



ILKLEY HARRIERS

Committee Meeting Minutes

Date: December 6th 2011

Present : Paul Wood, Malcolm Pickering , Diane Haggar, Eddie Winslow, Clare Smith, Alison Weston, Paul Sugden, Paul Stephens.

Apologies: Emma O’Looney, Abigail Bailey, Matthew Rutter

Item		Action
1	Minutes of Meeting November 1st. Agreed	
2	Matters Arising: All covered elsewhere on the agenda	
3	<p>Running the Club</p> <p>1. Harrier of the Month - October. 11 Nominations received:</p> <ul style="list-style-type: none"> • Emma Barclay: 10k trail result and XC • Dave Wilby: Full tour of Pendle and other results • Martin Archer: Burley Fell Race result • Jim Ryder: W Yorks XC results • Di Haggar: Tour of Pendle • Jez Hellewell: 1st in ultra race • Will Buckton: Fell results – new member • Chris Cunningham: PBs at 3 races • Abigail Bailey: recent race results • Dave Millson: PB at 5m road race • Andy Jackson, Abbey Dash PB <p>The HoM awards went to Emma Barclay and Will Buckton</p> <p>2. Matters arising from reports – Reports attached. There was a discussion about the poor attendance at recent PECO races. It was agreed this was down to diary clashes rather than anything of major concern. This moved into a discussion of the league and whether or not a race being a league counter meant more people took part. On balance the Committee felt it made only a limited difference. The discussion moved to a broader discussion on the operation of the league. It was suggested that perhaps there could be mini leagues around series such as the PECO, Woodentops races etc. The Committee agreed a fuller discussion of the Harriers League was required. PS to add to future agenda.</p>	AB

	<p>3. Harriers Races</p> <p>i) Noted success of 2 November races being well supported by Harriers, but a disappointing turnout from other clubs. Earlier publicity next year should rectify this.</p> <p>ii) 2012 Harrogate Summer Race League – IH race timetabled for 1st May. An organiser was required. PW to speak to Neil Chapman. Clare S. and Paul Su. volunteered to assist.</p> <p>4. Away Weekend early March. Organised by Mark Mon-Williams. Accommodation provisionally booked in Broughton-in-Furness.</p> <p>5. Annual Awards Evening: This needs finalising and publicising. Paul W to speak to Abigail. Agreed to change young runner category from U20 to U23.</p> <p>6. Ladies Road Captain. There was still a vacancy. Some suggestions were made and Paul W agreed to follow these up.</p> <p>7. Rewarding Coaches: Paul W. suggested buying kit for coaches, particularly for the cold weather. It was agreed that each case be approved by the Committee and it was noted that this was likely to cost around £50 per coach. It was agreed that the first recipient would be Malcolm Pickering.</p>	<p>PSt</p> <p>PW</p> <p>PW</p> <p>PW</p>
4	<p>Developing the Club.</p> <p>i) Communications. It was noted that progress was being made. A run map library was being assembled and the facebook page had a regular group of users. It was agreed there was a need to review all existing channels, and Paul W. would be doing this with Matthew Rutter and ANO – to be identified.</p> <p>ii) Olympic year activities. As well as (or instead of) the WAG proposal for activities throughout Wharfedale, Paul W. suggested a track day specifically for club members - juniors and seniors. Shirley W and Di H. were willing to work this up. Alison Bennett would continue to liaise with WAG. It was also suggested an existing IH race could be rebadged as our “Olympic” race.</p> <p>iii) Coaching: Still need to find out about the “assistant coaching course” – see October minutes before deciding on best course of action.</p>	<p>PW, MR</p> <p>SW,DH</p>
AOB	<p>i) Paul Sugden noted the Tennis club’s “new” plans to buld additional courts and redevelop the gym. IH had not been consulted and Paul W was to seek clarification from Val Kerr. (note: a meeting with ILTSC has now been arranged.</p> <p>ii) Harriers League Races 2012. Neil’s suggestions were accepted with the following options agreed: Rombalds rather than Muddy Boots 10k; Guy Fawkes rather than Ribble Valley 10k; and Jack Bloor rather than Stansbury Splash; Noon Stone deleted.</p> <p>iii) The Committee noted the kind offer from the Rotary of £200 for serving at the Ilkley Beer Festival in Feb 2012. 4 “volunteers” already identified – reserves from 2011.</p>	

TDP	January 3rd 8.40pm ILTSC	

REPORTS

Chairman

Since the last Committee meeting we have organised two races: Peter Shields' Lido Relays (with Neil Chapman assisting in the organisation) and Neil Chapman's 5 mile race to raise money for Manorlands hospice. Both events were very well organised, and very well supported by Harriers both running and helping, with a relatively low number of non-Ilkley Harriers runners the only disappointing aspect: the 2012 versions of both events will have their dates set earlier and be more widely publicised.

