

## **Appendix 3 to SWOA AGM 2010 Minutes**

### **SW Junior Squad Report**

The past year has seen two Inter Regional Championships due to the 2009 edition being delayed to September from its usual June date.

The 2009 Junior Inter Regional Championships were held in Northern Ireland during a wonderful September weekend. The South West finished fifth overall equalling our best performance over the past couple of years. Many thanks to Ben Chesters and Jackie Butt for assisting the team over the weekend.

Squad training through the winter of 2009/2010 was disrupted by the unusually high amounts of snow. A planned training weekend in Devon was cancelled due to snow on Dartmoor and two days training in the Forest of Dean during the February half term were also disrupted due to snow. The Lakeside weekend for 16's went ahead as in previous years and we were able to train in Salisbury in January.

The highlight of the year for me was the Junior Inter-Regional Championships held in Wales at the end of June. The South West finished fourth overall, the best performance in recent years. We had no overall wins in either the relays or individual races but finished many runners in the top ten places. Our sights are now firmly set on the big three regions ahead of us, namely Scotland, the North West and Yorkshire and Humberside.

The programme of training for the first half of the forthcoming season is in place and is as follows:-

Saturday 18 September – Salisbury (physical) & Bulford Ridge (technical).

Sunday 3 October – Leigh Woods (technical).

October half term – Physiological tests at Bath University.

Saturday 27 & Sunday 28 November – Lakes weekend for M & W 16's.

Saturday 11 & Sunday 12 December – Squad Christmas Weekend – possibly Forest of Dean

Saturday 15 January – Longleat (Cannimore)

Finally, can I thank all those that have assisted the squad in any way during the year because without your help things simply wouldn't happen. Huge thanks to all parents of squad members particularly David Hanstock and Pete Maliphant for your incredible support.

Jeff Butt

9 September 2010.