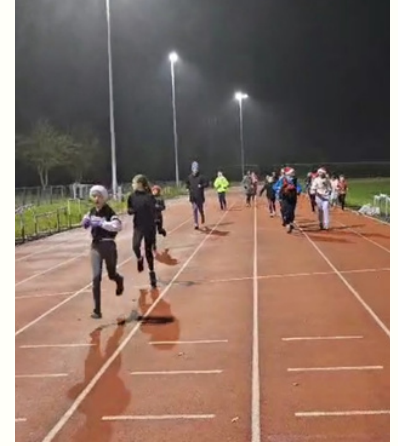


JANUARY 2024

BRJ JUNIORS SPRING NEWSLETTER



Welcome to a new year of running, swimming, cycling and having fun with BRJ

We plan to send out a newsletter to you each term to help keep you informed about the club activities and events the children could enjoy.

Thank you for your support of the Junior Club, your commitment to bringing the children each week make it all worthwhile.

Ways you can help..

- Please let us know if your child has been unwell or is recovering from injury.
- Encourage your child to take part in junior Parkrun
- Please note the dates of the Junior Championship events and make sure your child has a chance to take part.
- Download a recent photograph of your child onto the BRJ Clubpal membership website. This will enhance our ability to identify them and our safeguarding responsibilities.
- Consider volunteering as a support each week especially on evenings when extra help is needed.

BRJ RUN AND TRI
We swim, we bike, we run, we have fun.

WAYS YOU CAN HELP

**JUNIOR TRAINING
DATES**

**JUNIOR CLUB
STANDARDS**

AWARDS FOR EFFORT

**CHAMPIONSHIPS
RACES 2024**

BRJ Junior training dates and races:

Spring Term:

January 10th - 14th February - Sports Hall, One Leisure St Ives
21st February Half Term (no session)
28th February - 27th March - Track, St Ives Outdoor Centre

Summer Term:

17th April - 23rd May - Hinchingsbrooke Country Park
30th May Half Term (no Session)
5th June - 18th July Hinchingsbrooke Country Park

Autumn Term:

4th September - 23rd October - Track, St Ives Outdoor Centre
30th October Half Term (no session)
6th November - 18th December - Track, St Ives Outdoor Centre

RACES AND COMPETITIVE EVENTS

MAY: EYE 3K

**JUNE: PETERBOROUGH
GP SERIES**

**OCTOBER/ MARCH
2025: FROSTBITE**

**NOVEMBER: SPORTS
HALL ATHLETICS**

**JANUARY 2025 CROSS
COUNTRY CHAMPS**

Awards for effort and excelling

The aim of BRJ Juniors is to encourage and enable children to actively engage in running, having fun and enjoying the challenges of coach led training activities in a variety of settings.

Consistent commitment to our activities will build confidence by improving running fitness and being able to run further and faster. We believe this confidence can extend to other aspects of the child's life. Here are further ideas of how your child can get involved with other events and activities:

JUNIOR PARK RUN

Junior park run is an ideal opportunity to run together with other children in a supportive non competitive environment. Please make sure the children are registered as members of BRJ so we can keep track of their runs.

For more information: www.parkrun.org.uk/jubilee-juniors/



INTERCLUB EVENTS

Interclub events provide an opportunity for children to run as a team supporting each other and celebrating everyone's effort.

From October to March there is a series of monthly junior races of about 1.5 miles organised by the Frostbite Friendly League. Teams of a minimum of five children are required to represent each of the twelve clubs involved. Children must be 9 years or older. For more information see: www.frostbiteleague.org.uk

JUNIOR CLUB CHAMPIONSHIPS AND RACE DATES

Junior Club Championships provide a gentle introduction to competitive running and a real test for our more experienced runners. Points are awarded based upon the boy or girl's age.

Our focus is on improving performance encouraging all children to believe they can go faster and further than before. These events give coaches an opportunity to measure improvement and recognise and award effort.

To be eligible for the championships children are required to complete at least four of the events listed below. The best three are selected and the points added to the overall score. These events are a mixture of nominated races, Interclub events, Parkruns and BRJ events.

(* these are club only races organised by the club on club nights to ensure everyone has an opportunity to take part in the Junior Championships)

 RACE DATES	
Feb	10th - Huntingdon Parkrun 5K 11th - Jubilee Junior Parkrun 2k
March	10th - BRJ Junior Frostbite Jubilee Park, Huntingdon 1.5 miles 20th - Track 2k BRJ Event*
May	1st - 1 mile BRJ Event* 12th - Eye (Peterborough) 3k Fun Run
June	20st - Hinchingsbrooke Park Mini Marathon 2.62 miles BRJ Event*
July	Date tbc - Peterborough Grand Prix Series 3K Water Sport Centre Ferry Meadows Peterborough
August	17th - Huntingdon parkrun 5K or 18th - Jubilee Junior Parkrun
Sept	25th - Track 2K, BRJ Event*
Oct	Frostbite (date and venue tbc) either Hinchingsbrooke Park Huntingdon or Priory Park, St Neots
Nov	13th - Track 1-mile BRJ Event*
Dec	4th Dec- Track 3K BRJ Event*

Junior Club Standards:

Our Junior Club Standards help support children's efforts.

In conjunction with the Annual Running Championship there is a Performance Awards Scheme.

To award effort and to encourage further achievement the club has a series of awards for performance during a championship race.

Finish times will be converted into an age and gender percentage score using the Howard Grubb WMA (October 2016 edition). This compares a child's performance against an international record of the performance of a child of the same gender and age running over the same distance. Only one badge of a specific grade and distance will be awarded for a performance of a similar grading.

(e.g. Only one badge is earned for running the same time over 3K over different events)



There are three badges to be won over the following distances.

One Mile; 2 Kilometers 3 Kilometres 5 Kilometres

Bronze : Time is from 50%-59.99% WMA grade

Silver: Time is from 60%-69.99% WMA Grade

Gold: Time is over 70% WMA Grade

These cloth badges can be worn on Club hoodies etc as a mark of achievement.

CONTACT US

**For up to date information and to book a session please use the BRJ Club Pal.
www.brjrunandtri.clubpal.app/sessions/calendar**

**If you have any questions about your child's training
please feel free to have a chat to the coaches.**