



Flyers Chronicle

Volume 1 Issue 4

Newsletter for Desford Flyers Athletic Club

May/Jun2017

Quad Kids Comps

Quad Kids Round 1 - The first Quad Kids of the year saw the biggest turn out Flyers have ever had with a team of 25 attending. The Quad Kids comprises of four events; howler throw, long jump, sprint and middle-distance run. This was the first time some of our Flyers had ever been on a proper athletics track, my favourite comment of the evening came from Phoebe Williams who cried during the warm up. When I asked her what was wrong, she said, "The track is too springy and my legs go too fast!"
The results were:

Year 3-4 Boys

- Joel Richardson 12th
- Daniel Goodrich 14th
- Jack Flamson 21st
- Harrison Hill 25th
- Jack Lewis 23rd
- Jude Brinkley 33rd
- Jake Tyrell 34th
- Harold Ogden 35th
- Zack Williams 37th

Year 3-4 Girls

- Imogen Saunders 12th
- Isabella Marvin 22nd
- Jasmine Johnson 23rd
- Lucy Smith 31st
- Maria Pointon 32nd
- Lily Riley-Flinders 33rd
- Phoebe Williams 35th
- Lucy-Joy Heathcote 36th
- Nancy Chivers 37th

Year 5-6 Boys

- Joseph Pointon 24th
- Ayobomi Abiodun 26th

Year 5-6 Girls

- Gracie-Rose Walters 15th
- Leilani Adams 37th
- Emma Smith 54th



We had some amazing performances on the night including four wins in the sprint by Ayobomi, Joel, Jack L and Daniel. Gracie and Joe got very respectable seconds in their 600m runs and Imogen had a great run for her first go at 400m. A special mention to the year 3-4 boys team who are sitting in Bronze medal position after the first round. Also, many thanks to all the parents that braved the cold to join us at Saffron Lane. There was a suggestion of bringing blankets next time as it was that cold! We are very proud of what talented and polite children we have at Desford Flyers, they were a credit to us on the night.



Quad Kids Round 2

Quad Kids round 2 saw a much sunnier evening with Desford Flyers taking a team of 19 to Saffron Lane. The results were:

Year 3-4 Boys	Year 3-4 Girls	Year 5-6 Boys	Year 5-6 Girls
Joel Richardson 20th	Jasmine Johnson 12th	Ayobomi Abiodun 19th	Gracie-Rose Walters 15th
Jack Lewis 29th	Imogen Saunders 19th	Joseph Pointon 21st	Imogen Poole 54th
Harrison Hill 31st	Lily-Riley-Flinders 29th	Freddi Southern 66th	Leilani Adams 57th
Jude Brinkley 42nd	Izzy Macswiney 36th	George Riley-Flinders 67th	Emma Smith 65th
Harold Ogden 43rd	Maria Pointon 40th		
Jake Tyrell 44th	Isla Bateman 52nd		

We had a great win by Gracie-Rose in her 600m and a very impressive 4th for Imogen Poole who was one of the younger girls in the race. Joseph managed a good second in his 600m with one of the quickest times of the night. We saw sprint wins for Ayobomi, Jack and Joel and a huge improvement for Jasmine in all four areas. Well done to little Isla on her first attempt at Quad Kids. She didn't let it daunt her and tried her hardest in all four events. Thank you to all parents who supported us on the night, a lovely time was had by all.



Many thanks to Annie for writing this up. The final Quad Kids event takes place this Friday, 7th July.

Nancy's journey to 50 Junior park runs.

In August 2015 I was informed by a fellow runner & parent about the 2k Junior park run which is held every Sunday morning at Aylestone Park. With the 5k on a Saturday being too long for under 10's in my opinion, the sound of 2k was just perfect so I decided to take Nancy along and give it a go!

I thought it was a fantastic event but Nancy did not share my enthusiasm for it! However, she did get round and to my surprise jogged all of it without stopping.

I struggled for the next few months to get Nancy to go back and she averaged roughly one a month but in April 2016, Nancy started to get the bug and wanted to go more often. The event itself started to get more popular with more children coming to run each week!

After 12 runs a PB came along with 2 more following quickly behind and Nancy was completely hooked. Every Saturday the question would come, "are we park running tomorrow?" And by the time I think about getting out of bed on a Sunday morning she has her kit on ready to rock and roll.

