
September 2015

Mounts Bay Harriers

Juniors

Welcome back to the autumn session of athletics. We hope you all had a lovely summer and are back for more running, jumping and throwing.

In this season we have new competitions for everyone indoor and outdoor.

Indoors we have the **Under 11 Sportshall** which takes place at Carn Brae Leisure Centre. Registration is half an hour before it starts and costs £2.50. Harriers will have a new team kit to wear for this kindly sponsored by the Rotary Club.

Dates:

Saturday 24th October 2-4 pm

Saturday 14th November 1-3 pm

Saturday 5th December 2-4 pm

Saturday 16th January 2-4 pm and a team for Cornwall will be selected to take part in the SW Sportshall Festival on the 27th February in Torbay. Transport may be available if there is demand.

Outdoors we have Westward League Cross Country The Westward X-Country League is a series of six cross country events which take place at various locations across Devon and Cornwall throughout the winter season. The league is open to all club members aged 11 or over on the day of the competition. There is also a non-scoring under 11 development run at each fixture for athletes between the ages of 8 and 11.



Upcoming Events

September 11

First session in New Dome
Mounts Bay School

Last session 11th December

Christmas Party Astropark

Dates for your diary

Fun runs

Truro Half Marathon 20th
September

Autumn Trail run Newnham
Park Plymouth 27th
September

Mawnan Smith Fun Run and
5 k September 27th

Cornish Marathon 15th
November

Westward League Fixtures 2015/16

October 11th (Sunday) 2015	Plymouth	
November 8th (Sunday) 2015	Newquay	<i>Cornwall x country County Championship</i>
December 6th (Sunday) 2015	Exeter	
January 10th (Sunday) 2016	Westward Ho!	
February 14th (Sunday) 2016	Stover	
March 20th (Sunday) 2016	Redruth	

Other X country events

SW Inter Counties Championships Sunday December 20 Bicton College Exeter

English Nationals X country Sunday February 27th Donnington Park Leicestershire

English Schools X country Saturday March 12th Birmingham

More Important News

Kit for sale

Club kit is available and we have T shirts £6. Hoodies £15 and club vests £15. See Sue for these on a Friday night.

Christmas Party

Friday 11th December Astropark Penzance – 7.30 pm – all ages

More info?

Follow us on Facebook –Mounts Bay Harriers

Check out website - <http://www.mountsbayharriers.co.uk/>

Penrose Parkrun - <http://www.parkrun.org.uk/penrose/>

Junior Coaches

The junior section has lots of support and these are the coaches.

Geoff, Jeremy, Ian, Chris, Graham, Mark and they are helped by Sue , Amanda , Tom , Harriet , Jackie and Nicky

Got a problem in the club or outside and need to talk to someone?

We have welfare officers, come and chat to Ian, Sue or Jackie and we will listen and help.