



Welcome to Harmeny AC! We are a Scottish Athletics affiliated Athletics Club based in the South West of Edinburgh. As of December 2018, we are also a Scottish Charitable Incorporated Organisation (SCIO SC048917) and our charitable objectives are:

- The advancement of public participation in Athletics as a sport;
- To provide recreational facilities and/or organise recreational activities, available to members of the public at large, with the object of improving the conditions of life;

In furtherance of the above shall:

- provide a base for successful competitive track and field athletics and cross country running and to develop the full potential of each member;
- encourage enthusiastic instructors, coaches, officials and administrators within the club and provide opportunity for qualification and experience; and
- provide a base for non-track and field runners and those wishing to run as a recreational activity or to improve their general fitness.

We are largely run by volunteers and any help that our members or parents can give is crucial to the successful running of the club. We cater for all ages and abilities from as young as 9 years old through to our senior runners, there is something for everyone.

Below is some important information for everyone connected to the club. There is loads more information on the website where we also post news articles about recent or forthcoming events. <http://harmenyac.org/>

How to Join

Details of our training nights and the structure of our sessions can be found here: <http://harmenyac.org/start-your-athletics-journey-with-us/juniors/new-members/>

There is a waiting list for many of our sessions. To join the waiting list, please email juniors@harmenyac.org. Any parent who would like to volunteer, as a coach, an official or behind the scenes, will be amazed how quickly the waiting list can be skipped!

Some of our sessions are by invitation only to athletes who have shown a willingness to train hard and have specific event or performance goals in mind. If you feel that you would benefit from these more focused sessions, again please email juniors@harmenyac.org and a coach will be in touch to discuss the best approach.

Training

Juniors who are offered a place must register ahead of their first session so that the coaches have access to contact details and any relevant medical conditions. If you don't register in advance at <https://app.loveadmin.com/ThirdpartyRegistration.aspx?clubID=2e4c05af9bacaa46025ba1a15cc626c5>), you will not be allowed to join the session.

For your first training session, just turn up, ready to train, and meet one of the coaches at the reception of the school or sports centre approximately 5 minutes before the start time. During the winter months our school based sessions will largely be training indoors with an occasional venture outside when the weather allows. Athletes should dress appropriately for both.

We set out our expected standards of behaviour from athletes in our code of conduct, which can be found here: <http://harmenyac.org/home/juniors/new-members/>. We sometimes call upon parents to help out on a rota'd basis. Details of what will be required are here: <http://harmenyac.org/home/juniors/training/> .

Should you have any concerns regarding training, then please contact the lead coach for the session in the first instance.

Child Welfare Policy

We take child welfare extremely seriously and our full policy can be found on the website here:

<http://harmenyac.org/home/juniors/child-welfare-policy/>

Should you have any questions or concerns regarding this you can contact our Welfare Officer Judith Campbell directly at welfare@harmenyac.org.

Fees

Our membership year runs from the 1st October to the 30th September. Annual membership fee (£25 in 2019-20) and a weekly training fee (currently £2.50 per week), payable by term in advance, will be requested via our online registration system LoveAdmin. Membership fees will be subject to GiftAid in 2019-20.

Financially assisted membership is available to those on low incomes or in receipt of:

- Job Seekers Allowance
- Income Support
- Universal Credit
- Child Tax Credit

Assisted membership must be applied for every year to ensure continuing eligibility. The club will consider applications for concessionary membership from people with low or modest means who do not meet the above but can satisfactorily demonstrate that they are unable to pay the full membership or training fees. If you would like to apply for this please email juniors@harmenyac.org (juniors) or pentlandrunner@gmail.com (seniors) and your application will be dealt with discreetly by 2 appointed members of our Board of Trustees

Communication

Key information (newsletters, events, meetings etc) will be emailed to all parents/guardians to the email set up in the registration system. Please make sure you allow mail@loveadmin.com to ensure this doesn't end up in your junk folder!

Most of this information will also be posted on the website and in our closed Facebook page. Facebook will also be used for less formal communications and discussions and is also a place that many use to share photos. Please join us here: <https://www.facebook.com/groups/1457275801211925/>

Competition

We believe that testing yourself in competition is important to athletic development and there is an expectation that everyone will put themselves forward for competitions at least 3 or 4 times each year. This also helps the coaches' measure progress and identify development needs.

