

MEMBERSHIP INFORMATION

Membership of the junior section at Pocklington Runners is £10 per year (running from Jan-Dec).

For new members joining this autumn we are pleased to be able to offer you a discounted membership of £5.

All fees will be due again in January 2013. Upon receipt of completed membership form and yearly subscriptions members will receive (*subject to availability*) a branded Pocklington Runners technical t-shirt and water bottle. We recommend that all athletes bring these to future sessions.

There is an additional payment of £1 per week when you attend. This is to cover the costs of hiring the new venue.

TRAINING

The junior section meets at Woldgate College Gymnasium, Pocklington, every Monday evening during school term time, with training running from 5:30PM to 6:30 PM.



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POCKLINGTON RUNNERS – YOUR NEW CLUB

Welcome to the very first edition of fast Feet, the quarterly newsletter written exclusively for members, parents, volunteers, coaches and those who are interested in the events and goings on with the junior section of Pocklington Runners.

As well as information on developments within the junior section we will also be bringing you information from within the senior club, coaching tips and comments. Interviews and articles with members of the club and even the odd article written exclusively for the junior section by well-known names within the sport. Indeed in this edition we are pleased to bring you an article written exclusively for the club by former Team GB Olympic Marathon runner Liz Yelling.

Before we get into this however, I thought I'd take the time to mention the changes within the club.

Changes

Pocklington Runners have operated a successful and well organized junior section for many years however those of you who were members in previous years will have noticed some significant changes in the junior section over the last few months. In this section we detail the main changes and why we (Pocklington Runners) chose to implement the changes.

New Venue

One of the main issues that affected all the members, coaches and volunteers at Pocklington Runners junior section was the

late cancellation of training due to the weather conditions. With the rather inclement weather we experience in the UK and no indoor training facilities, it wasn't uncommon for training to be cancelled as coaches, volunteers and runners were turning up for training and although the rugby club allowed us to train on the fields and car park it was clear that this wasn't sufficient to allow us to deliver regular, safe and enjoyable training sessions to the junior runners.

Switching to the new venue of Woldgate College in Pocklington gives us access to the tennis courts, sports fields, long jump pit, grass track (when marked out), indoor sports hall and ample car parking. Allowing us to deliver year-round training in a safe, fun and enjoyable format. No longer will you be arriving at training only to be turned away because it's raining.

Coaching Structure

Those with an eagle eye will have noticed there is a subtle change in the way we deliver coaching and training to the athletes at the junior section.

Working within UK Athletics guidelines the club has adopted the Athletics 365 curriculum as the foundation of all our training.

Training is usually split into three groups, with those aged 10 and under doing more movement, balance and coordination based training in a relaxed and fun format. The 11-12's tend to do a little more running related training, with the use of athletics and running related drills to build on the skills they've already gained, as well as a little more in the way of endurance training. The 13's and over will

YOUR CLUB NEEDS YOU

Both Pocklington Runners junior and senior section are ran and organized by a group of happy volunteers. If you would like to join the team or are willing to offer your time to assist please speak to one of the coaches or volunteers.

SNAKE LANE 10

Every year the senior club organize a popular 10 mile road race called Snake Lane 10. The next running of this popular race is on Sunday 24th February.

The race starts and ends in Pocklington and this year will see around 1,000 runners taking in the villages of Meltonby, Bishop Wilton, and Bolton before heading back to the finishing line at the Market Place in Pocklington.

As you can imagine organizing and marshalling 1,000 runners, friends, family and spectators can be an onerous task and the senior club is always on the lookout for anyone who is willing to offer assistance. They are particularly interested if you could provide help with the following;

- Marshaling
- Car Park

Bearing in mind that the senior club has donated £1,000 to the setup costs of the new junior section it would be great if we could get some volunteers from the junior section to help out on the day as a way to say 'Thank You'.

If you want more information on how you can get involved please speak to one of the coaches or volunteers.



continue to develop their running related skills with further drills and skills to stack on previous learning, along with a little more endurance, speed and strength related training. This format gives the young athletes a good grounding in skills that are transferable across a whole range of sports (not just running).

Commitment

The club and its coaches are committed to providing the athletes with the highest quality training in an enjoyable and fun format.

With that in mind many are undergoing further training through UK Athletics coaching structure over the coming months. Our coaches currently hold a range of qualifications (UK Athletics Level II Endurance Coach, Leadership in Running Fitness, UKA Athletics Strength & Conditioning Award) and over the coming months will be adding the 'Children's Coach Award', 'Coach in Running Fitness', and 'Assistant Coach' awards to the long list of qualifications. As well as continued development through the UK Athletics coaching programme we also have coaches who are registered on the Local Coach Development Programme (LCDP).

The Local Coach Development Programme is designed and operated by UK Athletics. Giving coaches access to specialist training workshops throughout the year ensuring that they are always abreast of the latest coaching techniques and developments within the sport.

This is part of our commitment to you.

Racing & Competition

Whilst we will never force or pressure any of our athletes to run in races we do understand that some runners really enjoy participating in local junior races and fun runs. For some they are looking to win the race, others for the achievement of doing a race with friend and others are motivated by the medals that are usually given out to entrants.

Whatever your motivation, if you would like to enter some races we're here to offer advice and support to help you achieve your own personal goals.

Over the coming weeks we will be handing out entry forms for local races. Please feel free to enter any of the local races and please, let our coaches and volunteers know so we can offer you support should you need it and put your successes on the website, in this newsletter and in the local press.

