



February 2012

Overton Harriers Junior Newsletter

We're now deep into our winter training and it's really pleasing to see the children turn-out in the sometimes freezing conditions. The highlight for December had to be the Christmas indoor session and party. Somehow we managed to fit 40 children into the ORC for a fun-filled athletics session before adjourning upstairs for a party and visit from Father Christmas.

Awards

We will be holding a presentation for awards gained during winter season. We have been following a UK Athletics initiative for Endurance running this winter and will have badges and awards to give out at the end of the season. This is based on time trial events that we hold every month where we measure how far the children can run in a set time. We will also be giving out medals to everyone who has participated in the Sportshall and Cross Country events this winter.

Athletics in the Square – Olympic Count Down Event, Saturday 21st April

Training on Saturday 21st April will be outside the Community Centre, in the centre of the village. We will be showcasing the junior section of our club and promoting the 100 day countdown to the Olympics which will have recently passed. Further details will be sent out closer to the date.

Behaviour at Training

We have had a couple of recent incidents of disruptive behaviour amongst the children at training. We do try and act on this immediately by removing the child/children from the training environment for a short period of time, so they realise that the behaviour is not acceptable to us. Some of the children have great potential, however I'm sure that you appreciate we can not help bring out this potential when the focus is on the behaviour rather than on the athletics training. Please remind your children that we want them to have fun at training, but we do expect them to behave appropriately.

Logo

This term we will be having a competition to design a logo for the Junior section of our Club – more information to follow shortly.

Dates for Your Diary

Competition Dates:

Sunday 5th February (am) – Race 4 Lord Wandsworth Cross Country
Sunday 4th March (am) – Race 4 Border League Cross Country (at Lord Wandsworth)
Sunday 11th March (am) – Race 5 Lord Wandsworth Cross Country
Sunday 18th March (pm) – Match 4 Sportshall, Eastleigh
Saturday 8th April (am) – Track & Field Open Event at Basingstoke
Saturday 14th April (am) – Hurstbourne Tarrant Fun Run

Training Dates:

Training as normal (Thursdays 6:15-7:15pm) and Saturday (9:30-10:30am) EXCEPT:

February Half Term – No Training on Thursday 16th February or Saturday 18th February

Easter – No Training from Saturday 31st March to Saturday 14th April Inclusive

Race Reports:

Lord Wandsworth Race 3, By Georgia Dorothy Vallis

On a bitter cold January morning Molly Wateridge, Emily Wiltshire, Amelia Grey, Ella McIver and I (Georgia Vallis) made our way to Lord Wandsworth College. We started off with our normal warm up and drills. After that we waited for our races. Molly's race (Under 11 girls) started a few minutes before us. This time she was determined to beat the Basingstoke girl, who won the last race before Christmas which Molly came 2nd in. But this time Molly won by 3 seconds. Next was the Under 9 girls race. It was a 600m race which will sound really easy but it was really tough. This was Ella's first cross country race so she did really well coming 7th after a fast start. Emily was prepared and had a race plan but she found it too hard to follow, but she still did a very good time of 3:00 and a very good place of 5th. Amelia had another good race coming home in 6th place. I also had a brilliant run coming home 1st in a PB of 2:35 and I even beat the boys!!!!!!!!!!!!!!

Sportshall Match 3 – 28th January (Portsmouth)

On Saturday 28th January whilst the Senior Harriers were having a trip to the seaside for the Southern XC Championships at Brighton, a depleted group of Juniors competed in our third Sportshall competition at Portsmouth. The change in date to a Saturday meant that many of our regular athletes had prior commitments and were not available, however we managed to turnout athletes for both the girls (Molly Wateridge, Jessica Wateridge, Emily Wiltshire and Amy Holmes) and boys Under 11s (Aidan McGill). Again we had some promising performances which together with a combination of more training as well as competition experience should give us a great platform for next year. We have now been able to purchase some training equipment after securing a £500 grant from Basingstoke & Deane Council. This will mean that the children can now train on the same equipment that they compete on. Our last Sportshall for the winter is on Sunday 18th March at Eastleigh, so we're hoping to have a good turnout to round off the season.

Border League Race 3 – 29th January (Guildford)

The weekend wasn't over for three of our athletes (Molly, Jessica and Emily) as we had our third Border League Cross Country race at Guildford on Sunday 29th January. On a rather cold Sunday morning they were joined by Georgia Vallis, Amelia Gray and Harry McDevitt. The course was much tougher than at Lightwater as it started steeply uphill. Everyone had listened to the coaches and ran good solid races, not setting off too fast and with great sprint finishes on the downhill section. Georgia was the first Harrier home in the Girl's Under 9 race, closely followed by Jess (who wasn't going to run until she found out the day before that she'd make up a team if she competed – although she did say afterwards that it was 'definitely the longest race ever!'), then Emily and Amelia who had a strong finish to hold off several girls from Woking. Harry had another good race in the Boys Under 9's and finished well up the leaderboard. Despite finding it a bit cold, Molly had another good run and again finished well in the top half of the field in the Girl's Under 11 race.



Border League Race 2 (December) at Lightwater