km** road race held in conjunction with the main 10km event and organised by Fleet & Crookham. Fastest Fleet junior was **Dale Flemming** (20:24) who was an excellent 4th out of almost 100 competitors. **Charlotte O'Connor** was the first girl from the club in a time of 24:03.

A big thanks also to all the juniors that helped out on the day handing out medals and drinks etc.

Other News

Madeline Eldridge-Head was the first girl in the year 5/6 race at the annual **Hartley Wintney fun run** in October. **Lisa Duke** (year 3/4) and **Ryan Powell** (year 7-11) both finished second in their respective races at the same event.

The first of the **Lord Wandsworth College Cross Country** series (organised by Hart Road Runners) got under way on 2nd November. There are races for all age groups including the U9's who run 600m. Zak Hansell (U9), Madeline Eldridge-Head (U11), Catriona Farrell (U13), and Hannah Blakiston (U15) all won their respective races.

The next fixture in the series is scheduled for **30th November** with races starting at 11am. Just turn up and enter on the day.

Cross-Country Tips

Always try and walk or jog the course before your event and make sure you know how many laps you have to cover. Make sure you listen to the instructions given to you by officials at the start. It's difficult to judge your effort and run to your maximum potential if you don't know where you are going.

One of the most common mistakes especially in the younger age groups is to go off a bit too fast for the distance. If you realise you have done that don't continue running to exhaustion and then have to walk. Simply drop your pace slightly for a minute or so until you have recovered a bit, before then picking up the pace again to a comfortable rhythm you can maintain to the finish.

A few runners from other clubs at the recent Border League finished their races like 100 metre sprinters, while this may look impressive it only really saves you a couple of seconds and maybe one or two places. You will get a much better result if you pick up the pace gradually and spread your finishing effort over the last quarter of your race rather than just the final 100m.

If you are one of the quicker runners make sure you are not standing at the back on the start line as in big races bottlenecks can often form and it can be very difficult to make up lost time.

When you finish your race have a little think about what went well and what didn't go so well. Try and remember any errors you may have made for your next race.

Only your finishing position counts, not where you were at halfway.