
February, 2016



Mounts Bay Harriers

Juniors

Welcome back to the spring session of athletics. We hope you all had a lovely Christmas and are fit and ready to run, jump and throw.

The final sports hall competition was held on Saturday January 30th and Mounts Bay again fielded the largest team well done



everyone. This season was our first in this league and we have had 16 athletes take part over the 4 events. County selection for the meeting in Torbay on the 27th February 1, 2016 is underway and we hope to have some MBH faces on the team.

Through the summer we will be supporting the Monthly Sports Hall meetings on Wednesday evenings, dates are yet to be confirmed.



Juniors at County Schools XC Champs had some excellent results including: Nad 1st Year 7 boy, Freya 2nd Year 7 girl, Grace 1st Inter girls and Katie 4th. Hayley continued her winning ways this week with another win at year 4 girls and Kylo was first year 5 boy. Other results saw Adam 5th in year 4 boys and Hanul 7th in year 6 boys races.

Upcoming Events

March

19TH Charity quiz night for Parkinson Disease – Astro turf Penzance- 19:00 hrs all welcome –details from Rachel Glover

19TH 10 am Easter egg hunt – a trail run/ walk to find the hidden Easter Eggs and Bunnies with clues to the secret word. Start at Mounts Bay School. Entry £2 each, raffle and treats to entrants – This is to raise funds towards junior equipment as part of Ruth Glover's London Marathon entry. Details from Ruth and on the **MBH facebook page**

20th Sport Relief Mile - Penlee Park –join us to run / walk 1, 3 or 6 miles for Sport Relief – enter online at www.sportrelief.com/Mile

May

1ST Saltash Half Marathon –fun run

15TH Imerys Half and full Marathon –fun run

21ST Cornwall mini triathlon series Wadebridge – 8 years up

Coose Trannack Cross Country Race to be held on 19th March 2016. Registration forms and other information regarding this event are available for download at Trannack School's website. This can be found at the link;
http://trannack.eschools.co.uk/website/coose_trannack/29267



Park run at Penrose Helston – every Saturday at 9 am a 5k timed run all welcome and it is FREE.. Just register online print off your bar code and join us. Starts and finishes at the stable café children need to run with an adult and Mounts Bay members are happy to support if parents are not available. Check out the website for more details and as you can see it is lots of fun. Penrose Parkrun -
<http://www.parkrun.org.uk/penrose/>

News

Kit for sale

Club kit is available and we have T shirts £6. Hoodies £15 and club vests £15. New this term baseball caps £5 and Rucksacks at £25. See Sue for these on a Friday night.

More info?

Follow us on Facebook –Mounts Bay Harriers

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

Parents the Mounts Bay Facebook is a closed page – to join send request to Ian Matthews Club Chairman.

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 , Damien , Ruth 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.