

**2023-2024**

**Issue 3**

# Runners Guide

**WETHERBY RUNNERS AC**

*Everything that you need to know about your running club*





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## Welcome to Wetherby Runners

The friendly local running club that caters for all

Dear Member

To those of you who have renewed your membership once again a huge thank you, and for those of you joining our club for the first time a massive welcome on behalf of everyone involved in Wetherby Runners.

As you will appreciate the terrible Covid years has put quite a few stresses on the club so I am delighted to be able to say that in 2023 /24 we are able to offer as full and complete a package of opportunities to enjoy your running as we have ever offered. Of course we are always looking to improve so if you would like to help-out with the committee, marshal a race or offer any tips and ideas around how we can improve, we will be all ears.

We like to think that we are the friendliest club around and more than anything we aim to make your running and triathlon adventures safe, fun and enjoyable and to make all new members feel especially welcome and supported.

We offer a very wide array of running experiences with our beginners group setting the standard for inclusion and support thanks to a group of volunteers who are dedicated helping all of our athletes. As a club we are not without inspirational talent for example, we grace the world stage in triathlon which for a club our size is truly remarkable and have countless city and county vests that have emerged from within our junior ranks over the years.

Whether you are looking to run your first park-run, 10k or marathon you will find members happy to help with advice, training plans and good company.

Richard Bell  
Chairman Wetherby Runners

## How It All Started

Wetherby Runners AC was formed in 2004. It started when local 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 200 senior and junior members and are growing in size every week.



The early Mighty O team at Newby Hall – possibly our first 10k – No kit yet but Rob's already sporting his signature shades, I'm not sure about the rest of his outfit!

## Where we meet

Our main club evening is Wednesday, and we meet at 7.00pm at  
Wetherby Sports Association,  
The Club House, Lodge Lane,  
Wetherby LS22 5FN

## Coming to the Club for the first time?

If you are attending for the first time, 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 to Tim Tunnard who is our membership secretary. Tim will discuss with you what your previous running experience is, what sort of session you would like to do, and he will then recommend a group that you should



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 in the winter months there is usually a headtorch run.

## Our Coaches

Under the direction of our Head Coach Ian Legg we have a dedicated coaching team who can be found most nights (see Our Sessions) , helping our Junior and Senior athletes improve and get maximum enjoyment out of their training. We positively encourage members to join the coaching team with the first step being the Leadership in Running Course.

The club will often sponsor fees for training courses in return for a commitment to take and assist with our various training sessions. See any member of the committee if you are interested.

### Athletics Coaches

**Ian Legg** - Head Coach- Level 3

**Emma Coster** - Coach - Level 2

**Andrea Normington** - Coach - Level 2

**Paul Windle** - Coach - Level 2

**Richard Davey** - Coach - Level 1

**Chris Smedley-Nugent** - Leader in Running Fitness

**Gary Othick**- Leader in Running Fitness

**David Yoemans**- Leader in Running Fitness

### Triathlon Coaches

**Judy Bewell** – Coach

**Pete Callaghan** – Coach

## Our Sessions – When we Train.

Organised Club Sessions - at WSA with showering & changing facilities unless otherwise stated;

**Monday** - Beginners Running Group 6pm

**Monday** - Seniors, Juniors run 7pm

**Tuesday** - Junior sessions at Wetherby High School 6pm (now for no extra charge)

**Wednesday** - Club Night, All welcome 7pm – see above  
**Thursday** - Juniors group 6pm at Collingham

**Sunday** – Juniors training session 10am  
(alternates between Carnegie/WSA)





## Junior Information

We aim to provide an opportunity for all children from 10 years old in our area to experience athletics and cross country and road running in an encouraging and supportive environment. We are affiliated to UK Athletics and all our coaches hold UK Athletics recognised qualifications. We provide regular training sessions tailored for the age group and ability encouraging all round fitness and preparing athletes for competition from beginners to elite. All of our junior athletes are encouraged to enter competitions and supported to achieve their own personal bests. Our club is open to all regardless of ability and we treat all athletes as individual and support them in their sporting aspirations – from running for pleasure and fitness to striving to become an Olympic Champion!



## Junior Competitions

In the Autumn/Winter we enter the West Yorkshire Cross Country League and support juniors in the school area and national cross countries and track and field events. In the spring/summer we enter the West Yorkshire track and Field League and the Harrogate Summer Road league for older athletes. We also support our athletes to enter local open events and fun runs and of course our own Mini marathon for younger athletes which precedes our Wetherby 10k suitable for athletes aged 15 and over which is on the second



Sunday in September. We also have several athletes who we support in biathlons and triathlons.



Each September for the winter season of events age groups are:-

Under 11's school years 5 & 6(i.e. under 11 on 31st August at the Start of the season)

(for the West Yorkshire Cross Country for u11's it is your age the day before the first race in October so those older year 6's become u13's)

Under 13's are school years 7 & 8

Under 15's are school years 9 & 10

Under 17's are school years 11 & 12

Under 20's must be under 20 on 31st Dec i.e. for the whole of the current year

In the following April for the Track & Field season age groups change to:-

Under 11's are school years 4 & 5(i.e. under 11 on 31st August at the End of the season) Under 13's, school years 6 & 7

Under 15's, school years 8 & 9

Under 17's, school years 10 & 11

Under 20's must be under 20 on 31st Dec in the current year

# How to Enrol your Child

To register your interest and ask any questions please provide the following details:-Name, date of birth, parent contact details including email and email to Andrea Normington

Please also email these details to add potential juniors not yet 10 to the waiting list.

