



Information for new members

About the club

Wetherby Runners AC was formed in 2004. It started when local Wetherby GP Richard Hall wanted to encourage some of his patients to adopt a healthier lifestyle so suggested that a few of them meet down at Wetherby Sports Association to go for a run. The rest is history!

We are now a club with around 170 senior members and around 100 junior members and are growing in size every week. The ethos of Wetherby Runners is to welcome anyone who enjoys running and enable you to run with other people who feel the same way. We are particularly welcoming to beginners and those new to running. It does not matter what you have done before or how fast you are; we cater for all abilities, from those who can run/walk for a mile right through to those who want to run competitively and take advantage of the wide range of coaching opportunities that the club offers.

We also have a lively social section and many of us meet in the bar at the Wetherby Sports Association for a quick drink after runs. We also have a regular series of social evenings (most of which involve food!) such as curry / pie and peas / fish and chip evenings.

When do we meet?

Main session

Our main club evening is **Wednesday** and we meet at **7.00pm** at Wetherby Sports Association, The Club House, Boston Road, Wetherby LS22 5HA. The website address of the Sports Association is www.wetherbysports.co.uk which includes a map showing where it is located. If you are attending for the first time, if you aim to get there at 6.50pm already changed into your running kit and make your way to the bar area which is immediately to the right when you go through the main door. Ask someone to introduce you Jackie Darley who is our new starter welcomer. Jackie will discuss with you what your previous running experience is, what sort of session you would like to do and she will then recommend a group for you to run with that evening.

We usually start each Wednesday meeting with a 10 minute round up of news, events and announcements and the different sessions then commence at around 7.10pm. There are a whole range of sessions available led by different run leaders so you can pick and choose depending on what you would like to do. Typically there will be steady runs of different paces of distances 4 to 9 miles, hill sessions, interval speed sessions and during the summer months we run a club handicap over around 4 miles where the start time is staggered to your running ability.

Other sessions

Monday 7pm – Steady run for seniors and juniors age 12 plus (year 8 and above), 4 to 7 miles, different paces. Meet in the foyer of Wetherby Sports Association.

How much does it cost to join?

Seniors (Over 18) **£25**

Seniors (Second Claim) **£15** - Where you are already a member of another running club

Juniors (17 or under) **£15**

Family (Up to 2 adults plus children) **£50**

The above costs relate to the year commencing 1 April 2012.

Application forms can be downloaded from our website www.wetherbyrunnersac.co.uk.
Membership runs from 1 April to 31 March each year.

What are the different types of running offered by Wetherby Runners AC

Beginners' Programme

The contact person for those new to running is our Beginners Coach, Jackie Darley. For those completely new to running, sessions lasting 30 minutes to one hour are held on Monday and Tuesday evenings starting at 6pm from Wetherby Sports Association. Jackie leads new starters through an initial programme to improve running with other beginners or less confident runners. As new starter runners become more confident or for runners who feel more confident initially, attendance at the Wednesday evening session at Wetherby Sports Association is the next best step. **Please contact Jackie before attending on a Monday or Tuesday to check that a session is being held that evening.**

Contact Jackie Darley, E-Mail: jackydarley@btinternet.com Tel: 07580 016 479

Road Running

Full range of distances from 5K to marathon. Our runners compete regularly in a race series in North Yorkshire and West Yorkshire.

The main race series supported by club members is the Harrogate & District Summer Race League www.harrogate-league.co.uk, which is a inter club series of mid week evening road races throughout North Yorkshire from May to July, distances 5 to 6 miles. Club members are requested to provide help and support when Wetherby Runners is asked to host a race which is usually no more than once every two years.

For 2012 and beyond we also intend to support the Leeds Athletic Network of races which are mainly based in West Yorkshire. These are a range of individual races and distances to choose from throughout the year so there should be something for everyone. The website address is www.leedsathletics.net.

The **Wetherby 10K and Mini Marathon** are races held in Wetherby (starting from the Race Course) in September of each year. This is one of the biggest events of the year

for the club with growing numbers from year to year and has been rated as Gold Standard by the British Association of Road Running (BARR), one of very few races in the country to achieve such a status.

Club members are expected to provide assistance in the running of this event. This may be by way of marshalling, helping with the entries/results team, set up on the morning of the race, food tent, pre race planning or one of the other areas requiring support.