Age Groups

Official competitions, under Scottish Athletics (SAL), start at 9 years of age. Under SAL the age groups are Under11, U13, U15, U17 and U20. The age groups are based on age on 31st August – i.e. if you are 9 or 10 years of age on 31st August you will be in the U11 age group, 11 or 12 U13 etc etc.

For membership year 2019-20:

- U11: Born 01/09/2009 or later
- U13: Born 01/09/2007 - 31/08/2009
- U15: Born 01/09/2005 - 31/08/2007
- U17: Born 01/09/2003 - 31/08/2005
- U20: Born 01/01/2000 - 31/08/2003

Here's the confusing bit... The age group that you're in lasts starts with the indoor (winter) season, through the summer season and right through the following cross country season. And because the Cross Country seasons overlap, you could be competing in one age group in the indoor league one week, and then in a totally different age group the following week in a cross country race!

		2019				2020								2021								2022										
		September	October	November	December	January	February	March	April	May	June	July	August	September	October	November	December	January	February	March	April	May	June	July	August	September	October	November	December	January	February	March
Age Group 1	Based on age on 1st September 2018	CROSS COUNTRY																														
Age Group 2	Based on age on 1st September 2019			INDOOR				OUTDOOR				CROSS COUNTRY																				
Age Group 3	Based on age on 1st September 2020															INDOOR				OUTDOOR				CROSS COUNTRY								

Scottish Athletics (SAL) Numbers

Every junior who reaches the age of 9 and has paid their annual membership fee will be automatically made members of Scottish Athletics by the club. The club will then add their SAL number to their LoveAdmin record which you can then access by logging on. This number (in the form SA99999) is often needed to gain entry, especially to SAL events and often yields a discount on entry fees.

Events

The club provide many competitive opportunities which will often involve a club-appointed team manager contacting parents (via email) and submitting a club-entry for those interested. Some events, especially some cross country ones and club friendlies, simply require you to turn up on the day. And there are many, many more opportunities for everyone to enter themselves into competition; while the coaches and team managers will prompt either verbally, via emailed newsletters or on Facebook page, it is ultimately up to the parents/guardians to make the entry themselves.

Important – in 2019, Scottish Athletics changed the method of entering their own events (primarily district and national age group championships). You must now book via their membership portal at [Link](#). Once you're set up with your log in details and password, it's straightforward. However, I would suggest setting these up in advance of entry deadlines, following these instructions.....

If you have an adult membership, email Carol at membership@scottishathletics.org.uk with your name and membership number and names and membership numbers of the juniors. She will link your accounts and email you with your log in and password details. You can change your password when you log into the system. Don't create a new account yourself.

If you don't have an adult membership, email Carol at membership@scottishathletics.org.uk with names and membership numbers of your juniors. She will email you with log in and password details. You can change your password when you log into the

Winter

Name of Competition & Venue	Type	When	Age Groups	How to Enter	Events at Competition	Standard of Competition	Dates 2019-20	Link
Harmeny Vs CAAC Cross Country Friendly Juniper Green	Cross Country	Saturday daytime in September	U11 to U15	Turn up on day	Cross country race (1km for U11 up to 2.5k for U15)	Brilliant local introduction to cross country running run by club.	21/09/2019	
East District Cross Country League Various	Cross Country	3 Saturday afternoons October, November and January	U11 to Seniors	Turn up on day	Cross country race (1mile for U11 up to 9k for seniors)	All abilities.	19/10/2019 23/11/2019 18/01/2020	XC League
Championship Cross Country Various	Cross Country	Throughout the winter October to February	U13 to Seniors	Via Club	Cross country of various lengths, including relays	District and National races attract the best from around Scotland.	Various	XC Champs

Scottish Athletics Indoor League (SAIL). Emirates Arena Glasgow	Indoor Track & Field	Three Saturday morning matches between October and January + Final.	U11 to U20	Via Club	U11s are 60m, 600m, and Standing long jump. Older age groups have more events.	Good, friendly introduction to indoor athletics.	27/10/2019 01/12/2019 12/01/2020 08/03/2020	
Indoor Super Teams Emirates Arena Glasgow	Indoor Track & Field	February	U12	Via Club	Each athlete will do 60m, long jump, shot putt, and sprint relay.	Good, friendly event for all.	09/02/2020	Super
National Indoor Championships Emirates Arena Glasgow	Indoor Track & Field	February – U13, U15, U20 run on same day. U17 separate.	U13, U15, U20, U17, Seniors	Individual entry required	All events included.	National events attract the best from around Scotland.	26/01/2020 (U13,15,20) 29/02/2020 (U17,Senior)	U17 U13,15,20
National Youth Road Race Champs Ingliston	Road Race	Sunday in March	U13 to U17	Via Club	3km to 5km road races	National events attract the best from around Scotland.	TBC	Events

