



FORRES *Harriers*



## Juniors Newsletter April 2015

### Welcome back!

Despite the dark, cold winter months Thursday evenings have regularly seen at least 30 juniors running round Grant Park. The floodlights have made a huge difference to the training available this winter, where we've even managed to move them about to add in some hill training.

Fantastic effort by all of you at all sessions, so keep it going throughout the spring/summer.

Training continues in Grant Park this term, with the meet up point now beside the play park. Sessions start at 6.30 and finish around 7.20-7.30. As usual line up quickly at the start to get your name checked off the register – the same again at the end of the session.

Despite the warmer weather please still bring something warm with you to wear during the warm up and at the end of the session.

**PARENTS:** If you haven't already done so please provide an up to date contact number in case of emergencies and an email address.

We are always looking for helpers and any parents keen to get involved just come along on a Thursday evening.

### Membership

For any new members, please print out and complete the membership form, found on the Harriers website under 'Links'. The annual fee for Juniors is £7 with an additional £5 for membership of Scottish Athletics (SAL). If you wish to compete in cross country races for the club you have to be Scottish Athletics registered. Please put the form and money in a sealed envelope, with your name on the front, addressed to Jackie Nicol.

### Kit

To order any Harriers vests/T-shirts or hoodies please print out the form from the Harriers website (under 'Links') and return it with the appropriate fee to Elizabeth Watson (or email: [ewatson1313@gmail.com](mailto:ewatson1313@gmail.com))

### Cross Country

The cross country season is nearly over with only the Scottish Primary Schools Championships left to go this Saturday in Kirkcaldy – good luck to all juniors taking part.

This season saw 23 Juniors competing across the 6 league events. Well done to all that ran, with special mentions going to Rhona, Roslyn, Faith, Talia, Bruce, Jack and Jenny who competed in their first XCs for Forres Harriers. We're now regularly managing to make up teams in most of the age groups.

Hopefully you enjoyed all the mud, snow, wind and rain!

League matches will resume in October so we look forward to seeing even more of you competing then.



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Congratulations to Lily, Oliver and Ben who were selected to run for the North of Scotland at the Inter-district in Edinburgh on the 10<sup>th</sup> of January. This was a great opportunity to challenge themselves against the best in their age groups in Scotland. It was tough racing conditions, but the 3 of them did the club proud. Ben came home with a silver medal, Oliver was 38<sup>th</sup> and Lily 37<sup>th</sup>.

It was also good to see so many of you competing in the Moray schools XC events. Great running from all of you and some fantastic results eg. Bruce (2<sup>nd</sup> in P4/5 race), Ben (1<sup>st</sup> in P6/7), Scott (5<sup>th</sup> in P6/7) and Isobel (5<sup>th</sup> in P6/7).

### Athletics

As well as the regular running sessions, the club now has new athletics equipment so you'll get a chance to try it out this term.

The Petrofac athletics league started on the 12/4 with 3 matches left to go on the 17/5, 28/6 and 2/8. Further information and details of which track and field events are available for your age group, at each event, can be found in the 'Races' page (Petrofac Meetings 2015 info) on the Harriers website or from Gordon Scott on club night.

### Forest Runs

The forest runs start up again on the 13<sup>th</sup> May. For those new to these events they are fun, friendly and local so well worth going along. The U12s race is approximately 1 mile long and the U16s race 1.5 miles.

<b>Monaughty</b> - Torrieston Forest Picnic Site	Wednesday 13 <sup>th</sup> May
<b>Culbin</b> - Wellhill Car Park, Kintessack	Wednesday 27 <sup>th</sup> May
<b>Quarrelwood</b> - Spynie Hall, Quarrelwood	Wednesday 10 <sup>th</sup> June
<b>Roseisle</b> - Roseisle Forest Picnic Site	Wednesday 24 <sup>th</sup> June

Registration 6.15pm, Under 12s start 6.45pm, U16s 7.10pm – only £1 entry for junior races. Please keep hold of your race number from any event for the whole series.

Further details can be found in the 'Races' page on the Harriers website.

### Junior Harriers Trophies

Each April and October one girl and one boy will be presented with the Forres Harriers Junior Achievement Award. These individuals are chosen by the coaching team because they have shown determination, respect for other juniors and coaches and a willingness to participate fully at each session.

Well done to Emma Donald and David Scott who were presented with the trophies in October 2014.