



January 2013

Overton Harriers Junior Newsletter

Happy New Year to you all! We've got a bumper newsletter to start the year and some really important dates for your diary (Mums and Dads please note!)

Hampshire Cross Country Championships (5th January)

Our new year kicked off to a very muddy start with 8 juniors running in the Hampshire Cross Country Championships. The first race of the day was the Under 11 Boys – with Aiden, Rory and Niall taking part.



Unfortunately Josh Carter couldn't join them as he broke his arm at the end of last year – get well soon Josh. Niall had an excellent race, finishing 23rd in his first cross country event. Rory was the next Harrier, in 34th and Aiden who had recently been poorly finished in 45th place.



Next it was the girls turn to get muddy, with Molly, Jessica



and Georgia in the Under 11 Girls race. Most of the girls found it really hard running through the mud, but not Molly – she had a really strong race and came home 13th. Georgia, smiling through it all finished in 38th and Jess (who was racing athletes nearly 2 years older than her) did really well in 42nd place.

Our next race was for the Under 13 Girls. This was always going to be a really tough race and it was great to see two of our girls (Caitlin and Mel) on the start line of this competitive field. By now the course had started to get really muddy and unfortunately in Caitlin's race debut she slipped and twisted her ankle, so couldn't finish the race – we hope Caitlin has a speedy recovery! Mel found the heavy mud really tough, but she persevered and put in a





really brave performance, to finish the 3.5km race in just over 20 minutes.

We're really proud of everyone who took part in these races. It's the first time that they've had Under 11's at the County Championships and our runners were competing against the best in the county, from some big and well established clubs – so they all did extremely well.

Sportshall

We've been doing really well in Sportshall this season but we need more people to take part so we can have full teams which means we can have people in every event – that means more points!! We've actually been doing so well that two of our team have been selected to represent Hampshire at the Inter-Counties Sportshall – a MASSIVE well done



to Molly and

Rory!! We look forward to hearing how they get on. There's still two matches left, so you've still got time to come and find out what it's all about by having a fun afternoon of athletics and seeing if we can still be the loudest to support our team mates! If you think that you're not good enough, then that's simply not true – winning is good, but taking part is also really fun and it's great to be part of our team.



We're on the Move!

Exciting news – we're moving to Berrydown!!!! The best bit is that we'll be able to train indoors when the weather is really bad - hooray!!! We'll let everyone know in plenty of time when we're going to move our training.

Quadkids

The badges for our summer Quadkids competitions were given out at the Christmas party. Well done to everyone who got badges, and if you didn't then it won't be long until you can try again when we start again after Easter. We've still got a few to give out, so make sure you ask us if you think you should have one.



Border League Cross Country

Luckily the Border League race that we did in December wasn't as muddy as the race at Eastleigh (but I think that Harry McD



would have liked the Eastleigh mud!). Ellie made her race debut and was helped with some great pacing by Mel in the Under 13 girls race. Rory was our only Under 11 boy and he found the longer distance a bit of a challenge now that he has moved up an age group.



Molly and Georgia took part in the Under 11 girls race. Molly used her experience from last year and

finished in a fantastic 11th place. Our Under 9s did really well



again this year – with Harry McD and Silas for the boys and Amelia and Jess for the girls. Harry came 15th and Silas 17th for the boys. Amelia and Jess both came in the top half for the girls.



There's another two races left this season.



Lord Wandsworth Cross Country

We haven't got any pictures, but Amelia, Jess, Molly, Max and Mel have all taken part in the Cross Country races at Lord Wandsworth this season. Well done to Amelia who has done all three so far.

The next one is on Sunday 17th February. If you haven't done a race before this is a great one for you to start with as they are not too long and they're not too far away.

Training

Don't forget that we still have training when the weather is bad. Bring lots of warm clothes and a change of clothes if it's really wet. You still need your water even it's raining really hard or very cold. Max ran through the rain on the Saturday before Christmas and found that it was worth his while....



Coming soon.... Our opportunity in the summer to run, jump or throw at an athletics track. Watch out for news on the Wessex League...

The Boring Bits....(Parents please read on!)

Subs

Within the next couple of months we'll be moving our training sessions to Berrydown. We're still finalising the details, but the plan is to keep the same training times and we'll also be able to make use of the indoor space and have all our equipment stored in one place.

Currently our subs are only £10 per year, which I hope you'll agree is excellent value. With the move to the improved facilities at Berrydown, the need to purchase more equipment as the children grow (javelins, shots, hurdles etc) and also a new requirement from England Athletics for all members of athletics clubs to pay a yearly £10 affiliation fee we are expecting to change our subs to a termly charge. Our aim is to keep it as low as possible and expect c. £10 per child per term.

Badges

If you want to find out more about the badges that the children are trying to achieve then have a look at the UKA (UK Athletics) Academy website <http://academy.uka.org.uk/awards/> We are doing the endurance time trial over winter and the track and field awards in the summer.

Vests

Club vests are available at a cost of £10. If you would like one then please let either Keith or Anna know. We know how quickly children can grow, so only charge once and then you can swap this for a bigger size when needed.

Wessex League

Please make note of the dates for the Wessex League Track and Field competitions. This is a well established league that we have joined for the summer season (April – July). We're really excited about being able to join these competitions and hope that we'll have your support with availability for these 4 dates. It is a fantastic opportunity for the children to be able to experience athletics on the track. Age groupings are slightly different from the cross country groups and the events that the children can take part in vary depending on their age. We'll provide more information closer to the time.

Thank you for all of your support so far – if you've ever got any comments, queries or concerns please do not hesitate to contact us, either at training or by email (juniors@overtonharriers.org.uk).

DATES FOR YOUR DIARY...

JANUARY:

Saturday 12th – Hampshire League XC, Bournemouth – Under 13s only

Sunday 27th – SPORTSHALL (EASTLEIGH)

FEBRUARY:

Sunday 3rd – BORDER LEAGUE XC (GUILDFORD)

Saturday 9th – Hampshire League XC, Salisbury – Under 13s only

Sunday 17th – LORD WANDSWORTH XC

MARCH:

Sunday 3rd – BORDER LEAGUE SC (LIGHTWATER)

Sunday 10th – LORD WANDSWORTH XC

Sunday 17th – SPORTSHALL (ANDOVER)

APRIL:

Sunday 21st – WESSEX LEAGUE (TRACK & FIELD) – SOUTHAMPTON (TBC)

JUNE:

Sunday 16th – WESSEX LEAGUE (TRACK & FIELD) – PORTSMOUTH (TBC)

JULY:

Sunday 7th – WESSEX LEAGUE (TRACK & FIELD) – SWINDON (TBC)

Sunday 21st – WESSEX LEAGUE (TRACK & FIELD) – ALDERSHOT (TBC)