

Stafford Harriers Junior Newsletter June 2014

This month's newsletter is to keep you, our juniors, up to date with all the latest training news, race reports, news from fellow Harriers and future race dates.

Coaches & Sessions

Chris Skellern, Frank Grant, Ian Hodkinson, Mark Oliver and Graham Williams

- Training sessions are Mondays 6pm-7pm for all abilities
- Wednesdays 6pm-7pm for the more advanced juniors
- Long run out 2nd Wednesday of every month.
- Joint session with Adult speed group last Wednesday of every month.

NEWS

**** ATTENTION "ALL JUNIORS" - Save the Date !!! ****

Harriers Games, Sat 19th July (2-5pm) Open to all Adults & Juniors !!

Ever dreamt of being the next Mo Farah or Usain Bolt ????

This is your chance to experience running track races against a top class field of fellow harriers on your local top quality track & at the same time beat Mum's, Dad's & other adult harriers.

Every year we hold the Annual Harriers Games @ Rowley Park Stadium.

Everybody gets to run 3 x track events (2 x long + 1 x short or 2 x short + 1 x long), all athletes are grouped into leagues of similar abilities and don't worry it's all about fun and taking part (honest !!!)

More details to follow soon or check the website, www.staffordharriers.org

Junior Web Page (see www.staffordharriers.org/our-young-athletes)

The Junior Web Page has been updated with recent news & photos, please visit your webpage regularly to get updates, race info & reminders, etc..

FORTHCOMING RACES (for entry details of any races please go to www.staffordharriers.org/race-calendar-2014)

17th July - JCB 2m Fun Run, 7pm @ JCB Rocester, (Online entry see website).

19th July - Harriers Games, 2-5pm @ Rowley Park (see NEWS section)

30th July - Staffs Knot Fun Run, Early evening @ Marquis Drive, Cannock Chase visitor centre, hosted by Stafford Harriers (see website for details)

14th Sept - Lichfield 10k & "Family Fun Run"

27th Sept - 1st North Staffs Cross Country (see www.NSCCL.co.uk)

25th Oct - 2nd North Staffs Cross Country (see www.NSCCL.co.uk)

15th Nov - 3rd North Staffs Cross Country (see www.NSCCL.co.uk)

13th Dec - 4th North Staffs Cross Country (see www.NSCCL.co.uk)

RACE REPORTS

31st May - Wincle Trout Junior race

We had three Juniors running in this tough 3K fell race, which included a river crossing, and saw 23 runners finish in total. The age category for this race was 10 - 15 years old. Results were as follows:-

Will Sammons - 2nd overall in 15min 32 sec

Jack Hodkinson - 4th overall in 16min 31 sec

Hannah Talbot - 11th overall in 18min 17sec

All had great fun and got very wet in the River !!!

20th May 2014 - Stafford District Athletics Champs (Aldersley Stadium)

I understand that we several athletes taking part through their schools etc.. but the only report we got back was that Jack Hodkinson ran in the Yr10/11 1500m and came 4th in a new PB of 4.47mins. Apologies to any other athletes missed off - please let us know if you ran.

7th June 2014 - Staffs County Championships (Northwood Stadium)

According to reports received we had at least two harriers running in these championships; Hannah Talbot competed in the 1500m and came a close 5th in a new PB of 5min 19.6 sec & Will Sammons was in the 800m coming a very close 6th in a creditable time of 2min 20.7sec. Again, if there are any other harriers who took part, please let us know how you got on.

8th June 2014 - TWO CASTLES 10K RUN - report by Amy Oliver

The Two castles run was a run from Warwick Castle to Kenilworth castle. I found the race very challenging due to the high temperatures and the humidity. I paced myself at the start and went off a bit slower than I think I could of because I didn't want to tire out and I was wary of the heat. When I got to about the 5k mark, I felt strong as I had just had a water station and so I tried to speed up a bit and overtake some people.

There were several hills along the route, some quite steep and long ones but I tried to get up them as quick as I could to get them over and done with. When I got to around the 8k mark, my family were there cheering me on which gave me an extra boost! The last 800m was a small incline which was tough but I had a sprint finish for the last 200m and I overtook some people. Overall I think I did well due to the sun and the heat and although I didn't get my best time I still felt I had a good run clocking 58.59mins. After the run I went to Zizzi's restaurant with my family which was a well earned meal.

