



Juniors Update Newsletter – March 2014

Memberships

Are now overdue. If they are not paid by 10th March then your weekly subs will rise back up to £2.00.

If you are in the beginners groups and have been attending for quite a while, please complete a membership ASAP so that we have your full contact details, medical history etc and can start to communicate more effectively with you, for example if the track is closed.

Competitions

The summer track season starts soon. For the latest Fixture List please visit: <http://www.st-helens-sutton.co.uk/results/2014/01.htm> it's the 3rd topic down.

For those of you new to competing, we are holding an **Internal Pentathlon** on Sunday March 30th at Sutton Leisure. Here athletes will do 4 or 5 events including a sprint, middle distance, jump and throw scoring points for each. Entry is £2.00 with medals for all athletes and trophies for the winners. Athletes over 9 years old who have competed before can still participate for training / experience but can't win.

To Enter: Please visit: <https://webcollect.org.uk/sthelenssuttonac> and click on the event at the top right. This new system is currently being tested so if you have any problems email: ayoung@demuto.eu

Competition for places in YDL and Cheshire League Squads is likely to be high in some age groups this year. As a result, we have published a selection guide which can be seen on the Notice Boards at the club or here: <http://www.st-helens-sutton.co.uk/results/2014/01.htm> As selection will be based on recent performances you WILL need to record some times / distances by attending Open Comps. Please don't leave it too late and then complain when you aren't selected as you'd hoped. Likewise, if you feel that your performances are better than someone selected, please speak to the relevant Team Manager or your Coach, it may just be an oversight.

Fund Raising

Due to Council cut backs, the club has had little option but to invest in some equipment for Sutton ourselves. We have authorised the replacement of the right hand jump pit and also a High Jump bed. The bill has run to several thousand so we need to raise funds to cover this expense. Kath Seabrook has very kindly stepped up and is running a series of initiatives. Please give Kath your full support, dig deep and help her where you can. Thanks

parkrun and St Helens 10K

We are keen to maintain and improve the clubs profile in St Helens and as such are once again helping with the St Helens 10K/2K race on 9th March in support of The Steve Prescott Foundation. If you are able to spare some time that morning to help us between 8am and 10am please see contact Ant Young on 07767 310204.

We are also trying to get a parkrun event off the ground at Victoria Park. Discussions are going well and we hope to launch in May / June. If you are able to Volunteer as a Marshal for 1 or 2 events a month it would be greatly appreciated. The runs take place every Saturday at 9am, for more info: <http://www.parkrun.org.uk/> Again, please contact Ant to put your name on the rota.

Dream Trail Race

If you know of a local business that may be willing to sponsor and name the Dream Trail Race in September please contact Ant. We want to run it again in 2014 but need some financial support to make it possible.