

2024-2025

Issue 4



**WETHERBY
RUNNERS AC**



Runners Guide

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



Welcome To Wetherby Runners

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.

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 from social running, coached sessions, races, club handicaps and much more besides. We have tried to capture in this guide everything that you need to know but if you do have any questions please do not hesitate to ask any member of the committee.

As you would expect we have tried to create content within this guide that is especially useful to new members of 'The Mighty Orange'. We like to think that our beginners group sets 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. So welcome to the club we hope you will be with us for many years to come.

Richard Bell
Chairman Wetherby Runners

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How It All Started

Wetherby Runners AC was formed in 2004 making 2024 our twenty-year anniversary

The club began because a local GP Richard Hall wanted to encourage some of his patients to adopt a healthier lifestyle so he suggested that a few of them meet down at Wetherby Sports Association to go for a run, and 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 Orange team at Newby Hall – possibly our first 10k – No kit yet but we have a logo

Where We Meet

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

The WSA is a first-class facility, members have access to Mens and Ladies changing and showering facilities. The bar is open most evenings following our trainings sessions.

The bar area has wonderful views over the Ings and members are welcome to watch Ky and BT sports

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, where we welcome new faces, hear about recent races and experiences and highlight forthcoming events and social activities that we have coming up. We will then explain what running options we have available for that evening's activity.

There are a whole range of sessions available led by our qualified coaches that are designed for all abilities. 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. Sessions then commence at around 7.10pm.



Hoka try before you buy evening at Wednesday's session.



Our Sessions – When we Train.

	FOR	WHERE	TIME
MONDAY	<i>Beginners, but all are welcome</i>	<i>Wetherby Sport Association</i>	<i>6.00 pm</i>
TUESDAY	<i>Juniors (10yrs upwards)</i>	<i>Wetherby High School</i>	<i>6.00 pm</i>
WEDNESDAY	<i>All Members</i>	<i>Wetherby Sport Association</i>	<i>7.00 pm</i>
THURSDAY			
FRIDAY			
SATURDAY	<i>Triathletes (see Pete Callaghan)</i>	<i>WSA – Cycle Session – Experienced</i>	<i>9.00 am</i>
SUNDAY	<i>Seniors</i>	<i>We Race most Sundays look at the Facebook page for upcoming races – members get a discount on all entries</i>	<i>Times Vary</i>
SUNDAY	<i>Juniors</i>	<i>Alternates between Carnegie and Wetherby Sports Association</i>	<i>10.00 am</i>

Developing Pure Speed

When we meet on a Wednesday evening we talk about going off to do a ‘speed’ session. In fact we are actually doing what is termed a speed endurance session or even a strength endurance type session. To train for pure speed we are doing efforts up to 20 secs maximum and trying to run as fast as we can – yes sprinting! Why should we worry about these type of sessions if we are not trying to beat Usain Bolt? If you continue to train at one pace you train only one of your energy systems (normally the aerobic energy system) and our bodies are clever and adapt to the training load and our performances start to plateau. Incorporate speed training regardless of the distance

Session Detail

Long warm up, that must include some drills and strides that are getting increasingly faster. Imperative to warm up properly for this type of session.

Main set 3 sets of 3 by 90m sprint efforts (about the length of a football pitch).

Some important points

1. 3 mins between each effort and 5-6 mins between sets.
2. Note: recovery times are important. If you shorten the recovery you are not training the correct energy system, and it becomes a speed endurance session.
3. Each effort should feel very fast, but try and stay relaxed when sprinting with good running form.

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 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 Enroll 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.



Club Kit

We are delighted to launch a new range of sportswear this year (Our Twentieth Anniversary)

. So that we can all look stylish and fresh in our running efforts.

Victoria Magnus has done a fantastic job of designing, sourcing and launching this range which we are sure you will love. In order to preserve the Wetherby-ness and pay tribute to the club's roots we are sticking with the orange design with black stripes; however the new vests are from the same supplier as our black t-shirts and so we will see a wider range of better-fitting sizes available in a good quality lightweight tech fabric (it's lighter than the t-shirt fabric).



PRICE £20 inc VAT

OTHER ITEMS May be AVAILABLE ON REQUEST PLEASE CHECK WITH VICTORIA

Neckwarmers will be £7.95

Beanies are £21.60

Long sleeved half zip tops are £31.20

Black T-shirts £27.60

HOW TO ORDER

Please contact Victoria Magnus to order vests we may well hold stock so please do not hesitate to check.



Winter Training Weekend

Our winter training weekend usually takes place in the final weekend of November and is now in its eighth 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£200 per person for 2 nights including 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.



