

PWAC YOUTH Cross Country SECTION - January 2016

I hope everyone had a lovely Christmas and New Year.

There has been lots of action for some of our juniors in the Kent Fitness League over 4 matches; here are the results so far:

25th October Match 1 Knole Park Sevenoaks

U11 Boys- 9th Dillion Dew

U13 Boys- 4th Evan Wild, 8th Benjamin Barnett

U17 Boys- 2nd Luke Reeves

8th November Match 2 Swanley

U11 Boys- 7th John Janse, 12th Dillion Dew

U13 Boys- 4th Evan Wild, 8th Benjamin Barnett

U17 Boys- 1st Luke Reeves

22nd November Match 3 Fowlmead Deal

U11 Boys- 8th John Janse, 10th Dillion Dew

U13 Boys- 7th Evan Wild, 8th Benjamin Barnett

U17 Boys- 1st Luke Reeves, 3rd Charles George

20th Dec Match 4 Nurstead Court

U11 Boys- 9th Dillion Dew

U13 Boys- 7th Evan Wild

U17 Boys- 1st Luke Reeves, 2nd Luke Mitchie

The Kent Fitness League Standings after 4 matches are as follows and number of races completed by each PWAC athlete:

U11 Boys –

10th John Janse (2 races)- 13 points

16th Dillion Dew (3 races)- 30 points

U13 Boys-

7th Evan Wild (3 races) 15 points

8th Benjamin Barnett (2 races)- 14 points

U17 Boys-

1st Luke Reeves (3 races) – 4 points

3rd Charles George (1 race) – 1 point

4th Luke Mitchie (1 race) – 2 points

There are two more fixtures left in the league:

10th January Minis Bay

2nd February Blean Woods

After the Blean Woods Match there will be a presentation on a training night (date to be confirmed) to all athletes who took part in the Fitness League Junior Races.

Finally Coaches Corner:

Parents on club training nights please remember to provide your child with a bottle of water/squash for training and ensure your son or daughter is wearing warm sweater over their training sportswear for them to wear during the warm up and warm down for training. There is no guarantee that we will be indoors and it is important for the kids to stay hydrated during their training

To Contact me remember you can email me or call me anytime should you have any questions:

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