

# JUNIOR NEWSLETTER

February 2015



## Note from Head Coach:

As we thank you for all your support in 2014, we are now into 2015 and looking forward to a successful year for Fleet and Crookham AC Juniors.

We have many high profile events coming up this year and a few changes to our training regimes.

Hopefully we will be able to include another hot dog evening (with cake of course)

Our next intake is scheduled for the beginning of February and our coaches are ready!

I ask you all to keep a careful eye on our website and Facebook pages as any changes or news will be posted there.

See you all at training

Eve

## TRAINING INFORMATION

We now have junior training every Tuesday and Thursday, and every second Wednesday.

Tuesdays we meet at the Scout Hut on Elvetham Heath

Wednesdays are at the Military Track in Aldershot

Thursdays are at the Peter Driver Playing Fields

Please check the website for dates and venues.

## Help Required

We are in need of parents to volunteer to help at training either as parent helpers or Athletics Coaches.

Please think about joining our coaching team. You do not have to turn up every night.

If you are interested please see Eve or e-mail her.

## IMPORTANT REMINDER

If your junior is unwell or injured please do not send them to athletics session. We do not have the facilities or the manpower to look after sick or injured juniors and putting more stress on their bodies will not help them get better.

## MEMBERSHIP INFORMATION

The Club Committee has made changes to the membership year. It will now run from 1st April 2015 to 31st March 2016, in line with UK Athletics.

This has the following implications:

If you are already a junior member your membership renewal will not be due until 1st April 2015.

The Coaching fee for 2015/16 will not be due until the 1st April 2015.

The period of time for qualifying races for 2015/16 coaching fee refund will run from 1st April 2015 to 31st March 2016.

Refunds will all be made at the end of the year.

If you leave the club during the year the coaching fee will not be refundable.

However:

The period of time for qualifying races for the coaching fee for 2014 finished on the 31st December 2014.

The closing date for accepting completed cards for a coaching fee refund is Thursday 12th February. These must be handed in to David Haines.

Please ask for a record card for 2014 races if you do not have one. We will have them at all training sessions.

## HAMPSHIRE CROSS COUNTRY CHAMPIONSHIPS

Traditionally the county championships are the first event of the new year and the main focus of the cross country season for most club athletes. The Hampshire event at Eastleigh, on January 3<sup>rd</sup>, was attended by over 900 athletes across all the age groups making it one of the biggest in the country. Considering we are a relatively small club, Fleet

and Crookham had an impressive turn out for the event, which was held over an undulating course that got progressively muddier throughout the day. Here is a summary of how our teams performed.

**U11 Boys** - Unfortunately we had only three runners, one short for the team event, although the boys that did run performed very well. First F&C runner was Caleb Neocleous in 21<sup>st</sup> place.

**U11 Girls** - The team finished 8th. First F&C runner was Bethan Howard 24<sup>th</sup>.

**U13 Boys** - Fleet had eight runners and were the only club to finish with an 'A' and a 'B' team in this event. The 'A' team finished in fifth place and the 'B' team seventh, all the more impressive as seven of the boys are in the younger year of their age group. First F&C runner was Thomas Flower 23<sup>rd</sup>.

**U13 Girls** - Like the boys the girls also finished two teams in this age group. First F&C runner was Caitriona Farrell 39<sup>th</sup>.

**U15 Boys** - Fleet again fielded two teams finishing eighth and ninth. First F&C runner was Richard Oliver 32<sup>nd</sup>.

**U15 Girls** - Fleet were one runner short for the team competition with Hannah Blakiston our first finisher in 56<sup>th</sup> place.

**U17 Boys** - Danny Cronin (21st) and Brendan Geoghegan (30th) were our only two competitors.

**U17 Girls** - Claire Read (17th) and Charlotte O'Connor (20th) were our only two competitors.

Also a big well done to our senior & veteran women's team made up entirely of coaches and helpers at the club. Eve (74th), Tracy (80th), Joanne (88th) and Niki (89th) all did well to compete the tough 8km course that had over 100 starters.

Full results of this meeting and any other Hampshire League competitions can be found on the Hampshire AA website.

## HAMPSHIRE SCHOOLS CHAMPIONSHIPS

Well done to all the F&C athletes that represented Aldershot District Schools at the Hampshire Schools Championships at Southampton on January 17th. In the Intermediate Boys race (years 10/11) Danny Cronin was 24th, Brendan Geoghegan 28th and Yuki Price 53rd. While in the Intermediate Girls race Claire Read finished 25th.

## BORDER LEAGUE

The Club had some excellent individual results at the recent Border League at a windswept Skoke Park, Guildford on February 1st. We had a great turnout for the U11 girls and both the U13/U15 boys events but in most of the other age groups we were sadly lacking in numbers.

Under 9 **Olly Webb**, runner-up in the last fixture at Lighwater, was an excellent third place in the boys race over one lap of 1310m, while **Lisa Duke** (26th) after a slow start was F&C first finisher in the girls race over the same distance.

In the Under11 girls race **Madeline Eldridge** finished in a fine 3rd place out of 116 finishers recording a time of 6:02 for the 1520m lap, with **Daisy Owen** also running a good race in 23rd less than 30 seconds behind. We only had two competitors in the boys race with **Reuben Hitchings** taking 68th place.

Fleet had a strong team of nine runners in the U13 boys event over 1340m with **Elliot Allin** having his best run of the season to finish in 11th (12min 01 s), backed up by **Dale Fleming** who put in a strong finish to record his best result of the year in 19th. **Latisha Convery** (26th) was the first Fleet finisher in the girls race held over a slightly shorter course.

Although the fields in the U15 races are much smaller in number **Ralph Ivey** ran extremely well over the 4140m course (17 min 12s) to finish sixth place with **Jeffrey O'Connor** just less than a minute behind in 10th. Great to see eight Fleet runners in this event, by far the biggest contingent of any club. **Hannah Blakiston** (17th) with a fast finish was the clubs top competitor in the girls' race held over three kilometres.

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## REMAINING CROSS-COUNTRY FIXTURES

There is just one race remaining in both the Hampshire League and Border League.

**Hampshire League:** February 7th (Saturday) at Bournemouth

If you are not on the list but would like to compete please contact Eve. Age groups U13, U15 and U17.

**Border League:** March 1st (Sunday) at Frimley

All juniors are expected to compete. All age groups from U9 to U15.

Also the **Lord Wandsworth Cross-Country Series** (organised by Hart Road Runners) is an excellent introduction to cross country; especially for the U9's and U11's. The remaining two fixtures take place on February 8th and March 8th (Sundays). The meeting gets underway at 11am. The U9's, U11s and U13's all run approximately half the distance they would in the border league. Full details and entry form (you can enter on the day) are on Hart Road Runners website.

<http://www.hartroadrunners.co.uk/club-races/cross-country>