

JUNIOR NEWSLETTER

JANUARY 2016



COUNTY CHAMPIONSHIPS

All across the country the various county championships are staged on the second weekend of the new year. For the more elite runners this serves as qualification for the Inter-Counties championship later in the season. With the usual Hampshire course at Eastleigh now unavailable a new course in the private grounds of Fairthorne Manor near Southampton was used for the first time.

A small group of 15 Fleet and Crookham runners contested the ten junior races, meaning only the U15 boys led in by Richard Oliver (36th) fielded a full team. What the course lacked in hills it more than made up for in very deep strength sapping mud that covered almost the entire course. It was certainly one of the most tiring events I have ever run.

The Clubs top finishers in the various age groups were as follows: 24th Ben Richards (U11 B), 32nd Sadie Harris (U11 G), 14th Elliott Allin (U13 B), 39th Danielle Jackson (U13 G), 24th Caitriona Farrell (U15 G), 19th Claire Read (U17 G).

U17's Ciaran Farrell (12th) and Peter Flemming (13th) chose to run an extra 3 kilometres by competing in the U20 event.



HAMPSHIRE CROSS COUNTRY LEAGUE

A week after the County Championships the penultimate Hampshire League fixture took place at a muddier than usual Prospect Park at Reading with the steep climb making this course a real true cross country test. Fleet's turnout was a little disappointing with the club only finishing teams in the under 13 boys, U13 girls and under 15 girls age groups.

Individually, Madeline, at the lower end of her age group ran well to finish 16th in the U13 girls race, while Elliott finished in the top twenty for the third time this year in the U13 boys race held over the same 3.2km course. In the slightly longer U15 girls race Caitriona was the first Fleet runner home in 35th place, a good performance considering she lost a shoe in the muddy conditions.

Overall in the league with just one race to go the U13 boys are lying in seventh place ahead of much bigger Clubs such as Winchester and Portsmouth so it is important to maintain this by fielding a full team for the final fixture.

Final Fixture

Saturday February 13th
Dibden Inclosure, New Forest

BORDER LEAGUE CROSS COUNTRY

After races at Lord Wandsworth College, Hindhead and Stoke Park the Border League comes to an earlier than normal climax at Lightwater Country Park on February 7th. Fleet have performed well so far so we need a strong turnout for all age groups from U9's to U15's. The course at Lightwater is hilly but relatively mud free. Register via the junior section of the Fleet & Crookham website.

Final Fixture

Sunday February 7th - Lightwater Country Park

LORD WANDSWORTH CROSS COUNTRY

This five race series, organised by Hart Road Runners, comes to a close on Sunday March 6th. There are races for all age groups from U9's upwards, with distances for the younger age groups about half of what they would normally run in the more serious cross country leagues.

Boys and Girls run together with U9's racing over 600m, U11's 1000m and U13's 1500m. This is a friendly event and ideal for younger members or runners that are new to cross country. Simply turn up and enter on the day (cost is just £2.50 for junior members). There are awards at the end of the series in March for the overall winners. This event brings the cross country season to a close.



CHANGING AGE GROUPS

As the completion of the cross country season comes to an end, some of you will move up an age group for the track and field season. Those in school years 4, 6, 8 and 10 will move up an age group while those in years 5, 7, 9 and 11 will remain in the same age group as they are at the moment.

So those current U11's in year 6 will move up to U13's for track, year 8's to U15 etc. Hope this is clear.

As with the school year age groups are determined by your age on August 31st, so I have no idea why club athletics decides to move age groups in March rather than staying in line with the schools and start the new season on September 1st. All I know is it's always been that way.

So I expect for training some of you will move to new training groups with a different coach probably around Easter time. Eve will keep you informed.

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.



For those of you looking for a little extra training, 5km Parkruns every Saturday morning are an excellent option. There are numerous events within a 20 mile radius with Frimley Lodge and Rushmoor being the closest. Frimley Lodge (2 lap course), which regularly attracts around 400 runners and Bracknell (3 lap course) are quite muddy this time of year so excellent practice for cross country. For those that fancy something a little firmer Woodley is a good option.

DIARY DATES

SUNDAY 17th APRIL
LAKESIDE ROAD RELAYS
Incorporating the Hampshire County Championships

With the cross-country season over and a couple of months before the Track and field season gets underway in May this is one event advertised on the Hampshire AA website to help fill the gap. All the details haven't as yet been finalised but last year races for the U13, U15 and U17 age groups were for teams of three who each ran around 3kms per leg. It would be good to try and get a few teams together for this event. With our strongest runners this is definitely something we could be very competitive in.

For any Road events you remain in your current age group. So if you have been running under 13 cross country you will still be an under 13 for this event.

RACING TIPS

Warm Up

Always warm up as you do for training. The shorter the race the more important the warm up, but don't tire yourself out before the start.

Suitable Footwear

Always bring trainers/trail shoes and spikes (if you have them) to the event, especially if it is a course you have never run before.

Walk the Course

Always allow yourself time to walk and familiarise yourself with the course so you know exactly where you have to go. Marshalling at most events is generally very good but not always as I have witnessed a couple of times this year. Familiarity with the course may save you several seconds a lap which could improve your finishing position.

Be Competitive

Don't just settle for your normal finishing position when the gun goes. Try and be as competitive as possible by trying to keep up with other runners that normally finish slightly ahead of you.

Always Believe You Can Do Better

Believe in your own ability, if you can't imagine yourself running faster you never will. For those of you who may have watched the Brownlee brothers doing triathlon on the television, with the exception of injury the older Alistair always beats Jonathon although the difference in ability between them is minimal. Alistair believes he is the better athlete and Jonathon finds it difficult to break the cycle of just accepting this.

Do Your Best on the Day *and most importantly Enjoy Your Running*

Note from Head Coach:

As we come to the end of cross country season I must say we have had some fantastic performances from athletes in the junior section, although athlete turnout has at times been disappointing.

We are a competitive athletics club and when you compete you not only score individually, but also as part of Fleet and Crookham AC's team. If you do not attend races you let the rest of the team down. As we are limited on the number of junior athletes we can accommodate at training sessions and have a waiting list for the junior section, if you are not competing you are taking someone else's place. Let's try and finish the cross-country season on a high by fielding as many full teams as we can for the final Border League and Hampshire League races.

I look forward to the last few races in the cross country season and please look at the website as the track fixtures are now being posted.

