



## Interested in Running, Jumping or Throwing?

### Why not Join

# PRESTON HARRIERS

#### AM I GOOD ENOUGH?

If you enjoy running, jumping or throwing you are good enough. We expect our young members to compete, and enjoy the training. We encourage everyone to try all events, and most people find they enjoy something.

#### WILL I ENJOY IT?

You are very welcome to come and try a Session, for which we charge £2.00. If you do want to carry on, you can then become a member.

#### AM I OLD ENOUGH?

If you are aged 8 or over, there are training sessions designed for you.

#### IS IT EXPENSIVE?

Membership fees for 2011-12 are:-

Full Membership £35

Junior Membership (U11) £30

Unemployed Membership £25

Associate Membership £25

Student Membership £25

Family Membership £65



#### WHAT IS TRAINING LIKE?

##### For under 11's

Athletics games, sprints, jumps, relays and throws. This is a fun session, but learning the basics at the same time. There are opportunities to compete as part of a team, and to take part in Sportshall Athletics during the winter.

Your performances are recorded throughout the year, and everyone who takes part in the Club Championships gets a certificate and badge at the Presentation Night.



##### For 11 to 15's



We prefer you not to specialize.

General coaching sessions cover the basics of middle distance, sprints, hurdles, relays, long jump, high jump, triple jump, shot, hammer, discus and javelin. We run an induction group that involves 2 throws, 2 jumps, and 2 track sessions to coach basics and identify ability. You will also need to compete before you move into a more advanced group.

Additional specialised coaching groups are available for athletes who want to progress further, and are 13 or over.

Awards are given at the end of the season, based on the years' performances.

#### ARE THERE OPPORTUNITIES TO COMPETE?

There are a number of competitions for under 11's, and the Club enters two leagues which cater for young athletes in the U13, U15 and U17 age groups.

In addition, there are many competitions you can enter as an individual, including County, Northern and National Championships.

The Club Championships are run over two days in mid September.

#### ARE HARRIERS' ATHLETES SUCCESSFUL?

Helen Clitheroe is currently the European Indoor 3000m Champion and is a regular member of the GB Team. Steve Smith is a past World Masters Champion and Alan Appleby is a current Cross Country World Masters Champion.

We have several international athletes and have had athletes compete at the Olympics and the World Championships.

Our Young Athletes Team is in the Northern Premier Division and has reached the National Finals for the last three years. Our National Junior League (U20) team is in the Premier Division, and the Senior team competes successfully in the Northern League.

Our athletes won 111 medals at the County Championships in 2010, including 41 Gold. Many also compete in Regional and National Championships. Several of our athletes were finalists at the English Schools Championships



#### WHAT EQUIPMENT DO I NEED?

A T-shirt and shorts, and on cooler evenings a track suit of some sort. A pair of trainers will do to begin with. Eventually you may need spikes or other specialist shoes, and when you compete you will need a club vest at a cost of approximately £15.

#### WHERE AND WHEN?

During the summer (April to September) we meet at Preston Sports Arena on Tom Benson Way. The under 11's meet on Wednesdays from 6.30pm to 7.30pm, and the under 15's 7.30pm to 8.30pm on Wednesdays.

During the winter, sessions are run at Fulwood Leisure Centre on Thursdays from 6.30pm to 7.30pm for under 11's, and 7.30pm to 9pm for older athletes. U13's are at Ashton 7.00pm to 8.00pm, and additional sessions may be run dependent upon numbers attending.

Other Groups meet at various times, and you can discuss your individual programme with the event coaches who attend the general sessions.

#### WHAT ABOUT SAFETY?

Preston Harriers have adopted the England Athletics Welfare Policy.

Coaches and Technical Officials are subject to the UK Athletics Code of Conduct and are CRB checked.

All sessions are supervised by experienced and licensed coaches.



### CLUB CONTACTS

Under 11's    Dave Tate - 01772 495240

11 - 17's    Pete Hancock - 01772 729827

Or Bob Welfare 01772 653926

**If in doubt, give us a ring!**

**We cater for all ages from 8 years upwards in Track & Field.**

**We also cater for Road Racing, Fell Running and Cross Country running for everyone from the new starter who wants to achieve a level of fitness, to the keen competitor.**