

# Junior Ilkley Harriers Newsheet

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



Spring 2023

## Happy New Year – we hope everyone has a healthy and injury free 2023

The junior newsheet is emailed to everyone at the beginning of each term and it gives all the information that is needed. Please print a copy and take the time to read it.

**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.

All our wonderful volunteers wish to remain as healthy as possible so please do not send your child to any training session if they show signs of illness. Any illness affects the immune system and at the moment there are some particularly nasty seasonal bugs doing the rounds.

## JIH ANNUAL SESSION FEE PAYMENT

Thank you to everyone for prompt payment of annual session fees. With exception of a few individuals who started at the end of the autumn term **everyone is paid up until the end of the summer term 2023**. For any juniors joining JIH this term (spring 2023) 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. The preferred payment option is by BACS. Alternatively, we accept cash in a named envelope but NO cheques.

## OUTDOOR WEDNESDAY RUNNING SESSIONS (start back 11<sup>th</sup> Jan)

The spring term is always worse weather wise – please dress up warm with hats and gloves and leg cover. It is possible that sessions could be cancelled if the days leading up to training are wet. We have a lot of juniors training on a relatively small part of the IGS playing fields and we need to protect the general ground conditions. If sessions are cancelled a message will be put on the junior Facebook so please check before you travel.

## SPORTSHALL ATHLETICS (start back on Mon 30<sup>th</sup> Jan and Thurs 2<sup>nd</sup> Feb)

We have a very busy term ahead with our Sportshall presentation evenings at the end of it. On Monday 27<sup>th</sup> March and Thursday 30<sup>th</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.

## SPRINTING AND HURDLING DRILLS (Monday, IGS sports hall, 7.10-8.10pm(ish))

A new session for Years 7 and older started last term for those who wish to compete at club or school level at sprinting (up to 400m) or hurdling. Mael & Joan Matthews have returned to coaching to do 'good style' sprint drills (Shirley will do hurdling skills for anyone interested). There are places available for more juniors and if you are interested in training to compete in other Track and Field events speak to Shirley and we'll see what we can do. In the future we may do some odd evening sessions at UAK if there is enough interest.

## CROSS-COUNTRY

The **Wharfedale Primary Schools' XC League**. The 2 remaining individual races are on Sat 4<sup>th</sup> February, Ben Rhydding; Sat 4<sup>th</sup> March, All Saints School at the Swimming Pool.

The series is concluded with the team relays for KS2 on Sat 18<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 3 remaining races are all in Leeds parks on: 22<sup>nd</sup> Jan; (West Park/Becketts); 19<sup>th</sup> Feb (Middleton) and 5<sup>th</sup> March (Roundhay). Full race details and how to enter: [www.PecoXC.co.uk](http://www.PecoXC.co.uk)

## FELL RUNNING

**Junior Ilkley Harriers 2023 Fell League:** David and Rachel Holder are in charge of coordinating this league for juniors from U9 (min age 6) to U17. As last year the league will focus on a summer series of races from April to end of September and as most of these are very local and attached to a gala show it's a good day out for the whole family too. At the end of the series, awards will be presented to the first 3 finishers in each age category providing a minimum number of races have been run (8 to count (tbc)). The full list of 2023 races is: 1<sup>st</sup> April Pendle; 1<sup>st</sup> May Coiners (also Yorkshire Champs); 9<sup>th</sup> May Jack Bloor; 29<sup>th</sup> May Ilkley Trail; 4<sup>th</sup> June Kettlewell; 18<sup>th</sup> June Hawskwick; 24<sup>th</sup> June Eldwick Gala; 16<sup>th</sup> July Cracoe; 3<sup>rd</sup> August Eshton Moor; 12<sup>th</sup> August Arncliffe Gala; 29<sup>th</sup> August Kilnsey Show; 3<sup>rd</sup> September Burnsall Feast; 19<sup>th</sup> September Bradley Show. JIH website has more info.

In addition, there are a couple of local junior events organised by Wharfedale Harriers which do not count towards the league but I can recommend as local (Penistone Hill, Haworth), friendly and good fun. They are: Sun 15<sup>th</sup> January, Sreen Stanbury Splash (races for age 6 years upwards) and on Tuesday 4<sup>th</sup> April the first of the Bunny Runs series starts. The BR are a series of 3 races and a relay for over 12 year olds. Details of these events can be found at [www.wharfedaleharriers.co.uk](http://www.wharfedaleharriers.co.uk)

## **JUNIOR RACE ORGANISING**

JIH organise 3 races in the year – March fell races on Ilkley Moor, May/June Trail race from the Lido and the September sprint fell Relays on Ilkley Moor. Last year Rachel Holder and Rachel Carter took on the responsibility of organising all three events. However going forward they need more people to be a part of their organising team who are prepared to commit themselves for a couple of years to give continuity.

For 2023 we have had to take the decision to **not have junior races at the fell race in March** because there is too much work for just two people to cover. If we are to return to a full junior race programme, we need to recruit at 2 or 3 other individuals to work with the two Rachels. If you are willing to offer your commitment in any way, please contact Shirley.

## **JUNIOR PRESENTATION OF COLOURS**

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. In March 2023 we will be presenting Colours for Fell Running (2022), Track & Field Athletics (2022) and Cross-Country (2022/2023) at various training sessions. See the Colours sheet on the web site for further details.

## **CLUB KIT**

Club kit including club vests can be purchased in junior sizes from Dobson & Robinson. If you **intend competing for JIH it is wise to buy the original plain red/green style version**. Shirley also has a few crop tops and black hot pants for girls in stock. If your child has outgrown running shoes/kit which is still in good condition put your own message on the JIH Facebook page.

## **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>

## **Sprint Fell Relays (September 2022)**

The Sprint Fell Relays raised £75 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.

## **10% DISCOUNT at sportsshoes.com**

The [sportsshoes.com](https://www.sportsshoes.com) monthly discount code will save you 10% off and you will get free standard delivery worth £4.99. 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 please contact Shirley for future months.

## **20% DISCOUNT AT THE COMMUTE, ILKLEY**

Ilkley Harriers (along with the Cycling Club and the Football Club) has agreed a partnership arrangement with Commute Cafe whereby the Cafe is offering 20% discount to club members. This applies to Ilkley Harriers Juniors and their parents/carers. The email with this newsletter will be the proof that the Cafe requires. Commute Cafe has been relaunched by 3 local people who have a clear vision for using the café as a meeting place for those who enjoy being active and outdoors. Do try it if you haven't already.

## **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.