



LBAC Junior Newsletter

September 2017



Website: www.leightonbuzzardac.co.uk

Facebook: www.facebook.com/LeightonRunning

Welcome back!

It's back to school and back to training! We had a busy summer season (and it's not quite over yet - see the dates section for information about other events you can enter, as well as a chance to do 'summer' track and field events indoors over the colder months).

There's plenty to keep training for, with cross-country on the horizon for all ages, as well as Sporthall competitions for the Under 11s and Under 13s.

Also welcome to any new athletes who have just joined us - hopefully you will find all the info you need in this newsletter. on the website and on the LBAC Juniors Facebook page (see later for details). If you have any questions about training, kit or competition, please ask a coach at training or drop an email to x



Training

Traning is still on Tuesdays and Thursdays outside at Van Dyke School at 6.45pm. Please get there on time to register, help with equipment and warm up. (FRom October 5th, Thursdays sessions will be a run to help you train for cross country. Meet at Tesco carpark ready to leave at 6.45pm. Back by 7.30pm.

Extra Track and Field training!!

On 16th Sept between 2-4 pm we will have our last MK track and field training session. This is an additional session that we have just secured. Anyone competing in the Biggleswade Open really ought to attend. the session is held at Stantonbury Athletics Track - please follow signs for Stantonbury Field, not Stantonbury Campus. There is some parking near the track, drive through the car parks at the front and spaces are marked out by the side of the chainlink fences.

EAL match report

The last match for 2017 was held at Luton's Stockgrove Park in August. Find out how the team did in this report from David Killick <http://www.leightonbuzzardac.co.uk/news/>
You can find individual results at www.thepowerof10.info/results/results.aspx

Congratulations!

Congratulations to Annie Rose who has been selected for Beds County AAA u15 girls team Discus, McKenna Keefe - High Jump u17girls; Megan Westrope - Triple Jump u20woman. And

representing the boys! - Oscar Butlin who was selected to represent the county in u13 800m and hurdles.

Very important date!!

Junior Awards evening - Friday October 6th!!!

Linslade community hall 7 - 9.30

To celebrate the success of LBAC over the past year in Cross Country, Sportshall, Quadkids and Track & Field. There are awards in those categories for the leading athletes plus those that coaches have viewed as having improved the most.

There will also be a quiz for some fun. Bring your own snacks and drinks. See you there!

Road Relays, Crystal Palace

Please note that we are now not entering the 6/4 road relays on 24 September due to low take up. Thanks to athletes who did express an interest.

IMPORTANT DATES!!!

Diaries at the ready - below is a key set of dates for the Autumn/Winter season. We would love to see a large turnout at all of them.

Biggleswade Open Track & Field - All age groups (incl u11s)

Final event of the season for athletes to achieve PBs or just have a final summer blast. This is a self entry event so follow the link below to enter. Would be good to have a large LBAC turnout.

23rd September

https://entries.opentrack.run/2017/big_open_september/

Sportshall - U11s and U13s

Traditionally LBAC have been the best in Bedfordshire at this and at the regional finals we tend to have the most athletes selected, so Fiona Towell would love to see the same again this year. If you don't know what Sportshall is, just ask the coaches but it basically two hours of action of jumping, throwing and running that introduces competitive athletics in a very fun environment and gives our athletes a chance to qualify for the Bedfordshire team (u11s). Most

of our u15s and u17s have done sportshall and it is a great start in their athletics journey.

It is also held indoors, so is great when it's a bit nippy outside!

Fi needs to know if you are attending so please contact her directly at:

fiona@chameleonpersonnel.co.uk

19th November (1pm-3pm) Ampthill

17th December (1pm-3pm) Ampthill

18th March (time TBC) Biggleswade

24th March Regional Final (if selected)

Cross Country - All age groups

The club has traditionally done very well in the league and some athletes have been selected for the county based on their performances.

