

# Junior Ilkley Harriers Newsheet



Spring 2016

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

Contact details have been removed - email Shirley and she will put you in touch with the appropriate person.

All changes/additions from the version emailed out in RED (addition 11/1/16)

This newsheet gives details of everything coming up in the spring term 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 the best place to look if you need to know what's going on.

## SPRING COACHING PROGRAMME

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 (WL) in operation for a number of sessions and others are CLOSED until after Easter - please contact Shirley (Shirley@ilkleyharriers.org.uk).

### GENERAL COACHING PROGRAMME

For all abilities and newcomers to athletics.

**Monday:** Indoor Sportshall Athletics in the IGS sportshall for Years 7 to 9. WL but space on S1. STARTS 25 JAN

**Monday:** Junior Circuits in the IGS gym for Year 10 to 13. £1 on the night.

**Wednesday:** 'Speed Endurance' running, IGS playing fields for Years 3 to 11 (min 8 yrs). WL. STARTS 13 JAN

**Thursday:** Indoor Sportshall Athletics, IGS sportshall for Years 3 to 6 (min 8 yrs). WL. STARTS 28 JAN

### SPECIFIC COACHING PROGRAMME (Year 7 to 13)

For Year 7 and older who are more serious about their athletics and want to train to compete at club level. We expect a high level of commitment, motivation and self discipline and behaviour. All juniors must have the maturity to work hard in smaller coaching groups with specific coaches. All sessions below are CLOSED until Easter.

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

**Tuesday:** Jumps (long & triple), Throws (shot & javelin), hurdling and sprinting at Ghyll Royd. STARTS 23<sup>rd</sup> FEB

**Tuesday:** High Jump and general conditioning at Ghyll Royd.

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

**Important:** As you can see we are at maximum numbers on most sessions with ever increasing waiting lists so we have to be very strict about attendance - any junior missing 3 sessions in a row will lose their place and it will be offered to a reserve. If there is a reason (illness, injury, other commitment) then please inform the person in charge of the session and it will be noted and you will remain on our registers. As a matter of courtesy please let Shirley know if your child decides that they would like to stop doing athletics.

## WEDNESDAY RUNNING SESSIONS

January & February are always worse weather wise - please dress up warm with hats and gloves and leg cover. It is possible that sessions could be cancelled if the days leading up to it 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 a note will be put on the JIH web site and Facebook so please check before you travel. Just a couple of reminders - firstly Sally Westlake is the S1 contact this term and that we require £15 session fee per term (S1 and 2) - cash is fine but should be in a named envelope or cheque payable 'Ilkley Sportshall Athletics' with juniors name on the back. Thanks.

## ANNUAL JUNIOR PRESENTATION EVENING (Friday 18th March)

Club 'Colours' and Half Colours were first presented in March 2007 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. We now have an established annual junior presentation evening and in addition to the Colours and Half Colours we also present the Phil Dean Awards (Fells), JIH Fell League trophies, AAA common standard badges & certificates, ESSA Primary and Secondary Track & Field Awards, Junior Leader and volunteer of the month Awards. This year it will take place on FRIDAY 18<sup>th</sup> MARCH at the Clarke Foley Centre, 6.30pm to 10.30pm. Although the venue is different the general format remains the same as the previous two years - it's a smart casual affair and by invitation only.

We would love parents to come along as well and our change of venue will allow us to invite more. Katie Hanley is once again providing the entertainment and everyone attending will be asked to bring a plate of food/drink. Invitations will be sent out in batches over the next 8 weeks.

## SPORTSHALL ATHLETICS

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Thursday 17th March we will have our Level 2 Sportshall Athletics 8-10 years Decathlon Awards. On Monday 21st 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.

## CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 3 remaining individual races are on Sat 23<sup>rd</sup> January, Ben Rhydding; Sat 6th February, Ashlands School and Sat 5th March, All Saints School at the Swimming Pool. If any of these races are cancelled they will not be re-scheduled. The series is concluded with the team relays for KS2 (yrs 3-6) from the 12 league schools on Sat 12th March at Nell Bank. If there are any parents willing to help with setting up or marshalling 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](http://www.PecoXC.co.uk)  
The 2 remaining races are: Sun 24<sup>th</sup> Jan, Golden Acre Park, and Sun 14th Feb, Venue tbc. There is a concluding relay and junior presentation but both date and venue tbc.

## FELL RUNNING

On Sunday 21st 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, cost £2 and all finishers get a goody bag. For all juniors 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 is the organiser and she will be looking for volunteers to help on the day. Please offer your help by contacting her.

In addition we are looking to do some fundraising by having a **CAKE/SAVOURY STALL** and we are inviting all juniors to put on their aprons for the 'great JIH bake off' and donate to the stall.