Darren Reeve

Lead Coach
Pocklington Runners Junior Section

SENIOR RUNNING

Pocklington Runners operate a senior running section for adults aged 16 years and over. They are a friendly running club with members of all age groups and ability.

Parents, guardians, volunteers, friends and family who are over the age of 16 are welcome to join the senior running club.

The seniors meet at Pocklington Rugby Club every Wednesday for 6:30PM and run at varying distances and paces depending on your requirements, experience and fitness levels.

If you are interested in giving the senior club a try simply turn up at the Wednesday evening session and speak to Marcus Bourne or Jill Dowson on the evening, or alternatively ask one of the coaches or volunteers at the junior section for more information.

More information can be found at their official website:

www.pockrunners.com

LIZ YELLING SPEAKS ON CLUB AND COACH INFLUENCE



Former Team GB Olympic Marathon Runner Liz Yelling writes exclusively for Pocklington Runners on the influence of the club and coaching structure on her early development from an enthusiastic 9 year old girl to an elite marathon runner representing Team GB at the Olympics.

I was a natural runner at the age of 9 and my Mum could see I was keen. She took me to my local athletics club in Bedford (Bedford and County AC) where I met my Coach Alex Stanton. I've been a member of the same running club for the last 26 years.

Alex was the 'girls running coach' he volunteered his time along with his wife Rosemary for 4 evenings each week. I just wanted to run.

I knew this even at the age of 9. The club gave me a safe, supportive place to run with others with the same goals.

It was not all about the training of course, it was social, it was fun, and boys went too! We used to have a really good laugh together as teenagers growing up. We were friends, training partners and rivals.

Even in the tough times in our running it was the friendships that we had with the other girls that saw us all through. It was the rivalry with teammates that spurred me on to push myself harder than anyone else.

As I grew my coach grew with me and I trusted him. I was fortunate that at my club we had an amazing coaching structure that really worked. My team was full of internationals and I certainly wasn't one of them or the best runner. It took me years to become a world class runner. I know for sure without the club I would have never been an international athlete. I would have never have known how to train in the right way and I would never have had the opportunity to follow in Paula Radcliffe's footsteps. The club gave me opportunities to race. It taught me how to deal with the good races and the bad. We all had bad races, and we all pulled together as a team to put a smile back on your face. It was for sure the very foundation of my running career.

Liz Yelling

UP AND COMING RACES/EVENTS

- Goole Vikings Junior Cross Country – 18th November 2012

Flat off road course set in the grounds of The Snaith School, Snaith, East Yorkshire. The Snaith School is situated approx. 7 miles west of Goole on the A641 between Goole and Selby.
<http://www.ukresults.net/forms/121118goole.pdf>

We will be circulating more race entry forms as the weeks and months progress. If you are already entered in a race or 'fun run' please let the coaches and volunteers know so we can offer you advice and assistance with your race day preparations and celebrate your success in this newsletter, on the junior's website and the local press.

The junior section has its own website linked from the main Pocklington Runners website.

To view the website simply go to pockrunners.com and click on Membership then Junior Running.

Please periodically check the website as we'll update the website from time to time with important information for the junior section.

If you want to contact the junior section you can use the 'Contact Us' form on the Junior website or simply send an email to

juniors@pockrunners.com

IN THE SPOTLIGHT



Each edition we'll conduct an interview with one of the coaches, volunteers, assistants, helpers, or committee members of Pocklington Runners.

In this first edition of fast Feet we interview the Lead Coach, Daz Reeve.

Q: Why Did You Start Coaching?

A: Great question. I started down the coach education pathway back in 2007. After many years sat behind a desk I had recently discovered running and, wanting to improve I started looking for a qualified coach for advice. Unfortunately, or fortunately depending on how you look at it, I couldn't find a coach local to me so I decided to become a coach myself.

Q: What Courses Have You Done?

A: My coach pathway started with the UKA Level I Assistant Coach award in 2007, then moved up to UKA Level II Endurance Coach award a year later. Also adding the Leadership in Running Fitness award, Athletics Conditioning and Strength Training and various specialist workshops through the Local Coach Development Programme (LCDP).

Q: Have You Ever Coached Anyone Famous?

A: Sadly no. I have met Jessica Ennis when I was on a LCDP workshop at the English Institute of Sport and got to watch her being put through her paces by her coach.

Q: What Is Your Greatest Coaching Achievement?

A: I would say being involved in the restructure of the junior section at Pocklington Runners.

Q: Who's Been Your Biggest Influence in Coaching?

A: There's no one single influence on me. I tend to read lots of different coaching articles from lots of different coaches, taking little bits from each that I feel will not only help the athletes I'm working with, but also help develop me as a coach.

Q: What Are Your Coaching Plans?

A: Over the next 12 months I will be updating my coaching qualifications and adding UK Athletics Children's Coach award as well as attending more workshops on the LCDP.

Q: Do You Run Yourself?

A: Yes, I'm an active member of the Pocklington Runners senior club.

Q: What's Your Greatest Sporting Achievement?

A: I used to play a lot of football in my youth and won a few trophies. Perhaps the most enjoyable though was winning a football tournament in France. We won all our games and didn't concede a single goal.

Q: What's Your Greatest Running Achievement?

A: Hmm, that's a tough one. I am quite proud of my first marathon. I ran in London and managed to get around in sub four hours on my first attempt. OK, I know it wasn't a fast time but I came into the marathon on only 6 weeks training.

Q: What Do You Do When You are Not Running or Coaching?

A: I love spending time with my family or taking my dog, Murphy the Tibetan Terrier out for a walk.