

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring 2015

This newsheet gives details of everything coming up in the spring term and other important things so please take the time to read it. It is now emailed out to everyone but printed copies will be available at training sessions for juniors to pick up. There will also be a copy on the JIH web site which will be updated as the term progresses. The JIH web site and Google calendar are kept up to date and they're the best place to look if you need to know what's going on.

SPRING COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. Brief details of both programmes are shown below with full details of all sessions on the JIH web site (training and coaching section). There are waiting lists in operation for a number of the sessions and others are close to capacity so please contact Shirley first (Shirley@ilkleyharriers.org.uk).

GENERAL COACHING PROGRAMME

General coaching programme which caters for everyone - all abilities and newcomers to athletics.

Monday: Indoor Sportshall Athletics in the IGS sportshall for Years 7 to 9. Starts 26th January (tbc)

Monday: Junior Circuits in the IGS gym for Year 10 and older. £1 on the night.

Wednesday: 'Speed Endurance' running on IGS playing fields for Years 3 to 11 (min 8 yrs).

Thursday: Indoor Sportshall Athletics in the IGS sportshall for Years 3 to 6 (min 8 yrs). Starts 29th January (tbc)

SPECIFIC COACHING PROGRAMME (Year 7 and older)

More specific programme only available to those juniors who are Year 7 and older and are more serious about their athletics and want to train to compete for Ilkley Harriers.

Tuesday: 'Hill Training' on roads from Old Bridge (Middleton side). Note: Year 8 and older. Starts 13th January.

Tuesday: Jumps (long & triple), Throws (shot & javelin), hurdling and sprinting at Ghyll Royd School for years 7 to 13 (and invited Years 5 & 6). A 4 week block => January 13th, 20th, 27th and February 3rd.

Tuesday: High Jump and general conditioning at Ghyll Royd School for years 7 to 13. A 5 week block => February 10th, 24th and March 3rd, 10th and 17th. Any Year 5 and 6's interested in trying HJ should contact Shirley.

Wednesday: 'Speed Training' on the IGS playing fields.

Friday: 'Sprinting & Hurdling' on the University Academy Keighley track, Keighley (+ younger invited hurdlers).

We are still waiting for written confirmation of our spring IGS SHA bookings.

WEDNESDAY RUNNING SESSIONS

It is possible that the session could be cancelled if the days leading up to Wednesday are wet. We have a lot of juniors training on a relatively small part of the IGS playing fields and we need to protect the general ground conditions. If it is cancelled I will send an email on Wednesday before 1pm and I will also put a note on the JIH web site and Facebook. We are at maximum numbers with a waiting list so we will be very strict about attendance - any junior missing 3 sessions in a row without contacting Shirley with a reason will lose their place and it will be offered to a reserve (Ros is away this term). January & February are always the worse months weather wise - please dress up warm with hats and gloves and leg cover.

AUDITOR

For the past 6 years Clive Smith has audited our junior accounts and he has always said that they are straight forward in the manner that they are presented. He would usually audit them between November and April. However as a part of the new Ilkley Harriers club constitution I now need to have the accounts audited earlier in time for the club AGM which is at the end of September. This is Clive's busiest time and he cannot fit in doing our accounts any more.

The 2013/14 accounts have yet to be audited (Clive is willing to do these again if no-one steps forward) but I desperately need someone willing to do the 2014/15 accounts which will need to be presented this September (the junior accounts run from September to end of August but they can be written up for the end of July). Is there anyone with the appropriate qualification that could come to the rescue - please contact Shirley.

SPORTS FACILITIES IN ILKLEY

In October I was approached by Richard Giles from Ilkley Football Club. Along with the hockey club they are looking to develop facilities on the IGS playing fields. I was asked if athletics would come on board as there would be an increased chance of funding and improved facilities would benefit us as a club so much. The general principle has been approved by the IGS governors but as yet there's nothing definite on the table. Personally I would love to have the opportunity to have better facilities to coach athletics and probably this is the only chance that we will have. I have permission from the IH

committee to set up a working group to see what we can achieve. It would be a massive project but I would really like this to happen so I need a half a dozen 'go get' individuals who are prepared to work with me (particularly if you have any experience of fund raising, good at meetings, understand the processes). Improved facilities would be great for the next generation (your children). We do fantastic things with limited facilities think what we could achieve with more. Please contact Shirley.