The **Junior Ilkley Harriers Fell League 2016** is being coordinated by George Elmes and is for juniors from U10 (min age 8) to U18 (based on age on 31/12/ 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 2016 league races are:

Sun 17th Jan, Soreen Stanbury Splash, [woodentops.org.uk](http://woodentops.org.uk)

Sun 21st Feb, Ilkley Moor, [junior.ilkleyharriers.org.uk](http://junior.ilkleyharriers.org.uk)

Mar/April, Bunny Runs (U14.U16 & U18 only with best time from series to count), [woodentops.org.uk](http://woodentops.org.uk)

Sat 2nd April, Pendle, Lancashire, [clayton-le-moors-harriers.co.uk](http://clayton-le-moors-harriers.co.uk)

Sat 16th April, English Fell Champs Race 1, Todd Crag, Cumbria, [amblesideac.co.uk](http://amblesideac.co.uk)

Sat 7th May, English Fell Champs race 2, Hawkswick, Yorkshire, [wharfedaleharriers.co.uk](http://wharfedaleharriers.co.uk) (also Yorkshire champs)

Tues 10th May, Jack Bloor races, Ilkley Moor, [jackbloor.co.uk](http://jackbloor.co.uk)

Sat 14th May, English Fell Champs Race 3, Malham Kirkby, Yorkshire, [kcac.co.uk](http://kcac.co.uk)

Sat 11th June, English Fell Uphill Champs race 4, Cumbria, [broughtonrunners.org.uk](http://broughtonrunners.org.uk)

Sat 18th June, English Fell Champs Race 5, Clougha Pike, [bowlandfellrunners.org.uk](http://bowlandfellrunners.org.uk)

Sat 2nd July, English Fell Champs Race 6, Stretton Junior, [merciafellrunners.org.uk](http://merciafellrunners.org.uk)

Sun 9th Oct, Curly Wurly Rat Runs, [woodentops.org.uk](http://woodentops.org.uk)

Sun 18th Dec, Stoop Fell, [woodentops.org.uk](http://woodentops.org.uk)

The **BAN Fell & Terrain League 2016** 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. Geoff has set up a designated web site for the league where up to date info and league tables can be found throughout the season [www.banfellterrainleague.wordpress.com](http://www.banfellterrainleague.wordpress.com)

The 2016 league races are:

Sun 17th Jan, Soreen Stanbury Splash, [www.woodentops.org.uk](http://www.woodentops.org.uk)

Sun 21st Feb, Ilkley Moor, [www.junior.ilkleyharriers.org.uk](http://www.junior.ilkleyharriers.org.uk)

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

Sat 7th May, Hawkswick, Yorkshire, [www.wharfedaleharriers.co.uk](http://www.wharfedaleharriers.co.uk)

Sat 14th May, Kirkby Malham, Yorkshire, [www.kcac.co.uk](http://www.kcac.co.uk)

Mon 30th May, Ilkley Trail Race, Yorkshire, [www.ilkleyharriers.org.uk](http://www.ilkleyharriers.org.uk)

Sat 25th June, Eldwick Gala, [www.bingleyharriers.org.uk](http://www.bingleyharriers.org.uk)

Sat 9th July, Baildon Carnival, [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)  
Sat 6th August Hellifield Gala, [www.barlickfellrunners.org.uk](http://www.barlickfellrunners.org.uk)  
Sun 9th Oct, Curly Wurly Rat Runs, [www.woodentops.org.uk](http://www.woodentops.org.uk)  
Sun 18th Dec, Stoop Fell, [www.woodentops.org.uk](http://www.woodentops.org.uk)

## TRACK AND FIELD ATHLETICS

**Competitions 2016:** 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 great starting point for most juniors.

### Try these 2016 meets:

Sunday 17th April, York Summer League meet 1  
Sunday 8th May, York Summer League meet 2  
Sat/Sun 14/15 May, Yorkshire Track & Field champs, U13=>  
Saturday 18th June, York Summer League meet 3  
**Sunday 19<sup>th</sup> June**, Burnley U11 Open Medal meet, Barden Athletic Track, Burnley (tbc)  
Saturday 30 July, York Summer League event 4  
Saturday 20 August, York Summer League event 5  
Saturday 3rd September, York open meeting  
? September, Pendle Open, Seedhill Athletics Track, Nelson (tbc)  
? September, Ivan Stringer memorial meeting, Cleckheaton (tbc)

## PROPOSED COMPACT ATHLETICS TRAINING FACILITY

We will keep you informed of developments and will contact all parents when important legal/governance/management issues are firmed up. We are going to need a massive fundraising effort (£300k) but hope to acquire some funding through other sources such as Sport England. Realistically in order for the venture to be a goer we will need the support of local investors.

## 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 but they are in a new style. If you intend competing at Cross-Country or Track & Field Athletics we would recommend that you buy the older version from D&R. Shirley has a few crop tops and 'hot pants' 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 Jane Mumby, Katrina Kennedy and Tracey Watson, as well 20 junior helpers who are embarking on their Junior Leader 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. In particular I am looking for help with both sportshall athletics sessions on a Monday and Thursday session 1 as well as another adult interested in coaching High Jump with me in the summer term (any ex high jumpers out there?). We give the children of coaches/helpers free sessions and free JIH membership as well as fully funding you through your coaching awards.

## FACEBOOK

We would like parents and juniors to sign up to this if they want. Its main function is to provide a photo gallery of juniors competing in all aspects of athletics at school and club level but we also use it for cancellation or general notices.

## CONTACTS

**Shirley Wood** (JIH co-ordinator): [Shirley@ilkleyharriers.org.uk](mailto:Shirley@ilkleyharriers.org.uk)

As Ros is away during the spring term Shirley will be covering as Junior Welfare Officer.

**Contact Shirley for all other contact details**