

New Crowborough Running Club for Juniors



Launched in September this year by local running club member Dave Hynes, the new junior club is targeted at 11-16 year olds who are passionate about running and would like to get themselves to the next level.

The Crowborough Runners already hold summer training sessions for youth members but this is the first

time a club has been formed to run throughout the year. Dave initially set up the group after younger runners expressed an interest in having a club like this available to them.

The club meet every Saturday morning between 9.45-10.45am at the running track outside Crowborough Leisure Centre (Eridge Road). The first Saturday of the month is a cross-country run and the other sessions focus on technique and agility.

I went along to find out more on a cold but beautiful sunny November morning and to

have a go myself of course. Dave was already unpacking the training equipment with coaching assistant Jane Clements whilst parents were dropping their children off for the session. The attendance numbers vary each week and can range from between 5 to 15.

Sessions start with a warm up and whilst it is not really necessary for this age group to warm up before exercising, Dave can see the importance in teaching the youngsters good disciplines now in order that they already have these good habits to take through to their adult lives.

The drill exercises Dave set out by the track help develop good running posture and technique. It's not just the stride that's important but how you swing your arms in conjunction with your strides to add to momentum and much more. Running sideways, backwards and in slow motion all help to improve technique and agility.

Dave loves coaching which is why he's more than happy to give up his Saturday mornings to run the group. On the morning of my visit, Dave told me how three of his young runners had finished in positions 1-3 at a recent cross country event. An excellent result for the club and now a kit has now been designed for the club so when they enter into future races they will be recognised as a proper team.

Dave would also like to be able to start coaching under 11s at some point in the future but is initially concentrating on this age group first so watch this space!



If you would like to find out more about the Junior Running Club, please contact Dave on 07956 321 414 or email him davehynes1@aol.com

There are many members of the Crowborough Runners who are helping Dave run this Saturday morning club for the juniors so it was a pleasure for me to see Maggi Bradgate who was on stop-watch duty on the day of my visit and she reminded me of all the things the adult running club has to offer.

So, if you're too old to join the junior group, you might want to consider joining the adult running club, **Crowborough Runners**.

Monday evenings: 6.30-7.15pm - Beginners group

Tuesday evenings: 6.30pm - Track session

Wednesday evenings: 7.15pm easy pace/7.30pm faster pace - Road Run between 4-9 miles

Sunday mornings: 8.30am - Runs of 6 miles or longer for Marathon training. A support car accompanies the runners carrying water and



is there in case anyone needs to bail out early! The meeting point for all sessions is at Crowborough Leisure Centre.

You can find details about the Crowborough Runners and the Junior Running Club on the Crowborough Runners website at:

www.crowboroughrunners.org.uk

Why not make 2014 your running year!

FRIDGE & FREEZER
Electrical Repairs & Servicing
DOMESTIC & COMMERCIAL

Cold Rooms • Ice Machines
Vehicle Air Conditioning
Bottle Coolers • Cellar Cooling

Mark Stone Refrigeration
01892 535559
Mobile 07831 401140

Email fridges@talk21.com

THE Natural Health Centre
www.thenhc.net
Ryde House, Whitehill Road
Crowborough 01892 610022

The Natural Health Centre provides access to experts in therapies that can enhance your physical and emotional wellbeing, relationships, work, confidence, stress management, vitality and more.

If you want to learn how to feel great all the time, please come and visit us, look at the website, or give us a call.

IS YOUR BATHROOM IN NEED OF AN UPGRADE!

We offer a complete plumbing and building service including all tiling and electrical.

New baths, showers and toilets installed by tradesmen with years of experience

for free advice contact:
PE BATHROOM INSTALLATIONS & BUILDING SERVICES
Tel: 01892 652533
Mobile: 07971 012772
Or email pebathroominstallations@hotmail.co.uk

We love bathrooms