

Junior Ilkley Harriers Club Colours

We recognise the achievements of Junior Ilkley Harriers who regularly train and represent the club at races by presenting Colours and Half Colours. Embroidered cloth badges (see examples below) are presented for performance and commitment at presentation evenings at the end of the Autumn term (fell and track & field) and the Spring Term (sportshall athletics and cross-country). U17 road Colours are presented at the beginning of the autumn term. A certificate is presented for Half Colours. A list of races that we use as a general 'performance' guide are given but additional races will also be included. Attitude and general commitment to training sessions is also used.

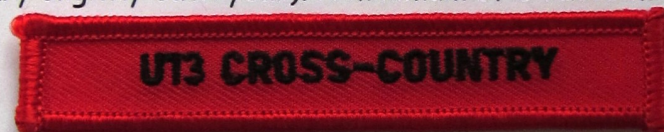
Sportshall Athletics - U11, U13 and U15 age categories

We use attendance and selection into the West or North Yorkshire teams. Attend trials and are selected you will gain your colours. Half Colours if you attend trials but are not selected.



Cross-Country - U11, U13, U15, U17 age categories

We use a points system so that all levels of competition are recognised. PECO league = 1 point; Complete Runner League = 2 points; Championship events = 3 points (selection into county team +2 points). Colours are awarded for over 10 points and Half Colours for over 7 points (point cut-off may vary slightly each year). A minimum of 5 races must be run.



Fell Running - U10, U12, U14, U16 age categories

We use races in the Ilkley Harriers Fell League and the Bradford Athletics Network (BAN) Fell & Terrain League. General participation in other FRA and BOFRA championship races will also be looked at. A minimum of 5 races must be run.



Track & Field Athletics - U11, U13, U15, U17 age categories

We use competing at local club 'open' events shown on the JIH web site each season - in particular the Ingrams League series in York. A minimum of 5 meets must be attended.



Road Running / Terrain - U17 only

Colours will be awarded to juniors over 15 years old and based mainly on the HDSRL series of races. It will also include the Esholt 5km series as well as terrain relays such as Washburn Valley, Danefield and Golden Acre Park.