Contact Rob Gray, E-Mail: shadeofgray@btinternet.com

Cross Country

Cross country running is great fun. All you need is a sense of adventure and not be too averse to mud!

The club regularly competes in the West Yorkshire Cross Country League. www.westyorkshireathletics.org.uk/. This is a series of four races from October to December between different clubs in West Yorkshire. There are different age categories U11, U13, U15, U17 and Senior. Cross country spikes or fell shoes are required.

We also compete in another series called the Peco Cross Country League www.pecoxc.co.uk hosted by Leeds area clubs usually held from November to January. This is a Trail Race league although some races are entirely Cross Country with distances of around 4-5 miles. Trail shoes are required.

In addition to the above we compete in other team events such as the Yorkshire Cross Country Championships and the Yorkshire Veterans Cross Country Championships.

As with the road running series in which we participate, club members are requested to provide help and support when Wetherby Runners is asked to host a race which is usually no more than once every three years.

Contact Paul Windle, E-Mail: pauljwindle@yahoo.co.uk Tel 0793 110 8000

Fell Running

A growing number of club members have started to have a go at fell running. As well as impromptu trips to the Yorkshire Dales, the North Yorkshire Moors and the Lake District a number of members have entered the North East Hill Running Association – Winter Series Fell Races. This is a series of 14 Fell Races held in the North Yorkshire Moors area of which 7 races need to be completed to qualify for a position in the series. Further information together with a list of dates of events can be found on www.eskvalleyfellclub.org. It is usually possible to share lifts to races. Equipment needed includes a pair of fell or trail shoes, waterproof top and bottoms plus a good sense of direction! A full equipment list is supplied on the website.

Contact Pete Pozman, E-Mail: peter@pozman.freemove.co.uk

Track & Field

This is primarily aimed at the junior section of the club and the main opportunities to take part are via the West Yorkshire Track & Field League which has a number of meetings typically held every three weeks throughout West Yorkshire during the summer months. Further information can be found on www.westyorkshireathletics.org.uk/.

Contact Andrea Normington, E-mail andreanormington29@gmail.com

Triathlon

The triathlon section is probably the fastest growing area of the club at the present time and the club is affiliated to the British Triathlon Federation. Training takes place in all the Triathlon disciplines through the week together with open water swimming in the River Wharfe during the spring and summer (weather conditions permitting). **Cycle Training** takes place on Thursday evenings in the Autumn/Winter and on Friday evenings in the Spring/Summer together with many weekend trips to the Yorkshire Dales, Yorkshire Wolds, North Yorkshire Moors and even further afield. **Swimming training** follows the Masters sessions held at Wetherby Pool, the main times at present being Tuesday 9-10pm, Thursday 9-10pm and Sunday 7 to 8pm. **Running Training** follows the times for Road Running given above though there are generally additional moonlight runs held on alternate Tuesday evenings during the Autumn and Winter months with headtorches. The Triathlon section targets a number of local Triathlons throughout the year in particular Tadcaster, Wetherby, Ripon, Leeds, Newbiggin, Castle Howard and Ilkley to name but a few.

The Triathlon section has a forum which is packed with useful information about training times, events, training tips, links to special deals on equipment and much more. In order to access the forum you need to send Mark Tobin an e-mail and he will send you a user name and password.

Contact Mark Tobin, E-Mail: singlesided28@yahoo.co.uk Tel:07970 221868

Junior Section

The Junior Section is very active and caters for ages from 10 (Year 5) right through to 18 (Year 13). The popularity of this section means that due to the limited number of coaches, we have to operate a waiting list system before admitting new junior members. The training sessions offered are summarised below:

Mondays 7pm - Wetherby Sports Association: Year 8 and above only, 4 to 7 miles steady run.

Mondays 8pm - Wetherby Sports Association: Year 9 and above only, Weights session for Sprints Group,

Tuesday 6pm – Boston Spa School: Year 8 and below only, circuit session.

Wednesday 7pm - Wetherby Sports Association: Year 9 and above only, usually a speed session or a hill session/fartlek.

Thursday 6pm, outside Lady Hastings School, Collingham: Steady Run 2 to 3 miles, 30 minutes (all age groups plus mums and dads!)

