

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2024

Welcome back to everyone and we hope that you have had a good summer. This newsheet is emailed to all juniors currently on our membership list (plus any newcomers) giving all the information that is needed for the term ahead.

- ⇒ If your child's contact/medical details have changed, please contact Shirley.
- ⇒ If you are a newcomer this term – once you know that you would like to continue, please could you send a completed JIH membership form to Shirley for the junior club records. A membership form can be downloaded from the junior web site.
- ⇒ If you no longer wish to do athletics with us, please let Shirley know and she'll remove you from the membership list.

ANNUAL ATHLETICS SESSION FEES (2024/2025)

An annual session fee payment of **£30 per coaching group** (which includes (Junior) Ilkley Harrier annual membership fee) is due before October half term. To clarify: if your child attends both the Wednesday running group and a sportshall group it is £60. Juniors who do not attend any training sessions but wish to compete and need registering with England Athletics it is £19.

All coaching groups will try to do a minimum of 20 sessions over the year, but more are scheduled. As we are cheap compared to other sports there will be **NO REFUNDS** so it is important that juniors are sure of their commitment and newcomers try 2-3 sessions before making any payment. We appreciate it's not a great time for everyone so if session fees prove financially difficult, please contact Shirley. Also if a junior is unfortunate to be out for any length of time (injury or illness) again contact Shirley.

Volunteer concessions: NO FEES ON ANY SESSIONS for children of coaches and adult helpers, race organisers and Primary School XC League coordinators and Junior leaders/ helpers.

COLDS, SNEEZES AND OTHER ILLNESSES

All our wonderful volunteers wish to remain as healthy as possible so please do not send your child to any training session or race if they show signs of illness.

SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back on Wednesday 4th September and Rachel Carter and Rachel Holder are the organisers. It would be great to have as many as possible racing. If you can make it they start at 6pm, but please get there by 5.40 at the latest. Teams of 4, between the ages of 6 to 14. You can make up teams from your friends and they don't have to be Junior Harriers. Full relay details are on the JIH web site. They're a lot of fun and the opener to our autumn term coaching activities. Mums and dads – please offer to help on the night. Email Shirley before Wednesday and it'll be passed on.

AUTUMN COACHING PROGRAMME

Brief details of our programmes are shown below with further details of all sessions on the JIH web site (training and coaching section). As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) and the lead coach know as soon as possible if your child has decided to stop athletics this term. Note time changes to the Wednesday running sessions.

GENERAL COACHING PROGRAMME - for everyone, all abilities and newcomers to athletics.

Monday: Sportshall Athletics, IGS sports hall. 5.45 to 7pm for Years 4-7. Starts 9th September.

Wednesday: 'Speed Endurance' running, IGS playing fields, **6pm - 6.45**. Years 3-11. Starts 11th September.

Thursday: Sportshall Athletics, IGS sports hall. 6pm to 7.15 for Years 3-7. Starts 12th September.

SPECIFIC COACHING PROGRAMME (Years 7 to 13) - for juniors who wish to train to compete. We expect a high level of commitment, motivation, self-discipline and behaviour. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell running, sessions on the fells until late Sept => Ghyll Royd field, 6pm to 7pm.

Wednesday: 'Speed Endurance Training', IGS playing fields, **6.15-7.30**, Starts 11th September.

CROSS-COUNTRY

Locally we co-ordinate the **Wharfedale Primary Schools XC League (Saturdays)**. This season's 6 individual dates are 5th October at Ilkley Rugby Club - Westville House; 9th November at Ilkley Swimming pool - All Saints; 18th January 2025 – Addingham Primary (**NOTE: KS2 ONLY**); 1st February - Ben Rhydding; 8th February – Ghyll Royd; 1st March – Ashlands (tbc grounds permitting). The series is concluding with the KS2 relays at Nell Bank on the 15th March. The format is the same as last season and individual race details have been sent to schools and are on our JIH web site.

