

Stafford Harriers Junior Newsletter May 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 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

NEWS

**** SPECIAL NOTE ** Shugborough Relays, 11th June (4 X 2miles)**

Open to Adults & Juniors, teams of 4

All **JUNIORS** wanting to run 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. Please note - each team member **must** run 2 miles, coaches will discuss this with anyone wanting to run in case they are unsure of their capability.

NEXT 5k Time Trial, "18TH June" @ Castlefields Car Park

The next running of the 5k time trial has been set for Wednesday 18th June. Meet is 6pm at **Castlefields car park**, to start at 6.15pm. This is open to **Wednesday night Juniors only** who will run a 5k time trial along the disused railway. Each time they run their performance will be logged and then we can chart each individual's progress. Juniors (& coaches) will then be able see their development as a result of the hard effort they put in training.

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.. We would love to see more reports on there from our juniors about any races or events that they take part in either at school, harriers or other clubs!

Please forward any race reports to 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

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

31st May - Winkle Trout junior race 10-15 year olds only, with river crossing

11th June - Shugborough Relays, 7.30pm @ Shugborough Education Centre

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, 7pm @ JCB Rocester, Race now confirmed.

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, "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

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

Just before the main race, there is a junior race around part of the Uttoxeter race course. 77 runners set off on a distance of approx. 2k. Two harriers took part & won their categories. First was Jake Oliver in 9.01 mins (6th overall and 1st U12 boy) followed by Amy Oliver in 9.36 mins (10th overall and 1st U16 girl). Well done to you both !! (nice photo Jake ☺)

11th May - Market Drayton 10k & fun run

Two of our older Juniors attempted the main **10K race** of which 1970 finished; Firstly in 101st was Joe Smith in a fantastic time of 39.57 min (new PB) followed in 1131st by Amy Oliver in an impressive time 56.48 min, her first ever 10k race !!! Great effort from both - a big well done to Joe & Amy !

The Fun Run was made up of 5 races of differing distances for different ages. The 1.3 mile race was won by Jack Hodgkinson (1st, 13-14 years) closely followed by his younger brother George (1st, 11-12 years) both winning their age categories respectively!

Also in this race was Will Buckley (2nd, 11 & 12 years), with new member Alfie Marsden & Kieran Mogey (4th, 13-14 years).

We also had some harriers running in the 8-10 years race, all finishing strongly were Jake Oliver, Robert Gray & Matthew Hilsden.

Unfortunately there were no results published for the fun run's.