

Athlete Spotlight – Jasmine Johnson

Each newsletter I'm going to try and do a little write up on a Flyer that we coaches feel deserves recognition for their hard work & commitment to training and none are more deserving than Jasmine.

Jasmine goes about her training quietly and gives 100%, she was recently made captain of her team and took on the responsibility perfectly with organising her team and getting them to focus on the task in hand. Jasmynes dedication & hard work is really starting to pay off, with coming off the back of a strong XC season that finished with a fine 5th place in the schools XC championship and now it's what Jasmine really excels at track & field with Quad kids and she comes to the front. At the Leicester & Rutland 2018 track & field championships Jasmine finished 3rd in the long jump and 3rd in the 75meter sprint just 1 second behind the 1st place.

Jasmine is a great example to all the other Flyers and is a very talented all rounder, keep up the good work Jasmine!

QUAD KIDS MATCH 1



Record numbers and highest finish to date for the Flyers!

With Cross country finished it's now time for Quad kids which is an excellent introduction into Athletics with athletes sprinting, middle distance running, throwing & jumping. This is The Flyers 3rd season competing in Quad kids and we had a club record number of 41 kids competing resulting in our highest finish of 4th team overall out of 10 teams and above some very well established teams. The Flyers final score was 2778 points with the Winners Safron AC on 3206 points so we are not that far away! Our strongest performers out of the 4 groups were the year 3-4 girls who finished in 3rd place. Jasmine Johnson with an outstanding 5th place, Harrison Hill with a top 10 and a fine 400m run from Lucy Smith were just some of the highlights on a fantastic evening. A big thank you to all the Parent helpers and Coaches.

3/4 Boys

10th Harrison Hill
18th Lewis Warren
25th George Burton
34th Jude Brinkley
37th Jack Wright

38th Douglas Mather
39th Jake Tyrrell
40th Harold Ogdan
42nd Harry Mcswiney
44th Alex Rushton
45th Alfie Wright



3/4 Girls

5th Jasmine Johnson
12th Lucy Smith
15th Lily Riley-Finders
17th Maisie Dixey
20th Maria Pointon
23rd Eadie Hanrahan
24th Evie Wright

28th Holly Saunders
31st Lucy-Joy Heathcote
34th Sian Evans
38th Eadie-May Walters
39th Gracie Bowie
44th Charlotte Heathcote



5/6 Boys

- 15th Ayobomi Abiodun
- 31st Dexter Boon
- 47th Joel Richardson
- 50th Callum Fraser
- 53rd Jack Lewis
- 56th George Riley-Finders

5/6 Girls

- 21st Imogen Saunders
- 26th Daisy Lee
- 36th Imogen Poole
- 41st Beth Nelson
- 48th Leilani Adams

- 55th Emma Smith
- 58th Tamsyn Guest
- 60th Isabella Marvin
- 63rd Ella-Louise Lacey
- 64th Layla Atton
- 66th Martha Bee



Desford Spring Fling 21st May

Well done to all those that represented the Flyers & Striders at the Desford Spring Fling parade!



Upcoming Fixtures

Quad Kids Friday 9th June Saffron Lane 6:15pm
 Quad Kids 7th July Saffron Lane 6:15pm
 Prestwold Fun Run 24th June 9.15am
 Rainbows 50 lap Challenge 1st July Saffron Lane 9:30am
 Beacon Bunny Run 30th September Beacon Hill 11:00am

FLYERS 5

Only 2 more chances to complete your Flyers 5 challenge and get that medal which will be awarded at the summer presentation.

Joe Jog 12th June Rothley
 Rainbows 50 lap Challenge 1st July Saffron Lane

Has your Flyer competed in any events?

Please let me know and I will add it to the newsletter, it doesn't have to be much just a few lines and a picture would be great. Send it to desfordflyers@gmail.com or post it on the Flyers members only FB page.

Park Running

With the last newsletter being way back in January I'm not going to post every time our Flyers have ran a parkrun but what I have done is found the First timers & New PB's that have been achieved at either Braunstone 5k or Aylestone junior parkrun 2K since the last newsletter. If your Flyer has ran a PB at another parkrun like Victoria Park, Conkers, Swadlincote or even on tour please drop me a few lines and I will add it to the newsletter.

