FH Junior section has been steadily increasing in numbers over the last few years and has seen some great successes in races both locally and nationally. We encourage all of you to try your best at all times in training and to be proud to wear your red vests in races☺.

All coaches are volunteers and are inspired seeing so many of you progress your running from week to week. So that everyone gets the most out of each session it’s important to always be attentive and treat your coaches and fellow runners with respect.

All training sessions will continue at Grant Park. The meeting point will move to the Cricket Pavilion after the October holidays with floodlights for each session. Please note there are NO toilets at the Pavilion (nearest ones at community centre). Make sure you have something warm to wear during the warm up and after each session and hi-vis clothing. Sessions start at 6.30 and usually finish around 7.20. At the start of the session can everyone please line up quickly and get their name checked off the register – the same again at the end of the session. All parents please drop off and pick their children up directly from the Pavilion to ensure they are not wandering off on their own after they have been signed out.

We are always looking for helpers and it would be great to see some parents staying to help - no technical or running skills required just plenty of encouragement☺.

**Membership / Kit**

If you haven’t already done so please complete a membership form and junior consent form and enclose this, along with the annual fee, in an envelope addressed to Jackie Nicol. Forms can be found on the Forres Harriers website under ‘Links’. The fee for Juniors is £7 with an additional £6 for membership of Scottish Athletics (SAL). If you wish to compete in cross country races for the club you have to be Scottish Athletics registered.

To order any Harriers vests/T-shirts or hoodies please print out the form (under ‘Links’ on FH website) and return it with the appropriate fee to Elizabeth Watson (or email: ewatson1313@gmail.com)

**Cross Country**

Cross country running is a fun way to start competing as part of a team and individually in a friendly environment.

The North District XC league consists of 6 races between October and February each year, with races for Under 11s, U13, U15, U17, U20 and adults.

|  |  |  |
| --- | --- | --- |
| **Age Group** | **Age Range for XC Season** | **Max Distance (m)** |
| U11 | Aged 9 or 10 & not 11 before 1st Sep | 1600 |
| U13 | Aged 11 or 12 & not 13 before 1st Sep | 3500 |
| U15 | Aged 13 or 14 & not 15 before 1st Sep | 5000 |
| U17 | Aged 15 or 16 & not 17 before 1st Sep | 5000 |

|  |  |
| --- | --- |
| **Fixture** | **Hosting Club** |
| 1st Oct Keith | Keith & District |
| 29thOct Gordonstoun | Moray Road Runners |
| 12thNov Nairn | Nairn AAC |
| 14thJan TBC | Highland Hill Runners |
| 28thJan Evanton | Ross County AC |
| 11thFeb Forres | Forres Harriers |

Further details for each race, including location, timings and course maps can be found at [www.northleague.co.uk](http://www.northleague.co.uk).

The first races commence at 1.15 (U11 Girls). You will be issued a number at the beginning of the season which will be used for each of the league races. It’s a good idea to arrive in plenty of time to walk your course and meet up with other club members. There’s usually someone around to organise a warm up before the race. After the races there are refreshments available organised by the hosting club. Club t-shirts/vests must be worn. Results for each race are usually posted within a day or two by the hosting club and can be found on the northleague website.

On the last race of the league there is a prize giving for individuals and teams. For juniors, your best 4 races count for overall placings. It would be great to see full boys and girls teams for each event.

***Additional races:***

**North District Championships:**  3rd Dec at Dores. This race is also used to select teams (from U13 and above) to represent the North District at the Inter-district Championships in Edinburgh on the 7thJan.

**XC Relays**: 8th Oct at Edderton. This race consists of boys and girls teams with one person from each of the U13, U15 and U17 age groups.

**Scottish National Championships**: 25th Feb at Falkirk. This is the culmination of the XC season with athletes of all abilities from all over Scotland.

If you need any further information then please speak to one of the coaches on a Thursday evening.

**Harriers Juniors Trophies**

Each Apr and Oct one girl and one boy will be presented with the Forres Harriers Junior Trophies.

These individuals are chosen by the coaching team because they have a great attitude at training and are a good role model to other members of the group.

Well done to Luci Murdoch and David Spencer who were awarded the trophies in Apr. One boy and girl will be presented with the trophies after the October holidays.