

# Junior Ilkley Harriers Newsheet

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



Summer 2015

Updated 10/6/2015.

This newsheet gives details of everything coming up in the summer term and other important things 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 they're the best place to look if you need to know what's going on.

## COACHING PROGRAMME

In the junior section we offer a wide range of running related activities. There is a general coaching programme which caters for everyone - all abilities and newcomers to athletics and a more specific programme only available to those juniors who are Year 7 and older and are more serious about their athletics and want to train to compete for Ilkley. 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 in operation so if you are interested in starting any of the sessions below please contact Shirley first. And a reminder to those already training with us that if 3 sessions are missed in a row without a reason given then you will lose your place.

## SUMMER COACHING PROGRAMME

### GENERAL COACHING PROGRAMME

**Monday:** Outdoor Track & Field at Ghyll Royd School for Years 7 to 9. There is ONE session, 6pm - 7.30 (arrive 5.50).

**Wednesday:** Speed Endurance running on the IGS playing fields for Years 3 to 11 (min 8 yrs).

**Thursday:** Outdoor Track & Field sessions on IGS playing fields for Years 3 to 6 (min 8 yrs). Two sessions (Session 1: 5.30 to 6.45 and Session 2: 7pm to 8.15).

**SPECIFIC COACHING PROGRAMME** for Years 7 and older only and must compete at club level.

**Monday:** Hill Training on Ilkley Moor, meet Darwin Gardens, 6.15 to 7.15. Invited Year 6's

**Tuesday:** High Jump, 6pm to 7pm in the sports hall (arrive 5.45), Ghyll Royd School. Jumps, Throws and Running (inc Hurdling), 7pm to 8pm, outside on the field. Invited Years 5 & 6.

**Wednesday:** Speed Training on the IGS playing fields, 6.15 to 7.30. Invited year 6's.

**Friday:** Hurdling & Sprinting on the University Academy Keighley track, limited dates, 6.15 to 7.30.

## TRAINING FOR 15, 16, 17 and 18 YEAR OLDS

16, 17 and 18 year olds can train at both senior and junior training sessions or they can 'mix and match', however they must join the senior section of the club. Annual membership is £12.

15 year olds are members of JIH (annual membership of £5) and can do all training sessions open to them in the junior section but as a 'transition stage' they can also take part in 2 senior sessions during the week led by an appropriately qualified coach.

**Tuesday:** Neil Chapman, Val Kerr and Sue Williamson lead groups of 15 years+ on the terrain at the senior club evening, ILT&SC, 7pm. Juniors need to be able to run for 30 minutes to attend. **Thursday:** speed/endurance training on the fells, meet on the grass opposite Darwin Gardens, 7pm.

A 15 year old wishing to start any of these sessions must contact Sue, Neil, or Val first and not just turn up on the night.

## OUTDOOR ATHLETICS CANCELLATION PROCEDURE

There are a number of outdoor sessions throughout the summer term - given what the British weather is like please check the JIH website before you travel if it is not looking too good. Also be prepared to come back a little early to collect if the weather deteriorates as the evening progresses.

## SUMMER RACE PROGRAMME

There are so many different running disciplines so hopefully you will all want to try some form of competition while you are a Junior Harrier. We will not be providing a paper copy of the race programme as virtually everything you need to know can be found in this newsheet or on the junior web site. The only exception being a BOFRA calendar of local fell events which is available at [www.bofra.co.uk](http://www.bofra.co.uk).

## COACHES and HELPERS

We are grateful for all the help and support we receive in delivering our athletics programme so if anyone reading this would like to be a part of our coaching team please contact Shirley. Children of coaches receive free sessions and JIH membership.

## FELL RUNNING

The **Junior Ilkley Harriers Fell League 2015** is being coordinated by George Elmes and is for juniors from U10 (min age 8) to U18 (based on age on 1/1/ 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 remaining 2015 races are:

Mon 4th May, English Fell Champs 4, Coiners, Yorkshire, cvfr.co.uk

Tues 12th May, Jack Bloor races, Ilkley Moor, jackbloor.co.uk

Sat 30th May, English Fell Champs race 5, Kirkby Malham, Yorkshire, kcac.co.uk

Sat 20th June, English Fell Uphill Champs race 6, Cumbria, broughtonrunners.org.uk

Sun 11th Oct, Curly Wurly Rat Runs, woodentops.org.uk

Sun 20th Dec, Stoop Fell, woodentops.org.uk

The **BAN Fell & Terrain League 2015** 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. The remaining 2015 races are:

Mon 25th May, Ilkley Trail Race, Yorkshire, ilkleyharriers.org.uk

Sat 30th May, Kirkby Malham, Yorkshire, kcac.co.uk

Sat 27<sup>th</sup> June, Eldwick Gala, bingleyharriers.org.uk

Sat 11th July, Baildon Carnival, [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)

Sun 11th Oct, Curly Wurly Rat Runs, woodentops.org.uk

Sun 20th Dec, Stoop Fell, woodentops.org.uk

Full details of both leagues can be found on the JIH web site.

