



March 2012

### Overton Harriers Junior Newsletter

It's been an action packed winter including children taking part in 8 cross country races and 4 Sportshall competitions in our first competitive season. We've all learned a lot and really enjoyed ourselves but are happy to have a break from competitions for a while and we will also have a break from training over the Easter Holidays. However, we are encouraging the children to take part in a 2km Fun Run at Hurstbourne Tarrant on Saturday 14<sup>th</sup> April (see website for details).

After the Easter break, Thursday evening training will move down to the Overton Recreation Centre, Bridge Street, still at 6:15pm to 7:15pm. Saturday training will continue at the school from 9:30am to 10:30am.

### Awards

At the end of training on Thursday 26<sup>th</sup> April we will hold a short presentation for the UK Athletics Endurance awards which the children have been working towards this winter. We will also be giving out medals to everyone who has participated in the Sportshall and Cross Country events this season.

Congratulations to all of those who have achieved Bronze, Silver or Gold Awards:

Bronze: Annabelle, Amelia, Silas, Furney, Louis, Niall and Thomas  
Silver: Emily, Georgia, Caitlin, Amy S, Harry, Rory, Brandon, Aidan  
Gold: Jessica, Molly, Lauren



### 'Try Athletics' Morning – Saturday 21<sup>st</sup> April

Training on Saturday 21<sup>st</sup> 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. The session will run from 9-11am – please can everyone who normally attends Saturday training come down for an hour during this time and wear their Club vest if they have one.

### Olympic Profiles

In order to start promoting our home Olympic athletes, and some of our Olympic legends – we would like everyone to choose an athlete (see examples on the page) and do a one page profile of them. This can be in any format, but preferably A4 size so we can display them all at our 'Try Athletics' morning on 21<sup>st</sup> April. Please can everyone hand in their work either on training on Thursday 19<sup>th</sup> April, or on the day on Saturday 21<sup>st</sup> April. We will then scan in the profiles and put them on the website for everyone to look at.

### Logo Competition

The competition to design a logo for the Junior section of the Club will now take place after Easter.

### Dates for Your Diary:

Saturday 24<sup>th</sup> March: last Saturday training before Easter break  
Thursday 29<sup>th</sup> March: last Thursday training before Easter break  
Easter Holidays: NO TRAINING from Saturday 31<sup>st</sup> March to Saturday 14<sup>th</sup> April Inclusive.  
Saturday 14<sup>th</sup> April: Hurstbourne Fun Run  
Thursday 19<sup>th</sup> April: Training resumes – now at the Overton Recreation Centre, Bridge Street (6:15-7:15pm)  
Saturday 21<sup>st</sup> April: 'Try Athletics', Outside Overton Community Centre 9 – 11am  
Thursday 26<sup>th</sup> April: 1<sup>st</sup> Quadkids competition (during training session) followed by awards presentation  
Saturday 28<sup>th</sup> April: Saturday training resumes (at the School 9:30-10:30am)

## Race Reports:

### Border League Race 4 (Lord Wandsworth College) by Georgia Vallis

It was a wet and rainy Sunday morning when 9 members of the Juniors turned up to a soggy race course at Lord Wandsworth College. The walk to get to the race start was horrible (they parked us about half a mile away). We had plenty of girls in the Under 9s race (me, Emily, Jessica, Amelia and Victoria). This time we had to run 1.6k instead of the normal 1.3k. We all found the course muddy and wet. The Under 9 girls started first (as usual). Most of us took it steady on the first lap of the field and then put a lot of effort on the hill. I saw someone fall over in the mud and they were wearing a white T-shirt. The girls all stuck together in a group throughout the race and had we were all pleased to finish. The boys went next (Rory, Harry and Silas). Some of us watched the boys race, but most of us didn't (we were too cold to watch) [the boys all ran well despite the awful conditions]. Our last race was the Under 11 Girls which was Molly's birthday race! I was still too cold to watch but I did pop my head out of the tent now and again. Molly found this one hard as it was so cold and wet, but she still ran really well. After her race Molly saw her birthday cake which Anna baked. It was LOVELY!!!!!!!!!!

### Lord Wandsworth Race 4 – 11<sup>th</sup> March

The sun was shining for our last Cross Country race of the year. It was an all-girls affair, with athletes in the Under 9 and Under 11 races. Molly started the day on top of the leaderboard for the series in the Under 11s, but there was a girl from Basingstoke & Mid Hants Athletics Club a very close second, so Molly knew she'd have to work hard to finish top. The lead in the girls race changed hands several times, but it was Molly who came out on top with a really strong finish, to win the Girls Under 11's and to take the series trophy.

The Under 9's (Jessica, Amelia, Annabelle and Emily) all ran well, despite the leader taking some of them the wrong way!

### Sportshall Match 4 – 18<sup>th</sup> March (Eastleigh)

We celebrated Mother's Day in style, at Fleming Park Leisure Centre in Eastleigh for our fourth and final Sportshall event. The children are starting to benefit from the winter's training and performances have been getting better throughout the season. We held our own against the big clubs and also against the bigger children! Results will be on the website shortly.

## Suggestions for Athlete Profiles:

### Current UK Stars

- Mo Farah (10,000m)
- Paula Radcliffe (Marathon)
- Goldie Sayers (Javelin)
- Holly Bleasdale (Pole Vault)
- Phillips Idowu (Triple Jump)
- Jessica Ennis (Heptathlon)
- Christine Ohuruogu (400m)
- Chris Tomlinson (Long Jump)
- Dai Greene (400m Hurdles)
- Hannah England (800m & 1500m)
- Jenny Meadows (800m)

### Past UK Olympic Stars

- Kelly Holmes (800m & 1500m)
- Denise Lewis (Heptathlon)
- Colin Jackson (110m Hurdles)
- Lindford Christie (100m)
- Jonathan Edwards (Triple Jump)
- Seb Coe (800m 1500m)
- Daley Thompson (Decathlon)
- Steve Backley (Javelin)