



September 2012

## Overton Harriers Junior Newsletter

Hopefully you all enjoyed The Olympics and Paralympics and judging by the high turnout at training it looks like a Generation in Overton has been Inspired. The true test of the legacy is will everyone keep training through the winter?? Now that Autumn is now upon us and the evenings are drawing in we will be moving our Thursday evening training back up to Overton Primary School. This may mean sharing with one of the football teams but we're sure that we can work together within the floodlit area available. The first of these sessions will be 4<sup>th</sup> October (6.15-7.15pm). Saturday sessions will remain at the school (9.30-10.30am). As well as maintaining our mixed training we will be focussing on preparation for our Sportshall and Cross Country competitions.

### Kit

With the winter drawing in and the ground getting wetter please can you ensure that everyone has suitable footwear – you do not need to buy expensive trainers but they must have a good grip. SportsDirect and Amazon normally have a good selection of trainers at reasonable prices. Our coaches are happy to advise if you have any queries.

### Quadkids

The summer Quadkids competitions again saw some good performances and improvements from many of the children. Badges will be with us shortly to give out, but special mention goes to the Gold award winners:

600m – Molly Wateridge

Howler Throw – Aidan McGill; Amy Simpson; Caitlin Cook and Ellie McDevitt



### Winter Awards

Our first winter time-trial awards session has already taken place. Year 4s and unders run for 1 minute, Years 5/6 for 2 minutes and Years 7/8 for 3 minutes. Gold performances have already been achieved from Rory Monaghan (2 minute time trial) and Molly Wateridge (3 minute time trial). There'll be plenty of opportunities over the rest of the winter for everyone else to get their badges.

### Competitions

Our indoor and outdoor competition season starts in October. Full details of the events and age groups are on the internet in the Junior Events section. Fixture locations and timings will be available on the web in due course. See below for dates.

### Dates for Your Diary (all are Sundays):

21 <sup>st</sup> October:	SPORTSHALL 1: Fleming Park, Eastleigh (11:30-4pm)
21 <sup>st</sup> October:	BORDER LEAGUE XC (am)
4 <sup>th</sup> November:	LORD WANDSWORTH XC 1 (am)
25 <sup>th</sup> November:	SPORTSHALL 2: Mountbatten Leisure Centre, Portsmouth (12-5pm)
2 <sup>nd</sup> December:	LORD WANDSWORTH XC 2 (am)
9 <sup>th</sup> December:	BORDER LEAGUE XC 2 (am) - TBC
6 <sup>th</sup> January:	LORD WANDSWORTH XC 3 (am)
20 <sup>th</sup> January:	BORDER LEAGUE XC 3 - TBC
27 <sup>th</sup> January:	SPORTSHALL 3: Fleming Park, Eastleigh (11:30-4pm)
17 <sup>th</sup> February:	LORD WANDSWORTH XC 4 (am)
3 <sup>rd</sup> March:	BORDER LEAGUE 4 - TBC
17 <sup>th</sup> March:	SPORTSHALL 4: TBC

TBC:

LORD WANDSWORTH XC 5 (am)

For Under 13s (Years 7 and 8) we also have the following Hampshire Cross Country fixtures:

Saturday 13 <sup>th</sup> October:	Farley Mount, Winchester
Saturday 10 <sup>th</sup> November:	Goodwood
Saturday 1 <sup>st</sup> December:	Popham
Saturday 12 <sup>th</sup> January:	King's Park, Bournemouth
Saturday 9 <sup>th</sup> February:	Hudson's Field, Salisbury

Races generally start at about midday – if you are interested in running then please speak to Keith.

## My 2k fun run

On Sunday 9<sup>th</sup> of September my sister (Tilia) and I decided to do the Stockbridge 2k fun run. It was a lovely sunny day – my mum, dad, sister, dog and I arrived and met our grandma. We registered at Stockbridge Primary School, got our numbers and walked to the start (The White Hart Pub.) The 10k started before us, and then it was our turn. All the children did the “mobot” on the start line and then we were off. There were about 40 people running. By the half way point I overtook the leader as he and most of the others slowed at the drink station. I carried on running and my determination was the only thing keeping me going. As I was running I was also trying to keep up with the marshal leading us round the course on his bike. At the 500 metre marker I was still in the lead. Next thing I know I can see the finish line. I WON!!!!!! My time was 9:18. A few minutes later my sister came in with a time of 12:12. At midday the presentation was held. I was given £10 prize money. It was a great and exciting morning for all of us. We helped raise over £4000 for Stockbridge pre-school, and friends of St. Peter's Church.

By Silas Harris.

