



Haywards Heath Harriers Handbook 2016-17



Handbook for junior and senior members

Welcome to your local athletics club

www.haywardsheathharriers.co.uk

‘The aim of the club is to encourage, promote and develop athletics in the Mid Sussex area, in the disciplines of track and field, road racing and cross country.’

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Welcome from the Club Chairman, Mark Sykes

On behalf of everyone at Haywards Heath Harriers, I would like to wish you a warm welcome to the club. Make the most of the opportunities on offer and please be prepared give something back too! Most of all, enjoy yourself while achieving the best you can.

What the club can offer YOU

About us

We are the largest athletics club in Mid Sussex and have over **300** members. From county or elite athletes to those just beginning to run, we pride ourselves on helping everyone. Our qualified coaches take groups of every ability and help everyone to reach their potential.

However, it is not only about excellence. It is also about:

- enjoying training and competition with fellow members and building friendships
- helping each other to achieve individual and Club goals at whatever level
- developing the Club.

Membership

The membership fee includes free coaching, and help and advice with training programmes, free entry to West Sussex Fun Run League races, track and field league events, entry in the draw for the Club's places in the London Marathon, discounts at local running shops and organised social events.

The Club has a formal Constitution, Welfare Policy, Equality and Diversity Policy and Code of Conduct. If you would like to see them, copies are available on the website, or you can ask to see hard copies at Tuesday training.

The Club committee meets monthly to elect new members, manage Club finances, discuss forthcoming races, membership initiatives, coaching and other matters which may arise. Members are welcome to attend at any time.

The renewal date for subscriptions is 1 April. As you would expect, we insist on prompt payment of fees. For further information, please look at the website.

Club communication

Club news is given through our website (www.haywardsheathharriers.co.uk), by email (please ensure we have a current email address for you) or verbally at club night.

We are also on Facebook. Ask to join the Haywards Heath Harriers group.

If you have anything you'd like other members to know about, please email Ben Adams at enquiries@haywardsheathharriers.co.uk.

Social

The club organises monthly meet-ups for an informal drink and chat, usually at a local pub.

The prize giving evening is held annually.

Training opportunities

Tuesday Evenings – Summer

Meet at Whitemans Green, Cuckfield

Junior Ennis (school years 5 and 6) 5pm – 6pm

Junior Farah (school years 7 and 8) 6pm – 7pm

Intermediates (school years 9 and 10) 7pm – 8.15pm

Seniors 7pm - 8.30pm

Tuesday Evenings – Winter

Meet at Warden Park Sports Hall, Cuckfield

Junior Ennis (school years 5 and 6) 5.15pm – 6pm

Junior Farah (school years 7 and 8) 6pm – 7pm

Intermediates (school years 9 and 10) 7pm – 8.15pm

Seniors 7pm - 8.30pm

Outdoor running and conditioning for endurance runners

Indoor training for track and field athletes

First Winter Tuesday each month circuit training for Senior and Intermediate groups.

Thursday Evenings – All Year

Endurance groups meet informally for runs of approximately an hour in length. Details are emailed each week. Additional sprint sessions are also held.

Leagues and competitions

The Club is affiliated to the Sussex County Association and England Athletics, under the umbrella of UK Athletics, the National Governing Body.

At present the club is actively involved in the following competitions during the year.

All Year

- West Sussex Fun Run League, mainly seniors but with some races for juniors
- Sussex Road Race Grand Prix, seniors
- Sussex County and South East Athletic Association events and championships.

Summer Season

- Southern Athletics League, female and male as a joint team with Lewes AC
- Veterans League, women and men
- South Downs Way Relay
- Sussex U13 and U15 Leagues (boys and girls)
- Youth Development League (U17 and U20 boys and girls) joint team with Lewes and East Grinstead.

Winter Season

- Sussex Cross Country League, all age/sex groups
- Sussex Sports Hall League (U11, U13 and U15 boys and girls).

We want you to take part in races and competitions and to represent the club.

You will get fitter and improve your performance by joining in training sessions. We expect you to get involved by wearing the club vest at local league fixtures or races. A good way to start is enter a West Sussex Fun Run League event. The club pays your entry fee. All you have to do is give your name to the Club representative, Rupert Purchase, and turn up on the day.

The Sussex Grand Prix offers a range of races from 5k to 20 miles in length. These events give you the opportunity to race against others in your age-group. Take part in any SGP event and you receive a scoring based on your age and gender. Completion of sufficient races will result in eligibility for SGP awards, and also club awards based on your age-graded score.

Also see www.sussexraces.co.uk for further information.

