

Alton Sports Hampshire Cross Country League,
Prospect Park, Reading, RG30 2ND - 12.01.19.

This was our first race after the Christmas break and to date we have had an actual u13 boys' team, an u13 girl, u15 boy and u11s competing. At the first match at Bournemouth we had Alfie Moth compete for the u15 boy's category. Unfortunately, he was injured from judo, after his debut run, but returned to competition at this match. We now need to encourage 2 other u15 boys, to compete with Alfie and make up a scoring team, so if you are interested, please contact Vicki Spencer, team captain for u15 cross country competitors.

Cross country racing is not for the light hearted. It can be muddy, hilly, cold, wet and is normally over 2k. It is a good excuse to get muddy and gain fitness, which really does give you a toughness for all disciplines in the sport. It is ideal as part of winter training, which subsequently prepares you for running on the track.

Bradley Holdway is the only u13 boy to compete in all of the Hampshire League matches to date and only joined relatively recently. He is a core member of the team and has had Alex Smart, Eddie Burr, Josh Cook, Ben Primrose, Dan Mills and Onjuro Sumba, compete with him over the cross country season. It is 3 to score, which is the same for all age groups apart from the senior men, they need 5 runners to score.

One of the advantages of belonging to Havant AC is that when you compete for the club in leagues for track, cross country &/or sports hall, you really get your money's worth with your membership, as these competitions are paid for by the club. Competition is an integral part of the athletic experience and at the Reading match, it was heart warming to see the u 11s and Bradley and Eddie, forge friendships as they cheered people on and raced with each other.

However, it is only worth belonging to the Leagues, if we have our athletes compete in them. I have been very excited to have an u13 boys' team for all of the matches. Unfortunately, we did not have a full team at Reading, due to injury and family commitments, but Eddie and Bradley still raced and did themselves and Havant AC proud.

A special mention to the Burr family. Their debut race was at Popham, the match before Christmas, which was muddy, windy and very cold. It has been muddier in previous years, but it is an exposed course and only a little shelter through a brief bit of woods. At Popham, each family member competed in their age category, which is a record as we have not had a family membership do this over cross country before. There was not an u11 race at Popham so 4 out of the 5 Burr's ran: Eddie in u13 boys' team; Harriet in the u15 girls' race; Sarah (mum) Senior ladies' race and Antony (dad) the men's race.

This record has now been broken at Reading because here, there was an u11 race, so Noah (Burr) was able to run. Congratulations to the Burr family, that really is a good start to your Havant AC career, where every member of the family competed. Are there any other families who would like to make the most of their membership as a family? Remember that there are circuits on a Tuesday for over 15's and seniors over the winter months, or you can join in with the u15s conditioning work on a Thursday. Both sessions are in the gym at Cowplain Community School.