

Blaydon Harriers & A.C.



Blaydon Harriers & A.C. welcomes all new athletes, coaches, volunteers and officials regardless of gender, race, ethnicity, disability, sexuality, political view or religion. All members will be treated equally in line with the latest UK Athletics Welfare Policy and Procedures.

As well as what BHAC has to offer, included in this welcome pack is information about the club's expectations of its members. Please take the time to read carefully through these as it is important these are abided by to ensure the enjoyment and safety of the athletes and coaches.

Keep up to date with club news by visiting www.blaydonharrier.org.uk

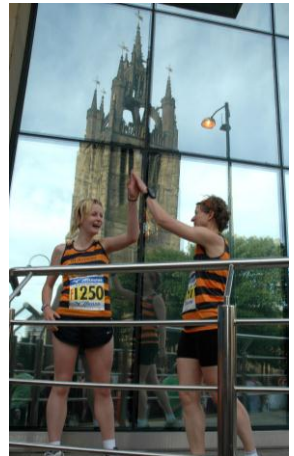
Some Club History



Blaydon Harriers originally formed in 1908, and after a brief spell of disbandment reformed as Blaydon Harriers & Athletics Club in 1963. Members trained at a number of venues such as Blaydon Rugby Club before finding their home at the site of the old Blaydon Grammar School in 1968 where we still train today (now the site of Blaydon Leisure & Primary Healthcare Centre).

Since 1963, the club has thrived in competition in road, cross country and track and field, even having two Great Britain Olympic representatives in Kirsty Wade (also Commonwealth Games Champion at 800 and 1500 mts) and Jill Hunter who was a member from her early teens.

Perhaps, the most significant feature of our club is that it 'invented' The Blaydon Race in 1981. Run every 9th June, the race has grown from a field of 212 on its first running (with a limit of 400 entries) to the present where the limit of 4000 is exceeded by several hundred each year. We are very proud that this race is the largest club-organised race in the region and is now established as a major event in the athletics calendar. It is something our members are excited to be part of every year, whether it be taking part in the race or helping it all run smoothly.



Our club has both male and female, senior and junior teams that compete as Blaydon Harriers throughout the year as well as a number of committed volunteer coaches whose expertise is always available.

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What's on offer at BHAC?



We are proud to be able to offer training facilities throughout the year for members from 8 years up to veteran age. We provide changing facilities within Blaydon Leisure Centre during training sessions all year round and at the Charles Thorp Comprehensive School site during the winter season.

We have a number of gifted and committed volunteer coaches who specialise in sprint training, hurdling, endurance training, high jump and shot & discus, whose training sessions are available to all members over the age of 11.

We also provide the opportunity for athletes to compete in both harrier and athletics leagues in their respective seasons. As a member of BHAC you would be encouraged to represent the club at as many meetings as possible in return for the coaching and training you have received throughout the year.

We also offer an induction group for members between the ages of 8-11 years where they have the chance to try some of the main athletic disciplines and are able to take part in some minor competitions.

BHAC encourages both the serious athlete and the jogger and the club's friendly members will be on hand to point you in the right direction and to welcome you to the club. We feel it is an important part of club life that members of all ages can mix and so all now train on the same evenings and from the same site as well as holding social events through the year giving our members great opportunities to meet new people.

Who, What and Where



Induction Group:	8-11 years	
Training (Winter):	Tuesday at Blaydon Leisure Centre (6.30pm-7.30pm) Thursday at Charles Thorp School (6.15pm-7.15pm)	
Training (Summer):	Tuesday and Thursday at Blaydon Leisure Centre (6.30pm-7.30pm)	
Coach:	Lynn Craig	0191 413 2193

Sprints:	11 years + upwards	
Training (Winter):	Tuesday at Blaydon Leisure Centre (6.30pm-8pm) Thursday at Charles Thorp School (7.15pm-8.30pm)	
Training (Summer):	Tuesday and Thursday at Blaydon Leisure Centre (6.30pm-8pm)	
Coach:	Simon Evans	0191 488 2739

Hurdles:	11 years + upwards	
Training (Winter):	Tuesday at Blaydon Leisure Centre (6.30pm-8pm) Thursday at Charles Thorp School (6.15pm-7.45pm)	
Training (Summer):	Tuesday and Thursday at Blaydon Leisure Centre (6.30pm-8pm)	
Coach:	Derek Craig	0191 413 8747

Endurance:	11 years + upwards	
Training:	Tuesday and Thursday at Blaydon Leisure Centre (7.30pm-8.30pm)	
Coach:	John Macphail	0191 414 0985

High Jump:	11 years + upwards	
Training:	Saturday at St. Thomas More School (10am-11.30am)	
Coach:	Liane Brown	07801952623