When a place is available you will be invited to attend an age appropriate session and you can try it out for a few weeks to check it is for you. If you are enjoying it you can apply on line at SiEntries to join.



Stella sprint  
start  
training at  
Carnegie









# Run & Talk Programme

Here at Wetherby Runners we are proud to be working with England Athletics and Mind, in their Mental Health Champion programme which aims to establish a network of volunteer champions in running clubs across England to support people who are experiencing mental health problems.

We are very pleased to confirm that Chris Smedley Nugent is our club Mental Health Ambassador.

*We aim to meet on the First and third Tuesday of the month at 7.pm at the WSA. Runs are usually 5k and are as slow as our slowest runner. If numbers are sufficient we may break into a couple of groups*

The programme supports #runandtalk by:

1. Getting people talking about mental health, sharing experiences and removing stigma.
2. Raising awareness of mental health problems.
3. Supporting people experiencing mental health problems to start, return to and continue running.

**This is an exciting new venture please ask how you can help!**

We're taking part  
in #RunAndTalk to  
break the stigma of  
mental health.

**#RunAndTalk**

# Winter Training Weekend

Our winter training weekend, usually takes place in the final weekend of November and is now in its seventh year. The weekend has been a massive hit. Based at Braithwaite just outside Keswick this Friday to Sunday mini-break combines some of the best running in the Lakes with great food, good company and a little retail therapy too.



Places fill up fast as we only have around 35 places. Taking over the entire Coledale Inn – with a Friday Saturday and Sunday run with distances, paces and level of climbing to suit all abilities. Many also take a sneaky bike ride as well. This is a dog friendly hotel and as well as the running there's usually a daily walking group as well.



The cost for the weekend will be c£175 per person for 2 nights dinner, bed and breakfast. This price is based on two people sharing a room. It may be possible to allocate single rooms but this will depend on numbers and cannot be guaranteed. A single room does command a slight price premium. Please let me know at [andrew@wheeler7.plus.com](mailto:andrew@wheeler7.plus.com)



the time of booking if this is an issue for you. Places are limited, and will be allocated on a “first come, first served basis”. A deposit of £20 per person to Debra Wheeler will secure a booking.



**That's not chestnuts roasting on an open fire, they're Inov8's**



# What do you get for your membership?

The benefits of being a member include;

1. Membership of England Athletic\* – which also brings discounts for entry to the vast majority of races across the UK.
2. Organised Club Sessions – See Sessions in this Guide
3. Ability to join Wetherby RATS (runners and triathletes) – our very own Triathlon Club – See further information on RATS
4. Membership of Wetherby Sports Association – one of Wetherby's prime social venues with live TV sports and great facilities
5. Eligibility for one of our club places at the Virgin Money London Marathon
6. Exclusive runners strength and conditioning class every Monday (except School holidays) meet 8pm at the WSA £7.50 per session charge applies
7. Special social/running events throughout the year, including our Club Handicap
8. Member discounts on shoes and other running kit, including subsidised club vests, hoodies and triathlon apparel
9. Exclusive Facebook Group - with members sharing information like race photos, race reports, news, training plans, car shares and meet up plans.
10. Subscription rates and categories are:
  - £32 for senior first claim
  - £15 for senior second claim
  - £15 for juniors
  - £15 for social and cycling only membership



Wetherby Sports



# Harrogate Summer Road League Series

The Harrogate District Summer Race League is a friendly league of local running clubs which organises a series of summer evening races each year (usually 4 or 5) mid-week races (approx 5 miles) hosted by local running clubs.



Races are generally 5-6 miles and on the road, although increasingly the races include off-road paths.

Distances are approximate and courses are not measured, which simplifies race organisation.

All races are covered by uk athletics licenses.

All races are followed by a social 'supper' provided by the host club.

Races are open only to members of affiliated clubs, with no guest runners permitted.

The league competition is followed by a handicap race and presentation evening: there are league prizes for individuals, club teams, and the handicap race.

Wetherby usually have a very good turnout of between 20-30 runners representing Senior men's and ladies' team and vets teams. Whatever your standard you will find that these

events offer great camaraderie and an opportunity to mix and establish rapport with other runners who are similar of standard to yourself.

Everyone is cheered home and favorable comments about the end of race buffet is arguably more coveted than the performance of the team in the race.

Wetherby's race is held in alternate years and is always held at Sicklinghall. In 2023 it is our turn to host the handicap and volunteers will be sought to help with carparking, race organising, marshalling and of course catering duties.

