

**ATHLETICS CLUB  
APPLICATION FORM**

Name .....

Address .....

Post Code .....

Telephone No. ....

Date of Birth .....

School (if applicable) .....

Medical History .....

Emergency No. ....

E-mail Address .....

**Athletes Under 16 years old**

I give permission for my child to participate in the above activities organised Kilmarnock Harriers.

Signed ..... Parent / Guardian

I give my permission for my child's image to be used in publicity material for Kilmarnock Harriers.

Signed ..... Parent / Guardian

Data Protection - Please note that information regarding member's details shall be shared with outside agencies such as Scottish Athletics

For further information please contact  
Jim Goldie on 07748 473 813 or at [j.goldie@zoom.co.uk](mailto:j.goldie@zoom.co.uk)  
Or Lindsay McMahon on 0774 805 2725

WOMENS  
GROUP



TRACK RUNNING

JUNIOR FUN

ROAD RUNNING

FIELD  
EVENTS

800m

HILL RUNNING

**KILMARNOCK  
HARRIERS  
& ATHLETICS  
CLUB**

**Est. 1887**

JAVELIN

THE MARATHON

CROSS COUNTRY

One of Scotland's Oldest and  
Friendliest Athletics Clubs

**INFORMATION  
BOOKLET**

Supported by  
UK Athletics Club Futures

[www.kilmarnockharriers.com](http://www.kilmarnockharriers.com)

## **ATHLETICS CLUB PROGRAMME INFORMATION**

### **Tuesdays / Thursday**

7.00pm – 8.00pm

### **Winter**

Kilmarnock Academy

### **Summer**

Scott Ellis Playing Fields

### **Ages**

9 – 90 years old

### **Cost**

Juniors - £ 1.00 per week  
Seniors – Yearly Joining Fee

### **Club Contacts**

#### **Juniors 9 – 12 years**

Jacqui Lennox, Viven Clelland

#### **Juniors 12 – 16 years**

Jim Goldie, George Morton

#### **Women's Group**

Jim Reid

#### **Road Running**

Scott Russell, Ian Gebbie

#### **Senior Training**

Jim Young

## **Commonly Asked Questions**

### **Who are Kilmarnock Harriers?**

The Harriers are your local athletics and we take part in a number of athletics activities through out the year. Many people feel that athletics clubs are for the elite only but most of our members are in the club to improve their fitness in a fun way and to sample one of Scotland's most friendly clubs. We cater for everyone from the young athlete taking part in their first athletics event to Allison Higgins who ran for Scotland in the 10,000m at the last Commonwealth Games in Manchester.

### **What different groups do you have?**

We have a junior club that caters for athletes aged between 9 and 16. These athletes will be introduced to all aspects of athletics from the javelin to the 800m. You can then pick your favourite event and improve in one of the many athletics meetings that we visit through out the year. We also have one of the largest women's only groups in Scotland where one of our experienced coaches shall welcome everyone, no matter how unfit you think you are. Further more we have athletes training for many road races through out the year in our road running section as well as coaching for athletes who wish to improve and train for specialist events. Kilmarnock harriers also welcome athletes with a disability and also those from ethnic minorities into the club to participate in athletics.

### **How do I join the club?**

You can join by coming down to the club and joining one of our many sections. It very easy to join the club and your sure of a friendly welcome.

### **Do I have to be really fit?**

The coaches at the clubs will make sure that you do not work too hard during your first couple of coaching sessions – remember its all about fun, enjoyment and improving your health and fitness.

### **How do I find out more?**

You either come along to the club on one of our club nights and join in or telephone or e-mail the club contact shown below. You can also visit our website [www.kilmarnockharriers.com](http://www.kilmarnockharriers.com) that is packed full of information on all aspects of the club.

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