

JUNIOR NEWSLETTER

APRIL 2016



CROSS COUNTRY ROUND-UP

BORDER LEAGUE

The fourth and final race took place over a dry but undulating course at Lightwater Country Park on February 7th. 17 boys and 18 girls turned out to represent the club with the U13's producing our best team results on the day.

The girls team of Madeline Eldridge (4th), Lydia Carter (7th), Daisy Owen (22nd) and Robyn Scott (33rd) placed second, while the boys team which included Harrison Wray (11th), Dale Fleming (16th) and Adam Duke (28th) finished third.

Other individual top ten performances came from Joshua McMahon (5th U9 boy) and Caitriona Farrell (10th U15 girl). Unfortunately we had no runners in the U9 girls race, only two U9 boys and three U11 boys meaning we were unable to feature in the team results.

Overall League Finishing Positions

(Best 3 positions from 4 races)

U9 Boys

6th Joshua McMahon, 25th Eddie Mulholland.

U11 Girls

14th Cerys Green, 29th Sadie Harris, 43rd Jocie Hilton, 52nd Lucy Jewitt, 59th Hannah Wheeler, 61st Lisa Duke, 68th Evie Hearn, 70th Evie Coles.

U11 Boys

13th Olly Webb, 21st Ben Richards, 28th Reuben Hitchings, 49th Sam Selman, 56th William Harvey.

U13 Girls

6th Madeline Eldridge, 20th Daisy Owen, 31st Bethan Howard, 33rd Daniele Jackson.

U13 Boys

15th Dale Fleming, 19th Ben Jewitt, 24th Adam Duke, 25th Oliver Morris, 32nd Christian Tiley, 34th Ross Davidson.

U15 Girls

10th Caitriona Farrell, 14th Sophie Peddell, 15th Olivia Blacow.

U15 Boys

13th Ben Carl, 16th Ryan Powell, 18th Luke Webb.

HAMPSHIRE LEAGUE

The fifth and final race of the fixture took place at Dibden Inclosure in the edge of the New Forest on a course that hadn't been used for several years. For the junior age groups the course was relatively flat but quite muddy in places.

Individually the clubs best result came from Madeline Eldridge who was tenth in the U13 girls race.

The U13 boys team of Dale Fleming (34th), Adam Duke (36th) and Oliver Morris (51st) placed sixth on the day and maintained their sixth place finish in the league ahead of much bigger clubs like Winchester, Portsmouth and Basingstoke, a great performance. Unfortunately the U13 boys were the only age group to finish a team in all the fixtures.

Overall League Finishing Positions

(Best 4 results from 5 races)

U13 Girls - 33rd Daniele Jackson.

U13 Boys - 26th Tom Flower

U15 Girls - 31st Caitriona Farrell

U15 Boys - 26th Thomas Howell

U17 Girls - 19th Claire Read

A special mention must also go to Ciaran Farrell and Peter Fleming, both in their first year of the U17 age group who have chosen to compete in the senior races this season. Racing over 10km instead of the usual 6km in their own age group they have both made great progress throughout the series and have been a vital asset to the Fleet senior team. Both boys are well capable of finishing in the top half of the senior field next year.

SCHOOLS CROSS-COUNTRY

The **ALDERSHOT DISTRICT SCHOOLS** event contested by around a dozen schools from Aldershot, Farnborough, Fleet, Yateley and Odiham took place in the picturesque grounds of Farnborough Hill School on February 25th, certainly an ideal venue for cross-country.

The club had good representation in the year 8 Boys (U14) race. Thomas Flower (5th), Dale Fleming (7th) and Adam Duke (15th) all qualified to represent Aldershot schools at the County event two weeks later. Madeline Eldridge finished third in the year seven girls (U13) race while Harrison Wray was amongst the leaders in the U13 boys race. Aldershot schools are consistently the strongest in the county so well done to everyone from the club who managed to get into the top 16 to qualify for the next round.

The **HAMPSHIRE SCHOOLS** event for the U13 and U14 age groups took place at a muddy Gang Warily, Blackfield in the New Forest on March 8th.

Three of the four races had over 100 finishers so the Fleet athletes put in some very creditable performances. Madeline, Lydia, Thomas and Dale all qualified to represent Hampshire Schools at the South East Inter Counties match against Surrey, Kent, Essex and Sussex later in the month.

U13 Girls: 2nd Madeline Eldridge, 32nd Daisey Owen, 36th Bethan Howard.

U14 Girls: 10th Lydia Carter, 20th Jessica Neat.

U13 Boys: 32nd Harrison Wray, 58th Caleb Neocleous.

U14 Boys: 18th Thomas Flower, 20th Dale Fleming, 43rd Adam Duke.

