

JUNIOR NEWSLETTER



June 2016

IMPORTANT FIXTURE APPROACHING

Round 2 of the Wessex League takes place at Woking (hosts Camberley AC) on Sunday June 12th. With only four track & field fixtures it is vital you attend if selected. If you are not chosen for your preferred events make sure you can still compete as a non-scorer with your performance being considered for first team selection next time.

We made a good start in the first fixture and would expect to do even better this time if we can field our strongest team. We need a much better response from the U11 girls quad kids team as we only had four athletes participate last time. League rules state that any U13 or U15 middle distance runners need to choose between the 1500m and the 800m, they can't do both.

For this fixture we will be in quad kids group two if looking at the timetable.

PARKRUN UPDATE

Great to see we now have three juniors that have gone below 20 minutes this year. Thomas Howell beat his previous best by 40 seconds when he ran 19:25 at Frimley on 28th May 13 seconds ahead of Peter Fleming who also set a best time.

The cancellation of Rushmoor Parkrun last week helped push the attendance figure at Frimley Lodge to a record breaking 605 finishers making it amongst the ten most popular in the country. Caitriona, who continues to improve almost every week, is the fastest girl in the club with a time of 21:14 run at Frimley Lodge on May 21st where she finished second woman overall. Also good to see so many of our coaches (Eve, Ben, Richard, David, Louise, Tracy) setting a great example by competing regularly in these events.

Fastest times in 2016 are listed below.

19:25	Thomas Howell	(Frimley)
19:38	Peter Fleming	(Frimley)
19:50	Ciaran Farrell	(Frimley)
20:41	Ben Carl	(Frimley)
20:44	Ryan Powell	(Rushmoor)
20:47	Jeffrey O'Connor	(Rushmoor)
21:13	Dale Fleming	(Basingstoke)
21:14	Caitriona Farrell	(Frimley)
21:58	Olly Webb	(Frimley)
22:15	Ben Jewitt	(Rushmoor)
22:16	Oliver Morris	(Rushmoor)
22:38	Reuben Hitchings	(Rushmoor)
23:08	Joe Apsey	(Rushmoor)



UNDER 17/20 ATHLETES, CAN YOU HELP ?

If any U20 or U17 athletes fancy a bit of extra track and field competition the seniors (actually all veterans) would really appreciate any support you can give in the next round of the Sweatshop Southern League which takes place at Swindon on Saturday 18th June.

Fleet are only in division three (the lowest) of this league and although winning times are often fast the overall standard is much less demanding and probably not much different from the Wessex League.

With declining numbers of Seniors taking part in track and field it is now common for many clubs, especially in the lower leagues to supplement their teams with junior athletes. Bracknell who are in division 2 have a team comprising of almost entirely junior athletes.

All events are catered for with the only rule being that U17's can't participate in the 5000 metres. If you are interested, even if it is only turning up for an hour to compete in one event, then speak to Tracy or Ben and they will pass your details onto Dave Long (senior team manager).

WELL DONE TO ALL OF THE FOLLOWING

FRIMLEY PARK WARM UP TEAM led by Evelyn did a great job at the 10km/2.5km fun run event at Frimley Park Hospital on Sunday 1st May. Caitriona finished a fine 5th (2nd girl) out of a field of 380 runners in the 2.5km event with nine year old Olly Webb just a second behind in sixth. Ciaran finished the 10km race in a best time of 42:40 for 43rd place out of 982 finishers in an event that has really grown in popularity.

DALE and PETER FLEMING and ADAM DUKE who competed in the Windlesham 10km pairs relay. Peter & Dale finished 19th (41:08) and Adam, running with his brother finished 38th (43:53) out of the 123 teams that finished the course. Considering the winning senior team took 36:15 these were both good performances.

MATHEW KEDDIE & SOPHIE PEDDELL who both participated in the County Track & Field Championships at Portsmouth over the 14th/15th May. In fact Mathew took part in five events. It would be great if next year we could get a few more members to attend.

LISA DUKE who finished 9th (out of 23) in the County Quadkids Championships at Portsmouth on May 2nd. In the cold and windy conditions, which made long jumping difficult, Lisa wasn't quite at her best but did finish a fine second place in the vortex throw.

ALL THOSE THAT REPRESENTED THEIR SCHOOLS in the recent District championships at Reading. I haven't seen the results but am told the best result achieved by a club member was Ben Carl's second place in the U17 boys 3000m in his first attempt at the distance.

MEMBERSHIP RENEWAL

A few of you still need to renew your membership. If you haven't your England athletics number will no longer be valid. Some events are now required to check this and if not up to date you will not be eligible to compete.

JUST A LITTLE REMINDER

Please do not turn up for training if you are feeling unwell or unfit to run as we don't have enough coaches to look after you and run the rest of the training session.

Note from Head Coach:

Welcome to our new members. We have had an intake across the age groups and everyone seems to be settling in well.

This month I thought I would ask the parents if any of them would like to join our coaching team. If you would be interested please drop me an e mail.

As already pointed out we have a track meeting on the 12th June. Team sheets will be going out next week. If for any reason you cannot attend please e mail me asap otherwise we will assume you are available for selection.

Eve