

## 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 (examples below) are presented for performance and commitment at an annual award at the end of the Spring Term. A certificate is presented for half colours and re-awarded full colours. A list of races that we use as a general 'performance' guide for each discipline are also given and additional races are likely to be added as we go along. 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 Regional teams as well as the Bradford Athletics Network (BAN) Low level Sportshall Athletics competitions. General commitment during Monday and Thursday Sportshall Athletics sessions will also be used.



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

For the U11's we use competing in the West Yorkshire League, PECO League as well as the local Wharfedale Primary Schools XC League. For the older age groups we also use the 3 Championship events - Yorkshire, Northern and Nationals. Commitment to Wednesday junior/Thursday senior training will also be used.



### **Fell Running - U10, U12, U14, U16 age categories (\* over 12's only).**

We use the Bradford Athletics Network (BAN) League events and the summer BOFRA series of races (BOFRA age categories (U9, U12, U14, U17) will be converted into FRA age categories for Colours). We also use races that we organise on Ilkley Moor and races organised by Dave & Eileen at Haworth (Soreen, Bunny Runs\*, Withins, Stoop), Jack Bloor races and Badger Stone Relays. Participation in the English Championship races may also be looked at. Commitment to Wednesday junior/Thursday senior training will also be used.



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

We use competing at local club 'open' events and the Bradford Athletics Network (BAN) low level Track & Field Athletics competitions. Commitment to Tuesday/Wednesday training sessions during the winter and Monday/Thursday sessions in the summer will also be used.



### **Road Running / Terrain - U17 only**

Colours will be awarded to juniors over 15 years old and based mainly on the HDSRL series of races in the summer. It will also include the Esholt 5km series (or series/individual race of a similar nature) as well as terrain relays such as Washburn Valley and Danefield. Commitment to Tuesday/Thursday evening senior club training will also be used.