CLUB COLOURS

We first presented 'Colours' in March 2007. They are presented to recognise the achievements of those juniors who regularly train and represent the club at events. Cloth badges are presented for commitment and performance in Fell Running, Cross-Country, Sportshall Athletics (selection to regional teams) and Track & Field Athletics. A certificate is presented for Half Colours.

ANNUAL JUNIOR PRESENTATION EVENING (Friday 27th March)

In addition to the Club Colours and Half Colours we also present the Phil Dean Awards (fells), JIH Fell League trophies, AAA common standard badges & certificates, Junior Sports and Community Leadership Awards and volunteer of the month Awards at our annual junior presentation evening. This year it will take place on FRIDAY 27th MARCH 2015 at the Ilkley Rugby Club, 7pm to 11pm. The format is identical to last year - it's a smart casual affair and by invitation only. We would love parents to come along as well but as we have a limit of 130 we cannot extend this to whole families (but we will try to accommodate as many as we can). Katie Hanley is once again providing the entertainment and everyone attending will be asked to bring a plate of food. Invitations will be sent out in batches over the next 8 weeks.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 2 remaining individual races are on Sat 7th February at Ashlands School and Sat 28th February, All Saints School at the Swimming Pool. The series is concluded with the team relays for KS2 (yrs 3-6) from the 12 league schools on Sat 7th March at Nell Bank. If there is anyone willing to help with the relays please get in touch with Shirley.

The **PECO Cross-Country League** is ideal for newcomers to club XC competitions so give these a go. There is a 1 mile race for years 4-6 at 10am & a 2 mile race for years 7-12 at 10.20. £1 entry on the day only. Full race details: www.PecoXC.co.uk
The 2 remaining races are: Sun 8th Feb, Bodington Fields, Leeds and Sun 1st March, Roundhay Park, Leeds.

NUTRITION TALK

As a part of our specific coaching programme we would like to start organising talks for juniors and their parents, coaches and helpers (adult and junior). There are many factors which influence performance and nutrition is a key one. We are starting with a talk organised by Sally Malir on the afternoon of Saturday 31st January at Leeds Carnegie University. The talk is being given by Louise Sutton a nutritionist and will cover the areas of: Eating for Health and Performance; Understanding Energy Balance and Optimising Hydration.

The talk is free of charge and both junior harriers and their parents are invited to attend. It is however restricted to those juniors who already compete for JIH and there may be a lower age limit. If you are interested please email Sally who will give you further information.

FELL RUNNING

On Sunday 22nd February it's our **Ilkley Moor Fell Race**. We organise junior races for children aged 6 to 16 plus an U18 two mile challenge (run with the U16's) for those older juniors who don't feel ready to tackle the senior fell race. Our junior races are for all abilities so don't be frightened to give it a go. U8's (minimum age 6 years) do a half mile course and the rest do a one mile course - the U16 (+U18) get to do two laps. The races start at 10.30 and all finishers get a goody bag. For all junior Ilkley Harriers we have the special Phil Dean Awards for the first girl and boy Ilkley Harrier to finish in the U10, U12, U14 and U16 categories (to be presented at the 'Junior Presentation evening' in March).

Jane McCarthy has taken over the organisation of the junior races this year and she will be looking for volunteers to help on the day. Please offer your help by contacting Jane.

NEW FOR 2015 - JIH Fell Team Summer Camp weekend. Friday 19th/Sat 20th June 2015.

George Elmes has offered to organise a camping social linked in with the final (uphill) race in the FRA Championships. From George..... last year a number of us camped and made a weekend of the event. Despite some "interesting" weather we all had a great time and said at the time we would return this year. There were also a number of other juniors from other clubs staying over which made it all the better.

This year the race is the last one of the FRA Junior championships and we are planning to hold an Ilkley Junior summer fell "bash" at the event to see out the championship in style.

