



ILKLEY HARRIERS

Officers reports for Committee for March 2012 (no committee meeting April 2012)

Chairman's report

You will have seen that there is light at last at the end of the 'coach education' tunnel, with more than a dozen IH interested in doing a Leader in Running Fitness (LiRF) course in the coming months. Some of these will be funded by the "Running Investment" grant obtained locally and so will be expected to set up local running groups for new runners. Some will be doing this as the first step on the coaching qualification ladder, and I am looking to Bradford Athletics Network to help fund these places (£90 each), but there may still be some cost to the Club.

The Winter social program of mid-month events came to an end with the Dales Way Relay, a great success again in its fifth year and the Club owes its thanks to Alison & Andrew Bennett. I need to press on with the 'track day', and this may fit in to one of the 3 days ILT&SC is closed to us in July (10, 17, 31).

On the events front, Pete is now planning the Lido Relays for the Autumn, when the Lido closes for swimming. Badger Stone Relays and the Trail Race are both in hand. And the aquathon organised by Rebecca Mon-Williams jointly with the swimming club is forging ahead: a grant from the parish Council has been applied for, and Rebecca is sorting the thorny issues of licenses/insurance for a multi-discipline event, before we start a big splash of publicity.

We have received a letter from WYXC, sent to all clubs who have not organised an event in recent years to ask them if they might like to organise a race in the coming season. I am at a loss to how we might do this: the Nell Bank Centre is not available for WYXC races after the last WYXC race held there; and there are not many facilities in Ilkley that might meet the demands made in this letter (changing for 200 men, 150 ladies, 50 boys, 50 girls; etc.) (The Rugby Club might just be big enough, but it would need some ingenious planning to set a XC course from there that would meet the WYXC H&S requirements.)

Circuit training has now finished for the Summer. Thanks to the leaders Pete, Neil, and Roy (Ruddle), and to Brian Sweet for collecting fees. New member Nikos has started an outdoor strength/flexibility program on Mondays and Wednesdays - the first sessions have been very favourably reported on.

Finally, we had our annual meeting with ILT&SC and you have seen the minutes of that. One issue brought to Committee earlier was potholes: the Manager at ILT&SC said that potholes on the track and on the tarmac road too (Stourton Rd) would be patched by ILT&SC as soon as possible after new filler material was ordered in April.

Road Captain's report (Andrew Merrick)

Well the road scene is back, slowly with the Dewsbury and Bradford 10ks, the Thirsk 10 mile and classic pre London runs in both Trimpell and Spen.

A good showing by both Steve Weston and Jane Bryant as they build up for London and both seem to be going very well in training. A sub 40 10k for Andrew Sheldon is worthy of note. The clash of dates between Bradford and Thirsk resulted in a lower than normal turn out for Thirsk but a strong contingent at Bradford in the first Road League counter of the season.

I will try to support Paul in drumming further support for the forthcoming Road League events, not least our own; and we will try to get a team together for the next Road Relay event - watch this space.

Ladies' fell report, Clare Smith

The month started well for our ladies with participation in the Black Coombe Fell Race on Sat 3rd March as part of the weekend away organised by

Rebecca and Mark Mon-Williams. Notable results were Alison Weston who was 2nd LV40 in 1hr 40 and Kelly Harrison in 1hr 48, whilst Alison Bennett, Rebecca M-W and Val Kerr accompanied Rhiannon Turner on her first ever fell race!

At the Windmill Whizz on the 10th March, Rebecca Mon-Williams won the ladies V40 category, Alison Bennett the ladies V50, and together with Val Kerr, they picked up the ladies team prize!

On the same day, a host of Harriers took part in the Troller's Trot, a 25 mile event (more of a trail race than a fell race) which was originally run as an LDWA event but is now organised by Otley AC and caters mainly for runners. There were some excellent performances from our ladies, but especially from Jann Smith who was 1st lady, finishing in 13th place in 3hrs 41 mins. Jane McCarthy was 45th, and there were 9 other Ikley ladies, some using this event as training for the impending 3 Peaks race. Yet another event on this day was the Haworth Hobble, a 32 mile event, in which Helene Whitaker, Adela Reperecki, Debbie Lewis and Amanda Parnaby took part.

March saw the first race of the 2012 English Fell Championships with the short 'Lad's Leap' near Glossop. Tracey Greenway had a great run to finish 12th, as did Sally Morley (18th). Alison Weston, Val Kerr and Lynn Eden also ran. We hope to have more runners at the next in the series (Coledale Horseshoe 14th April).

Ladies XC report. Diane Haggart

The only XC race in March was the final PECO League. Being on Otley Chevin it attracted a good number of Harriers: 10 men, 12 ladies and numerous juniors. Our first three men stormed in Jack Wood 6th, Martin Archer 11th and Dave Wilby 14th. Alison Bennett, who is showing a return to form, led the ladies in 19th place. The new course was far more challenging, making it less of a trail race and, some might say, more of a fell race! The switch back hills were a surprise to many including me and I was only spectating!!!

Like the previous event at Golden Acre Park this showed that Harriers do still enjoy the PECO's but not when they have to travel a long way to less than scenic venues and a more attractive fell or road race is on the same day! However it was really great to see a goodly number of newer/less experienced Harriers trying off road. After all that's our aim for the PECO races.

Rather belatedly the Ladies won the Vets team event on the Chevin (as they also did at Golden Acre) but this was by no means sufficient to significantly improve our overall standings: Overall our ladies were 5th in division 1, so no promotion, and 8th in the Vets team standings.

Junior report, from Shirley

March is always our busiest month.

The Wharfedale Primary schools XC League concluded with the final individual event of the series at the swimming pool, organised by Rachel Websdale and All Saints School. 450 children took part. A week later IH organised the Nell Bank Relays for KS2 children and the awards presentation - 180 children took part.

The PECO league also concluded with the final individual event on Otley Chevin where we had 16 juniors race and last weekend we had two junior teams compete in the little fools relays at John Smeaton. We had a number of prize winners which just shows the healthy state of our XC section.

Coach development: there was a BAN CD morning at John Charles, Leeds covering High Jump, sprinting and conditioning. And Sue Williamson organised a Sportscoach course 'safeguarding & protecting children' at the Rugby club on the 23rd March. Sue was awarded the Volunteer of the Month for March for all her help with developing the CD programme in the junior section.

As our indoor sportshall athletics sessions have just drawn to a close we have presented over 140 certificates and awards to juniors from 8 to 15 years. And a large number of SHA and XC colours and Half Colours were presented to our juniors who compete regularly for the club.

Outdoor sessions start at the end of April.