



TEAM DEVIZES - MOONRAKERS ATHLETICS CLUB

News Letter
February 2012

Dates for your Diary:

20th Feb - 30th Mar 2012 (Inc.) -
Training every Wednesday @
Devizes School 6:30 -8:00pm

Sun 22nd April 2012
Yate Sprint and Hurdle Challenge
Events for U13, U15, U17, U20 and
Seniors

Wiltshire County Championships -
13th May 2012 @ Tidworth
Track and Field: Events for U13,
U15, U17 and U20. More details to
follow

Cross Country Report

My mate Oliver Taylor and I competed in the Grittleton House cross-country on Saturday 21st January. We had to do 2 laps of a pretty long course and it was a freezing day. Also very slippery. The people we were up against were year 10s and year 11s. There were about 40 people in our race and they were all out for the win. The pace began fast so I held back a bit because I didn't want to overdo it. After the 1st lap you could see who the good and bad runners were and Oliver and I were edging forward. By the end there was a gap between me and the person behind me but I still gave it my all on the last

sprint. 'Pain is temporary, glory lasts for ever' by Lance Armstrong. Oliver finished 21st and I finished 13th so I got through to the next cross-country event.
By Harry Palmer

Thank you Harry for a fantastic report. Well done to you both, and good luck Harry for the next round.

Athletics 365

This term our young coach Sam, has been trialling a programme based on the England Athletics 365 curriculum. Athletic 365 is a development programme which aims to encourage young athletes to learn all the skills and events of athletics. Below is a short report from Sammie: After the first term of 365 it seems to have gone really well. We have tried a number of different aspects of it, which has been good for the athletes because they aren't doing the same thing every week. It's also good for the coaches to learn new things too! We have a number of regular athletes which is great and even gained 2 new ones. I

would be very grateful for feedback on how you think it's going and if we can we may even start assessing the athletes so they can get awards.

Lee Valley - London Games

On Saturday 4 February me and my family set off to Lee Valley Athletics Centre in London for the U15/U17 London Games. It was only my 3rd indoor competition and I was really looking forward to it, although a little nervous.

We arrived at the Centre an hour and a half before my first race, I went and got my number (18) and we found seats at the front so my family could watch and cheer me on. Colin was there to watch and advise me and the other team members on our running skills and how we can improve our times.

It was then time to warm up and get down to the waiting area for my race. I was in the first 60m race alongside 5 other boys. We lined up, the gun went off and I was running as fast as I could. I was in second position



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behind William Kennedy and knew I just had to keep up with him. I crossed the line and had come second, I was so happy, I knew it was a fast race and just had to wait until I could find out my time. I was hoping I had ran a new PB. I went over to my family who congratulated me and sat down. Colin came to see me and said I had run a fantastic race and he reckoned I had ran around 7.6 sec. Then it came over the loud speaker, I had run a new PB 7.61 seconds. I was so happy I had a grin from ear to ear.

My next race was another hour and a half away, so I just sat and watched the other athletes run. The time went really quickly and before I knew it, it was time to warm up and get down to the starting area, ready for the 200m. Once again I was in the first race. The gun went off and we were off. I got a good start, although I nearly stepped out of my lane on the first corner, but managed to rectify it. I could see William Kennedy in front of me and knew it was close between me and

another boy for second place. I could hear my family cheering me on and then it was over, I had crossed the line, unsure whether I had got second or third. We just had to wait and see. It was finally put up on the board, I had got second place with another PB of 24.76 secs. My family and I were so happy and proud. I had ran my best today and it had really paid off. Colin was ecstatic as Team Bath had achieved a 1 - 2 in both the 60m and 200m.

All in all a fantastic day!!!

If anyone would like to see the race, it is on You Tube <http://www.youtube.com/watch?v=t2fhEI4cz34>

Thank you Owen for a great report, and well done from TDMAC. Will and Owen started their athletics careers with us at Devizes, although they now train with Colin at Bath. We are very proud of them both.