As entry on the day will not be available ENTER NOW to guarantee your place! This year many will be pleased to know the HSRL has caught up with the times and has setup Racebest for all club members. Click here to sign up <https://racebest.com/races/kkev5>

The race calendar is now fixed as follows:

Date Time Organising club

10 May 7.45pm Knaresborough

23 May 7.45pm Harrogate

8 June 7.45pm Yeadon

21 June 7.45pm Wetherby Runners (Sicklinghall)

20 July 7.30-8pm Ripon (Handicap)\*

\*No runners for WRAC. As we are hosting this event so we will need a lot of volunteers to help with various jobs.

Full details will be posted here in the next few months <http://www.harrogate-league.org.uk/wp/>

Any questions please email me ([simonmchandler@yahoo.co.uk](mailto:simonmchandler@yahoo.co.uk)) or grab me or one of the WRAC committee members before or after a Wednesday training session.

## PECO Cross-Country

PECO is a series of five cross country races that run from November to March each year. It is without doubt one of the highlights of the racing year and suitable for all abilities of runner within the club.



Although you may think of Cross-Country as running around a field covered in tape PECO is much more laid back with huge turnouts seeing a range of leagues that would make the FA blush. The trails are always well marshalled with lots of variety and not a little mud. Trailshoes rather than spikes are needed and we generally lift share from the WSA as parking will always be an issue with so many runners competing.

If you'd like to take part in PECO 2023/24 you will need to run in club colours. To buy Wetherby Runners kit then please order via Andrea Normington.





For more details on the new PECO please visit: <http://www.pecoxc.co.uk/> or take a look at our PECO FAQ document here: PECO FAQ's

## Triathlon – Give it a go!

The BTF affiliated triathlon section of the club (the Wetherby RaTs – Runners and Triathletes) has been established since 2010 and currently has around 30 active members. Some members are first time triathletes, often converting from a running background building their swim and bike skills and fitness to compete on the local race scene. Some members simply choose to add cycling into their overall fitness regime. There are also more experienced triathletes competing on national level with some representing the region and GB in age group categories.

The RaTs are a small section but are known for our friendly approach offering a good range of training opportunities relative to our size and roots as a running club.

Our running options are varied and well coached as you would expect of a running club. Cycling includes regular time trialling on local roads, longer weekend rides and occasional sportives. As for swimming we swim at Wetherby pool in Masters lane sessions with coached sessions coming soon.

All arrangements for training are made via a members only private facebook forum, where we trade routes and advertise open water swim session when the water is the appropriate temperature.

For any queries about Triathlon at Wetherby Runners AC please contact Pete Callaghan at [pmlandd@gmail.com](mailto:pmlandd@gmail.com) or catch up with him on Wednesdays at the club.



## Club Awards Night

Our awards night has been rather blighted by Covid in recent years but in 2023 it will make a much welcome return on April 27th. This evening serves two purposes, it celebrates all of your achievements and also shines a light on the most successful, juniors and seniors.

The awards are all approved by the committee with the coaching team nominating the junior awards, juniors Junior award excepted and the Senior awards being a mixture of nomination or first past the post data.



### Categories are:

Male Athlete of the Year; Female Athlete of the Year; Most Improved Athlete of the Year. These are all based on the infamous sausage machine. It's vital that your results are notified to the club we have a fantastic volunteer in David Yeoman who tries to track your results down but it is your responsibility to ensure that your results are in, you can see by looking at the results page on our website. If they are not on the website, then we do not know that you have raced.

As well as these awards we will also have a few surprise ones on the night.



## Race Reports

Inspiring other runners often means that you are prepared to share your stories and what better example than writing a race report that will be published on our website. These reports spread joy, inform and are a great example to people thinking of joining the club around what we get up to. That's very much worthy of an award and it doesn't matter if you're fast, slow, running long or short make it inspiring and you may win an award.

### Here's the winning report from 2018 - Simon Robertson's epic Fellsman effort

The Fellsman is a c61 mile Ultra-marathon taking in lots of hills in a big

We went outside for the final race briefing and we're off and running up Ingleborough. I was huffing and puffing, but then I always do, but moving OK, and my tight right Achilles eased off. The top of this first climb was in cloud as we hit the summit, but we got there together in about 50 minutes, so off down the other side of the hill towards Whernside. The decent from Ingleborough is technical, lots of steep stony drops, I was moving OK, my right Achilles was coping really well. I started to relax, the sun came out as we were in the valley, through the Hill Inn check-point and onto Whernside. A long slog of a climb, but never too steep. Martin and I hit the ridge-path together, then there's a little out-and-back from this path to the summit, so faster runners whizz merrily down as we power up to the top, quickly through the check-point and then it's our turn to bound downhill past folk still ascending. The route goes 'off-piste' at this point, over a temporary stile over a wall and drops into Kingdale, this section can be slow and boggy, but we're lucky, despite the recent wet weather, the ground is springy not soggy and we make good time down the hill and across the two streams to the valley road.



From the Kingdale valley it's about 2 hours to the next road-side check-point with food and water supplies, so I stock-up with water, grab flap-jack and head up hill. I end up scrambling up on all fours at points on this climb, quads burning. Gragareth is very steep for about 1km. At the top there's a out and back to the summit on our left, then a long gradual climb up to Great Coum. My legs are feeling OK, Martin and I are both moving well and the ground on the summit is firm, so we trot along at a reasonable pace.