Coaching

Lucie Venables is Head Coach.

Linda Tullett is Head Junior Coach and Head Endurance Coach is Martin Delbridge. Both are helped by a team of assistant coaches. The Sprints Coach is Bob Ruff and the Jumps Coach is John Morgan. All coaches are appropriately qualified and give their time and expertise on a voluntary basis. None of our coaches receives any remuneration for their efforts.

The Tuesday coached endurance session includes a warm up with dynamic stretching followed by a mix of variable pace work, hills, interval training, sprints, or technique. Everyone can train at their own pace so the session is suitable for all standard of runners.

The club will welcome and support those with aspirations to assist in coaching. Please speak to Lucie.

Run England

The club actively supports the Run England project to attract beginners into the sport by holding sessions separately, but closely associated to harriers. If you have friends or family who are apprehensive about going straight into the 'club system' why not encourage them to try out our beginner or improver running groups. The details are on the website.

Awards and prizes

The club offers a variety of awards in a range of categories.

To encourage participation, the club offers prizes for **just taking part!** Again see the details on our website.

Club Kit

On joining, you will receive a club vest. We also sell club branded tee shirts, hoodies and crop tops. Ask Irene Parsley for prices.

A little club history

Way back in time there was a Haywards Heath Athletics Club. There are no known records now in existence but we do know that it just about re-surfaced after the war but then drifted rapidly into oblivion. In its present form the Harriers club began to emerge in 1965 and became formally affiliated to the governing body in February 1966, which we consider to be the year of our formation.

At first it was largely a club for juniors and intermediates (i.e. school age youngsters) but as some of these original members got a little older and some of the parents and helpers became more involved, a senior section developed. Over the last 40 or so years the demographic break down of the club has changed a lot with an ebb and flow of members in all age groups as well as the swing from one discipline to another from year to year. From small beginnings the overall membership has grown to its current level of around 250.

The club's most famous "old boy" is, by far, Daley Thompson who started his athletics career with the club and stayed with the Harriers for some time until he had little choice but to move on so that he could develop his talent at a higher level. He still appears in the club's records and, of course, he is a very big name in the British Athletics Hall of Fame following his triumphs at the Olympic Games and other major international competitions. Several others have achieved international vests after starting out with the Harriers, notably Debbie Peel (Senior 3000 metres), Emily Goodall (Junior 800 metres), Duncan Malins (Junior 110 metres hurdles) and Kevin Holland (Junior cross country).

Over the years the club has developed to cater for all aspects of the varied sport of athletics from track and field to cross country to road races to ultra distance to trail races and fun runs. The club records would suggest that the only UKA governed discipline we have not at some time contested is the tug of war. The club has had many county champions and whilst this boast does not necessarily cover all events it certainly includes champions on the track, jumpers and throwers in the field as well as road and cross country winners.

Currently working behind the scenes

The club has a committee that meets monthly. The following have particular responsibilities:

Responsibility	Contact	Email
Chairman	<i>Mark Sykes</i>	chair@haywardsheathharriers.co.uk
Secretary	<i>Linda Tullett</i>	secretary@haywardsheathharriers.co.uk
Treasurer	<i>Mags Lazell</i>	treasurer@haywardsheathharriers.co.uk
Fixtures Secretary	<i>Irene Parsley</i>	enquiries@haywardsheathharriers.co.uk
Membership Secretary	<i>Tim Hicks</i>	membership@haywardsheathharriers.co.uk
Head Coach	<i>Lucie Venables</i>	enquiries@haywardsheathharriers.co.uk

What YOU can do for the club!

The club is run by volunteers so we expect all members to give something back.

So please:

- Participate! Enter races and competitions
- Help out at Harriers own events, such as our Hickstead Gallop in October
- Wear club kit
- Welcome new members and make them feel at home
- Train as an official or coach – ask for details on how to do this
- Take on a club organising role
- Join the committee
- Pay your fees on time
- Participate, or volunteer, at our home parkrun – Clair parkrun.

Parents of Juniors

Parent helpers are becoming more important to the smooth running of the club than ever before. With large numbers of junior athletes turning up for training on a regular basis, we are becoming more reliant on them. If you are interested in becoming a parent helper, please see Linda (Junior Coach) or Lucie (Head Coach). All we require is a valid DBS (was CRB) and enthusiasm. The club will also give financial support to any parent helper who wishes to put a foot on the ladder to becoming a qualified coach.

If you want further information on Haywards Heath Harriers, please have a look at our website (www.haywardsheathharriers.co.uk) or ask one of us at club night.

Welcome!

