



Running Shorts

News for Blyth Juniors

October 2016

Training

With the increase in numbers on a Monday night, it is becoming more important that the coaches know exactly what they wish to train for. Therefore, over the next few weeks we will be asking the children what events they would like to take part in (sprinting, middle distance, cross country, hurdling, throwing or jumping). This will enable us to (hopefully) ensure that they are with the correct group and coach. If anybody has any queries please speak to one of the coaches.

Although Monday night is the night when all the children train together, we do organise other nights for different groups/events.

Thursday Night there is a High Jump session at Bede Academy starting at 18:00 (small charge to pay). Please speak to Daniel prior to attending as session is close to capacity

Also on Thursday there is a Strength and Conditioning session at Bede Academy starting at 19:00 for 1 hour (small charge to pay, minimum age 12)

On Wednesday nights we have a track session at Churchill Track starting about 17:30

On Sundays there are multi event sessions on at Churchill track. From 1200 for school year 6 and above, from 1330 for 5 and below. Check juniors facebook page for updates on session
During winter there may be either a Friday track session or Saturday morning cross country session depending on events **Please check with coaches to ensure these sessions are on**

Important

Blyth Junior Section is currently seeing an increase in numbers. Increased athlete capacity requires additional coaches and volunteer helpers. It is important to limit group sizes to ensure athlete safety and optimise coaching. This is a significant challenge. If you feel you can offer help in any way you can register your interest by contacting Keith Willshire at keithw53@keithw53.plus.com or 01670-362668. There are coaching courses available and the club usually covers the cost of any course.

Junior Relays

This years Winter Relays will be on Monday 17th October, meet at Beach Car-Park at 19:00. Juniors will be put into teams of three, with each runner doing approximately 1 mile. Only paid up members can win prizes. See Keith, Dan or Steve if interested.

Latest News

The best way to keep up with the latest news, results and pictures from Blyth Running Club Juniors (including up to date information about training sessions) is to join our Facebook group

AAA Standard Badges

The Amateur Athletics Association have devised standards for every event and any athlete who achieves this standard can purchase a badge. The club have agreed to present any Blyth Junior who achieves one of the standards in the NEYD League the appropriate badge free of charge. If anybody achieves a standard in other competitions then they will be able to purchase the badge.

Details of the AAA Standards Scheme can be found on the Club website

Awards

To try and encourage the children to compete, we are introducing awards over the Winter months;

There will be a Cross Country award and there will also be an Indoors Athletics award for the child who has competed and worked hard at either cross country or indoor athletics, plus the Athlete of The Month award

Indoor Competitions

There are indoor competitions for U13, U15 and U17 during the winter at Gateshead College, and have hurdles, sprints, throws and jumps. Dates all Thursday are:

17th November 2016

15th December 2016

19th January 2016

9th February 2016

16th March 2016

Dates for Monkton are yet to be arranged

Well Dones

There has been a lot going on during the summer, so time to catch up a bit (apologies to anybody I miss). Quadkids Competition was held on Bank Holiday Monday and Blyth Juniors won the event.

Olivia Quinn won bronze in 100M at Northern Championships and was selected to represent North East in Inter Counties and along with Matthew Fairhurst was selected to represent the NEYDL in an Inter League match against West Yorkshire; Josh Fiddaman won Athlete of Match award at the North East Grand Prix on Wednesday 10th August for his performance in the 1500M; Sprint relays competition saw new club records for U13G 100M, 15B 100M and u15G 200M. Matthew Fairhurst won the U15B Javelin competition and was second in the Shot; Layton Robinson was =1st in the final Summer Cup race.

Be sure to tell all of your friends about the club and encourage them to come along and join. As a member you are the best advertising that the club has got.

www.blythrunningclub.org.uk