Sunday 10am to 11:30am, On The Ings, Wetherby or the Track at Carnegie, Leeds Met, Headingley, Leeds. (See weekly junior section e-mail from Ian Legg)

Contact Melanie Callaghan, E-Mail: peter.callaghan@tesco.net.

Club Kit

A range of club kit is available including vests, tee shirts, sweatshirts, hoodies, fleeces and running jackets. Some items of clothing can additionally be personalised / have your name added to the front. To see an example of what is on offer or to place an order you need to contact Andrea Normington.

If you would like to take part in some of the main team events in which Wetherby Runners participates such as the Harrogate Road League and the West Yorkshire Cross Country League, wearing club vests is compulsory.

Triathlon clothing is available for order via Mark Tobin.

Contact Andrea Normington, E-mail andreanormington29@gmail.com

Website

Further information on all the above issues together with lots more including

- A diary of forthcoming local races and how to enter them
- A history of recent race results from local races
- Photographs and articles
- Contact details for our committee and coaches

is contained on our website www.wetherbyrunnersac.co.uk.

How to report your race results for inclusion on the website or in the Wetherby News

Please send an e-mail to our race secretary giving the name of the race, the date and location in which it took place and ideally a link to the results page on the Internet.

Contact Laura Marks, E-Mail: laura@thegrand.demon.co.uk.

Runner/Club person of the Month

Every month club members are given the opportunity to vote for a fellow club member to be nominated as Runner/Club person of the month. Votes are collated by e-mail or in a voting bucket available on Wednesday evening club nights and the winning club member receives a complementary bottle of wine kindly donated by one of our members Gavin Ritchie.

A small subcommittee considers all the nominations and votes on who should be given the award for that month. Criteria for nominating someone may include a diverse range of reasons e.g. good performance in races over that month, big improvement in performance over the month, volunteering work carried out at the club, support of other club members etc.

Contact Ann Dale, Andrea Normington or Paul Windle

E-Mail: ann.dale@britishgas.co.uk; andreanormington29@gmail.com or pauljwindle@yahoo.co.uk

Charity of the Year

At the Wetherby Runners AGM, which usually takes place in October each year, a charity is chosen for the following 12 months. This charity will then be the focus of any fundraising carried out by club members during the year and any charity races in which we take part e.g. The Knaresborough Bed Race. Club members are also encouraged to raise money for the charity in other ways e.g. individual races in which they may be sponsored. Details of the charity for the current year will be highlighted on the Wetherby Runners website.

London Marathon place draw

The club is currently allocated 3 London Marathon places for the year. These are available to members by way of a draw which usually takes place at the Wetherby Runners AGM each year. In order to be eligible for a place in the club draw you need to be

- A first claim club member over the age of 18
- Rejected in the London Marathon Ballot for places in that year.
- Have not been allocated a club place in the previous year.

Annual Presentation Evening

Every year, usually in November, Wetherby Runners AC hosts an Annual Presentation Evening where we celebrate the success of the club and its members over the previous 12 months. Awards are given out for outstanding athletic achievement and volunteering. Different awards are available for the many activities in which we take part including road running and triathlon, and achievement at both senior and junior level is celebrated. This is usually a very enjoyable and fun evening and not one to miss.

Clubmark

Clubmark is a national cross sports quality accreditation scheme (a Kite Mark) for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards. Wetherby Runners was awarded Clubmark status in October 2010.

Clubmark is recognised by Sport England which values the commitment made by sports clubs such as Wetherby Runners AC to develop high quality, welcoming environments for all participants. Clubmark status demonstrates that a club is committed to encourage young people to take-up sport, improve their talents and give them the option to initiate and maintain life-long participation in sport.

Policies

The club has a range of policies to which all members have access and are fully available on our website. These include

- Club constitution for Wetherby Runners AC
- Child Protection Policy

- Equity (Equal Opportunities) Policy
- Health & Safety Policy
- Grievance Procedures

Social Side

The club has a Social Secretary who organizes a range of social events throughout the year. These include the annual Christmas Meal, various food evenings including Curry, Pie & Peas, Fish & Chips, Pizza and many more. Full details of events being held will be communicated by e-mail and also announced before Wednesday evening training.

Wetherby Sports Association also hosts an excellent bar with snacks and many members take the opportunity to have a drink after the weekly senior training session on Wednesday evenings.

V3. May 2012