Shot/Discus:	13 years + upwards
Training (Winter):	Monday at Gateshead EIS building (6.30pm-8.15pm) Tuesday at Blaydon Fitness Room (6.30pm-8.15pm) Wednesday at Gateshead EIS building (6.30pm-8.15pm) Thursday at Charles Thorp or Blaydon (6.30pm-8.15pm) Sat at Gateshead Stadium Weights Room (9.30am-12.30pm)
Training (Summer):	Monday at Gateshead throws field (6.30pm-8.15pm) Tuesday at Blaydon Leisure Centre (6.30pm-8.15pm) Wednesday at Gateshead throws field (6.30pm-8.15pm) Thursday at Blaydon Leisure Centre (6.30pm-8.15pm) Sat at Gateshead Stadium Weights Room (9.30am-12.30pm)
Coach:	Tony Livingstone 0191 488 3957

Senior Men:	18 years + upwards
Training:	Tuesday and Thursday at Blaydon Leisure Centre (meet at 7.20pm)
Coach:	Liam Friel liamfriel@live.co.uk

Senior Women:	18 years + upwards
Training:	Tuesday and Thursday at Blaydon Leisure Centre (meet at 7.20pm)
Coach:	Hazel Ord hazelord@hotmail.co.uk

Please note some of these details may alter and some coaches may choose to hold extra training sessions so check with each individual coach.

Other important contact information



Club Welfare Officer Details:

Name: Liane Brown
Phone: 07801952623

Name: Simon Evans
Phone: 0191 488 2739

First Aid Details:

Each coach has a small first aid kit and first aid is available from Blaydon Leisure and Primary Care Centre if necessary.

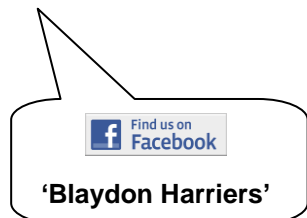
Club President: Bob Houston

Club Chairman: Lynn Craig

Club Secretary: Liane Brown

Blaydon Harriers are based at;

Blaydon Leisure Centre,
Shibdon Road,
Blaydon,
Tyne and Wear.
NE21 5NW.



Keep up to date with club news by visiting www.blaydonharrier.org.uk

Competitions



As a harrier you can look forward to competing in the following;

Track & Field

Young Athlete's League - U13s, U15s, U17s

North of England Track & Field League - U17s, U20s, Seniors

North Eastern Counties Athletics Championships - U13s, U15s, U17s, U20s, Seniors

Northern Athletics Championships - U13s, U15s, U17s, U20s, Seniors

National Championships - U15s, U17s, U20s, Seniors

North Eastern Athletics League - U13s, U17s, U20s, Seniors

Indoor

Monkton Stadium Minor Athletes Grand Prix - U11s

Indoor Athletics Winter Meetings – Gateshead Stadium - U13s, U15s, U17s, U20s, Seniors

North East Indoor Championships - U13s, U15s, U17s, U20s, Seniors

Northern Athletics Indoor Championships - U15s, U17s, U20s, Seniors

Cross Country

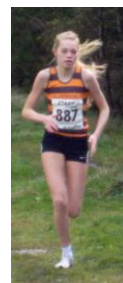
North East Harrier League - U11s, U13s, U15s, U17s, Seniors

North Eastern Cross Country - U13s, U15s, U17s, Seniors

Northern Cross Country - U13s, U15s, U17s, Seniors

National Cross Country Championships - U13s, U15s, U17s,

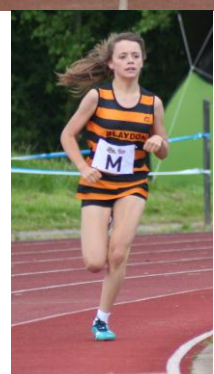
Seniors



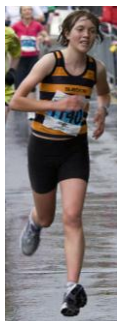
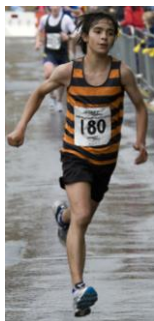
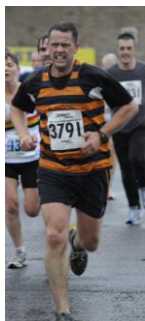
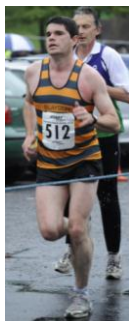
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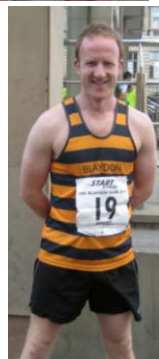
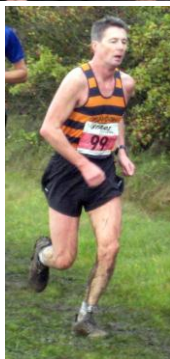
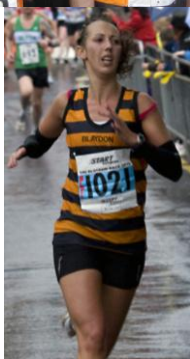
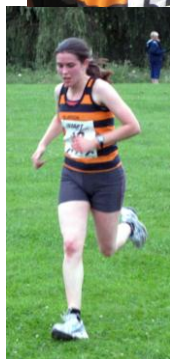
Promotion
securing
Young Athletes
Team 2011



