

# Junior Ilkley Harriers Newsheet

[www.junior.ilkleyharriers.org.uk](http://www.junior.ilkleyharriers.org.uk)



Spring 2022

A very belated Happy New Year and all the best for 2022.

The junior newsheet is emailed to everyone at the beginning of term. Please print a copy and take the time to read it. For up-to-date information check out the JIH web site or sign up to junior Facebook.

## COVID RISK ASSESSMENTS

The requirements that we ask everyone to follow may differ from National 'guidelines' but they have been written specifically to protect all our volunteers and participants as best we can. We all wish to remain as healthy as possible so could everyone be super sensitive to this request: **Please do not send your child to any session if they or any family member shows ANY signs of illness or are self-isolating or are awaiting a Covid test result.**

## CROSS-COUNTRY

**Wharfedale Primary Schools XC League (Saturdays).** This term's events are: 29<sup>th</sup> January - Ben Rhydding School; 12<sup>th</sup> February - Ghyll Royd School; 5<sup>th</sup> March at Ilkley Swimming pool - All Saints School; 19<sup>th</sup> March - KS2 relays at Nell Bank.

**Peco XC League** details at [www.pecoxc.co.uk](http://www.pecoxc.co.uk). Races (Sun): 23 Jan - West Park/Becketts Park; 20 Feb - Roundhay Park.

## FELL RUNNING

**Ilkley Harriers Junior Fell League:** David and Rachel Holder are in charge of coordinating this league and for 2022 have selected 10 races mainly in the summer months to try to encourage new juniors onto the scene. There are 8 age categories and trophies for U11, U13, U15 and U17 (boys and girls). **NEW for 2022 we are introducing an U9 category (min age 6) and individual medals will be given to the first three boys and girls.**

League points are awarded at each event and at the end of the series awards will be presented to the first 3 finishers providing a minimum number of races have been run. The number of races to count will be confirmed nearer the time but possibly best 6 out of 10 for all age groups. The races are: 6<sup>th</sup> March Ilkley Moor; 15<sup>th</sup> May Great Whernside; 21<sup>st</sup> May Sedbergh, 5<sup>th</sup> June Kettlewell; 19<sup>th</sup> June Hawkswick Dash; 17<sup>th</sup> July Cracoe; 4<sup>th</sup> August Eshton Moor; 27<sup>th</sup> August Malham Show; 4<sup>th</sup> September Burnsall; 11<sup>th</sup> September Bradley. If the Jack Bloor race on Ilkley Moor goes ahead this will be added.

The first race is our very own **Ilkley Moor Fell Race**. There are junior races for all ability of child from U9 (min age 6 years) to U19 so don't be frightened to give it a go. U9's do a half mile course and the rest do one mile - the U17 (+U19 who do not feel ready to tackle the senior fell race) get to do two laps. For all juniors we have the special Phil Dean Awards for the first girl and boy Ilkley Harrier to finish in the U11, U13, U15 and U17 categories (to be presented at a later date - not race day).

## PARENT RACE VOLUNTEERS

We are organising two races this term that we would like parents to offer 'on the day help' for - things like setting up, marshalling and supporting registration and finish teams.

On Sunday 6<sup>th</sup> March it's our **Ilkley Moor Fell Race**. There is a new junior race organising team of Rachel Carter, Rachel Holder and Justin Pierce but we would really like other adults to give their commitment to support them.

On Saturday 19<sup>th</sup> March it is the **KS2 Schools XC League Relays** at Nell Bank. This is really for any parent of a Year 3-6 child who is likely to be racing and happy to help. As a bonus you get to park in the Nell Bank car park. Sally Westlake is the organiser.

If you can help at either event, please email Shirley and she will pass the info on to the organisers.

## SNIPPETS

1. If your child's contact/medical details have changed over the last 12 months please let Shirley know. I am updating my junior membership register and I have a lot of info missing - I will be in contact with several 'newcomers' very soon.

2. No JIH membership or session fees this term. Please donate to a needy charity or local sports/art club sometime over the year.

3. There's no Junior presentation evening in 2022 but we will award Cross-Country Colours to those who have been competing in the races over the autumn 2021/spring 2022 terms.

4. There's a junior Parkrun every Sunday at 9 am from the Riverside Gardens. 2km in length for ages 4 to 14 years.

Details: Children will need to be there at 8.50 for a briefing and warm up. Volunteers need to be there at 8.40. More details are on <https://www.parkrun.org.uk/riversidegardens-juniors/>

If it's your first time running you will need to register here: <https://www.parkrun.org.uk/register/>

## CONTACT

**Shirley Wood** (JIH administrator): [Shirley@ilkleyharriers.org.uk](mailto:Shirley@ilkleyharriers.org.uk) for any questions or queries and I will also pass on messages to other coaches.