

# HOOPS NEWS

*Official newsletter of Dartford Harriers Athletic Club*

## WELCOME TO ALL NEW MEMBERS!

*During the pandemic we have agreed to restrict our track use to Tuesdays, Thursdays and Saturdays only, to allow other users access on other days without risk of overcrowding.*

*All members must pre-book in advance with their coach BEFORE attending the track.*



## CLUB CHAMPIONS

### Recent Club Records

#### Holly Page

U23W : 2000SCW 6:38.78 Birmingham  
21.05.2021

#### Hope Still

U15G : HT 38.08m Norman Park 02.05.2021

#### Stephanie Wood

V55W : 10Km 45.48 2 Cyclopark 9.04.2021

#### Emily Newnham

U17G : 300m 39.23 Dartford 12.09.2020  
U17G : 300mH 42.95 Lee Valley 15.08.2020



### *Coach Tip of the Month* *From Stephanie Wood*

*"It's always good to build your endurance through long slow runs at the weekend, but always be careful not to increase the mileage or intensity of your sessions too quickly. Follow the 10% rule and increase mileage gradually by adding some extra miles each week"*

## UPCOMING EVENTS

#### Kent Young Athletes League

Match 1 @ Central Park Arena, Dartford, May 23rd

#### England Combined Events Championships

(U20 and SEN) @ Bedford International Stadium, May 29 – May 30th

#### Youth Development League (Upper)

Match 1 @ Norman Park, Bromley, May 30th

#### Youth Development League (Lower)

Match 1 @ Mile End Stadium, June 5th

#### Kent Schools County Championships

@ Julie Rose Stadium, Ashford, June 12th

**To find out more about upcoming events, visit our website, under events and fixtures to see the whole calendar!**

## THROWBACK TRIP

Chamonix, France  
Summer 2019

Eight of our endurance runners visited Chamonix in the late summer of 2019 to run, climb, trek and take in the sights and sound of the greatest ultra distance festival in the world, centred around the showpiece event of the internationally renowned UTMB. The festival takes place over approximately a week and the town in France is swarmed with thousands upon thousands of runners, supporters and fans. An electric atmosphere pervades the whole time - like a London Marathon in the mountains. The group summited peaks, cruised along Alpine valleys and sunk the occasional beverage, all whilst rubbing shoulders with some of the greatest distance runners in the world. A particular highlight are the intimate, semi-secret seminars with athletes and organisers in venues all over the area and the squad had an incredible experience. For when travelling resumes again, a highly recommended adventure!





## MEMBERS CORNER

### Spotlight on Holly Page

**Age group:** U23 Women

**Events:** 3000m Steeplechase and Cross Country

**Coach:** Jason Marchant

**What is your greatest athletics**

**achievement:** Winning the English Schools Cross Country in 2018 and representing Great Britain at the World and European Junior Championships at 3000m Steeplechase

**No. 1 Goal for 2021:** To run a qualifying time in the 3000m Steeplechase for the European U23 Championships

**Favourite Athletic Moment / Memory:**

Getting my first England vest by finishing 5th at the English Schools Cross Country at Castle Donington in 2014 and then 4 years later, going on to win the English Schools Cross Country at Leeds in 2018



## OPEN MEETINGS

Open meetings are an amazing way to practice in a competition environment for future championship races.

Upcoming Open Meetings:

24th May - Blackheath and Bromley

29th May - BFTTA Open, Dagenham

9th June - Thames Valley Open

23rd June - Dartford Harriers Open (!!!)



## TRAINING SESSION

**Middle Distance and Endurance Group  
Coached By Jason Marchant and Merv Waterman**

Jason has been lucky enough to work with some of the best coaches around the UK and World and has introduced some of their sessions into his group training programme.

Before the session, the group always do a good warm up followed by running drills, after the session the group does a good cool down followed by static stretches to lengthen the muscles after they have shortened from the training.

One of Jason's favourite sessions is one that he borrowed from Mick Woods (Aldershot Farnham District AC):

600m fast, 400m jog recovery, (3 x 400m) off 200m jog recovery, then 400m jog recovery, then 3 x (2 x 200m) with 60 seconds between the 2, 200s and 400m jog between each set of 200s. In total you cover 5000m but with the majority of it being done at a fast pace.

The group is very friendly and supportive of each other along with being very social.

## SOCIAL

If you wish to stay in the loop between newsletters with everything Dartford Harriers then head over to our socials for the latest Hoops News!

Make sure you are following our Instagram Page and are part of our Private Facebook Group where you can see our latest photos, event information and

and competition news!

Instagram: [Dartford\\_harriers\\_ac](#)

Facebook: [Dartford Harriers Members](#)

