

News and important dates

Well done to all of you who ran at Lutterworth today. It was a tough course, especially for those in the first year as inter/seniors. It was good to see those who are now used to steady runs on the hills, taking the course in their stride. Remember though, especially if you were disappointed, that we are still early in the season – we hope you will be at your best for the big championships as February/March approaches, and there is time for a sensible build-up. Thanks for race entry requests so far. Don't forget if you haven't done this yet.

I hope some of you saw Athletics Weekly, with its focus on Charnwood AC, especially the dominance of the senior women over the past decade. There is a photocopy on the notice board. AW is a very informative magazine and many of you have your names in nearly every week through the cross country season. Did you know that you can subscribe for around half price as juniors? (Unfortunately I'm not paid for product promotion and my children are no longer juniors!)

Well done to the Charnwood award winners from our groups, all very well deserved for their efforts and achievements last season:

Cross Country: Hannah Cox, Ollie Spencer (U13/15), Sophie Coldwell (U17/20),

Junior Clubwoman: Harriet Roberts,

Club Champions: Millie Shaw, Ciaran Moreland (U11), Matthew Cox (U17)

Junior Athlete of the Year: Lucy Jones

An Evening with Dave Sunderland, National Coach Mentor for Middle Distance, with England Athletics

Charnwood middle distance coaches and older athletes have been invited to an evening with Dave Sunderland, on **Wednesday 14th December**. The coaches are keen to make the most of this opportunity and need to book places as soon as possible. Any athletes, year 8/9 and above, who are interested in securing a place, please contact me for further details as soon as possible, so that we don't miss out.

Wednesday 14th December – younger athletes

We intend to make this one of several planned opportunities to experience some of the other training groups' activities taking place indoors, in the HIPAC (High Performance Centre). Again we will give you more details later.

Saturday training

Next Saturday (26th Nov.) will be for some of you, the first weekend since you went back to school in September, without a race, and for me, a race to support (I'll think of those of you running in Liverpool). Andrew and I intend to begin (at last) sessions in the woods for those of you in years 7/8 and above, who have been training consistently and running in the teams, **and who have discussed their overall training schedule with their coach**. These sessions are aimed at building aerobic capacity and **are not competitive**. If you are interested and would like further details, please let me know as soon as possible, in case we need extra coaching help. 9.45 a.m. start.

Look forward to hearing from you on lots of matters, Madeleine