



Glen Eden Junior Harriers Information 2019

Follow us on Facebook

Glen Eden Kids Running

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Welcome to Glen Eden Junior Harriers 2019

We are a friendly running club in West Auckland who cater for juniors aged 7 to 16. Our season is from April until October. We hope this information is useful but please ask if you want to know anything! We endeavour to keep you up-to-date by email and Facebook. We love, and need parent help with many of our events and even training so please don't be shy to offer!

Training

It is important to train as regularly as you can, however, we understand that sometimes you may be unwell or have other sporting commitments. For all of our sessions, we have a few health and safety rules. Each training session will be briefed by the coach at the start. Runners will need to put their name tag under the coach's name on the club whiteboard, or write it the small whiteboard if not at the club before they run and it must be removed by the coach when you have finished. All runners (NO exceptions) must wear shoes and safety lights. **No shoes + no lights = no run!**

Runners must stay in their pack and not run ahead unless the coach has said this is OK.

Training days and times

Monday (Location advised on Facebook start time 5 pm)

Wednesday (Ceramco Clubrooms 5 pm)

Saturday is usually competing or pack run - check events on Facebook

Sunday (Location and time advised on Facebook if a run has been organised)

Running Groups

We have three training groups to cover the wide range of running abilities we have in our junior section. Groups are made by the coaches and are evaluated throughout the season.

GE Advanced Group - This group is coached by Alana and is primarily for runners 12+. There are 4-5 organised runs a week (including racing) the coach will let you know how many days of running are recommended for you, taking into account your age and the stage of your running. Members of the squad are expected to follow the training plan, train consistently with guidance from the coach. Each plan is specific to the individual.

GE Junior Group - This group is coached by Sarah and Barry and has no age restriction just pace and a running fitness to run 5km within 30 minutes. Training is twice in the week and competing at the weekends or there will an optional weekend run.

GE Club Group - This group is coached by Barry and Sarah. This is an open group for younger runners and runs from 5:30 pm every Wednesday from the club and Monday at 5pm from the advised location. This group also competes.

Calendar of Events 2019

Date	Event	Entry Type
Saturday 30 th March	Start of the 2019 Harrier Season	
Saturday 6 th April	Laurie Carter Pairs Race	Club Race
#Saturday 13 th April	ACA Relay Southland Centennial	Club Entry
#Saturday 11 th May	GP # 1 Pukekohe	Online Entry
Saturday 18 th May	Glen Eden Junior Team Relay	Club Entry
#Saturday 25 th May	GP # 2 Pakuranga	Online Entry
#Saturday 1 st June	Graham Edmonds Race 1	Club Race
#Saturday 8 th June	GP # 3 Barry Curtis Park	Online Entry
#Saturday 22 nd June	GP # 4 Long Bay	Online Entry
#Saturday 29 th June	Club Cross Country Run Ceramco Park	Club Race
Saturday 13 th July	Lynndale Junior Team Relay	Club Entry
#Saturday 20 th July	GP # 5 Cross Country Champs	Online Entry
#Saturday 27 th July	Bethels Cross Country	Online Entry
Saturday 10 th August	ACA Pairs Race	Club Entry
Saturday 17 th August	Massey Team Relay	Club Entry
#Sunday 25 th August	GP # 6 Road Race Bruce Pullman Park	Online Entry
#Saturday 7 th August	Mast to Club	Club Race
TBC	Road relay Champs Mt Smart	Club Entry
#Saturday 21 st September	Graham Edmonds Final	Club Race
Saturday 28 th September	Club Road Champs	Club Race
Sunday 26 th October	Club Relay Challenge and Prize Giving	Club Race
Thursday 5 th December	Santa Fun Run - Life Wise	Club Race

Please check on Facebook or/and at the club as event dates may change

Club Entry	For these events, we advertise the event on our Facebook page and at the club. We ask that you let us know if you wish to complete by adding your name to the board or a message on Facebook. The cut-off date for entry is the Wednesday before the event and unfortunately, we are unable to add people after this time.
Online Entry	These are events run by Athletics Auckland. The links to enter these events is on their website. Athleticsauckland.co.nz. You need to enter yourself and will need to be club registered and know your GE number.
Club Organised Event	These events are organised by the club. We will post them up in the club and on Facebook. Most of these events are estimated time, so try your best. We do need parent help to run these events.

Prize Giving

Certificates and medals are awarded to the person in each age/gender group who has the most points earned by competing in Club and Athletic Auckland events. These # events a total of 12.

Trophies are awarded to the winner of Graham Edmonds (closest to estimated time) and the fastest boy and girl. There is a trophy for Bethels Cross Country and Club to Mast (closest to estimated time). We also have cups for the most improved athlete and a sportsmanship award.

Estimated Time Races

Estimated Time events (Graham Edmonds, Mast to Club, Bethells)
For these races, we estimate how long it will take you to run the race. The winner of the race is the person closest to that time, not the fastest runner.

Runner 1	Est 19.01	Actual 18:56	5 seconds	1st place
Runner 2	Est 12.22	Actual 12.00	22 seconds	2nd place

Handicapped Race (Delayed Start)

For some races, we set runners off in 30-second intervals to give them enough room to run. All this is taken into account when results are completed. It is important to run your best and know that the first person over the line isn't always the winner!

Runner 1	Delay 00	Time over line 15.01	Actual time 15.01	3rd place
Runner 1	Delay 30	Time over line 15.05	Actual time 14.35	2nd place
Runner 1	Delay 60	Time over line 15.15	Actual time 14.15	1st place

First Past the post

Most outside events set age/gender groups off together and are timed using transponders, a small plastic timing chip you fasten to your shoe. The results for these races are listed in the age category you run in eg U12 girls. They are available online the day following the event.