Along with the 20 items of mandatory kit for the event, I'm carrying a can of rum and coke in my back-pack, because earlier this year, when out riding my bike around Ecup I had 3 punctures on the same ride, and a kind fella stopped and gave me a lift to his house and gave me two spare tubes. And although I hadn't recalled his name, he told me he marshalled on the Fellsman, on the hill above Dent, so as a token of my gratitude, I'd resolved to get him a drink. But, at Great Coum (the first hill above Dent), one of the marshals was about 20 years older than my helper and the other was a woman. Hmm, maybe he's on the hill the other side of Dent. Anyway, it was a useful distraction from my aching legs, and so we pressed on and dropped into Dent, getting there just after 1pm.



Dent is a very picturesque village and the check-point here is always lively, with plenty of marshalls, but with a fast schedule in mind Martin and I grab fresh water supplies, lovely hot sausage-rolls and head straight back out towards Blea Moor. I started to struggle on the rocky road up onto Blea Moor. Unfortunately I'd expected this section as partly steep, partly runnable, and in mis-remembering it found the half-an-hour on steep stoney path a right grind. Also at this point my stomach was feeling a little queasy. Once the route leaves the stoney path, there's an open boggy moorland section to get across, this year it was wet, plenty on strength sapping knee-deep strides through the mud. At least the sun came out as got to the check-point. Neither of the marshals here were my bike-hero from a few month ago either, so I slung the rum and coke back in my back-pack and we turned to run down to Stonehouse. I was hoping real food, not just energy gels available in Stonehouse would settle my tum. We got to Stonehouse about 3pm. I gave my rum and coke to a random marshal, fed-up of carrying the extra weight! I grabbed water and pasta and strode out heading for Great Knoutberry, it's a steep up-hill slog for 50 minutes from Stonehouse, the first half-an-hour on a path, so we marched up, me forcing pasta into my mouth.



The last 20 mins of the Great Knoutberry climb is another slippery, boggy moorland section and it's an out-and-back bit too, so as we slog up, there are folks skipping down who are 30 minutes ahead of us. I puffed and panted up the final section and Martin was looking strong and pulling away a bit, but we re-grouped at the top. Having just walked for 50 minutes, it was good to try and move faster again on the decent and then cross another bit of moorland to Redshaw. Redshaw serve hotdogs, Mmm, probably the most welcome and enjoyable

hotdog I've ever had. And Redshaw marks 30 miles, so we're now half-way. Martin and I caught up with Maria and Bridget on the way into Redshaw, and we were more efficient through the check-point, but they caught up with us again after the ground beneath me squelched and I half-disappeared into a bog. With my left leg fully submerged I needed Martin's help to get out. For the next few hours Maria, Bridget, Martin and I kept pretty much together as a four. I found it quite helpful, as I could just focus on breathing and moving my feet as Maria and Martin chatted and kept spirits up.

And so the four of us trotted through Snaizholme, Dodd Fell and to Fleet Moss and although I wasn't feeling as strong as I did at this point last year, Martin and I were 30 minutes ahead of last years schedule. I'd recce'ed a very runnable route across Fleet Moss during the past week, so went quickly through the check-point and off onto the moorland which has deserves it's reputation as the hardest part of the course to navigate. Maria and Bridget caught us again and we tracked across the Moor, picking a really good route and although my legs were painful, the fact we never had to stop to navigate meant we gained good time getting to the mid-moor check-point. From there the four of us didn't agree whether to follow the crowd heading for a lower route, or follow my recce'ed route further up the hill. So we compromised and went in the middle of the two, missing both paths and bashed though the tussocks! We made it to the fence-line which leads to the Hells Gap check-point, but by this point my legs were leaden. Maria and Bridget pulled away, and then Martin pulled 40 yards ahead too. Martin and I re-grouped at Hells Gap, and we tried to catch Maria and Bridget as we headed to Cray. We got to Cray about 8:45, just over 12 hours in, 45 miles done and it was dusk. At dusk in the Fellsman you are 'grouped' and run the night-time section as a team. With Maria and Bridget wanting to push for a fast finish, they headed out quickly, and Martin and I were grouped with Rick, Fiona and Colin.





I'd picked a good line up the next hill, Buckden Pike and although it's steep and my legs held the team back a bit, we made fairly good time up this penultimate big climb. The sun disappeared as we pounded our way up, and it was noticeably colder on the summit, we got our tally's stamped and moved onward. The next section is easy if you know the route, so I went to the front of the group and lead us nicely down to a path marked with blue-topped wooden posts, then we turned left towards Top Mere. We lost the path at this point, not sure how, so we followed a wall for about a mile, where it was

tricky under foot, but at least we knew where we were. My legs improved a bit as we marched the up hills and did the 'ultra-shuffle' on the flats approaching Park Rash. Here it started to rain, so we were all glad to get into the check-point tent, it was just gone 11pm. We all layered up with water-proofs, enjoyed the hot-chocolate, the cake and the heater. But after a 15 minute rest, when we headed out into the cold, dark, wet night and found our legs had stiffened, it made the next 20 minutes tough. The base of the climb up Great Whernside is vague and we occasionally veered off until we hit the 15 minutes of steep climbing. We were in the cloud now, so progress was slow, so we followed the summit fence along, looking out for the check-point which is further along than anyone thought, but eventually, just after midnight, we saw it's red-flashing light, we all got clipped headed off for the long final decent.

