

Ampthill & Flitwick Flyers

Junior section Newsletter

July '10



Marston Forest Fun Run- A dashed good evening!

Thanks to all the junior Flyers who joined in the Marston Forest 1k fun run last month. The weather stayed cool and dry, which in combination with the flat out & back course meant perfect running conditions.

It was particularly pleasing that the first runner home by some distance was our own Arron Aatkar, but more than that; Flyers vests were dotted throughout the top half of the field. This low-key competition will hopefully give our junior Flyers an appetite to take part in the TrackFest meeting hosted by Biggleswade AC on July 15th (more details later in this newsletter...)

PS I don't normally get on with race photographers (a long and boring story), but I must admit that the photographer at Marston Forest was on her best behaviour so I've no qualms about referring you to her website should you wish to view or purchase photos of the Fun Run and the Main 5k event. <http://www.sarahbrookephotography.co.uk/portfolio102837.html>

A Park Run

Continuing with the theme of 'introduction to competition' Jeremy and I will both be attending the Park run in Milton Keynes on Saturday 10th July. This event is free, and the only pre-requisite is that you register no later than the Friday before the event.

We recommend this event for the teenage runners only, as 5K is the top end of distance for junior athletes; however if you fancy giving it a go then please email juniors@affruringclub.org.uk us beforehand and we can make arrangements to meet you there. NB This event is open to adults and juniors alike.

For more information and how to register to run, go to www.parkrun.org.uk

...and a run in the park

Tomorrow (Wednesday 30th) we will again be training in Ampthill Park. This means meeting in the football club car park (on the RHS opposite as you are driving from the town towards the rugby club). Assuming that the sun continues to shine, the session will again conclude with a dash up killer hill, where Sally will be waiting ice-lollies!

NB Please can you ensure that all athletes bring a full drinks bottle to training, this is especially important while this hot spell continues.

Results

Another appeal for results please. We know that many runners are competing in district and county schools competitions, we also know that some are doing rather well. So stop shining your lights under a bushel, bask in the glory and let us know how you are doing. If you are

competing, then let us know how you got on by sending an e-mail to juniors@affrunningclub.org.uk

Results can then be included in the club's results bulletins and newsletters

Club Barbecue

Another reminder that the entire club, juniors, parents and seniors will be getting together for our annual barbecue on TUESDAY 6th July. Please make a note in your diaries now.

Running vests

Jeremy will be selling Flyers running vests after training for the next few weeks. Various sizes are available and are available at cost; £15.

Future Events

TrackFest – July 15th

Last week Dave Brown and Ken Prior from Biggleswade AC were our guest coaches, focusing on sprints and resistance training (sprinting with parachutes). They also brought along some entry forms for the TrackFest event; organised by Biggleswade AC and held at Sandy Track on Thursday July 15th.

We are keen to for as many junior Flyers as possible to compete in this event. For some, it will be a first opportunity to train and race on a proper athletics track.

We'll therefore be promoting this event again tomorrow night and at the club BBQ on the 6th.

Please let us know if you have entered, so that we can ensure you have proper support from our coaches on the night.