

# Junior Ilkley Harriers Club **COLOURS**

We recognise the achievements of Junior Ilkley Harriers who represent the club at races by presenting Colours. Embroidered cloth badges (below) are presented for commitment and performance at our annual junior presentation evening in March.

As a guide the main races/leagues used are given below but it is not comprehensive and others will be included. Selection into County/National teams gives automatic Colours. For U9 and U11 a Half Colour certificate may be presented in certain situations. A good attitude and general commitment to training sessions is also very important.

## Cross-Country - U9, U11, U13, U15, U17 (Junior Women & Men)

We use a points system so that all levels of competition are recognised.

PECO league = 1 point; West Yorkshire League = 2 points; Championship races = 3 points.

A minimum of 5 races must be run and typically Colours are awarded for over 10 points.

For U9's we use the PECO race series - 4 points to gain Colours.



## Fell Running - U9, U11, U13, U15, U17 (U19)

We use races in the JIH and BAN Fell Leagues and any additional participation in FRA and BOFRA events providing results are sent to us by parents.

Typically Colours are awarded for over 8 races (U9's - 5 races).



## Sportshall Athletics - U11, U13 and U15

We use attendance at the West and North Yorkshire Regional team trials. Attend trials and gain selection to be awarded Colours.



## Track & Field Athletics - U9, U10, U11, U13, U15, U17 (U20)

We use competing at the York summer series and other local meets (see JIH web site) with a minimum of 4 meets attended and/or the AAA graded performance awards.

For U9's & U10's (years 3-5) - compete in a minimum of 3 events at one meet to gain Colours.

