

Junior Ilkley Harriers Newsheet

www.junior.ilkleyharriers.org.uk



Autumn 2025

Welcome back to everyone and we hope that you have had a good summer. This newsheet is emailed to all juniors currently on our membership list (plus any newcomers) giving all the information that is needed for the term ahead.

- ⇒ If your child's contact/medical details have changed, please contact Shirley.
- ⇒ 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.
- ⇒ If you no longer wish to do athletics with us, please let Shirley know and she'll remove you from the membership list.

ANNUAL ATHLETICS SESSION FEES (2025/2026)

An annual session fee payment of **£30 per coaching group** (which includes (Junior) Ilkley Harrier annual membership fee) is due before October half term. To clarify: if your child attends both the Wednesday running group and a sportshall group it is £60. For juniors who do not attend any training sessions but wish to compete and need registering with England Athletics it is **£20**.

All coaching groups will try to do a minimum of 20 sessions over the year, but more are scheduled. As we are cheap compared to other sports there will be **NO REFUNDS** so it is important that juniors are sure of their commitment and newcomers try 2-3 sessions before making any payment. We appreciate it's not a great time for everyone so if session fees prove financially difficult, please contact Shirley. If a junior is unfortunate to be out for any length of time (injury or illness) again contact Shirley.

Volunteer concessions: NO FEES ON ANY SESSIONS for children of coaches and adult helpers, race organisers and Primary School XC League coordinators and Junior leaders/ helpers.

SPRINT FELL RELAYS (Ilkley Moor)

These relays are our first event back on Wednesday 3rd September and Rachel Holder and Rachel Carter are the organisers. 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 5.40 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. Full relay details are on the JIH web site. They're a lot of fun and the opener to our autumn term coaching activities. Parents: if you are coming along to watch please offer to help. Email Shirley as soon as possible and it'll be passed on.

JUNIOR RACE ORGANISING – Sprint Relays, Ilkley Moor Fell and Trail races

The junior relays and the fell races were first organised in 2003 and the trail race 2010. The current organisers (Rachel Holder and Rachel Carter) have done a tremendous job for many years, and I thank them for all their commitment and support. They are both stepping down after this year and unless other individuals offer to organise them, they will stop. This would be a tremendous shame for all local children and our juniors who have benefitted so much from competing in them. If you can commit to organising these events in the future we need to hear from you now, so that you can shadow the Rachels this year.

AUTUMN COACHING PROGRAMME

Brief details of our programmes are shown below with further details of all sessions on the JIH web site (training and coaching section). As a matter of courtesy please let Shirley (Shirley@ilkleyharriers.org.uk) and the lead coach know as soon as possible if your child has decided to stop athletics this term. Note our younger earlier Wednesday endurance session is making a return.

GENERAL COACHING PROGRAMME - for everyone, all abilities and newcomers to athletics.

Monday: Sportshall Athletics, IGS sports hall. **6pm to 7.15** for Years 4-7. Starts 8th September.

Wednesday: 'Speed Endurance' running, IGS playing fields, **5.30 to 6.15**. Years **4&5**. Starts 10th September (tbc).

Thursday: Sportshall Athletics, IGS sports hall. 6pm to 7.15 for Years 3-7. Starts 11th September.

SPECIFIC COACHING PROGRAMME (Years 6 to 13) - for juniors who wish to train to compete. We expect a high level of commitment, motivation, self-discipline and behaviour. Contact Shirley if you are interested in doing any of these training sessions.

Monday: Fell running, sessions on the fells until late Sept => Ghyll Royd field, 6pm to 7pm. **Year 7** and older.

Wednesday: 'Speed Endurance Training', IGS playing fields, 6.15-7.30, Starts 10th September.

COLDS, SNEEZES AND OTHER ILLNESSES

All our wonderful volunteers wish to remain as healthy as possible so please do not send your child to any training session or race if they show signs of illness.