The winter social scene is well established, with the Richard Gray's Predictor run attracting a record field, Ewan Welsh's November social well attended, and Helene Whitaker's ladies' headtorch run and tea very popular. Next up we have the Christmas Relays and Quiz arranged by the Gibbons family.

With the January meeting likely to be dedicated to the Annual Awards, we need somehow to start making progress on the development objectives we set ourselves (after the January meeting we will be a third of the way through our Committee year):

review/improve communications (Matt has started the ball rolling on this, and the 'Run Library' is progressing, but there are other aspects too);

do something special for Olympic Year (WAG will need to know our plans shortly);

look at coaching and the ongoing coaching qualifications issue.

I will be attending the AGM of the Harrogate District Summer Race League on Monday evening: we will be expected to host a race in 2012.

And this reminds me that we have not yet found a taker for the post of ladies' road captain. Has anyone had any thoughts on suitable candidates?

Men's Road

A first brief report from your new, rather silent thus far Road Captain.

November saw a number of road events with strong Harrier attendance.

The popular if rather hilly Guy Fawkes 10 on 6 November with 15 Harriers in the field. It certainly helps drawing attention to races like this with entry forms at the club.

The Lido 3 x 3m relays on 13 November, well organised with a strong Ilkley turnout, although slightly disappointing representation from other clubs in the area. I will work harder to support greater attendance at this event next year, this year I was slightly distracted by New York!

The perennially popular Abbey Dash with 37 Harriers taking part on 20 November - a race that need no further marketing. If this wasn't so close to our own 5 mile race, I would be recommending this for inclusion in the road league.

And on 26 November the slightly shortened Sue Ryder "5" mile race with again a strong Harrier turn-out and 81 runners in total.

Thanks in particular to Neil and Pete for their organisation of these two races and the high number of marshals and other helpers we always manage to attract.

Finally, I offer a few thoughts on the League counters for next year. The current set of road races

clearly offers a good range of distances and months; the only feedback i have received is that we should try to create the maximum distance between which of the three John Carrs we use as a counter and the Leeds Half, the latter being popular with a number of Harriers. In respect of trail races, I wonder whether there is room for the Baildon Boundary Way - an interesting course, and not quite as challenging as the Rombald Stride.

Men's Fell

November was the month reduced in quantity but remaining high in quality.....Martin Archer retained his title at the Burley Moor race, and we had a pretty strong turnout at the tough Tour of Pendle on a beautiful day. Particular credit to Jack Wood here for a strong run only 3 weeks after his OMM exploits. The Shepherds Skyline is always popular and this year it was our Vets leading the way home, with Tom Adams waiting until the ever popular Harriers vs Cyclists to make his return, where he claimed 3rd overall and 1st runner home. On the Ultra front, Jez Hellewell claimed his maiden win at the Rosedale 40 mile.

Ladies Fell

Not a busy month for fell racing in November, but we had 3 ladies at the Shepherd's Skyline 6.25 mile race near Todmorden on the 5th November and then a team of 4 at the last AL race of the season on the 19th, the Full Tour of Pendle, a 16.8 mile rollercoaster where Di Haggar ran particularly well, finishing as 5th LV45.

Helen Thurston was 4th lady in the Burley Moor Run and was joined by 6 other Harriers ladies in this 10k trail/fell race.

18 of us had a thoroughly enjoyable evening out on the 1st December, when, wearing headtorches, we set out from Hebden for an hour's jaunt alongside the river and back via Grassington and the Dales Way, followed by tea at the Old School Room.

A mixed team has been gathered for the Pennine Bridleway Relay on the 5th Feb. Pairs are to be matched up and legs will be allocated soon.

Mens x/c

Now we are about half way through the cross country season and the females of the club are setting the pace. The Complete cross country league was well supported, 22 men were entered and only 3 never made it to the startline, 2 of which have told me why. Anyone know about Justin Phillips ?A total of six men managed to run all 4 races, Dave Westhead, Eric Morley, Mark Iley, George Elmes, Dave Cummings, and Jim Ryder.It was also great to see some young blood with the likes of Bradley Chapman running 2, and Adam Bennett running 1, mixing it with the big boys. So lets hope this with continue to develop.

On the team front the men finished 6th out of which is a great achievement when you think of the standard of competition and generally most of the team were finished between 50 to 90's.

The Peco league has now started with the first race at Ackworth and 6 men managed to make it to the event.Sadly the 2nd race clash's with the Stoop.

The championship races get started in the New Year with 10 men entered for the Yorkshire, 11 for the Northern and 3 for the National.

Ladies Cross Country

Since my last report we had the remaining two Complete Runner XC league races.

At Shipley on 20th Nov weather conditions were more akin to a fell race with runners disappearing into thick fog! We fielded 7 ladies: Sally Morley and Emma Barclay held their respective positions from race 2, i didn't run, Helen Thurston moved up (again) to 23rd and Kate Archer completed the scorers. We took 4th team on the day.

