

Wells City Harriers

Junior information letter Winter 2009-10

www.wellscityharriers.org.uk

For the Monday training session at Millfield.
Sessions start at 5.50pm for registration &
Finish at 7.00pm



Dear all,

The cross country season is now coming towards its final fixtures and many of the juniors have been competing for schools or in Club competitions. As we move into warmer weather, in addition to cross-country training and the Shine award sessions we will be providing more throws and jumps training at the track on a Monday evening. From early March we will have them back on the Programme regularly

Schools & Club XC Competitions

Well done to those that have competed at schools competitions so far this winter. The Harriers have a long tradition of providing many juniors with training sessions so as to become better at cross country. At the Somerset Schools XC Championships held on Feb 6th at Taunton racecourse we had over 25 members of the Harriers XC team competing across the age groups. See over for report. We have also continued to be successful as a Club – with many successes at the County championships held in December, and again being probably the top Club from across the entire South West region at the South of England Championships in late January on Hampstead Heath. Final Club XC fixture is on **March 6th at Blaise Castle**, Bristol. Contact Paul on a Monday evening or see website for details.

JUNIOR SHINE AWARDS

On recent Monday evenings when it has been very coldit has been great to see a good number of the juniors having a go at all sorts of sporting endeavours so as to measure just how quick and athletic they are. It all turns into a record of ability measured by the **Shine Awards** and we will be presenting certificates to many at the end of the Spring term just before the Easter holidays. The award scheme will give the juniors targets to try and beat over coming months and years! Remember there's always plenty of Olympics after 2012 to aim for! A letter is being given to all athletes with a login name and password so that they can visit the Shine Awards website, see their results and view their targets.

MONDAY SESSIONS – Please Remember to wear suitable clothing and bring a hat and gloves, and a waterproof training jacket. Our aim is to offer the younger athletes up to two events per Monday, although some of the older juniors start to specialise with just one event per week by the age of 11. **The cost of attending** the Monday evening sessions is **£1.50** for Harrier members and **£2.50** for non-members. The Membership year starts from April 1st but if you join now membership will run to March 2011. The form is on the website. Remember to renew by April 1st to continue membership. **Club Vests** are £10 if purchased when you first join, and £14 (inc free shorts whilst available) at any time after that. Contact kitmanagerjuniors@wellscityharriers.org.uk (01963 359524). The new Hoodies are £15.50. See website for other information.

RUNNING, JUMPING & THROWING day at EASTER

Many juniors have been to our Running, Jumping & Throwing days which we hold every summer. We have an *extra day* this Easter on **Thursday April 15th** at Millfield School 9.45-3.15. Ages 8-15. Have a go at all the events and test your speed & endurance. Book your place now. Cost £12 if booked before March 15th; £15 for bookings after that date. Contact coaches for details. We will also have a Summer training camp on **Tuesday & Wednesday Aug 4th & 5th** – put the dates in your diary.

REPORTS

Harriers race away at the Southern Cross Country Championships....

It was an early start for many of the team as the coach left at 7.00am from Street to get there in time but there were some excellent individual and team performances by the Harriers team at the prestigious South of England Cross country championships held at Parliament Hill fields in London. Taking the results from the 40 Harrier athletes competing across the day there is no doubt that the Club once again was the best from the south-west against 150 or so teams drawn from as far as Cornwall in the west and to Norfolk in the east. Well done to many of the Monday & Tuesday training groups that competed including: Abigail Gibbons; Oliver Fox; Charlie Martin; Luke Prior; Charlie Beake; Michael Biss; Emily Smith, Reuben Whitcombe; Matthew Dickinson; Sam Harding.

At the Somerset Schools XC Champs...

With over 25 junior Club members competing there were some great results for Harrier athletes at the Somerset Schools Championships held at Taunton Race Course. In the youngest age group for Year 7 boys, the Club's Luke Prior won the Minor boy's race in 11.04. In the Minor Girls race for Year 7s, Marissa Stevenson was 3rd home in a time of 6.54 with Alexa James 21st in the field of 40 runners. In the next age group up for year 8 & 9 boys, Oliver Fox was 2nd boy overall in an excellent time of 12.49 just beaten to the line. Oliver's Club team mates Matthew Dickinson was 3rd in 13.01. Next in from the Harriers training groups was Charlie Martin in 13.34 for 9th place.

DATES FOR YOUR DIARY

Sunday Feb 28th 11.00am Bab Cary junior races (u11s on grass; 11-14 on road)

Saturday March 6th noon Junior XC races at Blaise castle, Bristol (Year 5 up)

Wed March 10th 7.30pm Last of the Street races – 1km & 2km races for juniors

Monday March 15th 6.00pm Comic Relief Mile at Millfield track (part of junior eve)

Sunday March 21st 11.00am Butleigh junior races on grass

Thursday April 15th 9.45am Running, Jumping & Throwing at Millfield Track all day

COACHING – could you do it? Are you inspired by how your youngsters achieve at athletics? Can you help other youngsters achieve? Contact us if you can help with coaching. All courses paid for by Wells City Harriers.

PARENTS - CONTACT DETAILS?

Have you given us your emergency contact details? There's a blue form we ask all to fill in – one per child. If you think (or know) you have not filled one in please check with Kaye registering on a Monday to make sure we have up to date contact information or any medical information that the coaches need to know. Similarly it may be that your details have changed since you first came to the training sessions? Again please check with Kaye that the information we have is up to date. Thank you ☺

BRING A FRIEND TO COME & TRY ATHLETICS....

Give this tear off strip to a friend to encourage them to come and have a go at our training evening on a Monday Eve at Millfield track for FREE!

NAME:

CONTACT DETAILS:

Training every Monday 5.50pm to 7.00pm– no training on Bank Holidays.