SCHOOL CROSS-COUNTRY

Locally we co-ordinate the **Wharfedale Primary Schools XC League (Saturdays)**. This season's 6 individual dates are 4th October at Ilkley Rugby Club - Westville House; 15th November at Ilkley Swimming pool - All Saints; 17th January 2025 - Addingham Primary (**NOTE: KS2 ONLY**); 31st January - Ashlands; 7th February - Ghyll Royd; 28th February - Ben Rhydding. The series is concluding with the KS2 relays at Nell Bank on the 14th March. The format is the same as last season and individual race details have been sent to schools and are on our JIH web site.

CLUB CROSS-COUNTRY EVENTS

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 are planning to compete for the first time or not sure whether you are registered with EA contact Shirley as soon as possible and she will sort you out. The club will pay your EA membership fee. Club vests should be worn at races (**must** be worn at WY XC events).

This season we are making a big drive to get more juniors competing in the Ilkley colours at the **PECO XC league** events (www.pecoxc.co.uk). Unfortunately the race dates are not available yet so I will send a separate email to everyone when they are (they usually run from November to March). The series of 5 races is ideal for the first-time competitor who is not sure about racing and they are incredibly user-friendly so give them a go. There are two races - a 1 mile race for school years 2 to 6 and a 2 mile race for years 7 to 11. Boys and girls race together and the cost is £8 (tbc) for the whole series (parents should enter their child online when it becomes available). Once you have your race number you bring it to every race.

West Yorkshire X-C League (www.westyorkshireathletics.org.uk) is a series of 4 races at U11, U13, U15 and U17 levels. The races are generally of a higher standard but our juniors have competed at this level with much success for many years. Entry and payment are **online** and up to the parent to do themselves (this year's entry details are not available yet but last year it was £25 for the series of 4 races).

2025 dates: Sun 12 October- Nunroyd Park, Guiseley; Sun 16 November -Thornes Park, Wakefield; Sun 7 December - Oulton, Rothwell; Saturday 20th December - Middleton Park, Leeds. There is an event on Sat 7th February at Temple Newsam but I believe it is a relay event (?) and not included in the series.

JUNIOR ILKLEY HARRIERS FELL RUNNING LEAGUE 2025

Junior Ilkley Harriers 2025 Fell League: David & Rachel Holder are in charge of coordinating this league for juniors from U9 (min age 6) to U17. Please look on the JIH website (fell page) for complete details but here are the 4 remaining dates for your diary: 7th September, Burnsall; 14th September, Bradley; 12th October, Withins; 21st December, The Stoop.

David and Rachel are also stepping down from coordinating this league at the end of the year so if there is anyone able to continue with their great work please get in contact with me.

Details of The **BAN Junior Fell & Terrain League 2025** can be found at www.banfellterrainleague.wordpress.com

TRACK & FIELD ATHLETICS

For those interested in competing in some Track and Field events there are two that you might like to try. On Saturday 27th September at Leeds Beckett Athletics Centre at 2pm (to 4.30) there is a festival of mile running (U11 - 800m and U13+ mile events). For more details and to enter visit <https://meets.rosterathletics.com/public/competitions/details/about?id=27029>. If you are into running, jumping and throwing events there is the South Yorkshire Indoor Open series at the EIS in Sheffield. These do fill up very quickly so if you are interested in doing them enter sooner rather than later. Age categories from U11, U13 and U15 (age as 31/8/2026). Dates: Sunday 2nd Nov; 14th Dec; 25th Jan and 22nd March. It's £20 for a series number - go to SYCAA website or further info and entry.

CLUB RUNNING VESTS

The Yorkshire Runner in Otley is the stockist for the club running vests. Instead of the shop holding stock I will put in an order mid-September. 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 before Tuesday 16th September. They will be of the original Harrier red/green style.

CLUB DISCOUNTS

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 contact Shirley for future months.

15% DISCOUNT at Yorkshire Runner (38 Bondgate, Otley) instore and online: Contact Shirley for the September code. 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. www.yorkshirerunner.com

CONTACT for inquiries

Shirley Wood: JIH admin and co-ordinator: Shirley@ilkleyharriers.org.uk

THE GENERAL DATA PROTECTION REGULATION (GDPR)

Notice from Shirley: 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 (password protected) 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 me.