West Yorkshire X-C League (www.westyorkshireathletics.org.uk) is a series of 4 races at U11, U13, U15 and U17 levels. The races are a good standard and juniors have competed at this level with much success for many years. Entry and payment are now **online** and up to the individual junior (parent) to do themselves (£25 for the series of 4 races). Juniors doing any of our training sessions are automatically a member of **Ilkley Harriers** but with the exception of U11's you must be registered with England Athletics and have an **URN** (unique reference number) to compete. If you are a first-time competitor or not sure whether you are registered with EA contact Shirley as soon as possible and she will get you registered. The club will pay your EA membership fee. Club vests must be worn (see info below).

2024 dates: Sun 6 October- Nunroyd Park, Yeadon; Sun 27 October-Thornes Park, Wakefield; Sat 10 November – South Leeds; Sun 8 December - Oulton, Rothwell.

Full details of the **Peco XC League** (www.pecoxc.co.uk) will be available as soon as we have them but it usually runs from November through to March. The series of 5 races is ideal for the first-time competitor who is not sure about racing so we would hope that a lot more juniors give them a go. There's a 1 and 2 mile race with same aged boys and girls racing together.

**** 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 2024 the league has run from March and will conclude in March 2025. The fell part of the league has concluded and the remaining 8 events will be the 4 x West Yorkshire plus 4 of the PECO XC League events.

There are additional local races in The **BAN Junior Fell & Terrain League**. www.banfellterrainleague.wordpress.com

CLUB RUNNING VESTS

The Yorkshire Runner in Otley is the new stockist for the club running vests. Instead of the shop holding stock we will put in an order mid-September. The junior section will subsidise the cost and they will be available to purchase for £10. If you would like to buy a vest to compete in, please contact Shirley before Tuesday 17th September and she will get some idea of design and size (they will be of the original Harrier red/green style).

ENDURANCE TRAINING FOR 16 to 18 YEAR OLDS

An endurance running group led by Andy Overend and Emma Barclay takes place on a Tuesday, 7pm to 8.15pm from the Ilkley Tennis Club. It's for all abilities, male and female.

JUNIOR PARKRUN (Riverside Gardens, Ilkley)

A junior Parkrun is run every Sunday at 9 am from the Riverside Gardens. 2km in length for ages 4 to 14 years. More details are on <https://www.parkrun.org.uk/riversidegardens-juniors/>

JUNIOR ILKLEY HARRIERS on FACEBOOK

We would like parents to sign up to this if they want. It's a place where we put notices regarding sessions/races coming up and it has photos of juniors competing in all aspects of athletics at school and club level.

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 September is and is active instore and online. This also includes free delivery on shoes for online orders. 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 <https://www.sportsshoes.com/>

New from August 2024: Athletes registered with England Athletics can obtain 15% discount and free delivery on in-season products by creating an ULTRA account. You need to enter your England Athletics URN in the 'My Details' section of the 'My Account' area. See <https://www.sportsshoes.com/ultra-membership> Discount will be applied automatically at checkout.

During this transition the monthly Sportsshoes code for September is It will give 10% off and free shipping on orders over £50. Note that some products including Coros, Garmin, Shokz, Maurten and a few shoes are excluded from the offer. Please make sure to select UK in your shipping address to apply the promotion code without errors. Should you come across the "country-iso" error in checkout, you will need to check you have set up a correct UK shipping address.

AND FINALLY.....

After a good number of years coaching athletics and coordinating the junior section I have decided to stop in June 2026. I will not be renewing my coaching/official's licence so I will no longer have insurance after that time. There are several areas that it would be nice to see other individuals take on – Monday SHA group, Nell Bank Relays, junior web site to name a few. I intend to continue doing a lot of the admin after 2026 so I can work alongside someone but giving this amount of notice I can also work (and get qualified) someone else to take on these roles before then. The Monday SHA group does not need to remain as an IH session and could be run independently. If anyone is interested please contact Shirley.

CONTACT for inquiries

Shirley Wood: JIH admin and co-ordinator: Shirley@ilkleyharriers.org.uk

THE GENERAL DATA PROTECTION REGULATION (GDPR)

Notice from Shirley: 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 (password protected) 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 me.