We are also the reigning u15 girls county champions and will hopefully defend that title this year.

Basically it's the one time we are happy for the kids to get very muddy and in some cases cross shark-infested ponds (yep that's correct although rumour is they were inflatable).

Again if you are not sure, try it. (please see note at end of newsletter about kit).

14th October - Oxford

15th October - Ampthill Trophy (self entry

<http://www.ampthilltrophy.org.uk/>)

11th November - Teardrops MK (LBAC Hosting)

2nd December - Luton

6th January - County Champs - Shuttleworth

13th January - Keysoe

10th February - Campbell Park MK

You will need to let us know your availability for these competitions, but will send contact details and info out before the Oxford race.

Other dates yet to be confirmed are Southern Champs and Nationals (not available to under11s)

Indoor Track & Field Athletics

Traditionally it is not something we have entered into but we are interested in giving the athletes as much opportunity over the winter as possible. It also means you're not so rusty when the summer season

starts again! We have found some indoor athletics available at Windsor and Lee Valley that may be of interest. (self entry events). Please see appendix at back of newsletter for dates.

SEAA championships dates to come later

Useful information

Coming up...

Around half term, as the nights draw in, the younger juniors move indoors on Tuesdays for Sports Hall training (there are some Sportshall competitions to enter later on), while the older ones still train outside, and we have a run on a Thursday night (from Oct 5) to help us get in shape for the Cross Country season.

The club enters the Chiltern League Cross Country races, with a race each month from October to February – they are held on Saturday mornings at places including Milton Keynes, Bedford, Luton and Oxford. There's plenty of help and advice available for newbies and we will let you know more about kit at the end of the summer.

Look for dates at <http://www.leightonbuzzardac.co.uk> under 'Events

Calendar

Chiltern League site is at: www.chilterncc.co.uk

Age groups

We know it is not always simple to work out what age group you are in. So how do you know if you're an under 11, an under 13 or an under 15? If you will be 9-10 by the end of August 2017, you will be in under 11s for the summer athletics events - quadkids/ East Anglian League etc. If you will be 11-12 by this date you will be under 13s; 13-14 by this date then you are under 15, 15-16 and you're in the under 17s.

For cross country, age groups are taken as under the mentioned age at midnight 31st August/1st September preceding the season. Under 11s must be over 9 on 31st August/1st September preceding the season.

Keep up to date!

Parents! Sign up and join our LBAC Juniors Facebook Group to get the very latest news, training and events information. <https://www.facebook.com/groups/766748426799570/>

How do I know what size spikes to fit?

It can be confusing to choose the right length spikes for the conditions runners face. If you're on a track you need no longer than 6mm and for grass tracks 7 or 9mm spikes may be more suitable. Once it starts getting muddier, you may want 12mm or even 15mm spikes for cross country. There are some spare spikes shoes in the junior kit if you want to avoid buying - or would like to try before you buy!

This is a handy guide to buying spikes...

<http://www.runandbecome.com/running-product-advice/what-wear/choosing-first-track-field-spikes>



Cross country kit

First time to a cross country competition? Here's what you need:

Club vest

Shorts

(Some runners wear t-shirts/running leggings if it's really cold)

Trainers/spikes

Layers to wear before and after race

Wellies or waterproof boots/shoes for walking the route before the race

Water

Snacks

Camp chair (for sitting on to change into spikes)

Safety pins for your number

Kit exchange/for sale

Please use the newsletter to advertise any spikes/trainers athletes have grown out of for others to have/purchase.

New kit orders

Club vests, crop-tops, training t-shirts (both short-sleeved purple and long-sleeved yellow), hooded sweatshirts (2 types), waterproof jackets and tracksuit tops and bottoms are available to order. Please note that club vests must be worn when representing LBAC in team competitions.

All kit can be ordered from our supplier, Kitworld.

