

JUNIOR NEWSLETTER

March 2015



Note from Head Coach:

So Cross Country Season is over, we have moved age groups and we are getting ready for Track and Field. Please check the web site for fixture dates and remember to enter the open meets.

Membership forms have all gone out as memberships need to be renewed by the 1st April. Please return coaching fees to either David Haines or myself.

Have a great Easter

Eve

CROSS COUNTRY SEASON DRAWS TO A CLOSE

The Border League at Frimley on 1st March and the fifth and final Lord Wandsworth race the following week brought the cross country season to a close. Here is a brief round-up of how the club has performed over this period.

Hampshire League: Both the U13 Boys (6th overall) and Girls (9th overall) managed to finish a team in all five fixtures. The U15 boys fielded team in four of the matches, ironically missing out at the closest fixture at Popham in December.

Border League: Overall the Boys team was ranked 4th and the Girls 7th. Our greatest success came from the U15 boys who won their age group overall while the U13 boys also did well to finish 4th. Individually Olly Webb was outstanding in the U9 boys placing third overall at the end of the season with two seconds and a third counting towards his points total. Zak Hansell also competed well for 8th overall. Elliot Allin (10th) and Ralph Ivey (6th) were the top ranked boys for the club over the season in the U13 and U15 boys competitions.

Lord Wandsworth Series: Catriona Farrell (U13), Hannah Blakiston (U15), Claire Read (U17) and Matthew Glass (U17) all won their respective age groups at the end of this friendly five race series. Also a special mention for Head Coach Evelyn who won her age category.

LOYALTY POINTS TABLE (updated by David Fleming)

This is an accumulated points total based on attendance and finishing position within the club. All Hampshire Leagues (plus county championships), Border Leagues and Lord Wandsworth races qualify. At the completion of the cross-country season the overall leaders are:

U9 Girls Lisa Duke 48 pts	U13 Girls Caitriona Farrell 88 pts	U17 Girls Charlotte O'Connor 72 pts
U9 Boys Zak Hansell 46 pts	U13 Boys Elliot Allin 91 pts	U17 Boys Brendan Geoghegan 29 pts
U11 Girls Madeline Eldridge-Head 55 pts	U15 Girls Hannah Blakiston 71 pts	
U11 Boys Harrison Wray 59 pts	U15 Boys Ben Carl 76 pts	

Well done to Oliver Morris who competed in a total of 14 events (out of a possible 15) throughout the season. 35 athletes competed in 6 or more races while a total of 90 runners competed at least once. After a moan about lack of attendance at events at the end of last season, this has been a big improvement. Let's hope we can keep it up for the forthcoming track and field season. You can view the full Loyalty Points Table on the junior section of the F&C website.

DISTRICT SCHOOLS CROSS-COUNTRY

The Annual Aldershot District Schools cross country championships for U13 (year 7) and U14 (year 8) took place at Lord Wandsworth College on 3rd March. Over a dozen schools from Aldershot, Farnborough, Fleet, Yateley, Odiham and surrounding areas took part. There were around 80 runners in each of the four races including very strong teams from schools such as Salesian College and Robert Mays making for an extremely tough competition.

Caitriona Farrell made a good start in the year 8 girls race and put in a great deal of effort to move up from tenth after the first lap to a fine sixth place by the finish. The club had a big representation in the year 7 boys race run over the same course. Elliot Allin stayed with the leaders for most of the way before eventually finishing fourth just eight seconds behind the winner and just ahead of Tom Flower. Dale Fleming made a great start and eventually finished tenth while Ben Jewitt also finished inside the top twenty to qualify for the District team. Oliver Morris

(21st) and Adam Duke (29th) also ran well. Good luck to all of you who qualified to represent Aldershot District Schools at the Hampshire Schools Championships on 17th March.

IMPORTANT REMINDER

If your junior is unwell or injured please do not send them to an 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.

TRACK SEASON (Wessex League)

Last season the club struggled to field anything close to full teams for many of its track and field fixtures, so for 2015 we have decided just to concentrate on the Wessex League. The league consists of four fixtures, all held on a Sunday and is for all age groups from U11 (Quad Kids) to U20. Remember the club pays to be part of this league, there is no cost to enter.

3rd May Oxford
14th June Winchester
5th July Woking (hosted by Camberley AC)
19th July Aldershot

Registration for this league is now open. Visit the Wessex league section of the F&C website and enter your juniors details along with the events they would like to do and a few days before the event Eve will confirm the team. It is a good idea to consult the timetable (which is the same for all fixtures) on the Wessex league website if you don't wish to be at the meeting all day.

If you are a runner, as the majority of club athletes are, try and enter a field event as well as there are very few field event specialists at these meetings and a very broad range of abilities. Adam, who is certainly not the ideal build for throwing events competed in the shot, discus and javelin last year and comfortably managed to avoid coming last often picking up more points than he did on the track. Wednesday training at the Aldershot track will now include hurdles and field event practice.

QUAD KIDS

As is common in most leagues nowadays U11s (school years 4/5) take part in a Quad Kids competition which is a combination of four events (75m sprint, long jump, 600m run, vortex throw) with the overall positions being decided from a points scoring table as in the decathlon. This is to ensure young athletes experience a wide range of athletic events and do not specialise in one discipline at too early an age.

Once you enter your child they are expected to stay for the day (around four hours) and compete in all four events. This proved to be a very popular and enjoyable event in the league last year with around 50 athletes competing in both the boys and girls competitions.

UPCOMING HAMPSHIRE AA EVENTS

It would be good to see some Fleet and Crookham AC representation at the following Hampshire AA events all of which are held at Portsmouth.

12th April (Sunday) **Lakeside Road Relays** (incorporating the Hampshire championships)

U13 and U15 run 3 x 3kms and U17 3 x 6km

Also a 2km road race for U11

Please see Eve if you are interested in competing in this event.

4th May (Monday) **Hampshire Quad Kids Championships**

U10/U11 age categories

Enter via the Hampshire AA website (entries close 3rd May)

24th & 25th May **Hampshire Track & Field Championships**

For age categories U13 and above

Enter via the Hampshire AA website (entries close 8th May)

OTHER EVENTS

4th April (Saturday) **Basingstoke Young Athletes Graded Meeting**

Ages U11 to U17 at the Down Grange track

Enter via the Basingstoke & MH AC website (entries close 28th March)

14th May (Thursday 7pm) Windle Valley Runners 10 x 1km Pairs Relay

A fun off road event at Windlesham for teams of two each running alternate 1km laps over a 10km course. Teams can be of mixed gender and age category but must be 11 or over on the day. Various team prizes on offer including one for the first junior team (both runners must be U15).

Limited to 120 pairs this event can fill up quickly so visit Windle Valley Runners website for entry.

Don't forget Parkrun (5km) held every Saturday at 9am. Closest venue for most of you will be Frimley but there are other local runs at Alice Holt, Woodley and Basingstoke. If you haven't run/jogged/walked one before you simply obtain a barcode via the Parkrun website so your time can be recorded on the day. It's a great form of training regardless of ability and is totally free.