

# Junior Ilkley Harriers Newsheet

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



Spring & Summer 2024

This newsheet is being emailed to all juniors and covers both the spring and summer term activities.

**IMPORTANT:** If your child's contact/medical details have changed since September please contact Shirley. And as a matter of courtesy, please let Shirley and the lead coach (Sally Westlake, Katrina Kennedy, Kate Lofthouse or Liz Raven/Nicola Budding) know if your child has decided to not return to athletics this term.

## JIH ANNUAL SESSION FEE PAYMENT (and JIH membership forms)

Thank you to everyone for prompt payment of annual session fees. With exception of a few individuals who I will be chasing everyone is paid up until 1<sup>st</sup> September 2024. For any juniors joining JIH this term (spring 2024) the fee (which includes Junior Ilkley Harrier annual membership fee) is **£20**. As we are cheap compared to other sports there will be NO REFUNDS, so it is important that newcomers try 2-3 sessions before parting with money. Payment is by BACS and in addition we need a completed JIH membership form for our records. Please contact Shirley for further info.

## CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 3 remaining individual races are on Sat 3<sup>rd</sup> February, Ben Rhydding; Sat 24<sup>th</sup> February, Ghyll Royd; Sat 2<sup>nd</sup> March, All Saints School at the Swimming Pool.

The series is concluded with the team relays for KS2 on Sat 16<sup>th</sup> March at Nell Bank. We always need a few parent helpers at the finish and marshalling at the relays and it would be good for race organiser Sally Westlake to know in advance that she has enough help. As a bonus helpers get to park in the Nell Bank car park. Email Shirley/Sally.

The **PECO Cross-Country League** is ideal for newcomers to club XC competitions so give them a try. There is a 1mile race for years 2-6 & a 2mile race for years 7-12. The 2 remaining races are all in Leeds on: 28<sup>th</sup> Jan; (Middleton); 25<sup>th</sup> Feb (Roundhay). Full race details and how to enter: [www.PecoXC.co.uk](http://www.PecoXC.co.uk)

## \*\* FELL RUNNING AND CROSS -COUNTRY LEAGUE 2024/25 \*\* New

**Junior Ilkley Harriers 2024/25 Fell and XC League:** David & Rachel Holder and Emma Barclay are in charge of coordinating this league for juniors from U9 (min age 6) to U17. As of this year the league will run from March 2024 to March 2025 starting with our very own Ilkley Moor fell race and concluding with a series of cross-country races (WY and PECO leagues). 20 races altogether to give a lot of choice. Please look on the JIH website (fell page) for complete details but here are the dates for your diary:

3<sup>rd</sup> March Ilkley Moor

6<sup>th</sup> April Pendle

April Bunny Runs (U15 & U17 only) - juniors use best time from the 3 race series

6<sup>th</sup> May Coiners (Yorks Champs?)

14<sup>th</sup> May Jack Bloor

27<sup>th</sup> May Ilkley Trail

2<sup>nd</sup> June Kettlewell

16<sup>th</sup> June Hawkeswick

21<sup>st</sup> July Cracoe

1<sup>st</sup> August Eshton Moor

17<sup>th</sup> August Gargrave Show

1<sup>st</sup> September Burnsall

October 2024 to March 2025 - 4 x WY XC and 4 x PECO

Details of The **BAN Junior Fell & Terrain League 2024** can be found at [www.banfellterrainleague.wordpress.com](http://www.banfellterrainleague.wordpress.com)

## JUNIOR RACE ORGANISING – Ilkley Moor Fell races (3<sup>rd</sup> March)

JIH organise 3 races in the year – March fell races on Ilkley Moor, May/June trail races from the Lido and the September sprint fell relays on Ilkley Moor. On the 3<sup>rd</sup> March we have our very own junior fell races on Ilkley Moor. We always need a good number of adult volunteers to help out so please offer your services. If you are willing to offer your commitment in any way, please contact Rachel Holder or Rachel Carter or send Shirley and email and she'll forward it on.

## SPORTSHALL ATHLETICS (start back on Mon 29<sup>th</sup> Jan and Thurs 1<sup>st</sup> Feb)

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 18<sup>th</sup> March and Thursday 21<sup>st</sup> March we will have our Sportshall Athletics Decathlon Awards presentation sessions. Details will be given to both groups nearer the time, but we welcome parents to join us to watch children receive their awards.

Making a return to the SHA programme this term is an U11 and U13 team competition (including **West Yorkshire SHA trials**) so if you are in Years 5, 6, 7 or 8 and would like to take part please contact Shirley. This is open to those in the SHA programme and a separate email will be sent to you all with further details. Juniors need to be available to compete on Sunday 11<sup>th</sup> February in Bradford and then (if selected) again on Sunday 25<sup>th</sup> February in Middlesbrough.