There's still 2.5 hours of walking, running, slipping and sliding from the top of the last peak to the finish line in the Upper Wharfedale School in Threshfield, but Rick, Fiona, Colin , Martin and myself made a good team, we kept good pace together and kept each others spirits up. We got officially de-grouped 2 miles from the end, and Rick, Fiona and Colin managed to jog on slightly faster than Martin and I, but we finished just gone 2.30am, 18 hours 8 minutes after we set off. We took a few photos, collected our finishers buffs and then all said our good-byes at the end of our epic adventure. I was really pleased to finish quicker than last year, since I knew I was under-prepared by comparison. But just by doing a few more tricky bits of the route in the light and then getting into a good group I had finished 1 hour 20 minutes quicker. I finished 77th out of 341 starters.

The Fellsman really is an unique challenge, 61 miles, mainly off-road, some off-path, supported, fed and watered by an army of volunteers (mostly from Keighley Scouts), over the beautiful Yorkshire Dales. I'll be doing it again next year. It's an amazing event to have on our doorsteps, next year, why not join me?

## Joining the Committee

Along with the coaching team the Committee make sure that the clubs runs effectively. They are responsible collectively for the management of the club with key roles that demonstrate a particular area of responsibility. These consist of: President, Chairman, Treasurer, Secretary, Membership Secretary, Head Coach, Men's Captain, Ladies Captain, (either the Men's or Ladies Captain shall be Club Captain) , Race Secretary, Social Secretary, Health and Welfare Officer, Child Protection Officer; Triathlon Representative.

Each year all of the Committee posts are elected at the Annual General Meeting, as vacancies arise these shall be notified to members. Currently the position of Mens Captain is vacant. Anyone wishing to help the club by joining the committee should ideally make this known to an existing committee member and we will be able to give full details of any specific role that is of interest.

### Your Committee Members are;

Rob Gray – Club President  
Richard Bell – Chairman  
Chris Plews – Treasurer  
Ian Legg – Head Coach  
Emma Warner – Club Secretary  
Ann Foster – Social Secretary  
Emma Legg– Ladies Team Captain  
Paul Elwell – Mens Team Captain  
Pete Callaghan – Triathlon Representative  
Simon Chandler – Race Secretary  
Tim Tunnard – Membership Secretary  
Richard Davey - Helth & Saftey and Child Welfare Officer

**Wetherby's Monday night beginner group compete for our 5-Miler award.  
The Wetherby RATS our Triathlon Club are partial to trips to Majorca**





## Club-Handicap

The Wetherby Runners handicap is a SIX race series 10k or less where your time is scored against your expected race time based on historical data. If you beat your expected time you may win the prestigious Handicap Trophy which is presented at our awards night. Paul Elwell is curating a great list of possible races and members are encouraged to run as many of them as you can with your top 6 scoring races counting towards the prize.

We are aiming to publish the list of races on the website in April so please look out for it - details will also be posted on Facebook.



## London Marathon – Club Ballot

Athletics clubs associated with British Athletics can apply for club entries into the London Marathon, the number of entries given to each club is based on the number of first claim registered members over the age of 18. Last year we managed to bag two places at the Virgin London Marathon which we ballot to those members who have a rejected entry.



This gives you another opportunity to run The Virgin London Marathon as a club runner if you have missed out on a place in the London Marathon Ballot or do not wish to take up the option of a charity place.

These entries are given on the acceptance of the rules below.

These entries are not free and you will still have to pay the entry fee which is non refundable.

## **Club Ballot T&C's**

- 1) You must have entered the London Marathon individually and been rejected (must have rejection slip or letter)
- 2) To be entered into the Ballot your rejection slip must be given to your Club Representative before the draw
- 3) Must be current first claim member of Wetherby Runners and have been a member for at least 12 months (subs paid)
- 4) Upon winning the Ballot under no circumstances can it be passed on to another runner – this is against the rules of the VLM and severe sanctions could be imposed upon the club if this is found to have happened. This applies to any other race too!
- 5) If picked out of the Ballot for one year you cannot re-enter the following years ballot
- 6) The Ballot will take place at a date published by the Running Club Committee, usually after the AGM
- 7) In any disputes the Committees decision is final
- 9) Once you have applied for your winners entry number normal VLM rules apply to that entry



## Wetherby 10k

Since its inception 17 years ago the Wetherby 10k has become a firm favorite with fun runners and local elite athletes alike.

The club gains huge benefits from organising this race including raising thousands of pounds for local good causes and been able to subsidise other activity in and around the club over the course of the year – such as helping to finance some of our juniors training activities.



Rob Gray is Mr Wetherby 10k but he cannot accomplish his amazing feats alone and relies on every member of the club to support in some way. This includes marshalling on the day and helping to prepare and clear up the course afterwards. For this reason, we would rather for once that you help rather than race.

