



Ivanhoe Robins-
Club/Community Partnership award winners 2009
Junior Club of the Year 2008
Newsletter November 2011

Chairman: Paul Cox

Website: <http://www.ivanhoerobins.co.uk/>

Our first Winter Grand Prix Event.



The first event in our Grand Prix event took place at Bagworth Heath this month. It was nice to see a good turn out from the Robins.

In the first race which was up to and including year 6 Henry Jamieson put in a fast time of 4.58 to finish first for the Robins and 2nd overall. Joseph Talbott (5.35), was 2nd for the Robins despite having to be physically prevented from running past the finish and running a 2nd lap by a fortunately positioned Robins coach! Next home was Millie Shaw 1st Robin girl and 2nd girl overall finishing in 5.37, followed by Samuel Ehlen (5.38), Jasmin Greenaway (5.45), Leah Smith (5.51). Lizzie Uzzell and Mia Rawlings (6.00,) Amy Clarke (6.31), Eve Halsey (6.48), Lucy Kind(6.52), Rebecca Talbott(6.52),

Sophie Ehlen(7.00), Maisie Wilkinson(7.02), Hannah Edwards (7.49), Fur Falkner (8.11), Charlie Ehlen(8.13,).

In Race 2 (Year 7-12) Hannah Cox was the first girl home and 2nd overall finishing in 9.32. Jake Shaw was next for the Robins in 10.45 followed by Harriet Roberts 10.50, Lucy Roberts 11.34, Adam Smith 11.46, Ellie Shaw 12.03, Daisy Tyers 12.09, Amy Shaw 12.19 and Ben Clarke 12.43.

Well done to all who took part. **Don't forget your next Grand Prix Event is on the 20.11.11** at Foremark Reservoir. This is also a Derby runner event and will follow the same format. Details can be found on the derby Runner website www.derbyrunnerleague.co.uk.

Summer Grand Prix Presentation this Saturday.



Could athletes from the 09.00 session be prepared to stay an extra 10 minutes and those from the 10.00 sessions arrive at 09.50 please for our club presentations.

School Results.

Since the last newsletter our athletes have been busy representing their schools.

Two Small School races have taken place. On the 8th of October 11 Robins competed at the event at South Charnwood School.

In the Year 3 and 4 girls Abby Clark finished 3rd with Libby Armstrong 31st and Maisie Wilkinson 33rd.

In the Year 3 and 4 boys Jack Roe finished 9th and Abdullah Jamenca 18th.

In the Year 5 and 6 girls Isobel Armstrong finished 1st, Millie Shaw 3rd, Esme Freitas 7th and Lizzie Uzzell 16th.

Matt Garrett and Henry Jamieson finished 1st and 2nd in the Year 5 and 6 boys.

The last Small Schools Race took place on 29th October at Market Bosworth.

Amy Clarke was 4th in the Year 3 and 4 girls, Libby Armstrong 24th and Scarlett Paling 34th.

Jack Roe finished 9th in the Year 3 and 4 boys with Abdullah Jamanca in 21st.

Millie Shaw was 2nd in the Year 5 and 6 girls with Isobel Armstrong 3rd, Leah Smith 5th, Esme Freitas 6th, Lizzie Uzzell 8th and Holly Powell 11th.

Matt Garrett and Henry Jamieson had great runs to finish 1st and 2nd.

Well done to everyone. It's nice to see your training is paying off!

The County Secondary Schools Races.

The last event was on the 8th of October at Longfield School. The athletes competed over a demanding course taking in near vertical hills and very difficult ditches.

Amber Stevens took 3rd place in the Year 7 girls with Bella Kemp in 10th.

Hannah Cox was 1st in the junior girls, Harriet Roberts 7th, Lucy Roberts 20th, Zoe Harris 36th and Daisy Tyers 37th.

Matthew Cox finished 8th in the Senior Boys.

The Secondary School Relays took place at the same venue later in the month. Amber Stevens was part of the winning team for the Junior Girls race (De Lisle School). Amber ran the first leg finishing first giving her team mates a significant lead. While Harriet and Lucy Roberts, Zoe Harris and Daisy Tyers formed an all Robins team in the Junior Girls for Ivanhoe College and finished in a creditable 4th place.

Sportshall.