Nancy is not the most gifted runner but what she lacks in natural talent she makes up for with pure determination and she turns herself inside-out in pursuit of a PB! She has never given up during a run and always completes it even if she doesn't feel well. Her pure dedication became evident to me when one week, on her second lap she came up to me limping in real pain, but me being a **bone-head** said, "no you're alright!" I ran the last half a mile with her while she complained of a shooting pain in her foot! After the run, her foot was bleeding so I inspected her trainer and to my horror, found a nail! This had been sticking into her foot every time she ran!!! I felt very guilty '**BAD DAD**' but she got the job done and that was another run ticked off!

So after 2 years and 10 months Nancy got her Ultra Marathon Band for completing her 50th Junior park run. She has now done two 5k Park runs and has her sights on doing more!



Thanks so much to Gaz for this lovely article. Nancy really is a proper trooper, and such a lovely girl! I really hope her foot is now on the mend though!!! Lol.

Massive *well done* Nancy from us all at Desford Flyers!

If anyone has any stories/experiences they'd like to share then please do email me at cheryl1808@hotmail.co.uk It doesn't necessarily have to be running related. If your child has done something amazing for charity, or competed in an event that you feel particularly proud of, then please share it! This is our clubs newsletter and its always nice to hear what our Flyers get up to at weekends!!

Thanks, Cheryl xx

Mini Mud Madness!!!!

Yet another amazing event!! It was great to see that lots of Flyers took part in the event at Rockingham Castle. This was a really challenging course with hills that quite possibly made grown men cry!! The next event is July 23rd/24th so if you fancy it then get booked in, it really is worth ever penny!! Here are a few of the pics taken from the day!



Nutrition Tips

As coaches we sometimes get asked 'what should I eat and when should I eat it?' I thought it would be a good idea to give a few pointers. I've 'borrowed' these tips from Jill Castle, a nutrition expert.

Some of you have probably gone to practice or an event with a rumbling, empty stomach. You might not realise this, but eating right on 'gameday' is your secret weapon for top-notch performance, whatever your sport. While training and skill are important, your body's fuel matters, too. That's why you need a nutrition game plan.

These nutrition tips will help you kick it into high gear on gameday – so you'll never miss a shot.

Eat a Good Breakfast

You've heard, "It's the most important meal of the day," right? Well it's true! Start the day with a breakfast containing carbs (such as whole-wheat bread or cereal) and a source of protein (such as eggs, yogurt or milk). Oatmeal made with milk; last night's dinner leftovers; an egg sandwich; or a smoothie made with fruit, yogurt and milk are all great breakfast choices.

Don't Light-Load or Skip Lunch

Many young athletes compete after school making lunch an essential fuel source for competition. Lunch should be hearty and represent as many food groups as possible, including whole grains, lean protein, fruit, vegetables and low-fat dairy. You might think opting for a light lunch such as a salad — or even skipping lunch altogether — will leave you light on your feet, but instead, it may leave your tank empty at game time.

Focus on Carbs for Energy

Choose whole-grain bread, crackers, cereal and pasta for lasting energy. Save the sports drinks for an energy boost during endurance sports or training sessions lasting more than an hour.

Spread out Protein Foods

Muscles love protein. It helps them stay strong, recover from intense exercise and build more muscle over time. Young athletes should spread protein foods throughout the day, having some at each meal and with most snacks, such as deli meat on a sandwich at lunch or an egg with breakfast.

Use Caution with Fatty Foods

Fatty foods slow digestion, which is not ideal for the athlete facing a competition. Greasy, fried foods and fatty desserts are filling and may leave you tired and sluggish on the courts. Skip the french fries or pizza before competition, and keep the fat content on the light side.

Eat with Food Safety in Mind

Nothing is worse than food poisoning – having stomach cramps, nausea, vomiting or diarrhea after eating. Make sure you store snacks at proper temperatures to prevent spoilage. Keep cheese, yogurt, deli meats, eggs and salads made with mayonnaise in a refrigerator or cooler. Shelf-stable items such as nuts, granola bars and fresh fruit can be tossed into your duffel bag without a problem.

Flow with Fluids

Dehydration is a recipe for poor performance. Stay hydrated by drinking plenty of water during the day leading up to an event, especially in the two to three hours before you're due to start. Continue to drink during the event (about a 1/2 cup every 15 minutes) and afterward to rehydrate after sweat loss.

Timing Is Everything

When you eat is just as important as what you eat. Your body needs two to three hours to digest a regular meal such as breakfast or lunch before competition, while a small snack such as a granola bar can be eaten 30 minutes to an hour before competition. Here's good advice for eating before a competition: load up at meals but don't over-eat, and keep snacks light as you get closer game time.