This year's race takes place on 6 September. Please look out for an e-mail nearer the date advising which roles we are looking to fill. It really is the highlight of our club year and we would love you to be a part of it.

# Getting others into Running

Not surprisingly many members first exposure to Wetherby Runners is through our beginners Monday night group. Please be sure to publicise this excellent and fun group to friends and family – It usually starts late March early April



**COME & JOIN OUR BEGINNERS**

Our new Couch to 5K is about to start

**FROM MONDAY 30TH MARCH - WEEKLY 6.00 PM**  
**WETHERBY SPORTS ASSOCIATION**  
Lodge Lane, Wetherby LS22 5FN

**If you are interested in getting into Running**

- For your health or wellbeing
- Are over 18
- Have an hour spare on Monday Evening
- We have just the group for you - and it's free

For more info visit:  
**Wetherbyrunners.com**  
Phone: \_\_\_\_\_

 WETHERBY RUNNERS AC

## Dates for your Diary

Beginners Group each Monday

Run & Talk – Tuesdays, Fortnightly 17 March onwards

Harrogate Road league starts 10 May

Wetherby Runners Sports Day – TBA

Wetherby 10k – 6 September

Club Awards Night – 27 April

Charity Nominations Due – 2 September latest

AGM - Mid November TBC

Winter Training Weekend – end November TBC

2020 Peco Starts – End November TBA

Christmas Party – Mid December (to be confirmed)

Membership Subscriptions Due - 31 March



# Running Safety

The following guidelines are mainly common-sense recommendations to ensure that we all train safely and courteously.

## Club Training Sessions

Most training sessions take place on well-used roads, tracks or footpaths, but may occasionally take place at locations that have not been used before. It is the responsibility of each member to determine if the terrain, weather, light level, training distance, etc are suitable, both before and during training runs.

## Running in the dark

Members are requested to wear reflective bibs or fluorescent clothing for club training in the dark. It is also advisable to wear white or a light colour under the bib to be visible when not running in artificial or reflected light. Armbands and similar items with flashing red lights also show up well. Fluorescent items show up particularly well during the twilight hours.

The club has a supply of hi-viz tops to borrow or buy. Please speak to your coach or the club chairman if you would like to borrow or purchase a vest.

## Some of the Wetherby team displaying great Hi-Viz!



### Audio Devices

The use of any ear devices that inhibit hearing are not permitted during club training runs. This is because such devices can prevent the wearer from hearing traffic, especially from behind, and also warnings from other runners.

### Pedestrians

Members are reminded to observe some basic precautions and courtesies when training:

1. Avoid running in groups of more than 20 people.
2. Avoid running side by side if there are pedestrians using the footpath.
3. Avoid running too close to and startling pedestrians, especially from behind. They may not hear you coming and change direction without warning, so give them a wide berth to avoid a collision. If this requires running into the road, first check for traffic, especially from behind.
4. If there is a lone pedestrian, they may feel threatened by hearing or seeing you running towards them so consider safely crossing to the other side of the road before you pass.
5. Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

### Road safety

It is safest to face oncoming traffic (except on blind corners) and avoid dangerous situations by moving on to the verge, where oncoming vehicles are unable or reluctant to move out. Take care on verges as they often have concealed detritus of discarded bottles and cans, deep ruts etc.

Sometimes it is best just to stop on the verge until the danger has passed. Even if facing oncoming traffic, particularly beware of cars overtaking from behind because they will swing out to your side of the road and their sound will be masked by the car they are overtaking. Avoid busy roads and if there is traffic approaching from either direction, run in single file. Always be vigilant, for yourself and others, of all evolving traffic situations. Avoid running too closely to the runner in front or you may not see small obstructions which can cause you to stumble or trip.

Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.

When crossing roads, do not follow other runners. Make your own judgement for when it is safe to cross.

When crossing roads or running off pavements, do not cause vehicles to brake or swerve. Beware of icy patches, especially on corners.

If running on unlit roads, run in or near to the middle (there are less undulations) until you are sure an oncoming driver has seen you (should dip lights) and then, in good time, move over near to the right edge. If necessary, slow down or stop to avoid stumbling on the edge. After moving to the side to let a vehicle pass, allow for it (especially tractors) to be towing an unlit trailer, implement, or other vehicle before resuming your run. Take great care on bends and corners as approaching drivers will not have much time to see you.

### **Stay on the safe side of the road.**

On unlit roads and/or those without a pavement, beware of vehicles from behind, particularly if there is more than one and/or if one is overtaking another. Beware of cyclists, especially without lights, riding on pavements and footpaths.

### **Insurance**

UKA provide Public Liability Insurance for club members during training sessions. What this essentially means is that if by our negligence a third party is injured, or property is damaged, we will be covered if someone makes a claim against us. This is not a personal accident policy members are not covered by any sort of personal accident or injury insurance during training sessions organised by the Club (if an athlete trips over their own shoelaces and breaks an arm, there is no automatic compensation)

Members requiring such cover must make their own insurance arrangements.

### **Disclaimer**

By training with Wetherby Runners, you accept the following: I understand and agree that I participate in any Wetherby Runners training session or event entirely at my own risk and neither Wetherby Runners, the Wetherby Runners committee nor any individual will have liability or be responsible for any accident, injury, illness, damage or loss of any nature whatsoever.