The campsite is literally at the start of the race and is in the wonderful picturesque setting of the Dudden Valley. We will look to have a BBQ on the Saturday night after the event if the weather is reasonable. If not there is a pub 5 mins walk away that does food.

The race is in a very quiet and relatively hard to get to location therefore it would be a reasonable idea to stay over on the Saturday night (and the Friday if you want - we will be).

I think it would be a great opportunity for both JIH's and parents to have a get together and celebrate the end of the series over a few drinks and some decent food (I will keep away from the BBQ!).

If you want to take a look the campsite it is at Turner Hall Farm , it always gets rave reviews on websites like cool camping etc. Address is Turner Hall Farm, Seathwaite, Broughton in Furness. Cumbria. 01229 716420. Google Cool camping and follow the site to Turner hall campsite.

Hopefully we can get a few to stay over and have a great end of series. Appreciate that its months away but it would be good to get some indication of interest only at this point (Nothing binding obviously)

If you're thinking about it could you let George know.

The **Junior Ilkley Harriers Fell League 2015** is being coordinated by George and is for juniors from U10 (min age 8) to U18 (based on age on 1/1/ 2015). At the end of the series awards will be presented to the first 3 finishers in each age category providing a minimum of 6 races have been run. The 2015 races are:

Sun 18th Jan, Soreen Stanbury Splash, woodentops.org.uk

Sun 22nd Feb, Ilkley Moor Fell, junior.ilkleyharriers.org.uk

Sat 28th March, English Fell Champs race 1, Shining Tor, Errwood, Derbyshire

Mar/April, Bunny Runs (U14 & U16 only with best time from series to count), woodentops.org.uk

Sat 4th April, English Fell Champs race 2, Pendle, Lancashire, clayton-le-moors-harriers.co.uk

Sat 18th April, English Fell Champs race 3, West Nab, Yorkshire, holmfirthharriers.com

Mon 4th May, English Fell Champs 4, Coiners, Yorkshire, cvfr.co.uk

Tues 12th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk

Sat 30th May, English Fell Champs race 5, Kirkby Malham, Yorkshire, kcac.co.uk

Sat 20th June, English Fell Uphill Champs race 6, Cumbria, broughtonrunners.org.uk

Sun 11th Oct, Curly Wurly Rat Runs, woodentops.org.uk

Sun 20th Dec, Stoop Fell, woodentops.org.uk

The **BAN Fell & Terrain League 2015** is being coordinated by Geoff Thompson of Wharfedale Harriers and is run on the same format as our own JIH league but for juniors up to U16. The 2015 races are:

Sun 18th Jan, Soreen Stanbury Splash, woodentops.org.uk

Sun 22nd Feb, Ilkley Moor Fell, junior.ilkleyharriers.org.uk

Mar/April, Bunny Runs (U14 & U16 only with best time from series to count), woodentops.org.uk

Sat 4th April, Pendle, Lancashire, clayton-le-moors-harriers.co.uk

Sat 18th April, West Nab, Yorkshire, holmfirthharriers.com

Mon 25th May, Ilkley Trail Race, Yorkshire, ilkleyharriers.org.uk

Sat 30th May, Kirkby Malham, Yorkshire, kcac.co.uk

Sat 27th June, Eldwick Gala, bingleyharriers.org.uk

Sat 11th July, Baildon Carnival, www.baildonrunners.co.uk

Sun 11th Oct, Curly Wurly Rat Runs, woodentops.org.uk

Sun 20th Dec, Stoop Fell, woodentops.org.uk

Full details of both leagues can be found on the JIH web site.

ORGANISER FOR THE SPRINT FELL RELAYS 2015 NEEDED

As you all know I have stepped down from coordinating the JIH endurance programme (XC and Fell) and Gaenor Coy and Sally Westlake have taken on that role. They are looking for an individual(s) to organise the junior Sprint Fell relays on Wednesday 2nd September. It is an established and easy event to organise and I will support the organiser through 2015. Please contact any of us if you are interested.

