

Haywards Heath Harriers

Details for new members



Hello and welcome to Haywards Heath Harriers!

We have prepared this document to provide some further information about the club, events, training and to point you to some helpful information on the club website. Please read over the information presented, and let us know if you have any questions - either in person at the club training sessions, or via email at enquiries@haywardsheathharriers.co.uk.

Club organisation

Committee members, and people who lead on the organisation of certain events, fixtures or groups within the club can be found on our website [here](#).

Please also be sure to read our club constitution, handbook and relevant policy documents available on our website.

Website

As well as the club organisation page, please do take time to look at our [website](#), whether you are interested in finding out more about the [history of the club](#), [cross-country](#), [endurance running](#), [track & field](#), [club news](#) or how you can [order club kit](#).

Club vest

As a new member you will receive a club vest, which is yours to keep.

Please ask Ben Gibson (if you're an adult member) or Linda Tullett (if you're a junior or intermediate member) for the whereabouts of the vests when you next attend training. The vest needs to be worn in certain events in order for your position/time to count towards points for the club so please do wear it!

Some would say the vest is 'maroon' - we prefer to think of ourselves as Beetroot, and wear it with pride!

Social media

Check out, and get involved with Harriers' on [Facebook page](#), Twitter (@hhharriers1), Instagram (haywardsheathharriers) and most importantly our adult members 'Beetroot Army' WhatsApp Group (contact any of the [committee](#) for details). We also have other WhatsApp groups for training groups (e.g. Thursday runs and Harriers' Ladies).

Training nights and venues

Tuesday: Our main club training night is on Tuesday, with training at the following times:

- Adult members: 19:00 - 20:30
- Junior members (school years 5 & 6): 17:00 - 18:00
- Junior members (school years 7 & 8): 18:00 - 19:00
- Intermediate members (school years 9 & 10): 19:00 - 20:15

Haywards Heath Harriers

Details for new members



Depending on the time of year, we train at the following venues:

- Our 'winter' (September – March, exact dates tbc) training starts at Warden Park Academy, Cuckfield (RH17 5DP), with endurance running groups departing from here after announcements for the main running session. Senior sprint/intermediate groups train at Warden Park.
- Our 'summer' (April – August, exact dates tbc) training venue is Whitemans Green, Cuckfield (RH17 5HX), with training involving use of the grass track, throwing circles and sometimes the adjacent fields

Thursday: These more informal steady runs last approximately one hour, covering around 10km, starting at the following locations:

- Winter - we meet at 18:45 at the car park at Beech Hurst, Haywards Heath (RH16 4BB), for a prompt start.
- Summer - we meet at various locations to enjoy the opportunity to experience the wonderful Sussex countryside.

Please email enquiries@haywardsheathharriers.co.uk if you would like to be added to the Thursday running group mailing list.

Other: Please listen out at Tuesday training announcements, or speak to a coach about whether any additional training sessions are scheduled. For instance, we sometimes hold cross-country training sessions, typically on a Saturday morning.

What should I bring to training?

Please dress appropriately for the weather!

Importantly, please wear high-visibility and if possible, reflective clothing.

The club has a limited number of high-vis vests that can be borrowed for training (please return these at the end of the session), but we ask that you purchase your own for your own safety and so the club's vests are not relied on. These are relatively inexpensive and can be worn over your other running kit.

Water bottles should be brought to every session.

Health and Safety

Please listen out for health and safety briefings given by club coaches and/or run leaders. If you feel unwell before or during training, please let a coach/run leader know. If you intend to run home directly after the main training session, please let your run leader know so that they know. Under 18s need to sign in and out at each session.

Keen to help out?

If you would like to find out about you can help out, please ask any members of the committee!

Haywards Heath Harriers

Details for new members



There is lots of opportunity, and the club needs the support of its members to put on competitions/events, run training, share the successes of our members (did you know it takes approximately 40 marshals for events we put on!)

Events

Members are spoilt for choice in terms of the number and types of events available! The club encourages participation in many events (in which we enter teams and/or score points for competitions), some of which are listed below.

Please follow the links to find out more, or ask committee and/or club members for details.

In addition to these events, please also check out the [Sussex Races website](#) for other events in the counties and look up your [local parkruns](#) (free, timed 5km runs every Saturday).

- [Southern Athletics League](#) (SAL) Track & Field events, which we enter as a joint team with Lewes Athletics Club
- Sports Hall League
- [Sussex cross-country](#) (league and championship races)
- [Sussex Grand Prix](#) (SGP)
- Sussex Under 13s League
- Sussex Under 15s League
- [Sussex Masters \(Vets\) League](#)
- [Sussex Road Running Championships](#)
- [West Sussex Fun Run League](#) (WSFRL)

Fixtures or competitions organised by the club:

- Bill Page road racing intra-club competition
- Great Walstead 5 (5-mile race held in October, and part of the WSFRL), including the 1-mile junior race.
- Open Track & Field meeting (various events, held in April)
- [Redwood Run](#) (8km race held in July)
- Summer 5-mile handicap race (Blackcap handicap)
- [Wakehurst Willow](#) (8km race held in July)
- Winter 5km handicap race

Other popular events:

- County championships (many, covering different events, distances etc)
- [South Downs Way Relay](#)
- [Sussex Road Relay Championships](#)

Most importantly, we are delighted that you have joined the club and hope you enjoy being a part of Haywards Heath Harriers!