



Haywards Heath Harriers



Handbook 2019/20 (Revised April 2019)

'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.'

Welcome from the Club Chair, Marion Hemsworth

“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 to give something back, too! Above all, enjoy yourself while achieving the best you can.”

About us

We are the only specialist athletics Club in Mid Sussex, and have about 300 members. From county and elite athletes to those just beginning to run, we pride ourselves on welcoming 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
- building friendships
- helping each other to achieve individual and Club goals at whatever level
- developing the Club.

Membership

The membership fee includes free coaching, help and advice with training programmes, 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's committee meets regularly to manage Club finances and to 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 1st April. For further information, please see our website.

Club communication

Club news is shared through our website, by email, facebook, WhatsApp, Instagram and

during announcements, which take place at 7pm during training on Tuesday evenings.

Social

The Club organises regular, informal meet-ups, usually at a local pub. We celebrate our achievements each year at our annual prize-giving evening. We also hold handicapped Club races twice a year, which invariably involve some post-race eating and drinking!

Training opportunities

Our main training sessions are on Tuesday evenings. During the winter months endurance runners continue to train outdoors, while track and field athletes train indoors. Both the Intermediate and Junior training groups base themselves indoors, but go outside for distance and hill training.

In winter there is circuit training on the first Tuesday session each month for Juniors, Intermediates and Seniors.

Training groups and times are as follows:

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

Summer training is at Whitemans Green, Cuckfield. During the winter we meet at Warden Park Sports Hall, Cuckfield.

The Tuesday endurance session starts with a warm-up and stretch, followed by a mix of interval training, sprints, hill work or technique. Everyone can train at their own pace, so the session is suitable for all standards of runner.

Both the Junior and Intermediate groups start each session with a comprehensive warm-up indoors, and then follow a structured training programme allowing everyone to gain the knowledge and experience of all the disciplines in athletics in order to reach their full potential.

There are also group runs on Thursday evenings for endurance runners, held all year round. These are approximately an hour long; details are emailed each week.

Leagues and competitions

The Club is affiliated to the Sussex Athletics Association (SAA), South of England Athletic Association (SEAA) and England Athletics (EA), under the umbrella of UK Athletics, the National Governing Body.

We are 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 Track & Field, Road and Relay Championships

Summer Season

- Southern Athletics League, as a joint team with Lewes AC
- Sussex Masters Track & Field League, as a joint team with Lewes AC
- Youth Development League (U17 and U20), as a joint team with Lewes AC, East Grinstead AC & Eastbourne Rovers AC
- South Downs Way Relay
- Sussex U13 and U15 Track & Field Leagues

Winter Season

- Sussex Cross Country League, and Championships, all age groups
- Sussex Sports Hall League (U11, U13 and U15)
- Indoor Sprints and Hurdles competitions

The Club will enter members into West Sussex Fun Run League events for which the entry fee is £3. All you have to do is give your name to the Club's WSFRL representative, Julian Boyer, and make an advance payment of £12 to cover the year's races.

For more competitive runners, the Sussex Grand Prix offers a range of races from 5k to half marathon. When you take part in any SGP event you receive points based on your age and sex. If you complete sufficient races you will be eligible for the annual SGP awards, and also Club awards based on your age-graded score.

See www.sussexraces.co.uk for further information on these and other local events.

We strongly encourage all members to take part in races and competitions, and to wear their Club vest with pride!

Coaching

We have a group of dedicated coaches:

Head Coach - Mike Essex
Head Junior Coach - Linda Tullett
Head Endurance Coach - Martin Delbridge
Sprints Coach - Bob Ruff
Jumps Coach - John Morgan
Throws Coach - Mike Bale

Linda and Martin are helped by a team of assistant coaches. All our coaches are appropriately qualified and give their time and expertise on a voluntary basis.

The Club always welcomes and supports those who would like get involved in coaching, and is happy to meet the cost of coaching courses for members. Please speak to Mike Essex if you would like to get involved.

Beginners

The Club actively supports the Run Together project to attract beginners into the sport. We hold separate sessions for those who feel they are not yet ready to join the 'Club system'. If you have friends or family who would like to try running, but aren't sure where to start, please encourage them to try out our beginner or improver running groups. For more details contact Marion on marionhemsworth@aol.com.

Awards and prizes

The Club offers a variety of awards in a range of categories. Some of our awards are performance-related, or age-related and others are for commitment and dedication to the Club. A full list can be found on our website.

Club kit

All new members will receive a Club vest when they join. We also have bespoke technical running tops, jackets, hoodies and tracksuit trousers, which are available via an online pop-up shop. Because the kit is manufactured to order we open the shop window twice a year to ensure that orders are grouped together in sufficient quantities to meet minimum order requirements. Please contact Marguerite Lazell via hhhkit@outlook.com for more details.

For Juniors only the Club holds a stock of light grey hoodies which are available to purchase on Tuesday evenings.

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 before drifting rapidly into oblivion. In its present form the Harriers emerged in 1965, and became formally affiliated to the governing body in February 1966, which we consider to be the year of our formation. More information can be found on the Club website.

Committee

The Club committee is elected at the AGM, held every March. The committee meets regularly once a month, or every other month. The following members have particular responsibilities:

Chair	Marion Hemsworth	chair@haywardsheathharriers.co.uk
Secretary	Kath Buckeridge	secretary@haywardsheathharriers.co.uk
Treasurer	John Rix	treasurer@haywardsheathharriers.co.uk
Fixtures	Carl Bicknell	bicknellcarl@gmail.com
Membership	Tim Hicks	membership@haywardsheathharriers.co.uk
Head Coach	Mike Essex	michaelessex@btinternet.com

What you can do for the Club!

The Club is run by volunteers, but all members can make a contribution to the Club's continuing success by:

- Participating! Enter races and competitions
- Helping out at Harriers own events, such as our WSFRL event in October and our Crawley track meeting, and out two summer races held in local NT groups.
- Wearing Club kit
- Welcoming new members and making them feel at home
- Training as an official or coach – ask for details on how to do this
- Taking on a Club organising role
- Joining the committee
- Paying your fees on time
- Participating and volunteering at our home parkrun – Clair parkrun

Parents of Juniors

Parent helpers are important to the smooth running of the Club. With large numbers of junior athletes training on a regular basis, we are becoming more reliant on them. If you are interested in becoming a parent helper, please see Linda (Head Junior Coach) or Mike (Head Coach). All we require is a valid DBS certificate, completed Volunteer Agreement Form and your 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 any further information on Haywards Heath Harriers, please have a look at our website or ask one of us at Club night.