

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Spring & Summer 2026

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. 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.

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 2026. For any juniors joining JIH this term (spring 2026) 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.

CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League (Saturdays)**. The 4 remaining individual races are: 17th January - Addingham Primary (**NOTE: KS2 ONLY**); 31st January - Ashlands; 7th February - Ghyll Royd; 28th February - Ben Rhydding. As last term's events were cancelled it will be **3 out of 4 races** to count this season. Race details are on our JIH web site.

The series is concluding with the KS2 relays at Nell Bank on the 14th March. 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 with offers of help.

The **PECO Cross-Country League** is ideal for newcomers to club XC competitions and this season we have had more juniors competing in the Ilkley colours (but we want even more!!). There is a 1mile race for years 2-6 & a 2mile race for years 7-11. The 2 remaining races are: Sunday 25th January at Temple Newsam and Sun 15th February at Roundhay Park. There are relays on Sunday 8th March at Rothwell. Full race details and how to enter: www.Pecoxc.co.uk

Note: Juniors doing any of our training sessions are automatically a member of **Ilkley Harriers** but you must be registered with England Athletics and have an **URN** (unique reference number) to compete if you're aged 11 or older. If you plan to compete for the first time or are not sure whether you are registered with EA contact Shirley. The club will pay your EA membership fee.

JUNIOR ILKLEY HARRIERS FELL RUNNING and CROSS-COUNTRY LEAGUE 2026

Gawain and Emma Moore are taking charge of this league. It's for juniors from U10 (min age 6) to U16 and this year we are including the PECO XC races too. Look on the JIH website (fell page) for complete details but here are the dates for your diary:

Sunday 4th Jan, PECO 3, West Park/Beckett

Sunday 25th Jan, PECO 4, Temple Newsam

* choose between

*Sunday 15th Feb, PECO 5, Roundhay

*Sunday 15th Feb, Yorkshire Fell Championships, Hoppits, Dewsbury

Sunday 1st March, our own Ilkley Moor junior fell races

Tuesday evenings in April, Bunny Runs, Haworth (over 12's only) - best time of the 3 race series to count

Tuesday 12th May (evening), Jack Bloor races, Ilkley Moor

Saturday 30th May, FRA Championship race, Ogden Water near Halifax

(there's no Ilkley Trail race this year)

Sunday 7th June, BOFRA league race, Kettlewell

Thursday ? July (evening race), BOFRA league race, Murder Mile, Silsden

Thursday 6th August, BOFRA league race, Eshton Moor

Sunday 6th September, BOFRA league race, Burnsall

Sunday 11th October, Withins races, Haworth

November, PECO race 1

December, PECO race 2

Some of the races in our league will also double up and count for the BAN (Bradford Athletics Network) League as well.

Details of The **BAN Junior Fell & Terrain League 2026** can be found at www.banfellterrainleague.wordpress.com

NEW TO RACING – Just a few pointers.

Whether you're used to racing or just starting out, it's a good time to remind you of a few points to help your race go smoothly.

1. Allow plenty of time to travel to the venue, park up, register and go to the toilet. There may be long queues!
2. Try to walk/jog the course (use it as a warmup) and make sure you're near the start area 10 minutes before your race time.
3. Wear appropriate footwear and clothing for the conditions (lots of layers, gloves and a hat if it is cold) and your club vest. Note that if you compete on the fells, you may be required to carry additional race items (waterproof jacket).
4. Have something warm to put on after racing and something to eat/drink.
5. Finally try to enjoy it!!

If you have a specific question, please ask any of the amazing coaches that lead the training sessions.

CLUB RUNNING VESTS

I should have another stock of club running vests very soon. 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 and she will get one to you. They will be of the original Harrier red/green style.

JUNIOR RACE ORGANISING 2026 – Ilkley Moor Fell races and Sprint Fell Relays

JIH are organising 2 races in 2026. On the 1st March we have the Ilkley Moor junior fell races and in September the Sprint Fell Relays on Ilkley Moor. We would love to have lots of our own juniors racing at both these events but we also need a good number of adult volunteers to help out so please offer your services. We have new organisers shadowing the current fell race organisers this year with a view to taking the lead in 2027 but we are looking for a small team of individuals to take over the Sprint Fell Relays. These take place on a Wednesday evening early in September and are a lot of fun. 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 26th and Thurs 29th January)

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 23rd March and Thursday 26th 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.

WEDNESDAY ENDURANCE RUNNING SESSION (5.30 to 6.15)

From this term Rachel is accepting Years 4 to 6 so if you would like to start contact her direct (or me and I will forward). If you are a Year 6 and already doing the later session with Kate you STAY on that session.

TRACK & FIELD ATHLETICS (summer 2026)

The **West Yorkshire T&F League** consists of 7 meetings (6 league and one championship). I will confirm all details in March/early April when I know them, or you can check the website yourself at www.westyorkshireathletics.org.uk

For now, the provisional 2026 fixtures are: Sun 19 April, Cleckheaton, 10.30am; Wed 13 May, Wakefield, 6.30; Wed 3 June, Cleckheaton, 6.30; Wed 24 June, Cleckheaton 6.30; Sun 12 July, Wakefield, 10.30 am; Wed 12 Aug, Wakefield, 6.30; Sun 13 Sept, Cleckheaton, 10.30 am (championship). I will also try to find some other local T&F meets that you may like to attend.

JUNIOR LEADERSHIP PROGRAMME (Year 10+ in September 2026)

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 10).

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 2027.

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.

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 codes with non-members as this could damage our relationship with the various retailers. The codes change every month – please contact Shirley.

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>

There is also **15% DISCOUNT at startfitness and Sportsshoes** (some exclusions).

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.