Please note that this disclaimer also applies to runs organised through the club's website, Facebook group or other social media associated directly with the club.



## How to Nominate a Charity

Wetherby Runners are privileged to have supported a number of local Charities over the years and the selection and nomination of the charity is open to all members, with the final decision being taken at our AGM in October. The selected charity, or charities (sometimes members have chosen to select more than one) will be sponsored by a club member who will be responsible for championing the charity throughout the twelve-month term.

Two months prior to the AGM the Committee will issue a request to club members for Sponsors to come forward and make nominations for Charity of the Year. So this means that you need to have your nomination in during August. The Sponsor will nominate their chosen charity and present their case to the Committee at least one month before the AGM i.e. in September. This will allow sufficient time for the Committee to consider the proposals and either announce their decision at the AGM or make provision for a vote to be made at the AGM.

If a vote at the AGM is deemed necessary by the Committee, each Sponsors will be required to make a short presentation pertaining to their chosen charity. Representatives from the charities will not attend the AGM (unless they are club members), it will be the duty of the Sponsor to put the charity's case forward. If a vote is not required, the Sponsor will still be required to make a presentation at the AGM.

Charities must meet the following criteria to be considered for selection:

1. Local charity (recognised National charities may be consider but preferably need local link and who retain financial control at a local level)
2. Must be registered with The Charity Commission
3. Their aims and ethos must not be in conflict with those of the Club

Key duties of the charity Sponsor:

1. Put forward charity nomination to Committee one month prior to AGM
2. Present the objectives of the charity to the AGM
3. Be available to WRAC members to answer questions relating to the charity
4. Liaise directly with the charity to facilitate the fundraising process e,g, provision of collection tins etc.
5. Promote the charity within the club throughout the year
6. Provide documentation for uploading to the WRAC website to publicise the charity and clubs involvement.
7. Invite charities to attend Wetherby 10k for their promotional benefit
8. Arrange for suitable payment of monies raised
4. Be available for publicity events supported by the club.

5. In collaboration with club Chair, present the cheque of funds raised to the charity.

**Our 2023/24 Charity is Harrogate Hospital and Community Charity**

# Club Constitution of Wetherby Runners Athletics Club

(As approved at the AGM 14th October 2015)

1. Title The title of the club shall be: Wetherby Runners Athletics Club. 2 Objectives The objectives of the club shall be to: 2.1 Encourage the practice and development of amateur athletics and triathlon. 2.2 Provide coaching for the members and to organize competitions. 2.3 Provide a structured long term athletics development programme for children from the age of 10. 2.4 Organize teams to represent the club in championships and leagues, and in such other competitions as determined by the Committee. 2.5 Encourage members to participate in target races as determined by the Committee. 2.6 Be a positive influence in our local community. 2.7 Make athletics and triathlon fun and enjoyable for all our members and to make all new members feel welcome. 3. Membership 3.1 Membership shall be open to persons who are amateurs as defined by UK Athletics. 3.2 There shall be a minimum entry age of 10 years 3.3 Each applicant for membership must complete the official application form, pay the relevant subscription and abide by the constitution. 3.4 Any member whose conduct is deemed to have brought the Club into disrepute or to be antagonistic to the true aims and interests of the Club may be expelled at any Annual or Special General Meeting, at which the member concerned is entitled to be present and providing that the member shall have been given 7 days notice of the matter, in writing. The decision to expel the member shall have a majority of at least 75% of those present and entitled to vote at the meeting. Any member so expelled shall forfeit all interests in the funds of the club. 3.5 Any Committee member whose conduct is deemed not to be in the best interests of the club may be suspended or banned from serving on the Club Committee at any Annual or Special General Meeting, at which the Committee member concerned is entitled to be present and providing that the Committee member shall have been given 7 days notice of the matter, in writing. The decision to suspend the Committee member and the length of the suspension shall have at least 75% of the vote of those present and entitled to vote at the meeting. Any member so suspended shall be allowed to continue as a member of the club notwithstanding the provision made in 3.4. 4. Management 4.1 The Management of the club shall be vested in the Committee which shall consist of: President, Chairman, Treasurer, Secretary, Membership Secretary, Head Coach, Men's Captain, Ladies Captain, (either the Men's or Ladies Captain shall be Club Captain), Race Secretary, Social Secretary, Health and Welfare Officer, Child Protection Officer; Triathlon Representative. 4.2 The following roles will be non-Committee roles: Results Coordinator; Publicity coordinator. 4.3 All of the Committee posts shall be elected at the Annual General Meeting and remain in office until the conclusion of the Annual General Meeting of the following year. 4.4 New Committee members will be actively sought each year. 4.5 Only Committee members vote at Committee meetings, however noncommittee members may attend by invitation only.. 4.6 The Committee shall have the power to fill vacancies if and when they arise. The Committee shall also have the power to co-opt members for particular projects but co-opted members shall not have a Committee vote. 4.7 Junior Coach to report at each Committee meeting. Monies paid by juniors at Tuesday night Boston Spa sessions are to be used exclusively to support and develop the junior section of the club. 4.8 Committee members wishing to resign must do so in writing to the Chairman. 4.9 Vacant posts should be advertised and where possible officer elected in position 3 months prior to AGM to allow for handover. 4.10 Only full members of the club can hold Committee



