

Flyers battle it out at Ivanhoe Challenge

Desford Flyers entered a team at the Ivanhoe Challenge for the first time this year. This event is hosted by Ivanhoe Robins AC and held in Market Bosworth each year to incorporate local running clubs and local primary schools. We had 22 members taking part, however some were running for their school rather than the club. The event was very well organised but the weather for us poor parents was freezing. The races were split by age and gender and as usual, the Flyers put on amazing performances to give us very good results against some tough competition.



Start of the year 3/4 girls race

<u>Pos</u>	<u>Name</u>	<u>Yr</u>	<u>Cat</u>
2	Eadie-May Walters	2	Girls
20	Darcy Carter	2	Girls
15	Alfie Wright	2	Boys
16	Maria Pointon	3/4	Girls
19	Lily Riley-Flinders	3/4	Girls
24	Lucy Smith	3/4	Girls
25	Eloise Wastoney	3/4	Girls
43	Nancy Chivers	3/4	Girls
46	Evie Wright	3/4	Girls
50	Rosie Coward	3/4	Girls
9	Daniel Goodrich	3/4	Boys
20	Joel Richardson	3/4	Boys
22	Jack Flamson	3/4	Boys
41	Jude Brinkley	3/4	Boys
51	Callum Johnson	3/4	Boys
7	Gracie-R Walters	5/6	Girls
65	Polly Coward	5/6	Girls
6	Joseph Pointon	5/6	Boys
11	Joe Matthews	5/6	Boys
31	Ayobomi Abiodun	5/6	Boys
50	George R-Flinders	5/6	Boys
24	Sam Riley-Flinders	7	Boys

We did not have any entries for the year 7 & 8 girls despite having some very talented young ladies coming to training each week.

A special mention to Eadie-May (year 2) for getting a silver medal in her race but also to Lucy Smith (year 3-4) who represented Flyers for the first time. Lucy got very nervous before her race but showed them all how she overcame her nerves by having a brilliant run and managing a smile at the end. It was also lovely to see some of our year 4 boys taking time away from their other sports (football!) to come and run for us. Daniel Goodrich and Joel Richardson both put in great runs for their first time running for Flyers. Well done everyone despite the weather and the long day. We are very proud of you all.



Year 5/6 Boys waiting to get started

Bagworth Heath XC

Bagworth Heath Cross Country Race five of the Derby League was held at Bagworth Heath and hosted by our very own Desford Striders so it was wonderful to see such a strong turnout of Flyers on the day. 28 started and, as always, everyone tried their hardest. The course at Bagworth is quite a tough one so for some of the first timers, it may have been a baptism of fire but there were mostly smiles as they all came over the finishing line. A special 'well done' to the newbies- Imogen, Emmanuel, Niamh, Darcie, Megan and Euan.



Results

Pos	Name
1	Joe Matthews
3	Joseph Pointon
12	Gracie-Rose Walters
19	Leilani Adams
33	Imogen Saunders
36	Isabella Marvin
37	Jude Brinkley
39	Maria Pointon
40	Alfie Wright
43	Emmanuel Sarkis
44	Will Marvin
45	Harold Ogden
47	Oliver Clarke
49	Harry Richardson
50	Darcie Carter
51	Eadie-May Walters
52	Niamh Thompson
53	Evie Wright
55	Nancy Chivers
58	Isla Bateman
59	Arthur Ogden
60	Megan Richardson
62	Mia Hawkins
63	Jack Bentley-Whitaker
66	Euan Richardson
67	Florence Tunnicliffe
70	Toby Tunnicliffe
74	Mason Bentley-Whitaker

The downhill finish saw three boys fight out right to the line with a big 'Congratulations' to Joe Matthews on the win. Joseph Pointon was straight into first aid at the end of the race with cuts and bruises but nothing that a cake (or two) from the lovely Striders volunteers couldn't fix. Isabella and Jude both finished with fantastic sprints as they came downhill to the finish and little Will whose legs go faster than lightning finished with a great sprint and a big smile! We had lots of positive comments about the race from other clubs so we would like to thank the Flyers parents who gave up their time to help with marshalling duties, serving teas and generally being an extra pair of hands when needed. The race ended with lots of happy but very muddy children!