The second out of three Sportshall matches took place on October 15th at Leicester Grammar School and despite some teams being depleted due to it being half-term, Robins had another very successful afternoon.

The Under 11 Girls were overall winners on the day and hold a good lead over nearest rivals Wreake with one match to go. The Under 11 Boys were piped on the day by Leicester Coritanians but lead narrowly overall.

In the Under 13 section, the girls were narrowly beaten on the day but are still clear leaders overall and the boys won the match and are leading Coritanians by some margin.

The Under 15 Girls and Boys won on the day and hold good leads over nearest rivals, Wreake and Coritanians.

The last match and prize giving, takes place at Hermitage Leisure Centre on the afternoon of 26th November. It would be great to get out full teams for all age groups so please inform Sharon as you register on Saturday mornings if you are available.

Primary Schools Cross Country Races – Years 3 to 6

These races have been run for many many years. Some of the winners have gone on to represent their country at a senior level. Last Year Robins were alerted to the fact that their continuation was in

doubt. Through our involvement at Leicestershire Vision 2020 network, we have been very instrumental in ensuring that it carries on.

At its first meet under the new stewardship, in excess of one thousand children competed. Sadly to say only two Robins competed.

This is such a fantastic event to attend and gives all those who compete at small schools level to see what a bigger event is like. Now that all the hard work has been done in keeping it going, we want to see more Robins competing.

It does not matter whether your school has affiliated; individual school entries can be taken. If you can please support something that Robins has been instrumental in keeping it afloat by going to the next two meetings at Prestwold Hall on 12th November and 3rd December.

Athletics 365.

Those of you in Gary's group (The Tornados) will know that this programme was introduced in the middle of October. Athletics 365 focuses on not only how fast someone runs or how far they jump or throw but also more importantly on developing the technical skills ('how to run, jump and throw') required performing at full potential and moving like a champion. In addition to technical skills, Athletics 365 also looks at an athlete's physical, mental and emotional development, as well as their lifestyle and social development.

Please use the link below to find out more about information

<http://www.englandathletics.org/page.asp?section=1167§ionTitle=Athletics+365>

Notices.

Spare Shoes. Please ensure you always have a spare pair of trainers for your session at Robins in case you come into the Sportshall after an outdoor run.

Please don't forget to register when you arrive.

The Coaches Planner on the Ivanhoe Robins website will tell you what your session involves each week.

Robins spreading their wings! It's nice to think our young athletes are continuing to enjoy their sport and spreading their knowledge to others when they leave the club. Well done to Sophie Arkinstall who is finding time to coach youngsters at Durham Harriers now she is at university.

WINTER GRAND PRIX 2011 -2012.

Just a reminder re this seasons Grand Prix.

Athletes will be required to compete in 4 events, (except U17 boys). Remaining events are

20.11.11 Derby Runner League Foremark Reservoir.

04.12.11 Centurions running club 2k. www.centurions.org.uk/ 10.30 starts but allow 15 minutes to enter and walk to start. Entries on day or in advance.

17.12.11 For Under 15s and over Conkers 5k Park run. For other age groups approx. 2k race at Conkers. Wear you Santa Hats and tinsel! There will be no session at Newbridge on this date. Under 15s need to visit the Conkers Park Run web site in advance to register and print off you barcode. There is no charge for this event. <http://www.parkrun.org.uk/Conkers/course>



15.01.11 Derby Runner League Gracedieu

11.02.12 Ivanhoe Challenge (Market Bosworth)

04.03.12 Centurion Running Club 2k.

For the Under 17 boys the Grand Prix will consist of any of 5 mile runs at The Centurions, The Ivanhoe Challenge and the 5k Park run as above.

Diary Dates

12.11.11 Prestwold Hall County Primary Event.

12.11.11 Presentation for Summer Grand Prix

19.11.11 Secondary Schools Lutterworth.

20.11.11 Derby Runner Foremark Reservoir.

26.11.11 Whitwick Leisure Centre Sportshall Teams.

December

03.12.11 County Primary Prestwold Hall

04.12.11 Centurions Grand Prix Event.

10.12.11 Small Schools Coleorton.

10.12.11 Secondary School John Fernley College

17.12.11 Robins at Conkers Grand Prix Event.