From now on we are going to try and keep the newsletter to once a month so we can report on the parkruns a little easier.

Please see below First Timers & PB's at Braunstone parkrun, ones of note are Callum Fraser & Emma Smith who made their debut at Braunstone one week and then returned the very next week to set PB's in their preparation for the Livingston relays, young Alex Ruston set a ridiculously quick first run time and it pleases me to report a NEW PB for Joe Matthews who has beaten his last PB he set nearly 2 years ago! Well done all!



Braunstone parkrun
30th March 2018



Braunstone 5K Parkrun.

First Timers-

Emma Smith 30.22
Lucy Smith 36.15
Callum Fraser 28.09
Cole Nelson 28.05
Alex Ruston 24.47

New PB's

Maisie Pallett x 2 33.55 & 32.39
Emma Smith 27.47
Callum Fraser 26.32
Alfie Wright 27.51 & 25.55
Joe Matthews 19.02
Imogen Poole 23.21
Nancy Chivers 30.11
Callum Fraser 25.27

Aylestone 2K Junior Parkrun.

Since January we have had lots of Flyers take part in the Aylestone 2k junior Parkrun with some amazing results and PB's, Imogen Poole has taken 6 wins, Joseph Pointon 2 and a very first win for Maisie Dixey. Emma Smith completed her 50th run and gained her Ultra band!

Luke & Alex Ruston & Jasmine Poole have achieved multiple PB's and continue to improve week after week!

Keep getting them parents out of bed on a Sunday morning Flyers!!!



First Timers-

Walter Mather 14.24
 Douglas Mather 10.47
 Florence Tonncliffe 10.59
 Toby Tonncliffe 12.51

New PB's-

Holly Saunders 10.00
 Luke Ruston 11.45
 Alfie Wright 9.43
 Jude Brinkley 8.57
 Olivia Walker 13.45
 Cole Nelson 9.04
 Nadia Gauhar 8.04

Luke Ruston 11.28
 Alex Ruston 9.20
 Jasmine Poole 12.05
 Alex Ruston 8.54
 Leon Bettoney 9.11
 Luke Ruston 10.18
 Maya Bettoney 10.31
 Maisie Dixey 8.49
 Fin Dixey 8.29
 Imogen Poole 8.17
 Jasmine Poole 11.27
 Sonny Chivers 12.01
 Florence Tunncliffe 10.58

Joe's Jog 1 mile Rothley 10k Tuesday 12th June.

An amazing turnout of Flyers for this popular midweek race which made the Desford Striders chairman Andy Ball very proud to see how brilliantly our little club is growing and getting bigger & better each month!

Well done to all that ran, again amazing results and they can be found on the Rothley 10k website. I will let the photos do the talking and I hope all Flyers got rewarded with Chips from the best Fish & chip shop in Leicester to go with their well earned medal and lovely sunshine to watch the Striders take on the tough 10k course!





Over 11's Sessions

By Ross Tyrrell

One of the biggest changes at Flyers over the last twelve months is the addition of the over 11s session. Starting at the end of summer 2017 with 10 athletes the session was designed to introduce them to a run-specific training program, consisting mainly of hill reps and speed work in a similar format to the Desford Striders. Since then we've seen the group grow to 25 athletes as of March 2018.

Gaz and myself have been very impressed with the constant improvements of the entire group this year and this has been reflected in their performances at training as well as at races. We would like to say a massive thank you to our parent volunteers, who are turning up week in week out, sometimes in very cold wet conditions, to help us deliver a fun and safe session for the group.

Looking forward to the next few months, with the brighter evenings returning and hopefully the snow behind us now, we will be introducing some new sessions into our next training plan. Starting straight after Easter we will be making use of places otherwise inaccessible in the darker winter months and also utilising the facilities now available to the Flyers out on the field at Bosworth Academy.

Great running Flyers, keep it up!!!!



Notice Board

Got anything for the newsletter?

Articles, photos, letters of complaint etc??

Please forward to:

Gaz Chivers

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.