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Senior's get in on the action too!



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How to join

There are three types of membership available to individuals wanting to join the club, they are;

Senior membership: available to anyone aged 18 years and over

Junior membership: available to young persons aged 8-17 years

Associate membership: Associate membership will be offered to those individuals who do not engage actively in competition but who are prepared to assist in the coaching of athletics or in the various administrative duties within the club.



Subs Information

Subs are collected annually in November and vary depending on the member;

Senior member: £45 or £60* (inc. vest) for new members

Junior member: £25 or £35* (inc. vest) for new members

Associate member: £5

To join simply download a membership form from www.blaydonharrier.org.uk or ask your coach for a form and send alongside your subs to our club secretary;

Liane Brown, 16 Charles Court, Heaton, Newc. U-T. NE6 2SN.

(note: please make cheques payable to Blaydon H & AC)

Club Kit



Our club competes in a kit of black shorts and an orange and black hooped vest. If necessary a black t shirt can be worn underneath the vest.

Adult Vest
£15



Child Vest
£10






Other kit available to buy from the club includes hoodies, t-shirts, jumpers and track pants which all have the club logo on. They are available in both junior and senior member sizes. For more information contact Lynn Craig.



These next few pages let you know what the Clubs aims are but also what we expect from our members. Please take the time to read carefully through these as it is important these are abided by to ensure the enjoyment and safety of the Clubs athletes and coaches.

Club Aims and Objectives

The aims and objectives of the club are to:

-  Offer coaching and competitive opportunities in athletics
-  Promote the club within the local community and athletics
-  Ensure a duty of care to all members of the club
-  Provide all its services in a way that is fair to everyone
-  Ensure that all present and future members receive fair and equal treatment

Junior Members Code of Conduct



As a member of Blaydon Harrier & Athletics Club you are expected to abide by the following club rules;

- 🏆 All members must respect coaches, officials, volunteers and their decisions.
- 🏆 All members must respect opponents.
- 🏆 Members should keep to agreed timings for training and competitions or inform their coach/team manager if they are going to be late.
- 🏆 Members must wear suitable kit for training and match sessions, as agreed with the coach or team manager.
- 🏆 Members must pay any fees for training or events promptly
- 🏆 Junior members are not allowed to smoke in club premises or whilst representing the club at competitions.
- 🏆 Junior members are not allowed to consume alcohol or illegal drugs of any kind on the club premises or while representing the club.



Club Coach, Official and Volunteer Code of Conduct

As an Official/Volunteer within the club you must;


- 🛡️ Consider the well-being and safety of participants before the development of performance
- 🛡️ Develop an appropriate working relationship with performers, based on mutual trust and respect
- 🛡️ Make sure all activities are appropriate to the age, ability and experience of those taking part
- 🛡️ Promote the positive aspects of the sport (e.g. fair play)
- 🛡️ Display consistently high standards of behaviour and appearance
- 🛡️ Follow all guidelines laid down by the national governing body and the club
- 🛡️ Hold the appropriate, valid qualifications and insurance cover
- 🛡️ Never exert undue influence over performers to obtain personal benefit or reward
- 🛡️ Never condone rule violations, rough play or the use of prohibitive substances
- 🛡️ Encourage and guide participants to accept responsibility for their own performance and behaviour

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Parents/Guardian Code of Conduct



As a responsible Parent/Guardian of a BHAC member you will;

-  Encourage your child to learn the rules and play within them
-  Discourage unfair play and arguing with officials
-  Help your child to recognise good performance, not just results
-  Never force your child to take part in sport
-  Set a good example by recognising fair play and applauding the good performances of all
-  Never punish or belittle a child for losing or making mistakes
-  Publicly accept officials' judgements
-  Support your child's involvement and help them enjoy their sport
-  Use correct and proper language at all times



Blaydon Harriers & AC is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators, officials and parents associated with the club should, at all times, show respect and support the club and its development. Any concerns or complaints that you may have about any aspect of the club should be shared with Liane Brown and/or Simon Evans (Club Welfare Officer's).