TRACK SEASON

This year the club will once again be competing in the Wessex League which comprises of 24 clubs from Berkshire, Dorset, Hampshire, Oxfordshire, Surrey and Wiltshire. Each club consists in five fixtures against five other teams. Age groups range from U11's up to U20's.

Ideally the club would like to offer more than 4 track fixtures per season but due to poor turn outs in years gone by the club dropped out of two other Leagues it was involved in. So it is vitally important that as many of you commit to competing in this League as possible. In 2015 the club came 21st out of 24 overall but could realistically finish much closer to mid table with a better turn out. This year we have increased numbers in the U17's which should be a great help to achieve this aim. Check the Wessex League website for timetable details.

FIXTURES (All Sunday's)

April 17th Basingstoke

June 12th Woking

July 3rd Swindon

July 17th Andover

The under 11's take part in a **Quadkids** competition which consists of 75m, 600m, long jump and vortex with points being awarded for performances to determine an overall winner (as in the decathlon).

If selected to compete you are expected to compete in all four events the first of which is at 10.45am and the final event at 4pm. You need to be at least **9 years old** on the day of competition to be eligible to compete.

UK athletics rules state that U13/U15's can only run in one middle distance event per day. So you can run the 800m **OR** 1500m, not both.

BEST FLEET PERFORMANCES 2015				
U13 Boys	U15 Boys		U13 Girls	U15 Girls
13.9	12.3	100m	15.7	14.8
30.2	25.31	200m	33.6	29.7
	40.94	300m		49.0
2:34.4	2:19.9	800m	3:00.3	2:49.0
5:14.2	5:06.4	1500/1200	4:37.0	5:53.1
15.1		Hurdles		
3.95	4.34	Long Jump	3.53	4.00
1.36		High Jump	1.20	
5.51	8.18	Shot Put	4.97	5.97
15.04	13.44	Discus	12.42	11.97
19.87	20.82	Javelin	9.76	8.82

DIARY DATE

THURSDAY 12th MAY 7pm
WINDLESHAM PAIRS RELAY
Organised by Windle Valley Runners

Run over a total distance of 10 kilometres, teams of two run alternate 1km laps, so each runner will cover 5 x 1km.

Several members of the club ran last year and the event comes highly recommended. Early entry is advised as the maximum entry of 120 teams is always reached. Providing you are over 11 years old on the day anyone can run, you don't need to be a UK athletics member or affiliated club runner. This event is ideal for any runners/joggers whatever your standard.

DIARY DATE

SATURDAY 14th MAY & SUNDAY 15th MAY
HAMPSHIRE TRACK & FIELD CHAMPIONSHIPS
At the Mountbatten Centre, Portsmouth

In recent seasons Fleet and Crookham has been the only Hampshire Club not to support the county championships which is a shame as in years gone by Fleet have had plenty of county champions. With no Wessex League fixtures in May this is an ideal opportunity for a bit of extra competition.

So it would be good to see a few of you entering via the Hampshire AA website as this will help Fleet & Crookham be viewed as a serious **Athletic Club**. This is a competition for U13's and above, with the U11's having their own Quad Kids competition on Monday May 2nd (See Hampshire AA website).

DIARY DATE

MONDAY 2nd MAY
HART SPRINT TRIATHLON
At Hart Leisure Centre

Those of you that are 15 years old or over before the end of the year you are eligible to compete in the 22nd Hart Triathlon which consists of a 400m swim, 20km cycle and 5km cross country run. Last year Richard Oliver was amongst almost 400 athletes that completed the course. Enter via <http://www.hart.gov.uk/sprint-triathlon-form> or pick up an entry form from the leisure centre.

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. Also try and make sure you do not have a large meal too close to training time.

FLEET HALF MARATHON

Half Marathon day is the most important day of the year for the Club. Now in its 35th year more than 300 volunteers are required to enable the event to go ahead.

The junior section of the club did an outstanding job leading the pre-race warm up, manning the water stations and working extremely hard in the finish area handing out medals, goody bags etc. All the feedback was very positive.

Well done to the two junior coaches that completed the course. Tracy Duke finished her first half marathon in under two hours (despite a lack of training) while Howie Bunkham ran a best time of 1 hour 32 mins (a fine performance for his age category) to finish 373rd out of more than 2000 runners.

Note from Head Coach:

Sadly we are saying goodbye to the Cross Country Season, but a huge hello to track and field. The coaching staff have been reorganising the groups and are ready and looking forward to the restructured training sessions.

Please note our first Wessex League is on the 17th April and team sheets will be issued the week before.

As we are into Summer training the sessions will be from 6.45pm to 8.15pm, with a track session at the Aldershot Stadium every Wednesday evening.

Here's to a successful summer on Track and Field!

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