

PWAC YOUTH Cross Country SECTION - NOVEMBER 2015



2014



2015

Thanks for the Pictures Jane Dew- How Dillion has grown in a year ! ☺

Dillion Dew in Action in the Swanley Kent Fitness League Junior U11 race 8th November 2015

KENT FITNESS LEAGUE 8TH NOVEMBER 2015 SWANLEY PARK JUNIORS RACES

Well done to the below boys who took part in Sundays Kent Fitness League Junior races.

U11 Boys-

John Jance 7th in 11.20

Dillion Dew- 12th in 12.41 (pictured above)

U13 Boys-

Evan Wild- 4th in 10.22

Ben Barnet—8th 11.08

It would be fantastic to get more females out to run in the fixtures

Please copy and paste the below link for further fixtures: <http://kfl.canterburyharriers.org/>

If your son or daughter would like to run please contact me on the details at the bottom of this report.

TONBRIDGE ATHLETIC CLUB 1 MILE RACES

http://www.tonbridgeac.co.uk/Fixtures/2015W/Junior_One_Mile_Races.html

If your son or daughter would like to run this please enter through the attached link and then send me an email, I can then look to get more PWAC juniors out to support the team and will be on hand to take a few pictures on the day of their achievements.

JUNIOR PARK RUN NOW UP AND RUNNING IN WEST MALLING!

The Junior Parkrun is a series of 2k runs for children aged between 4 and 14. They are held in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in.

There is now one every Sunday at 9am now in Manor Park in West Malling.

For more details follow the below link:

<http://www.parkrun.org.uk/manorpark-juniors/>

There is also a junior park run more local to Paddock Wood in Goudhurst. It is every Sunday and starts at 9.45am, its free and for all the family

<http://www.parkrun.org.uk/goudhurst-juniors/>

CHRISTMAS FUN FOR ALL THE FAMILY

NICE WORK FUN RUNNING EVENTS FOR ALL THE FAMILY

<http://www.nice-work.org.uk/events.php?id=152>

Saltwood Boxing Day Run Saturday 26th December

This is a popular run and from experience it's a fun event I thoroughly recommend to all family and juniors at PWAC. Rather muddy it is set in the middle of Saltwood, near Hythe, its just under 5km. Expect to get muddy ☺

You may even spot me in the below link as one the more famous runners to have one it a few times

<http://www.boxingdayrun.org.uk/>

I haven't been back for several years, it be great this year If a group of PWAC juniors would like to run/jog/round with me to run off all that Christmas pudding, if we manage to get at least 5 PWAC juniors out I will wear a fancy dress outfit. To enter this run please follow the nice work link above.

PADDOCK WOOD CROSS COUNTRY CHAMPIONSHIPS IN CONJUNCTION WITH THE KENT FITNESS LEAGUE MATCH 7

On 7th February 2016 the final Junior Kent Fitness League will take place at Blean Woods Canterbury. This event will also mark as the PWAC Junior XC Championships, within the current races.

There will be special medals to all PWAC athletes who finish the races and a top 3 prize for each athlete in each age group U11-U15.

Please email me to let me know if your son your daughter would like to take part, I would love to see as many as possible compete in this race.

FINALLYCOACHES CORNER



Pictured with Sam Crick Hayesbrook School 2013

The above picture is myself with Sam Crick who was part of a junior team I coached at the Hayesbrook Academy in Tonbridge from 2012 to 2014. Sam worked hard from as a Year 8 pupil; he always turned up for training, was a team leader and trained to the best of his ability. For a couple of years he ran some good cross country results but never really figured in the team at TAC because there were much quicker boys in his team, however his determination, his great attitude, training week in week out and true grit was soon to pay off.

In 2014-2015 he started to win races, come in the top 10 in the Kent League and then in 2015, his big break through happened just recently, he was part of the winning U17 Team that won gold medals at the National Cross Country Relays.

The moral of this story.; No matter what your ability or how fast you are, turning up to training, being a team player, having a good attitude and listening to your coaches will place you in good stead for the future. Remember in your next race, never give up, and grit your teeth because you never know when you may get your big break

Janine 😊😊

To Contact me:

My email is: sportspark@kingshillparish.gov.uk or on my mobile: 07402014577

If your son or daughter would like to know more about X-Country, I am happy to answer any questions you may have.