## REMINDER - JIH Fell Team Summer Camp weekend. Friday 19<sup>th</sup>/Sat 20<sup>th</sup> June 2015.

In the spring newssheet George gave details of a camping social linked in with the final (uphill) race in the FRA Championships (see JIH web site for full details). If you're thinking about it let George know?

## TRACK AND FIELD ATHLETICS

**Competitions 2015:** There are enough local open events throughout the summer for us to establish our own competitive program where we know the level of competition would be suitable for our juniors. In most cases open events have age categories from U9 to seniors and everyone would be able to enter the events that they wanted.

**NEW for 2015** - there will be A JIH Track & Field Award based around the meets below and using the ESAA Primary and Secondary Award schemes. We do not like juniors to specialise too early so the awards will be for Combined Events - Triathlon, Quadrathlon and Pentathlon. In order for a junior to gain an award an individual must do various runs, jumps and throws at a minimum of 4 meets this summer. All awards will be presented at the annual presentation evening next March.

\*The 7 meets in red are particularly good for newcomers to T&F competition and we would really like everyone in our SHA/T&F programme to give these a go this summer.

Entry form for the Burnley U11 meet is on the JIH web site and the entry form for the York Summer League events can be found at [www.cityofyorkathleticclub.net](http://www.cityofyorkathleticclub.net)

### 2015 fixtures

Sat 9th May, Leeds City Open meet, U11 =>

Sat/Sun 23/24 May, Yorkshire Track & Field champs, Dorothy Hyman, Cudworth, U13=>

Sun 14th June, Burnley U11 Open Medal meet, Barden Athletic Track, Burnley, U9 + U11 only

Sat 20th June, York Summer League event 1, U9 =>

Wednesday 24th June, West Yorkshire Track & Field League meet 4, Wakefield, 6.45.

Sat 4th July, York Summer League event 2, U9 =>

Wednesday 15th July, West Yorkshire Track & Field League meet 5, Cleckheaton, 6.45.

Sun 19th July, York Summer League event 3. U9 =>

Saturday 1st August, West Yorkshire Track & Field League meet 6, Wakefield, 12.30 field/1pm track.

Sun 2nd August, York Summer League event 4. U9 =>

Sun 16th August, York Summer League event 5. U9 =>

Sat 5th September, York open meeting.

The two meets in green are no longer an option for JIH as we do not have an individual able to cover the officiating.

This is just a reminder that we have **Track and Field coaching sessions** at Ghyll Royd School on Tuesdays. We must stress that they are for children who are more serious about their athletics and are planning to compete for Ilkley in the future.

As from September 2015 they will be for Year 7 and older who have competed for Ilkley over the summer and by invitation for Years 5 & 6.

### **ATHLETICS FACILITIES IN ILKLEY - an update**

At the moment these are just ideas and possibilities and there is still a long way to go but we may have the real opportunity to provide athletics facilities in Ilkley, however before you all get excited about a 400m track this is not going to happen. The UK Athletics facilities strategy 2014-19 is very clear

'having reviewed facility provision at a domestic level UKA maintains that there is a sufficient supply of synthetic outdoor 400m tracks to meet club and competition demands and therefore any new facility developments should be focused on entry level Compact Athletics Facilities or the refurbishment/redevelopment of existing facilities to encourage increase usage and sustainability at club level'

The ideas we have are for a Compact Athletics Training facility along two sides of a proposed 3G floodlit football pitch which would be used by the community for training at both school and club level. It will include an 8 lane track straight with 4 lanes of 100m and 4 lanes of 85m extending into a jumps run up and landing pit to the north of the 3G with a throws area to the east alongside the grassed area doubling up as a throws sector and with a marked 4-6 lane 250/300m track. There will be provision for all the throwing events with a training throws cage at the top end of the grass. There will also be a storage building for various sports which would include an outdoor undercover high jump area. Everything has been designed with a coaches experience for use by large numbers across all disciplines. This type of facility would not only help the junior section reduce massive waiting lists but also develop Track and Field Athletics which up until now we have not been able to. It will provide the necessary facilities to take an individual from a newcomer to national standard.

There would also be benefits to seniors to do speed work on the 100m straight as well as having a marked lit grass track for winter training. There is also the long term prospect of seniors training for field events as well as pure running and there may be other opportunities to add to the facility at a later time - maybe a trim trail around the perimeter of the field? We have spoken to the facilities manager at England Athletics and he is fully supportive of the idea.