posts. 4.11 Membership details are to be held electronically by the Membership Secretary. The junior and adult lists are to be held separately. 5. Annual General Meeting 5.1 The Annual General Meeting shall be held in the month of October each year (or within 2 to 3 months of this date.) for the purpose of:- 5.1.1 Receiving the Annual Report of the Committee 5.1.2 Receiving the audited statement of Accounts and Balance Sheet 5.1.3 Electing the Officers and Committee for the ensuing year 5.1.4 Electing the Honorary Auditors 5.1.5 Considering any amendments of the Constitution Rules of which due notice has been given to all members. Any proposed change to a Constitution Rule by a member must be received by the Chairman or the Honorary Secretary at least 21 days prior to the Annual General Meeting in order that all members shall have sufficient notice of the proposal. At least 14 days notice shall be given to members of the date, venue and agenda items of the Annual General Meeting. Each fully paid up member at the meeting shall have one vote. 6. Affiliation 6.1 The Club shall seek to be affiliated to England Athletics, Triathlon England and other relevant associations in order to carry out the objects of the club. 7. Subscriptions 7.1 Members will pay an annual subscription fee payable by 1st April of each year. 7.2 Level of fees shall only be determined at the Annual General Meeting. 7.3 Part year membership will be on a pro-rata basis for full months remaining, unless otherwise determined by the Committee. A graduated scale of fees will be operated dependent on the age (and circumstances) of members. 7.4 The Annual Subscription must accompany the application for membership. Members will be registered with the England Athletics Membership Scheme but the Club annual subscription shall not cover individual membership fees to Triathlon England. 7.5 Annual subscription fees include an annual subscription to The Wetherby Sports Association 8. Non Payment of Subscriptions 8.1 A member who does not pay their annual subscription, will no longer be a member of the club but will be able to re-join at any time on payment of a new subscription. Once the subscription lapses, the member has no right to attend, compete or represent the Club 9. Resignations 9.1 Any resignations received mid –year shall not be entitled to a refund of fees paid 10. Dissolution Clause 10.1 Any assets remaining on the dissolution of the Club, after satisfying any outstanding debts and liabilities shall be donated to local charities to be determined by the membership of the club at the time of the dissolution 11. Extraordinary General Meeting 11.1 An Extraordinary General Meeting shall be called by the Secretary or Chairman within one month of a resolution of the committee or the receipt of a requisition signed by at least 10 members stating the purpose of the meeting. At least 14 days notice shall be given to all fully paid-up members of the date, venue and purpose of the Extraordinary General Meeting. No other business shall be conducted at such a meeting. 12. Constitution Amendments 12.1 No Constitution rule may be altered, added to, or deleted except at an Annual General Meeting, or at an Extraordinary General Meeting called for that purpose, and then only by a two thirds majority of those present and voting. 13. Miscellaneous 13.1 The club will operate policies on the following which shall be subject to annual review: • Health & Safety • Child Protection: • Grievance Procedure • Equality

The committee have adopted a policy with regard to UKA rule 143 S2 (iii). It is not permitted to take part in a race with another runner's race number. The Rule states "Athletes who receive transferred numbers without permission (from the race organiser i.e. a formal transfer) will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association". In our case the national organisation is England Athletics. The sanctions imposed are usually a 12 month ban from all UKA races not only for the person running but also for the person who gave them their number. This is a serious rule and as a UKA registered club we are obliged to support and

reinforce their rules. The reasons for the rule are: • If a medical emergency occurred, there could be potential mix-ups. The organisers may get in touch with an original emergency contact, leading to panic and/or confusion. They may use the medical notes entered at the time of entry, which could have disastrous consequences. • Any race insurance could be compromised. • The impact in the event of the tragedy, such as at the Boston marathon a few years ago, could be very serious. • It impacts on results not only for the race itself but for Run Britain / Power of Ten rankings / results and this is especially so where the other runner is a different category, gender or capability. • There have been a number of incidents where ladies have been deprived of a first place or prize because they were beaten by young men with women's numbers. UKA registered running and athletics clubs are obliged to report these incidences to England Athletics (in our case) as are race organisers. Should we neglect this we as a club could face sanctions. This is the action we will have to take going forward. EA are compiling a 'blacklist' of runners who have been reported for number-swapping, referenced to the runner's EA registration number. A number of race organisers are now starting to check EA registrations. A number of individual athletes have been banned. The official club policy is for runners to adhere to the rules. If not, we will, from this date, report cases that we are aware of.

## ALL WETHERBY AREN'T WE!

My wife says it is like I am 20 years younger in attitude. Without really knowing it the members of Wetherby Runners have changed my life....



The friendly local running club that caters for all

## Wetherby Runners

Wetherby Sports Association,  
The Club House, Boston Road,  
Wetherby LS22 5H

<http://www.wetherbyrunnersac.co.uk/>