Summer

Name of Competition & Venue	Type	When	Age Groups	How to Enter	Events at Competition	Standard of Competition	Dates 2019-20	Link
Harmeny Club Champs Saughton Enclosure	Outdoor Track & Field	Saturday Morning in April/May	All including U9s	Turn up on day	100m, 800m, shot putt, javelin, high jump, long jump	Recommended for all as this is a good introduction to competitive athletics.	TBC	
Harmeny Water of Leith Race Balerno	4km run	One evening in April/May	All including capable U9s	Turn up on day	4.2km race	All abilities, all welcome.	TBC	

Track & Field Friendly versus CAAC Saughton Enclosure	Outdoor Track & Field	Saturday Morning in May	All including U9s	Turn up on day	100m, 800m, shot putt, javelin, high jump, long jump	Recommended for all as this is a good introduction to competitive athletics.	TBC	
U12 Superteams	Outdoor Track & Field	Sunday in June	U12	Via Club	Each athlete will do 75m, long jump, turbo javelin, and 4x100m relay.	Good, friendly event for all.	TBC	Events
Forth Valley League Livingston, Grangemough and Meadowbank	Outdoor Track & Field	3 Saturdays in April, May, June + Final in August	U11, 13, 15	Via Club	Various run, jump and throw events	Teams in 2 divisions mean opportunities for all – with B team giving everyone an opportunity to take part. Friendly and suitable for all abilities.	TBC	FVL
National Relay Champs Various venues	Outdoor Track & Field	Sunday in September	U13 upwards	Via Club	4x100m, 3x300m, 3x400m, 3x800m	Best teams from across Scotland	15/09/2019	Relays
National Championships Grangemouth or Glasgow	Outdoor Track & Field	Over 2 Weekends in August – U13, U15, U20 run on same weekend. U17 separate.	U13, U15, U20, U17, Seniors	Individual entry required	All events included.	National events attract the best from around Scotland.	TBC	Events

NON CLUB EVENTS

There are a number of events which are for only for individuals, therefore require entry by the individual rather than through the Club. The Club support athletes taking part in these and will inform parents of these events through the Facebook site or E-mails. These will also provide links to entry forms.

- 1) For outdoor athletics there are a series of Open Graded Meeting (OGs) or Trials held at tracks throughout Central Scotland including Livingston, Meadowmill (Prestonpans) and Grangemouth. These will have a number of track & field events at each meeting and usually include U11 races, which should be suitable for most. There is usually a small cost (£3 - £5) to compete in each event.

- 2) For Cross Country, there are events run by various clubs throughout the Lothians. Popular events with Harmeny athletes are the Lasswade Cross Country and the East Lothian Cross Country events. These are not as competitive as the East District races and are good introduction to Cross Country running. There is usually a small cost (£3 - £5) to compete in the race.
- 3) Junior Park Runs, held at The Meadows and Inverleith Park on a Sunday morning at 9:30, are a good introduction to endurance running (distance of 2km). Most weekends, you will find a few Harmeny runners taking part at both. You need to register your child with the Parkrun website, but is then free to take part.
- 4) School Events – there are a number of primary school athletic events throughout the year. Cross Country for P6 & P7 being popular (some schools let their promising P5 children compete in the P6 races – except for the Scottish Championships). Most schools in Edinburgh do take part in these and the Club would encourage all U11s to participate.

Club Kit

The club will provide a red and green vest for all team competitions. This remains the club property and must be returned immediately after the event. The club will ensure these are washed and ready for the next event. If you would like to borrow a vest for a specific event or race, please let the club know and return immediately afterwards.

New-style vests can be purchased via your LoveAdmin account and our training kit can now be purchased directly from Football Nation and either collected or delivered to an address of your choice.

<https://www.thefootballnation.co.uk/harmeny-athletic-club-shop>



Start your own athletics journey **Harmeny AC**

CONTACT US:
✉ harmenysec@gmail.com
🏠 harmenyac.org

scottishathletics  **affiliated club**

The banner features a central graphic of a human evolution sequence from an ape to a runner, with various athletic silhouettes (jumper, hurdler, high jumper, long jumper) surrounding a circular logo. The logo contains the text "Harmeny Athletic Club" and "Established 1977". The background is a gradient from dark blue to red.