Even basic training facilities do not come cheap and we will need to raise about £225k for the original build, generate £11k each year for maintenance and more for general running costs. Firstly there are a number of very important legal/governance/management issues that have to be addressed before these ideas can be recognised but (fingers crossed) these can be agreed and we can progress. There is already a good working group ready to leap into action when the time is right, but if there is anyone else who would like to help in any way please get in contact with me. If you would like more specific information about Compact Athletics Training Facilities and their general principle there is an excellent download on the EA web site (<http://www.englandathletics.org/athletics-clubs/i-help-to-run-a-club/athletics-facilities>).

### **TRAIL RELAYS**

There are a number of Trail Relays that take place in the summer. We do not have dates for all of them but if you are interested please get together and enter your own teams (Shirley will organise teams for the Washburn Valley Relays).

**Danefield Relays:** Otley Chevin. **Tuesday 30<sup>th</sup> June**. Over 12's. See [www.fellandale.com](http://www.fellandale.com)

**Washburn Valley Relays:** from Fewston Reservoir. **Friday 17<sup>th</sup> July** and organised by Otley AC. For 8 to 14 year olds of all abilities. We have an informal club picnic afterwards and it's a really good evening. Contact Shirley if interested in running.

**Golden Acre Park Relays:** Wednesday 22<sup>nd</sup> July, 7pm. Junior teams 13-16 year olds. See [www.abbeyrunners.co.uk](http://www.abbeyrunners.co.uk)

### **ILKLEY HARRIERS SUMMER EVENTS**

#### **ILKLEY TRAIL RACE JUNIOR FUN RUN**

The Ilkley trail race is on **MONDAY 25<sup>th</sup> MAY**. Rachel Websdale would love to see lots of you running and any offers of help from parents or older juniors would be appreciated.

#### **WILL RAMSBOTHAM BADGER STONE RELAYS**

The relays are on **WEDNESDAY 10<sup>th</sup> June** from White Wells, 7.30 mass start. It's a great event for Seniors, Juniors and in particular families. Mark Mon Williams is organising the relays this year so if you can help please get in touch with him.

**Details of the junior and senior relay format can be found on the IH web site and it is different from previous years.**

Advanced notice that the **Ilkley Aquathlon** organised by Steve and Gaenor Coy is on Saturday 19<sup>th</sup> September. **Entries are open => go to IH web site.**

### **SEPTEMBER**

Our first session back in September is the **Sprint Fell Relays** on Wednesday 2<sup>nd</sup> September. Jane McCarthy has taken over the organisation of the junior races this year and she will be looking for volunteers to help on the day. Please offer your help by contacting Jane.

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 5.45 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 or involved with the sportshall athletics programme. Full relay details are on the junior website. They're just a bit of fun and they are the opener to our autumn term coaching activities.

We hope to have our full programme of **Sportshall Athletics and Speed/Endurance sessions** starting as soon as possible after the 2<sup>nd</sup> but please check the JIH web site for confirmation of these (and other session) dates at the end of August.

Also for those who are currently doing Sportshall Athletics on a Thursday and will be **Year 7 in September** - you will need to move to Mondays if you wish to continue. If you could email me to say which session would be best that would be great (either Session 1: 5.30 to 6.45pm or Session 2: 7pm to 8.15). If you do not want to continue please let me know also.

### **JUNIOR SPORTS LEADERS AWARDS**

Juniors can **start volunteering in the summer term when they are Year 9 by helping out at sessions** to gain experience. Duties include setting up equipment, timing, measuring, recording and generally being helpful! The actual Level 2 Award involves 15 months of volunteering which includes a First Aid course over October half term and a 3 day course over February half term. Once a junior is qualified they receive £2 per session travel expenses. We are no longer doing the Community Sports Leaders Award but instead we are 'vamping up' the Sports Leaders Award to include elements of this award. **We are taking on new volunteers now but places are limited so if anyone is interested contact Shirley.**

### **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. Shirley has a few crop tops and stripey long socks for girls in stock.

**Borrowed Club running vests:** If you borrowed one of the spare Junior Ikley 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. **Jacqui is bringing kit along to the session on WEDNESDAY 17<sup>th</sup> JUNE (5.30 - 6.15).**

### **FACEBOOK**

We would like parents and juniors to sign up to this if they want. Its function is to provide a photo gallery of juniors competing in all aspects of athletics at school and club level. Basically to show off what we're doing.

### **CONTACTS**

**Contact Shirley Wood (JIH co-ordinator): [Shirley@ilkleyharriers.org.uk](mailto:Shirley@ilkleyharriers.org.uk) if you want to contact any other named person in this newsheet and she will forward your email on to them.**

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

Gaenor Coy (Fell and Cross Country coordinator with Sally Westlake):

Ros Blackburn (Junior Welfare Officer for U18 training in the junior section):

Sue Williamson (15 years transition):

Neil Chapman (CRB club verifier & 15 years transition):