

Stafford Harriers Junior Newsletter April 2014

This quarterly 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 for the more advanced 2nd Wednesday of every month.
- Joint session with Adult speed group last Wednesday of every month.

PLEASE DO NOT ATTEND TRAINING SESSIONS IF YOU ARE UNWELL OR SUFFERING WITH ANY SORT OF INJURY

FORTHCOMING RACES

4TH May - Uttoxeter Half Marathon Junior race and Fun Run

11th May - Market Drayton fun run 10am, 8 to 10 years 800 metres, 11 to 14 years 1.3 miles.

31st May - Winkle Trout junior race 10-15 year olds only, 3k to include river crossing

11th June - Shugborough Relays, 7.30pm Shugborough Education Centre, Open to Adults & Juniors, teams of 4

**** SPECIAL NOTE **** All interested juniors must notify Chris if they wish to take part together with Payment of £4 each. All Junior teams will be decided between the coaches. Please can you let Chris know ASAP if you want to be in a team & by no later than 30th May.

22nd June - Stone St. Michaels Relays, Note: Please let us know if you are interested! We can only take part in this if Juniors have parents/guardians willing to attend and help with the changeover points - please speak to the coaches if interested.

17th July - JCB 2m Fun Run, Early evening @ JCB Rocester, time to be confirmed.

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

RACE NEWS

Schools Inter-Counties Cross Country Championships, 8th March, Cofton Park, In these televised Championships we had Hannah Talbot representing Staffordshire, who had previously qualified to run for the county by qualifying

at the District & Staffs championships, which is an achievement in itself. She came a very respectable 196th out of 276, in a time of 20:56. The winner was Sabrina Smith from Kent, who came in at 16:52.

Schools Inter-Counties Cross Country Championships, 15th March,
Donnington Park,

Hannah Talbot, again representing Staffordshire, was running in this race over a distance of 3.1k. She came in with a time of 11min 40sec, and was placed 148th out of 343. A significant improvement on the earlier race with which she was very pleased.

All the Junior Coaches would like to congratulate Hannah for the hard work and determination that she has put in to enable her to reach this level of competitive running. We hope she is able to inspire other juniors in the club to achieve in a similar fashion. WELL DONE HANNAH!

Stafford Half Marathon Fun Run 16th March approx 1 mile

Several junior harriers were spotted completing this fun race around the town Centre whilst the Adults were sweating it out on the half marathon course. Everyone seemed to be having fun according the photos on the official website. Well done to all.

Network Rowley Park Relays 5th April approx 1 mile

A big well done to all 36 Juniors who took part in this popular event hosted by the Staffs Athletics Network. Although we didn't have any winning teams on the day, we had some very impressive performances. Especially those who it was their first ever competitive running. Team & individual Results are published on the Networks website of which a link can be followed from the Harriers Junior page. We had a lot of positive comments from Parents, friends & competitor clubs regarding your encouraging turn out & impressive performances.

5k Time Trials, 9TH April, Castlefields Car Park

In order to help monitor your progress, we have decided that 3 to 4 times every year (during Summer months only) to take the juniors out to Castlefields car park and run a 5k time trial along the disused railway. Each time they run their performance will be logged and then we can chart each individuals progress which we can monitor and help the juniors to see their development as a result of the hard effort they put in training.

This was the first run of this new time trial in which 17 of our Wednesday night Juniors took part together with the Wednesday Adults improver group.

Once again there were some very impressive times with a lot of effort put in by all, the 1st junior home (& 1st overall) was Joe Smith in 20min 28secs.

Next Time trial planned for June (date to be confirmed)

South Chesire 5km Easter Fun Run, 20th April

Young Matthew Hilsdon was our only Junior entrant in this popular but tough Fun Run held on Easter Sunday. We understand that he had an excellent run over what is a tough distance at that age coming home in 20th place out of 41 runners in a fantastic time of 25min 21sec. Well done Matthew !

Junior Web Page information

The Web Page for the juniors on the Harrier website is to be updated with recent photos and we would love to see reports from our juniors! Please forward any race reports to any of the coaches so that they can be included in our next newsletter & on the website. We would love to hear about any races or events that you take part in with your schools or other clubs, as well as any you take part in as a Harrier.

And Finally

Please remember that your membership fees are now overdue for renewal. Any Juniors who are not paid up members, or those who need to renew, need to do this as soon as possible via this link on the Harrier website

<http://s336752366.initial-website.co.uk/membership-join-or-renew/>

Fees for Juniors 15 pounds for the year