11th June - Shugborough Relays - report by George Hodkinson

It was a great turn out from Stafford Harriers and great running from all those Juniors who ran it. It was surely very thirsty for everyone indeed. The juniors entered 10 x teams of 4 (so 40 runners) which was a fantastic turn out.

The Harriers Young Rockets team (Jack & George Hodkinson, Ewan Jackson & Will Sammons) came second overall in the under 52 years age group.

Which was a good effort - not far behind them was Harrier Young Guns team (Will Buckley, Owen Turner, Jake Oliver & Daniel Staphnill) who also had a great race. The leading junior on the night was Jack Hodkinson in a time of 12.02 mins. It was a magnificent display from all of the Harriers (Juniors & seniors), so a big well done to everyone who took part.

To see the full Harriers Junior results check the pdf on the Junior web pages & the attached results sheet.

For full event results go to www.frssystem.co.uk

18th June - SUMMER "5k Time Trial"

The SUMMER edition of the 5K time trial took place on Wednesday 18th June. From Castlefields car park & along the disused railway to Derrington and back.

All times were recorded and have been added to the table on the website so that each individual can see their progress. We had a record 26 x Juniors taking part with nearly improving on their previous best, well done everybody!

Again, the results can be found on the Junior webpage plus the attached results sheet.

Look out for the date of the next 5k time trial which will be in the **Autumn** !

22nd June - Stone St. Michaels 10k & 10k Relay.

Firstly, a big thank you to those parents/guardians who helped with the changeover points - without their support we would not be able to enter any teams in this event on safety grounds, as it is not fully marshalled.

However, we managed to get enough interest to enter 2 x teams of 5 (each runner completing a 2k leg). The relay is ran on the same course as the full 10K race and at the same time, so a great opportunity to overtake some top adults.

Both teams did really well on what was a very hot Sunday morning with Team 1 coming 1st (Jack Hodkinson, Will Buckley, Hannah Talbot, Jake Oliver & George Hodkinson) & Team 2 coming 4th (Kieron Moge, Harry Dale, Sophia Bridgwood, Robert Gray & Matthew Hilsdon) collecting medals & a trophy on the way !

Well done Harriers !!

In the main 10K race we were represented by Joe Smith (83rd in 42.21 mins) & Amy Oliver (379th in 59.51 mins). Both are making really good progressing moving up to the longer distances.

Shugborough Relay Teams 2014 Juniors

Name	Age	Time
Harriers Young Rockets		
		Mins:secs
Jack Hodkinson	14	12.02
Ewan Jackson	11	12.51
George Hodkinson	11	12.24
Will Sammons	14	12.34

Harriers Young Guns

Owen Turner	12	12.32
Jake Oliver	10	14.10
Will Buckley	12	13.59
Dan Staphnill	11	14.39

Harriers Young Bullets

Jack Sammons	15	13.09
Tom Sabin	15	13.32
Alfie Marsden	12	15.15
Harry Hornby	11	15.46

Harriers Small & Mighty

Harry Dale	9	16.41
Matthew Hilsdon	9	15.05
Robert Gray	9	16.26
Ali Morgan	10	15.19

Harriers Miracle Team

Joe Harrison	13	14.40
Eben Lehman	13	16.36
Kieran Moge	14	14.54
Kieron Hindle	14	18.27

Name	Age	Time
Harriers Young Pace Cadets		
		Mins:secs
James Black	10	15.50
Taylor O'Brien	10	16.59
Edward Davies-Simpson	10	13.22
Charlie Bates	11	16.02

Harriers 3 Little Stars Plus 1

Alfie Darby	8	16.58
Archie Johnson	9	16.41
Sami Morgan	8	16.23
Jack Hodkinson	14	13.28

Harriers Little Gems

Lucy Taylor	11	20.49
Sophia Bridgewood	8	16.57
Isobel Johnson	9	17.21
Katie Taylor	9	18.58

Harriers Diamond Girls

Beth Darke	15	15.47
Ellie Smith	14	15.45
Meg Johnson	14	15.04
Amy Oliver	15	16.06

Harriers Galaxy Girls

Olivia Black	13	15.49
Gabby Lufton	12	15.20
Lauren Staphnill	12	17.01
Taygen Pike	12	15.10