

Stafford Harriers Junior Newsletter March 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

HIGH VIZ/BRIGHT CLOTHING TO BE WORN DURING WINTER MONTHS

RACE NEWS

Limp Wrist 5 mile New Years day - Hannah Talbot, Jack Hodkinson, and Jake Oliver all braved horrendous weather to run this 5 mile race with a twist. No watches are to be worn and each runner has to estimate their finish time. Hannah was 11th, in 38.33 (7 secs off her predicted time) Jack 34th in 38.33 (31 secs off his predicted time) and Jake 44th in 46.36 (51 secs off his predicted time).

Staffordshire Cross Country Championships

On Saturday 4th January a hardy bunch of junior harriers took part in this tough cross country race on Stafford Common. It was as muddy as expected and the juniors all had great runs in such difficult conditions.

Competing were Jamie-Leigh Taylor, George Hodkinson, Ewan Jackson, Will Buckley, Hannah Talbot, Amy Oliver, Ellie Smith, Will Sammons, Jack Hodkinson, Kieran Mogey, Joe Smith and Jack Sammons.

Hannah Talbot & Will Sammons both ran excellent races to gain reserve places for the county squad. Full results can be found on www.staffs-athletics.org.uk

Midlands Cross Country Championships

On Saturday 25th Jan, eight of our Juniors joined the club trip to Leamington Spa for the Midland Champs. It's hard to believe but this was even muddier than the common and also included a couple of ditches. Once again they all did us proud with some great performances against the top clubs in the midlands. Competing were Jamie-Leigh Taylor (134rd in U13 Girls), George Hodkinson (71st U13 Boys), Will Buckley (102nd U13 Boys), Hannah Talbot (29th U15 Girls), Will Sammons (77th U15 Boys), Jack Hodkinson (86th U15 Boys), Kieran Mogey (109th U15 Boys) and Joe Smith (69th U17 Boys).

Full results can be found on www.midlandsathletics.org.uk

National Cross Country Championships

On Saturday 22nd Feb, four Juniors took a seat on the club coach trip to Nottingham for the Saucony English National Cross Country Champs. This time the conditions were a lot kinder and the ground underfoot much firmer than the other seasons races. There was still the traditional ditch & log jump to tackle but nothing as extreme as the Midlands. Once again they all did us proud with some great performances against the top clubs in the country & in some of the largest fields that most of them had ever experienced.

In the U13 Boys were George Hodgkinson (184th) & Will Buckley (354th) out of a total of 385 finishers. In the U15 Girls was Hannah Talbot (167th) out of 355 finishers & Kieran Mogey (342nd) out of 346 finishers.

Full results can be found on www.midlandsathletics.org.uk

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.

FUTURE RACES

Network Rowley Park Relays 5th April approx 1 mile

Those that have handed back the forms & money will need to be at Rowley Park for 12.30 ready in order to register the teams by 1pm (start approx 1.30pm). The coaches are organizing the teams based upon the age groups and numbers received back so please let us know if you can't make it.

Uttoxeter Half Marathon Junior race and Fun Run 4th May

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

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

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.

See the below example from a recent race.

Junior Race Report;

Staffordshire Cross Country Championships, Saturday 4th January 2014 Report from Amy Oliver

I decided to run the Staffordshire Cross Country Championships on Stafford Common because I wanted to challenge myself. At first I was very nervous because I knew it would be really muddy and wet because of all the rain we had had, but when I had finished the race, I felt so proud of myself and glad that I had done it. I said to my Mum I loved it because I really did enjoy it. The reason I loved it was because of the mud which made it so fun and also the amount of support I got from the other Harriers. When you run in the cross country races, it makes you realise how good some of the other competitors are, but it is always a great experience to be running against them. In my team there was me, Hannah Talbot and Ellie Smith.

Our times running in the Under 15 Girls category were:-

Hannah 18:40, 9th place Amy 21:38, 23rd place, Ellie 22:54, 26th place

ADVANCE NOTICE - 5k Time Trials

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 hare with the juniors to see their development as a result of the hard effort they put in training. The first run is proposed for Wednesday 9th April. Further details to follow...

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