Wakefield on 4th Dec was a mud bath. We fielded a fantastic 10 ladies and took 3rd team on the day.

Overall Ilkley Ladies were 3rd league team behind Holmfirth and Leeds City which is an outstanding achievement. We fulfilled my preseason fighting talk admirably by beating Wharfedale and Keighley & Craven (with ease) and also Bingley (because they failed to complete a team in Race 4) We also picked up 6 lady vet awards.

The PECO league has started but with a very poor turnout of Harriers. The chances of us returning to the Premier Division look slim. I know Paul Wood has promoted this league on Tuesday nights and i have used the forums. Unfortunately i will not be able to attend many PECO's myself as i also do alot of fell races. I would like to appeal to someone who trains on Tuesday nights to take on the role of PECO coordinator and rally the many members who train on Tues to have a go at a PECO as an introduction to off road running. Perhaps winter off road is a (slippy!) step too far for our vast membership who seem to prefer the tarmac.

On reflection... A few years ago we dominated the PECO but struggled to muster bodies for the WYXC league. We now have ladies who do us proud in the latter but with families to consider, fell races to fit in, the odd road race/relay they just can't do it all!

Malcom and i are now dealing with entries to the Yorkshire XC Champs (deadline 14th Dec). At the same time we are asking people to say yes or no to the Northerns and the Nationals.

Junior

Cross-country has been high on the racing agenda over the last few months. In the Wharfedale Primary Schools League we have had 620 children racing at Ghyll Royd in October, 540 at Westville (Rugby club) at the beginning of November and 440 at Ben Rhydding at the end of November. All these numbers are a massive increase from previous years. In the Complete Runner we had 37 juniors racing at Northcliffe where Georgia Malir and Francis Westhead continued their winning ways and notched up their third win in a row. The U11 boys having now gained 3 team 1st places and cannot loose that placing and the U13 girls are secured of 2nd place behind an incredibly strong Holmfirth team (who have managed 3 girls in the first 5 at every race). At Ackworth, in the first of the PECO XC races we had 11 juniors racing with Euan Brennan winning the 1 mile race outright and we had 4 finishers in the first 5. The 2 mile race was a bit of a sham as the marshalls sent children in different directions. The finish order was correct but the distance raced was not much more than a mile. Ed Bickerdike was 4th overall and Lucy Williamson finished just behind him as 1st girl.

Most of our coaching sessions have now finished for the term with only the outdoor running sessions on Tuesday & Wednesday and the Saturday Fell run still going. Our final Sprint/hurdling session of the term at UAK is this Saturday.

208 juniors have renewed or joined Junior Ilkley Harriers which is about the same as this time last year.

Additional report from the juniors - this is the email sent to parents and athletes following the conclusion of the Complete Runner League on Sunday.

.....I have been a little lost for words this season because everyone has worked so hard and the improvement has been massive. A year ago at the end of the Complete Runner series 2010 we were overjoyed at having 20 juniors do 3 or more events and gain an individual placing and to have 4 in the top ten with our best placing at 4th. We had two placed teams (both third). This year we have had 32 juniors do 3 or more races and gain an individual placing, 5 of them in the top ten, with two outright winners and one 2nd place. We had three placed teams (1st, 2nd and 4th). That is amazing. The bar has been seriously raised for next year. Sunday's race at Wakefield was very hard. But

everyone ran their heart out and were smiling when they finished. I am sure it was because they were enjoying it and not because it was the last in the series!! Credit must be given to the U11 boys who gained first team place (in all 4 races) and along with Francis Westhead (1st) and Euan Brennan (5th) made Harrier history. It was the first time we have ever had any boys gain a team or individual placing. The U11 girls gained their best team placing of third and all looked so strong finishing. The U13 girls only had to get round to gain their 2nd team placing and with so many having competed at the ESSA the day before for IGS it was the time for others to lead the team home. We were pleased that Sarah Pickering held on to her individual 2nd place because it was thoroughly deserved. Although the U13 boys did not have a team on the day I have to applaud Jordan Ince's commitment to the team. Although he had been injured earlier in the week he travelled to Wakefield and offered to walk around the course if it made the difference between having a team or not. I think that was a very courageous gesture and wins my admiration hands down. In the U15 it was a tale of being one short of a team in both races, but Lucy Williamson has shown her strength this year in finishing in the top 10. It starts to get very tough at this level but we have never been so close to achieving our target of team placings - next year. And to the icing on the cake - Georgia Malir's performance in the U17 girls has been nothing short of inspirational throughout the season and I know that we all felt disappointment for her when she was pipped to the finish on Sunday. I have never seen our juniors so motivated and working so hard to achieve such fantastic results. It only remains for me to say thank you to Sally Malir for team managing and to all the parents who have supported their children and teams and to Malcolm Pickering for leading the training sessions at ILT&SC which are making such a difference. For some we have not finished yet. The championship races are still to come in the New Year and I will be contacting individuals nearer the time with details.