To book please contact Debs at andrew@wheeler7.plus.com

What's Included

- Membership of England Athletics
- Organised Club Sessions Every Week
- Ability to join Wetherby RATS Triathlon Club
- Membership of Wetherby Sports Association
- Eligibility for club place at the London Marathon
- Club Handicap
- Member discounts on shoes
- Members only FACEBOOK Group
- Qualified Coaches
- Social Events throughout the Year



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- 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

Racing With The Mighty Orange

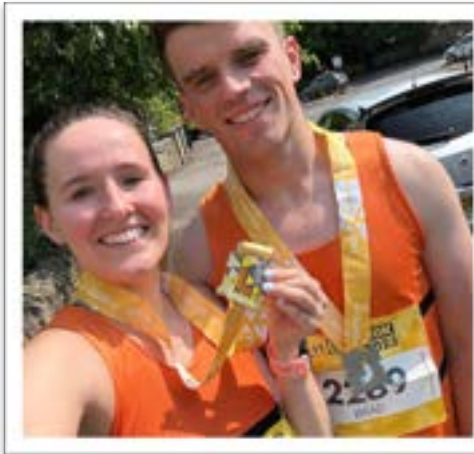
We are a friendly running club catering for a variety of abilities from first steps to elite athlete.

Whatever your current level we have other runners just like you and everyone is keen to help you meet your goals. There is no need to be nervous – Wetherby Runners exists because we love to run and we love to get others running. So, if you're looking for that first 10k or even contemplating something longer we are here to help.

Below are a few races where we compete as a team. And like all teams everyone counts. Everyone will be cheered on by your teammates and we do it to enjoy the craic as a well-known drink would put it.



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.

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.



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>

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 events start at 10 am with a host of Junior age category races with the senior runners starting at 11.00

The trails are always well marshalled with lots of variety and not a little mud. Trailshoes rather than spikes are needed and we generally car share from the WSA as parking will always be an issue with so many runners competing.

In 2025 We hope to host our own PECO race at Stockeld Park

Triathlon With Wetherby Runners

Triathlon is a multisport event that combines three disciplines: swimming, cycling and running.

The BTF affiliated triathlon section of the club (the Wetherby RATS– Runners and Triathletes) has been established since 2010 and currently has around 20 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 we 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 trialing 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 member 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 or catch up with him on Wednesdays at the club.



AWARDS NIGHT

Our awards night is fantastic evening where we celebrate success and achievement in all levels of the club. We aim to make this a fun evening where your running adventures and misadventures will be celebrated. We encourage all members to attend and to share your favorite running pictures from the past year so that they can be added to our show-reel.

The awards are all approved by the committee with the coaching team nominating the junior awards, juniors



Categories are:

Male Athlete of the Year; Female Athlete of the Year; Most Improved Athlete of the Year. These are all based on data collected over the previous year.

Members are responsible for notifying the club of your own results but we do collate these for you we do not pretend to be perfect. It is your responsibility to ensure that your result 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.

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.

The Three Musketeers go to Anglesey/Wetherby Runners on tour.

Last Saturday morning saw Steven Paine, Jenny Dutton and me heading to Anglesey for Sunday's half-marathon. Steven and I had made the same trip last year, the race resulting in a new PB for him. Our aim this year was to capitalise on his marathon training and a "dry" year to date by chasing another record for him. For Jenny it was a chance to take a break from long marathon training runs and join me in supporting Steven - "all for one and one for all".

The weather for much of the trip across was pretty miserable - rain and mist - but as we got our first sight of Anglesey across the Menai Strait things miraculously improved -

no rain and glimpses of sunshine. Once across the Britannia bridge we headed up to Beaumaris to show Jenny the route, have a little stroll around and pop into the Liverpool Arms (where else) for some food and drinks (only one being alcohol free). Then it was back to Menai Bridge to our hotel to check in and enjoy a relaxing couple of hours, freshen up and then meet up for a pre-dinner drink (only one alcohol free) before walking to a restaurant for dinner. An excellent meal included a bottle of wine being shared between 2 of us and a couple of alcohol free beers for Mr Paine - got to admire his commitment. A quick stroll around Menai Bridge to walk off dinner and check out the start and finish area and then back to our hotel for a final drink before calling it a night. As we were in Wales, mine was a double Penderyn Whisky, wine for Jen and the usual sensible drink for Steven..



