

CAMBRIDGE HARRIERS ATHLETICS CLUB

OPEN YOUNG ATHLETES TRIALS

SATURDAY 15th APRIL 2023

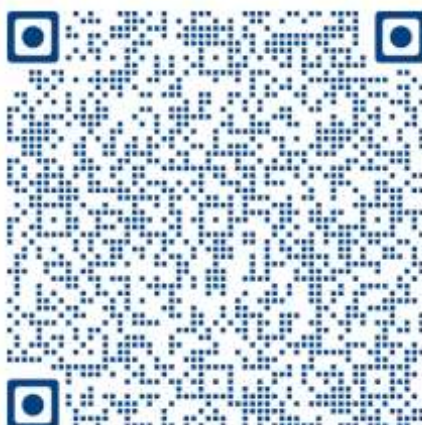
SUTCLIFFE PARK TRACK, ELTHAM RD, SE9 5LW

An opportunity for non club members and club members to compete in this annual pre season fixture. An opportunity for parents and athletes to meet the staff and coaches of Cambridge Harriers, the well-known Greenwich/Bexley based club.

Track Timetable		Field Timetable	
		1.00	Javelin Girls & Boys High Jump Girls & Boys
2.00	100 metres Girls	1.45	Long Jump Boys
2.30	100 metres Boys	2.45	Long Jump Girls
3.00	800 metres Girls		
3.15	800metres Boys		
3.30	Sprint Hurdles	3.30	Shot Put Boys
4.00	200 metres Girls	4.00	Shot Put Girls
4.20	200 metres Boys		
4.40	300 metres Girls & Boys	4.30	Discus Girls & Boys
4.50	400 metres Boys		

Age groups	
<i>Under 13's = School Year 6 & 7</i>	<i>Under 15's = School Year 8 & 9</i>
<i>Under 17's = School Year 10 & 11</i>	<i>Under 20's =School years 12 & 13</i>

Follow the QR code to enter. Entries close midnight 11th April



COACHING

Cambridge Harriers is based at Sutcliffe Park Track in Eltham and has a total membership of over 400, most of whom come from the Greenwich, Lewisham and Bexley areas.

The club enjoys the services of a team of 20 qualified coaches who provide coaching in most of the athletic events. Younger athletes (years 6,7 & 8) should start with the club's six week induction course which gives an introduction to all athletics events. This runs on Tuesday evenings from 5 – 6.15pm and can be done without actually joining. For more information on this and how to book contact cambridgeharriersac@gmail.com. For older athletes, year 9 and above, we look to place athletes with a group appropriate to their interest and ability. Again for this, e mail the club at cambridgeharriersac@gmail.com

COMPETITIONS

The club runs a thriving junior section and on average there are Track fixtures every two weeks during the summer and Cross-Country or indoor fixtures once a month during the winter. Transport to away matches is often provided by the club

Club teams compete in a variety of leagues. These events provide competitions for the following age groups - Under 13's (Year 6&7), Under 15's (Year 8&9), Under 17's (Year 10&11) and Under 20's (Age on 31st August in the year of competition).

The club also encourages athletes to enter individual competitions such as open meetings, county, area and national championships. Last year the club boasted three National champions and its membership includes former Javelin world record holder and Olympic Silver medallist Steve Backley and Olympic 100m finalist Daryll Neita

Once an athlete has joined the club they will be contacted by the relevant Team Manager for information on what events they are interested in, their best performances to date and their availability to compete. Most matches include non-scoring events so that all athletes have a chance to compete whatever their standard.

MEMBERSHIP

Membership is open to anyone over the age of 11. Joining the club gives you access to coaching, team and individual competitions and registration with England Athletics. Athletes get their first club vest for free when joining. Annual membership costs £76. Membership should be taken out by following the information then membership tabs on the web site (use the QR code below to go straight there)

TRACK FEES

Track fees are currently £3.60 for Under 19's (£2.80 if you have a Greenwich Card). These need to be paid by members and non-members alike and easiest way is to download the BetterUK app and book training slots from there

For more information on the club contact Mick Bond on 07715 449 338 or mickbond2020@ntlworld.com

For membership follow this QR Code