Please Note: If you would like names / initials added to your kit please add this to the comment box on the order form. Kitworld are flexible on the number of letters, but please be sensible. If your name is Rumpelstiltskin I suggest you go for initials!

NB: Delivery is charged at £5, whether you order 1 item or 10 so if this is an issue consider ordering with someone else.

<http://www.leightonbuzzardac.co.uk/club-kit/>

NEW!!! Leighton Buzzard Junior Parkrun

9am on Sundays at Parsons Close. Get there before for warmup/parents to volunteer to help out.

If you haven't done parkrun before, head to the website at <http://www.parkrun.org.uk/> to register and get a barcode. You will need to take this with you each week, as it is scanned to give you your time.

MK Junior Parkrun

Sundays 9am at MK Rugby Club in Emerson Valley, Milton Keynes.

Rushmere Parkruns

Athletes are reminded that Parkruns will continue on Saturdays and other days (see website at <http://www.parkrun.org.uk/>) and the coaching team will be in attendance at all of the local Rushmere runs - www.parkrun.org.uk/rushmere. Those wanting a shorter distance remember that both Aylesbury and Milton Keynes have 2km parkruns on Sundays (see

parkrun website for locations – different from normal 5km route).

If you're a new member (and even if you're not!) the junior section of the website has some really useful information

www.leightonbuzzardac.co.uk/juniors/

Lost property

Nick Clay has been collecting all this lost property left behind at training sessions/competitions, but he would like to get it back to the owners. If you see anything that belongs to you please contact him at NickjClay@aol.com

Anything not collected by the end of September will be sent to the charity shop!



Thanks Charlie!

Finally, we would like to thank Coach Charlie for all he has done for the club, and wish him luck at University and we look forward to welcoming him back during the long uni holidays!

Coaches



Fiona



Nick

Fill this space

We need new coaches!

Talk to Nick if you can help!

Fill this space

We need new coaches!

Talk to Nick if you can help!

Assistant Coaches



Warren



James



Dan

Fill this space

We need new coaches!

Talk to Nick if you can help!



David



Ann



Charlie

Indoor track and field events winter 2017/18

Date	Event	Venue	Website	Events
21st October	Lee Valley Minithon School years 3-7)	Lee Valley Athletic	https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/childrens-athletics-activities/minithon/	Long Jump 60m Shot 200m Vertical Jump Turbo Jav 600m (events depend on age)
3rd December 2017	Lee Valley Open Meeting (u13s - u17s)	Lee Valley Athletic	https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/lee-valley-open-meeting/#novopenmeeting	60m 60mH 300m 600m Long Jump Pole Vault High Jump
4th December 2017	WSEH Open Graded Indoor Meetings	Thames Valley Athletics Centre	http://www.wseh.info/drupal-6.28/2014/WSEHIndoor	60m 60mH Pole Vault High Jump
9th December 2017	Lee Valley Minithon School years 3-7)	Lee Valley Athletic	https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/childrens-athletics-activities/minithon/	Long Jump 60m Shot 200m Vertical Jump Turbo Jav 600m (events depend on age)
1st January 2018	Lee Valley New Year Open Meeting (u13s Upwards)	Lee Valley Athletic	https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/lee-valley-open-meeting/#newyearopen	60m Shot 300m 400m 200m 800m
8th January 2018	WSEH Open Graded Indoor Meetings	Thames Valley Athletics Centre	http://www.wseh.info/drupal-6.28/2014/WSEHIndoor	60m 60mH Long Jump/Triple Jump Shot
5th February 2018	WSEH Open Graded Indoor Meetings	Thames Valley Athletics Centre	http://www.wseh.info/drupal-6.28/2014/WSEHIndoor	60m 60mH Pole Vault High Jump
5th March 2018	WSEH Open Graded Indoor Meetings	Thames Valley Athletics Centre	http://www.wseh.info/drupal-6.28/2014/WSEHIndoor	60m 60mH Long Jump/Triple Jump Shot