Written by Annie Pointon

Allestree Cross Country

Allestree Cross Country Race number six of the Derby League at Allestree Park gave us our first sunny morning of the whole season.



We didn't have such a good turnout as previous races but thank you to the parents that made the long drive to Derby for the race. We had 13 starters for Flyers and the course was not too hilly but very muddy in places with a long woodland path through the middle.

This race saw a big improvement from Imogen as her confidence grows, also an improved run from Maria.

The children were very disappointed that there were no cakes on offer at the end (maybe we should bake some for the last race?!) but they soon cheered up when they realised that Allestree Park has 'the best trees to climb EVER!' Well done kids, proud of you all as always.



Results

Pos	Name
2	Joseph Pointon
3	Joe Matthews
9	Gracie-Rose Walters
14	Imogen Saunders
22	Leilani Adams
25	Jude Brinkley
28	Isabella Marvin
29	Maria Pointon
34	Will Marvin
39	Eadie-May Walters
41	Nancy Chivers
49	Florence Tunncliffe
51	Toby Tunncliffe

Flyers Daily Challenge!!

The idea is the younger athletes just do each day as it comes, the older ones need to do it in weekly blocks, so Day 1 today, Day 2 and Day 1 tomorrow, Day 3 Day 2 & Day 1 on Friday..... and so on. Day 8 will be done during the session next week. It then starts again so Day 9 on March 9th, Day 10 & Day 9 on March 10th, Day 11 Day 10 & Day 9 on March 11th, and so on.....

Why not make it a family challenge. If you want to post a photo onto our Facebook page then please do, we'd love to see how everyone is getting on.

Any questions please let us know. Have fun and good luck!!

Desford Flyers

March Core Challenge

- Day 1 – Plank 10 seconds
- Day 2 – Bridge 10 seconds
- Day 3 – Superman 10 seconds
- Day 4 – Press Ups x 5
- Day 5 – Leg Raises 5 seconds
- Day 6 – Crab 10 seconds
- Day 7 – Strengthening – Arms 25 seconds
- Day 8 – Wheelbarrow Walk 15 seconds
- Day 9 – Plank 15 seconds
- Day 10 – Bridge 15 seconds
- Day 11 – Superman 15 seconds
- Day 12 – Press Ups x 7
- Day 13 – Leg Raises 8 seconds
- Day 14 – Crab 15 seconds
- Day 15 – Strengthening – Arms 35 seconds
- Day 16 – Balance on one foot 20 seconds
- Day 17 – Plank 20 seconds
- Day 18 – Bridge 20 seconds
- Day 19 – Superman 20 seconds.
- Day 20 – Press Ups x 10
- Day 21 – Leg Raises 10 seconds
- Day 22 – Crab 20 seconds
- Day 23 – Strengthening – Arms 45 seconds
- Day 24 – Crunchies x 10
- Day 25 – Plank 30 seconds
- Day 26 – Bridge 30 seconds
- Day 27 – Superman 30 seconds
- Day 28 – Press Ups x 10
- Day 29 – Leg Raises 15 seconds
- Day 30 – Crab 25 seconds
- Day 31 – Strengthening – Arms 1 minute



Bridge



Superman



Strengthening



Crunchies

Can you Help!!!

C25K Braunstone parkrun take-over

SUPERHEROES WANTED!!!



The Desford Striders C25K group has now progressed to running continuously for around 20 minutes and are on track for the Braunstone parkrun on March 11th, when will be doing a 'takeover' once again.

Basically we aim to supply all the marshals, time-keepers, and all officials, together with people to run with our participants.

If you are able to help out then please let us know. Fancy dress welcome :)

Upcoming Events

£15
PER CHILD
£5 PER ADULT



**MINI MILITARY
MUD RUN**

AT ROCKINGHAM CASTLE

**THE SUFFERING
OBSTACLE RACE**

MARCH 11TH 2017
3KM OR 5KM



KIDS LOVE IT!!

