

Dereham Runners Junior Welcome Guide



Welcome to the Junior section of Dereham Runners. All information regarding the Junior section should be included in here, if you have any additional questions, please ask!

We take pride in coaching juniors aged 9 and over. It doesn't matter what previous experience or running background you may have, we will coach anyone who is willing to work hard at training sessions and represent the club in competitions.

~ Coaches

We currently have three qualified coaches;

Garry Slattery - Athletics Coach

Paul Barrett - Coaching Assistant

Ashley Jarvis - Coaching Assistant

We are also very grateful to have help from parents both on training nights and at competitions, without these parents we would struggle to run sessions.

~ Training Sessions

We currently train twice a week, Mondays and Thursdays, from 18:30 till 20:00. Our training venues change throughout the year. From Easter until October we train at Neatherd High School on the field. In these months we focus training on the track and field season, both in running events as well as field events.

In the winter months we turn to 'Winter training' which is more fitness based and sets the juniors up for the summer months. Our winter training has been based at Breckland Council Offices and focuses on running.

We currently do not charge a cost for training sessions.

~ Club Kit & Clothing

Running is a relatively cheap sport, however we do advise to buy some decent running trainers. We aren't asking you to spend £100's on the flashiest pair. but trainers which are designed/branded for running do help. They usually have shock absorption, more stability and support, which you may not get from astro trainers, fashionable trainers or shoes. There are specialist shops which can give you professional advice for trainers, especially if you have/you've had foot issues.

In the winter we just ask that you wear suitable clothing, bring a waterproof coat, jumpers, long-sleeve tops, thermals, to make sure you keep warm throughout the session. In the winter when it's darker, higher visibility colours are always a bonus.

The same applies for the summer and warmer months; sports-specific tops are made out of different materials which breathe better to control moisture, although many wear normal t-shirts/vests.

For competitions we ask everyone to wear a club vest, which is red with the DRAC logo and name on it.

We also sell club t-shirts, hoodies and waterproof jackets, which can be worn at both training nights and competitions. Names can also be added to the back of the hoodies. Jacquie Wood organises the club merchandise through Birds of Dereham. Birds of Dereham has the same brand vests/hoodies/t-shirts which you can try on before ordering the club specific kit. When you know what sizes you need, email Jacquie on jaqswood@hotmail.co.uk.

~ Competitions

We compete in two leagues in Track and Field over the summer, the EAL and the EYAL. There is also the County Championships and other competitions which can be entered over the season, which we inform about over the year.

In the winter we take part in the Ryston Cross Country Grand Prix, which is a Sunday every month.

The junior section of the website has more details about competitions and has a handy document with tips on for attending competitions.

~ Correspondence

Our main communication is through email and text message. Text messages will always be sent out informing you of a new email, and text messaging will be used to update about training sessions, such as cancellations or changes to venue etc.

~ Membership

When trialling the junior section you are welcome to a month free to get a good taster of what it is like. If you would like to join as a full member then we would love to have you. After joining, membership is due annually on the 1st April, and the membership fees can be found on the website here: http://www.derehamrunners.co.uk/membership_forms_available_here

~ Social Events

Every year we host a summer BBQ in August, where the juniors get together with the seniors. We also have a Christmas event (last year we went bowling) and an awards night in January.

~ Insurance

The club is affiliated with England Athletics, who have arranged public liability insurance for members acting with its rules/codes of conduct. It is up to members to arrange personal accident insurance if they so wish.

~ Club Website

Please keep check of the junior section on the website, as it is continuously updated with information.

Updated 07.04.18 by Ashley Jarvis