Reviewed January 2015 Jill Castle, MS, RDN, is a registered dietitian/nutritionist and childhood nutrition expert.

Hinckley's Loros Colour Fun Run

What a fab night that was!! A few of the Flyers turned up to take part which was great. The rain managed to hold off, just about, and it wasn't too cold. The atmosphere was amazing, everyone was there to have fun and of course get covered in paint, which we certainly did!! We ran 2 loops through the town centre. Loads of people came out to support which added to the whole 'vibe' of the night. There were about 6 paint stations along the route which we ran through and got covered!! It was amazing seeing the clouds of paint being thrown about. Can't say it tastes too nice, and I'd definitely recommend trying to avoid having it thrown in your eyes (can thank Evie for that one!! Spent the first lap winking at everyone trying to clean my eyeball!!), but despite that I definitely think everyone should have a go if they get the chance, these events really are brilliant fun and your children will love them!!



Desford Flyers

Golden Rules

We are kind

We listen

We are supportive of others

We respect the equipment

We are honest

We try our best

**Well Done
Imogen!!**

Imogen Poole ran for Huncote Primary at Saffron Lane Blaby Schools Day on Tuesday 13th June. She competed in the Year 5 Girls 800m race managing 2nd after a quick start and stopping briefly to check on her friend who had tripped over on the first bend! Imogen ran a pacy race and almost managed to clinch 1st place.

Here come the girls!! (and Dad!)

The Mini-Ramathon

On Sunday 4th June Gracie-Rose and Eadie-May Walters travelled to Derby to take part in The Mini-Ramathon whilst their dad ran The Ramathon.

It was a hot day and approximately 700 children & adults took part in the Mini-Ramathon which consisted of a 3k run from Pride Park Stadium through the centre of Derby. Gracie had a great run and was second girl in and although the other runners weren't given times or placings, Eadie was definitely in the top half of the field.



The Yorkshire 3-Peaks

On Friday 16th June we travelled up to Yorkshire where Gracie-Rose was going to join her dad in attempting to walk The Yorkshire 3 Peaks. They set off on Saturday morning at 7am and although the cloud was low it was set to be one of the hottest days of the year! Myself & Eadie acted as support and met them at the base of each peak with sun-cream, food, extra water and hugs!!

The plan was for Gracie to walk the first peak Pen-y-ghent and see how she felt. She then walked the second Peak Whernside and still feeling okay decided to tackle the final peak Ingleborough.

Finally they reached the base of the last peak in 11 hours and 15 minutes.... The aim is to walk all 3 Peaks in under 12 hours so they were thrilled with that time!



Massive Well done to you guys for such an amazing achievement! And thanks Juliet for writing about it :)

Keep the Beat Mile

Every year, the Bosworth Half Marathon puts on a junior race called Keep The Beat Mile. It is a charity race to raise money for children with poorly hearts, so we tried to get as many Flyers along to support this wonderful charity. We had great fun, waving off all the Striders and parents who were running the Half Marathon before lining up to run the Mile. With lots of Flyers on the front row, the poor photographer decided to crouch down to get a good shot and he got mown down by lots of over-keen children when the gun went. The course took the runners around the lakes at Bosworth Water Park then through the camp site and through the finish of the half marathon. We saw some very impressive runs but the whole race had more of a fun feel than a competitive one. Eadie May looked brilliant running the whole thing dressed as Mike from Monsters Inc. (see pic)

There was no lower age limit for this event so it was lovely to see some of our under 8s competing. Well done to all of our wonderful children and to three of our future Flyers; James E, Sonny and Edward who all did a great job!

Flyers Results:

Joseph Pointon 5th	Leilani Adams 71st
Gracie-Rose Walters 15th	Sian Evans 79th
Imogen Poole 22nd	Callum Johnson 83rd
Imogen Saunders 24th	Emma Smith 86th
Harrison Hill 25th	Nancy Chivers 92nd
Jake Tyrell 31st	Florence Tunnicliffe 112th
Jude Brinkley 37th	Mia Hawkins 125th
Lily Riley-Flinders 43rd	Jack Bentley-Whittaker 126th
Jasmine Johnson 44th	James Evans 133rd
James Radics 50th	Toby Tunnicliffe 134th
Maria Pointon 52nd	Sonny Chivers 136th
Eadie-May Walters 59th	Mason Bentley-Whitaker 161st
Lucy Smith 65th	Ebony Johnson 162nd
Isabella Marvin 70th	Edward Foley 165th



A huge thank you to all the Flyers and parents who then went on to marshall or give out water to the runners in the main race. There were many runners who commented on the support they received from the Flyers on the course, a smile and a high five made those hills a little easier!

