



December 2011

### **Overton Harriers Junior Newsletter**

Since our last newsletter the children have been busy both with training sessions and in competitions. We're pleased to see that the children and parents are still keen despite the arrival of winter.

Reports from the competitions are at the end of this newsletter and results are available on our website ([www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)). However, in summary Cross Country is going really well and we've already had several winners in the races. We're finding Sportshall tougher where there is fierce competition against larger and more experienced clubs, but we're still doing well and the children should be very proud of their achievements.

### **Christmas Training**

Training sessions over the Christmas period will be as follows:

Thursday 15<sup>th</sup> December – NO TRAINING (due to school disco)

Saturday 17<sup>th</sup> – Training as normal

Thursday 22<sup>nd</sup> – Indoor Athletics & Christmas Party 5:15-7:15pm Overton Recreation Centre

Saturday 24<sup>th</sup> – NO TRAINING

Thursday 29<sup>th</sup> – NO TRAINING

Saturday 31<sup>st</sup> – NO TRAINING

Thursday 5<sup>th</sup> – Training as normal

Saturday 7<sup>th</sup> – Training as normal

### **Christmas Party**

Our first Christmas Party will be on Thursday 22<sup>nd</sup> December. Please arrive at the Overton Recreation Centre by 5:15pm for a fun hour of Indoor Athletics before we head upstairs to the social club for our Christmas Party. Rumour has it that Father Christmas is due to drop by and we will provide plenty to eat and drink for the children (and the bar will be open for the adults!). Brothers, sisters and parents are welcome to attend – the cost per child is £2, to be paid on the night. Please complete the slip at the end of this newsletter, or email us, if you wish to attend.

Even if you haven't attended for a while, it would be good to see you come down for this fun session and the party. Please park in the carpark inside the gates rather than on the road as the seniors will be racing later on.

### **Fundraising**

We're now at the point that we need to invest in some equipment to help the children improve their skills, especially Sportshall related events. If anybody has any fundraising ideas or suggestions for Corporate sponsorship/donations then we'd be very glad to hear from you. At the moment we're looking to raise in the region of £1,500 to start us off with some indoor athletics kit.

### **FIXTURES**

#### **Sportshall**

Match 3 – SATURDAY 28<sup>th</sup> January, Mountbatten Centre, Portsmouth PO2 9QA. 1:30pm start

Match 4 – SUNDAY 18<sup>th</sup> March, Fleming Park Leisure Centre, Eastleigh SO50 9NL. 1:30pm start

### Border League Cross Country

11<sup>th</sup> December 2011 – Lightwater Country Park GU18 5RG (c. 11am)

29<sup>th</sup> January 2012 – Stoke Park, Guildford, GU1 1SW (c. 11am)

4<sup>th</sup> March 2012 – Lord Wandsworth College, Long Sutton RG29 1TB (c. 11am)

### Lord Wandsworth Cross Country

18<sup>th</sup> December 2011 (c. 11am)

15<sup>th</sup> January 2012 (c. 11am)

5<sup>th</sup> February 2012 (c. 11am)

11<sup>th</sup> March 2012 (c. 11am)

### Race Reports by Georgia Vallis

#### Border League

On 6<sup>th</sup> November a group of children from Overton Harries went to Lightwater. There was Molly and Lauren in the Under 11s girl's race then Rory in the Under 9s boy's race. Also there was Georgia, Emily, Jessica and Amelia in the Under 9s girl's race.

The first race was the Under 9s girl's. After our coach took us for a warm up around the course all the girl's lined up on



the white line that had been painted in the ground. The gun went off to start the race and it gave all of us a fright especially Amelia. As it was quite a long race for us, so we started slowly and increased our speed as the race went on. It was a tough course for our first ever Cross Country but luckily we all got to the finish in a really good place. As there were four of us in this race we had a team and we came 3<sup>rd</sup>.



The best race was the Under 9s boy's which we had only one boy in. Rory started the race really quickly and we were worried that he had gone too fast. We were all waiting near the end of the course and couldn't believe it when we saw Rory in the lead. He wasn't actually the first person because the race have a Hare and a Tortoise so they have older children running in the front and at the back to help the younger ones. There was another boy quite close behind but Rory held on to win the race. He did really well.

Molly and Lauren were in the next race which was the Under 11 Girls. They had to run further than our race, but they still did really well. Lauren forgot to take her inhaler before the race so this didn't help her.

We all really enjoyed it and hope we can get more children to do it next time.

## Sportshall - Match 2



We were more prepared this time for our Sportshall competition as we knew what to expect, but there were more teams and athletes so it was a hard afternoon. We looked better this time as we had our club vests on.

Although we had practiced we had hard opposition and didn't do as well as in the first Match. Furney and Owen did well in their event and came second. Aiden and Niall won their race. For the girls, Molly and Caitlin did the best by coming 4<sup>th</sup> in the Chest Push throw.

The obstacle course at the end was quite hard, especially as the hurdles were really high.

We've got 2 more Sporthall competitions left, so we need to keep practicing and find some more boys to compete with us.

## Lord Wandsworth Cross Country

The sun was shining at our second ever cross country race. It was a busy morning as both the younger juniors and the adults had races.

The first race was the Under 15s which we had Saskia Monaghan running in her first race for the Harriers. She did very well and won the girls race. We hope that she will race for us again.

The next race to set off was the adults. Sean, Neil M, Keith V, Blissy and Eric were all running. They had a long race so the other junior races started whilst they were still running.

Molly and Lauren were in the next race. They beat everyone, including the boys and came first and second. Well done girls!



The last race was the Under 9s which was my race. There were 17 in the race and 8 of these were Harriers. We all worked hard and brought home some medals. Owen was third in the Boys race and I



came first in the Girls, with Victoria getting the bronze medal. Emily was very close behind, then Annabelle, Jessica, Amelia and Amy completed our successful team. Some of the girls are only 7 years old, so they did really well.

After we finished our race the adults started to come back. They had a hard race as the course was tough, but Sean didn't let the side down and he maintained our winning streak for the day.

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My child/children ..... will be attending the Indoor Athletics fun session and the Christmas Party on Thursday 22<sup>nd</sup> December from 5:15 – 7:15pm at the Overton Recreation Centre.

Signed.....

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