SPORTSHALL ATHLETICS

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Thursday 19th March we will have our Level 2 Sportshall Athletics 8-10 years Decathlon Awards. On Monday 23rd March we will have our Level 3 Sportshall Athletics 11-15 years Decathlon Awards. Details will be given to groups nearer the time but we welcome parents to join us to watch children receive their awards. We are at maximum numbers with waiting lists on 3 of the 4 sportshall athletics sessions so we will be strict about attendance - any junior missing 3 sessions in a row without contacting Shirley with a reason will lose their place and it will be offered to a reserve.

TRACK AND FIELD ATHLETICS

Competitions 2015: There are enough local open events throughout the year for us to establish our own competitive program where we know the level of competition would be suitable for the majority of our juniors. In most cases open events have age categories from U11 to seniors and everyone would be able to enter the events that they wanted. The fixtures list below is incomplete but these meets would be a starting point for most juniors.

Suggested 2015 meets (others to be added):

Sunday 8th February, Leeds Young athletes Indoor John Charles, Leeds City AC <=U17

Saturday 25th April, West Yorkshire Track & Field League meet 1, Cleckheaton, 12.30 field/1pm track.

Wednesday 13th May, West Yorkshire Track & Field League meet 2, Wakefield, 6.45.

Sat/Sun 23/24 May, Yorkshire Track & Field champs, Dorothy Hyman, Cudworth, U13=>

Wednesday 3rd June, West Yorkshire Track & Field League meet 3, Cleckheaton, 6.45.

Wednesday 24th June, West Yorkshire Track & Field League meet 4, Wakefield, 6.45.

Wednesday 15th July, West Yorkshire Track & Field League meet 5, Cleckheaton, 6.45.

Sunday 2nd August, West Yorkshire Track & Field League meet 6, Wakefield, 12.30 field/1pm track.

Sunday 6th September, West Yorkshire Track & Field League Champs, Cleckheaton, 12noon field/1pm track.

NEW for 2015 - there will be A JIH Track & Field League based around the 5 York Summer League events and their open meet (dates tbc) with an individuals best 4 out of 6 meet results to count. Full details will appear on the web site and in the summer newsheet.

This is just a reminder that we have **Track and Field coaching sessions** at Ghyll Royd School on Tuesdays. We must stress that they are for children who are more serious about their athletics and are planning to compete for Ilkley in the future.

CLUB KIT

All senior club kit including club vests can be purchased in junior sizes from Dobson & Robinson. Club vests can also be purchased at The Complete Runner. Shirley has a few crop tops and stripey long socks for girls in stock.

Borrowed Club running vests: If you borrowed one of the spare Junior Ilkley Harriers running vests for the XC season please could you return it to Gaenor or Shirley.

Swap 'n' Shop: Jacqui Weston is organising a Swap 'n' Shop to recycle junior club kit that is still in good condition. Please donate any outgrown kit to Jacqui (or Shirley) - clothing or shoes. If you are specifically looking for some kit contact Jacqui. Later in the spring term Jacqui will bring kit along to sessions.

COACHES/HELPERS

Since September some coaches have moved sessions and some new parent helpers have joined us. Welcome to Sally Westlake, Tim Twigger, Nicky Kelt and Christine Reilly as well as a number of junior helpers who are just starting their Sports Leaders Award. We are grateful for all the help and support we receive in delivering our athletics programme so if anyone reading this would be interested please contact Shirley (particularly Wednesday running session 5.30 to 6.15). We give the children of coaches/helpers free sessions and free JIH membership.

FACEBOOK

We would like parents and juniors to sign up to this if they want. Its function is to provide a photo gallery of juniors competing in all aspects of athletics at school and club level. Basically to show off what we're doing.

CONTACTS

Contact Shirley Wood (JIH co-ordinator): Shirley@ilkleyharriers.org.uk if you want to contact any other named person in this newsheet and she will forward your email on to them.

Gaenor Coy (Fell and Cross Country coordinator with Sally Westlake):

Ros Blackburn (Junior Welfare Officer and Young Leaders Award): As Ros is away during the spring term Shirley will be covering as Junior Welfare Officer.

Sue Williamson (15 years transition):

Neil Chapman (CRB club verifier & 15 years transition):