## TRACK & FIELD ATHLETICS (summer 2024)

The **West Yorkshire T&F League** consists of 7 meetings (6 league and one championship). The junior age categories are U11, U13, U15 and U17. U11 athletes must be in school years 4 or 5 with a date of birth no later than 31/8/2015. The 2024 dates are: Sun 21 April, Cleckheaton, 11am; Wed 8 May, Cleckheaton, 6.30; Wed 29 May, Wakefield, 6.30; Wed 19 June, Wakefield, 6.30; Sun 7 July, Cleckheaton, 11am; Wed 7 Aug, Wakefield, 6.30; Sun 8 Sept, Cleckheaton, 11am (championship). There is a single entry fee of £35 for all 7 meetings which allows up to 3 events per meet. A club vest must be worn – see below for club stock.

More league details can be found at [www.westyorkshireathletics.org.uk](http://www.westyorkshireathletics.org.uk)

## ILKLEY HARRIERS CLUB VESTS AND HOODIES

A number of you will be aware that Dobson & Robinson are closing in February (which is very sad). I have bought the junior stock off Duncan to sell. If anyone would like to purchase a junior club vest (£10) or Hoody (£12) please get in touch. I have 9 standard red & green club vests; 1 x 26/28; 3 x 28/30; 2 x 30/32 and 3 x 32/34. I have 6 hoodies: Red in age 5/6, 7/8 and 11/12. Black in age 7/8 and 9/10 and Grey in age 13/14. I also have 5 x XS girls club crop tops (which can be worn instead of a club vest) for £10 each – these generally fit U11-U15 year olds. Please contact Shirley if you are interested in purchasing any kit.

## ADULT COACHES/HELPERS

We are grateful for the help and support we receive in delivering our athletics programme and are always pleased to hear from anyone who would like to volunteer at our sessions. As a reward we waive session fees at all sessions to children of qualified coaches and adult helpers. We will also fully fund any adult wishing to complete a coaching qualification.

## JUNIOR LEADERSHIP PROGRAMME (Year 10+ in September 2024)

if you are currently a Year 9 and helping at a session you will be offered a place, and I will contact you in the summer. Anyone else please contact Shirley. Places will be allocated on a first come first served basis (limit of 12).

Starting in September it involves 12 months of volunteering (duties include setting up equipment, timing, measuring, recording, leading small groups and generally being helpful!), a First Aid course and an England Athletics 'Leading Athletics' course. Your award is fully funded by JIH and you will qualify in July 2025.

## YEAR 8\* and 9 HELPERS (Year 8 or 9 in September)

If you are Year 8\* or 9 in September and would like to start helping at sessions contact Shirley. We require a minimum of one term's commitment - this can be simply because you want to help or for your volunteering element of the D of E. You will be given priority for a place on the Leadership programme. We cannot guarantee places to year 8's but we may if we are short of helpers on certain sessions.

**All junior leaders/helpers (qualified or not):** are rewarded with free training sessions.

## JUNIOR PRESENTATION OF COLOURS/ FELL TROPHIES

Club Colours in the form of cloth badges are presented to recognise the achievements of those Junior Ilkley Harriers who regularly train and represent the club at races. All awards will be presented at training sessions over the spring and summer terms.

## CLUB DISCOUNTS

This is a benefit for Ilkley Harriers only (to which your child is a junior member). Please do not share this code with non-members as this could damage our relationship with the retailer. The code changes every month so contact Shirley for future months.

**15% DISCOUNT at Yorkshire Runner (38 Bondgate, Otley):** The discount code for January is active instore and online. Yorkshire Runner stock a full range in store so recommend people come and see and try on a range of options, take a short test run, to help find what works best for the way they run. <https://www.yorkshirerunner.com>

**10% DISCOUNT at sportsshoes.com:** The [sportsshoes.com](https://www.sportsshoes.com) code for January is valid until 3rd of February 2024. It gives you 10% off the whole range on orders over £50 and free standard shipping, worth £4.99 on all orders.

## Sprint Fell Relays (September 2023)

The Sprint Fell Relays raised £140 which was donated to Nell Bank Centre where it will be used towards supporting children who might not otherwise be able to afford to attend the centre.

## CONTACT for any inquiries

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

**THE GENERAL DATA PROTECTION REGULATION (GDPR):** This statement is to make it clear to all parents/guardians that information we gather from you about your child is limited to what we collect from the JIH membership form and what we actually need for administration and necessary to run our training sessions safely. The only individuals who have access to this information are qualified lead coaches or those who enter children for races. If a junior competes regularly, we have to affiliate them to England Athletics and we pass on certain information to register them (as written on JIH membership form). We retain your JIH membership form for the period of time you are actively training or volunteering in the junior section (up to age 18) and this information is also held securely on a computer. It is shredded/removed when you leave. At 16 when a junior officially moves into the senior section your personal details are securely passed on to the senior membership secretary. In the junior section we apply a common sense 'need to know' policy with your child's information - if you have any queries/questions please get in contact with Shirley.