

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring & Summer 2025

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 the lead coach of the session your child attends know if they have decided not to 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 1st September 2025. For any juniors joining JIH this term (spring 2025) 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.

CANCELLATION of WEDNESDAY RUNNING GROUP (younger session)

It is with regret that we have had to permanently cancel the younger Wednesday running session. An email was sent to all those who attend the session and they have been offered alternative sessions within our programme. If you have not responded yet, please do so as we are having to rearrange groups and schedules to fit everyone in. The session had been a part of our programme since 2004 and over the years provided the starting point for so many athletes. Unfortunately, we just don't have enough qualified coaches right now, but we will continue to work towards building up our coaching pool again and hopefully we will be able to bring it back in the future. Children in Wharfedale will lose out if we cannot do this.

Athletics is so dependent on grassroot volunteer coaches. As I have said many times before our sessions only happen because of the goodwill of volunteers who give up their time. We have been so fortunate that for 25 years people have stepped up, helped out and then gained qualifications to keep the process going. Therefore we would love to hear from anyone who would like to volunteer at our sessions. As a reward we waiver 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.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 3 remaining individual races are on Sat 1st February, Ben Rhydding; Sat 8th February, Ghyll Royd; Sat 1st March, Ashlands School.

The series is concluded with the team relays for KS2 on Sat 15th 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 7-11. The 2 remaining races are: Sun 9th February (Roundhay); Sunday 2nd March (Stockeld Park). There are relays on Sunday 9th March at Bramley Fall. Full race details and how to enter: www.Pecoxc.co.uk

JUNIOR ILKLEY HARRIERS FELL RUNNING LEAGUE 2025

David & Rachel Holder are in charge of this league. It's for juniors from U9 (min age 6) to U17. Please look on the JIH website (fell page) for complete details but here are the dates for your diary:

2nd March Ilkley Moor

5th April Pendle

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

5th May Coiners (Yorks Champs?)

13th May Jack Bloor

26th May Ilkley Trail

1st June Kettlewell

15th June Hawkeswick

20th July Cracoe

7th August Eshton Moor

7th September Burnsall

14th September Bradley

12th October Withins

21st December The Stoop

Details of The **BAN Junior Fell & Terrain League 2025** can be found at www.banfellterrainleague.wordpress.com

JUNIOR RACE ORGANISING – Ilkley Moor Fell and Trail races and Sprint Relays

JIH organise 3 races in the year. On the 2nd March we have the Ilkley Moor junior fell races; 26th May the trail races from the Lido and in September the sprint fell relays on Ilkley Moor. On the 2nd March we have our very own junior fell races on Ilkley Moor.

Firstly we would love to have lots of our own juniors racing and secondly we 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 (starts Mon 27th and Thurs 30th January)

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 24th March and Thursday 27th 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.

YORKSHIRE SPORTSHALL ATHLETICS TEAM

Juniors from Ilkley Harriers and Halifax Harriers are combining forces to make up the Yorkshire SHA team to compete on Sunday 2nd March in Middlesbrough. There will be separate boys and girls U11 and U13 team competitions so if you are in Years 5, 6, 7 or 8 and would like to take part please contact Shirley. An email was sent to both sportshall groups before Christmas, but we still need more juniors to make up the teams. It's not often that you get the chance to compete for your county in this discipline – give it a go.

TRACK & FIELD ATHLETICS (summer 2025)

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. The 2025 dates are: Sun 13 April, Wakefield, 10.30am; Wed 7 May, Cleckheaton, 6.30; Wed 4 June, Cleckheaton, 6.30; Wed 25 June, Wakefield, 6.30; Sun 20 July, Cleckheaton, 10.30 am; Wed 6 Aug, Wakefield, 6.30; Sun 7 Sept, Wakefield, 10.30 am (championship). Typically, U11 competition is for years 4 and 5 and last year there was a single entry fee of £35 for all 7 meetings which allowed up to 3 events per meet. A club vest must be worn – contact Shirley as she has a few in stock. Further details and an entry form will appear on their web site nearer the time www.westyorkshireathletics.org.uk

JUNIOR LEADERSHIP PROGRAMME (Year 10+ in September 2025)

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 2026.

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): 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>

CONTACT for any inquiries

Shirley Wood: JIH admin and co-ordinator: 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.