Dates for your Diary



**DON'T
FORGET**

**Desford Striders
Summer Party**

Saturday 5th August 2pm @ Sport
in Desford.

*(please let us know if you'd like to
come)*

WINNER
BEST KIDS' RACE
2016

Uks largest kids OCR

MINI MILITARY MUD RUN

22/23RD JULY 2017

£20
PER CHILD

3 COURSES: 2K, 5K AND 9K
INCLUDES FREE MEDAL & GOODIE BAG
CHARITY PACKAGES AVAILABLE
ATTEND ALL 3 EVENTS THROUGHOUT THE YEAR TO COMPLETE THE MEDAL

**MINI MILITARY FITNESS MUD RUN
LOCATED AT RUGBY, CV23 8AJ**

BOOK ONLINE WWW.MINIMILITARYMUDRUN.CO.UK
INFO@MILITARY/FITNESSCIRCUITS.CO.UK

KIDS LOVE IT!

Run for FUN!
Run for FITNESS!
Run for CHARITY!
Run for FAMILY!

BEACON BUNNY RUN

1st October 2017
at Beacon Hill, Loughborough

www.beaconbunnyrun.org

A charity event raising funds for your local infant and children's ministry.

COLOUR SPLASH!

7 P.M. WEDS
12TH JULY 2017
PRESTWOLD
HALL

5K FUN RUN/WALK

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.



Once again there's been an amazing turn out of Flyers at parkrun and Junior parkruns. Huge well done to all those that have bagged a PB, or two, or three as Harrison Hill has shown!! The parkruns really are a great way of getting out as a family. If the 'grown ups' don't want to run then marshalling is a great way of being a part of the parkrun family, and great fun!! Please don't forget to register your child as a Desford Flyer so that I can include them in our 'round up'.

AYLESTONE JUNIOR 2K PARKRUN

7th May	Joe Pointon	7.37 PB
	Imogen Poole	8.32
	Maisie Dixey	9.22 PB
	Jude Brinkley	10.06
	Maria Pointon	10.30 PB
	Nancy Chivers	11.14
	Sian Evans	12.55
	Emma Smith	12.54
	Sonny Chivers	14.22 PB
14th May	Maisie Dixey	9.38
21st May	Jake Tyrell	9.00
	Jude Brinkley	9.44
	Maria Pointon	10.38
	Harry MacSwiney	12.40
28th May	Imogen Poole	8.22 PB
	Harrison Hill	8.36 PB
	Jude Brinkley	9.15 PB
	Maria Pointon	10.17 PB
	Sian Evans	11.06
4th June	Jake Tyrell	9.00
	Lucy Smith	11.14
	Nancy Chivers	10.40
	Emma Smith	11.37
	Sonny Chivers	16.10
11th June	Joe Pointon	7.30 PB
	Imogen Poole	8.28
	Harrison Hill	8.35 PB
	Lucy Smith	10.30 PB
	Maria Pointon	10.27
	Nancy Chivers	12.03
	Sian Evans	11.10
	Emma Smith	11.06 PB
	Harry MacSwiney	12.42
	Sonny Chivers	14.47

AYLESTONE JUNIOR 2K PARKRUN

cont

18th June	Harrison Hill	8.24 PB
	Fin Dixey	9.03 PB
	Maisie Dixey	9.15 PB
	Jude Brinkley	9.24
	Lucy Smith	10.12 PB
	Nancy Chivers	10.44
	Emma Smith	11.10
	Sonny Chivers	14.19 PB
25th June	Jake Tyrell	8.34 PB
	Maisie Dixey	9.26
	Jude Brinkley	9.22
	Lucy Smith	10.22
	Nancy Chivers	12.35
	Emma Smith	11.53
	Harry MacSwiney	12.14
	Sonny Chivers	18.10

SWADLINCOTE JUNIOR 2K PARKRUN

11th June	Gracie-Rose Walters	8.13 PB
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BRAUNSTONE 5k PARKRUN

13th May	Fin Dixey	28.26
20th May	Joe Matthews	20.19
	Gracie-Rose Walters	22.20 PB
	Imogen Poole	23.46 PB
	Alfie Wright	28.54
	Evie Wright	34.50
3rd June	Joe Pointon	20.12
	Imogen Poole	24.23
	Maria Pointon	30.04 PB
	Nancy Chivers	31.19 PB