



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 7 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 joinharmeny@gmail.com. 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 (those at 6.30pm) 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 entrance to the track (next to the stand) approximately 5 minutes before the start time and ready to train. During the winter months Athletes should dress appropriately for inclement weather as no indoor facilities exist. We only occasionally cancel sessions for weather – normally snow or ice on the track – and will email parents, and post on Facebook, beforehand.

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 Officers: Angela Lawson and Naomi Head. They can be contacted at harmenycwo@gmail.com Tel:07833103255

Fees

Our membership year runs from the 1st October to the 30th September. Annual membership fee (reduced to £10 in 2022-23) and a weekly training fee (currently £3 per week for one session and £5 for 2), payable by term in advance, will be requested via our online registration system LoveAdmin. Membership fees can be subject to GiftAid so please tick the boxes to allow the club to claim this back.

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 development and there is an expectation that everyone will put themselves forward for competitions at least 3 or 4 times each year and more for the older age groups. 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.

Here's the confusing bit... The age group that you're in 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 younger age group the following week in a cross country race!

		2022				2023								2024								2025								
		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
Age Group 1	Based on age on 31st August 2022	Cross Country/Road Races																												
Age Group 2	Based on age on 31st August 2023	Indoor				Outdoor Track & Field				Cross Country/Road Races																				
Age Group 3	Based on age on 31st August 2024									Indoor				Outdoor Track & Field				Cross Country/Road Races												
		Age Group 1 - Cross Country/Road Races								Age Group 2 - Indoor/2023 Track & Field																				
		<ul style="list-style-type: none"> U11: Born 01/09/2011 – 31/08/2013 (and 9 years old on day of competition) U13: Born 01/09/2009 - 31/08/2011 U15: Born 01/09/2007 - 31/08/2009 U17: Born 01/09/2005 - 31/08/2007 U20: Born 01/01/2002 - 31/08/2005 								<ul style="list-style-type: none"> U11: Born 01/09/2012 – 31/08/2014 (and 9 years old on day of competition) U13: Born 01/09/2010 - 31/08/2012 U15: Born 01/09/2008 - 31/08/2010 U17: Born 01/09/2006 - 31/08/2008 U20: Born 01/01/2003 - 31/08/2006 																				

More details about age group can be found here: <https://www.scottishathletics.org.uk/wp-content/uploads/2022/05/2022-23-Age-Group-Dates.pdf>

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 sometimes yields a discount on entry fees. Logon to LoveAdmin here to find yours: <https://app.loveadmin.com/sign-in>

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.

For Scottish Athletics events, you must 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..... <https://www.scottishathletics.org.uk/events/event-entries/>

If you have issues, email Carol at membership@scottishathletics.org.uk with your name and membership number.

Summer

Name of Competition & Venue	Type	Age Groups	How to Enter	Events at Competition	Standard of Competition
Harmeny Club Champs Saughton Enclosure	Outdoor Track & Field	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.
Harmeny Water of Leith Race Balerno	4km run	All including capable U9s	Turn up on day	4.2km race	All abilities, all welcome.
Track & Field Friendly versus CAAC Saughton Enclosure	Outdoor Track & Field	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.
U12 Superteams	Outdoor Track & Field	U12	Via Club	Each athlete will do 75m, long jump, turbo javelin, and 4x100m relay.	Good, friendly event for all.
Forth Valley League	Outdoor Track & Field	U11, 13, 15	Via Club	Various run, jump and throw events	Teams in 2 divisions mean opportunities for all – with B team

Livingston, Grangemouth and Meadowbank					giving everyone an opportunity to take part. Friendly and suitable for all abilities.
National Relay Champs Various venues	Outdoor Track & Field	U13 upwards	Via Club	4x100m, 3x300m, 3x400m, 3x800m	Best teams from across Scotland
National Championships Grangemouth, Glasgow or Aberdeen	Outdoor Track & Field	U13, U15, U20, U17, Seniors	Individual entry required	All events included.	National events attract the best from around Scotland.
Scottish National League Various venues	Outdoor Track & Field	U17, 20	Via Club	All Track & Field	Attracts good athletes from across Scotland
Youth Development League	Outdoor T&F	U13/U15	Via Club	All Track & Field	Attracts good athletes from across Scotland

Winter

Name of Competition & Venue	Type	When	Age Groups	How to Enter	Events at Competition	Standard of Competition	Dates 2022-23	Link
Harmeny Vs CAAC Cross Country Friendly Juniper Green	Cross Country	Saturday daytime in September/October	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.	TBC	
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.	15/10/22 19/11/22 14 or 21/01/23	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	Good, friendly introduction to indoor athletics.	TBC	

					Standing long jump. Older age groups have more events.			
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.	TBC	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.	TBC	U17 U13,15,20
National Youth Road Race Champs	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

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

Anyone taking part in Club Events **must** buy a red and green Harmeny vest.

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>

We occasionally buy bespoke gear too. Details for these will be emailed out as and when.



The banner features a dark blue background with a red gradient on the right side. On the left, the text "Start your own athletics journey" is written in white. In the center, the club's name "Harmeny AC" is displayed in large white letters. Below the name, a series of white silhouettes shows the evolution of man from an ape to a modern athlete. To the right of the evolution, there are several white silhouettes of athletes in various dynamic poses, including a runner, a jumper, and a hurdler. A large circular logo is positioned on the right side of the banner. The logo contains the text "Harmeny Athletic Club" at the top and "Established 1977" at the bottom. The center of the logo features a stylized, interlocking design in red and green. In the bottom left corner, the "scottishathletics" logo is shown next to the text "affiliated club".

Start your own athletics journey **Harmeny AC**

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

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