BOOK ONLINE WWW.MINIMILITARYMUDRUN.CO.UK
OR EMAIL INFO@MILITARYFITNESSCIRCUITS.CO.UK

 Events details... Event details... Event details...
Victoria Park, Leicester
16 September 2017

Radical Run is a 3km obstacle course designed for children aged 5 to 14. Located at some great family venues around the country, come for the run then stay for the day.

We've created a fun and challenging event. Why not participate with friends to increase the excitement?

New for 2017



Safety is our number 1 priority. We don't allow adults on the obstacles; this challenge is just for the children! All participants will wear a wristband that corresponds to their parent or guardian so we know who to contact if someone gets lost.

For more information and to purchase tickets visit www.radicalrun.co.uk

 @runradical  @RadicalRunUK  @radicalrunuk





QUENIBOROUGH STOMP
XC RACE

A true cross country series of races for all the family from toddlers to adults, includes several brook crossings and undulating course.

Organised in conjunction with LRAN - <http://lrn.org.uk/member-clubs>

Entry form - <http://www.queniboroughfunrun.co.uk/signup/>

Age Groups - Distance - Start Time
Pre School to Year 2 - 3/4 mile (1 lap) - 2pm

**COLOURFUN
MILE** WEDNESDAY 7TH JUNE
START TIME 7PM
STATION ROAD, HINCKLEY TOWN CENTRE

If anyone is interested in this, and you haven't already booked in then please let Cheryl know. If we get enough Flyers going then we will see about getting tickets at the 'early bird' price.

Notice Board

Got anything for the newsletter?

Articles, photos, letters of complaint etc??

Please forward to:

Cheryl Wright
desfordflyers@gmail.com

Stay in touch

Have you seen our new website!!
Stay up to date with all the latest info at
Desfordflyersac.co.uk
Also our Facebook page for parents of our members

Pictures

I hope you enjoy the photographs in the newsletter and also on the website. However if you have an objection to your image being in any of these, then please let me know asap and I'll remove them.



There's been lots of you representing the Flyers at various 5K & 2K parkruns around the area. Well done to Jake and Jude for their fab PB's at Aylestone. Please let me know if your 'Flyer' has ran, and what their time was and I'll add them to the 'parkrun round up'

Thanks all

AYLESTONE JUNIOR 2K PARKRUN

5.2.17 - Jake Tyrrell 9.56 NEW PB
Jude Brinkley 10.32
Nancy Chivers 11.41
Izzy Macswiney 10.54
Harry Macswiney 12.20
Lucy Smith 11.26
Megan Richardson 12.30
Euan Richardson 14.16
Sonny Chivers 19.17
Joe Matthews 7.37
12.2.17 - Jude Brinkley 10.14
Nancy Chivers 11.42
Sonny Chivers 17.57
19.2.17 - Jake Tyrrell 10.25
Lucy Smith 11.24
Harry Macswiney 12.32
26.2.17 - Jude Brinkley 9.37 NEW PB
Jake Tyrrell 10.31
Nancy Chivers 11.35
Harry Macswiney 12.58
Megan Richardson 12.40
Sonny Chivers 16.50

SWADLINCOTE JUNIOR 2K PARKRUN

5.2.17 - Joseph Pointon 7.51
Gracie-Rose Walters 8.55
Leilani Adams 9.42
Maria Pointon 10.59
Eadie-May Walters 11.23

BRAUNSTONE 5k PARKRUN

11.02.17 - Leilani Adams 26.34

VICTORIA PARK 5k PARKRUN

25.02.17 - Alfie Wright 32.39

FINAL XC RACE

Last Derby Runner Cross-country Race - Bosworth XC

Date: 5th March 2017

Venue: Bosworth - probably either Bosworth Battlefield or the Country Park opposite Bosworth Hall.

I don't have any other details at the moment.

Please keep an eye out on the club's website and Facebook messages and also e-mails.

Parking: Car sharing is advised

Time: Juniors: 10:30 a.m. - £1