At this stage I imagine some of you will be thinking that 2 musketeers were not taking this race seriously enough. Fear not it all turns out well. After a light breakfast we checked out, stuck our bags in the car and took a 5 minute stroll down to the start under clear blue skies and full sunshine. It was a lovely pre-race atmosphere with everyone enjoying the surprisingly good weather. Our agreed race plan was to run together at a pace which would get us inside 1 hour 50 minutes and secure that PB for Steven. We got underway at 9:00am and the start took us uphill past our hotel and then down under the historic Menai Bridge (essential structural repair works still ongoing) and on towards Beaumaris. The views of the Bridge and across to snow-capped Snowdonia were stunning. Our first mile pace was slower than our target pace but we expected that with some relatively narrow streets. Once on the main road to Beaumaris though we soon clawed the time back and ran 4 consecutive miles at just under 8:00 min/mile pace. We were all pretty comfortable (told you not to worry) and everything was going to plan. The main lumpy bit on the run came the other side of Beaumaris after passing the Castle, with a hilly loop on country lanes before returning to the main road back to Beaumaris and the finish at Menai Bridge. Steven always finds the hills a little challenging and the pace slowed in that mile, but Jenny and I stayed with him to encourage him along. By the time we'd got through that bit we'd passed the halfway stage and the PB was in the bag barring disaster. It was just a question of how much time Steven could knock off. The route back through Beaumaris took us along the seafront and again the views were stunning. This time last year Steven succumbed to the lure of the portaloo on the way out of Beaumaris and we lost a bit of precious time. The organisers had kindly avoided any possibility of a repeat by dispensing with the facilities there this year.

The run back from Beaumaris to Menai Bridge is a little undulating so there were still a few minor challenges ahead of us. Steven seemed to get stronger the closer we got to the finish and I certainly couldn't keep up with him - definitely a man on a mission. The last mile back into Menai Bridge is downhill and Steven was powering away from me. Although I'm sure Jenny could have reeled him in she did the decent thing and stayed with me instead. Our plan had been to cross the finish line as a team but Steven was so "in the zone" that he just kept going and finished in a fantastic time of 1:49:25 knocking more than 2 minutes off his PB from last year. Jenny and I crossed the line together 12 seconds later - her finish line photo might suggest that she was practicing her London Marathon celebration. She was just so elated for Steven, who was still catching his breath beyond the finish line, and was shouting her congratulations to him. We were both just really chuffed for him. He works so hard on his running and richly deserves the rewards of days like this. So very much "mission accomplished" for the Three Musketeers. As a bonus, Jenny was delighted to secure a Top 5 age-category placing in the official results and I was happy enough to be 2nd of 4 in the 70+ category - the 1st placed guy was over 4 minutes faster (!!!) so I've got no complaints.

I'd certainly recommend this race although I can't guarantee that the weather will always be as good.



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.

Each year all of the Committee posts are elected at the Annual General Meeting, as vacancies arise these shall be notified to members. Serving on the committee is a fantastic way to support the Club and your fellow runners. The Committee meet once per month to discuss a range of relevant topics including finances, racing, coaching and of course the Wetherby 10k

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.

Wetherby Runners Committee				
				
Richard Bell Chairman	Ian Legg Head Coach	Nick Wallhead Race Director	Emma Warner Club Secretary	Hannah Voss Social Secretary
				
Richard Davey Welfare Officer	Paul Elwell Club Captain	Emily Legg Club Captain	Chris Plews Treasurer	Tim Tunnard Membership Secretary
				
Victoria Mangus Publicity Officer	May Mehdi Social Secretary	Simon Chandler Race Secretary	Rob Gray Club President	Pete Callaghan Triathlon

The Wetherby Club-Handicap

You will never be racing alone if you enter one of our handicap races



One of the highlights of 2023 has been the Clubs Handicap Series. Devised by Club Captain Paul Elwell, this series sees runners compete against their own predicted time across a variety of local races.. If you beat your expected time you may win the prestigious Handicap Trophy which is presented at our awards night.

Races in

clude All the Harrogate Road League races, All the Peco Races, Otley 10, Guy Fawkes 10, Knaresbrough Crag Rat Run, Dalby Dash, Harrogate 10k, Jolly Holly 10k, Tadcaster 10, Eccup 10.

If anyone has a particular favorite that they would like to include for 20204, please speak to Paul

The Wetherby AC London Ballot

As a club associated with British Athletics we 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. In past years we managed to bag two or even three places at the London Marathon which we ballot to those members who have a rejected entry. This gives you another opportunity to run The Marathon as a club runner if you have missed out on a place in the Ballot. These entries are given on the acceptance of the rules below.

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) Entries 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
- 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

The Wetherby 10k

A Cracking Little Yorkshire Run

Since its inception 19 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. Led by our Race Director Nick Wallhead we are fortunate to have a fantastic team who help the race come together on the day which as you would expect involves months of effort leading up to Race Day.



We welcome fellow clubs from far and wide

The next Wetherby 10k is on Sunday 15th September 2024 and this year we are raising funds for the club and for St Gemma's Hospice.

In excess of £70, 000 has been donated through the years, with the assistance and support of many Wetherby Runners club members, local business's around Wetherby and voluntary manpower of Lions members too.

A large Stein mug awaits finishers. Our race is Gold Graded by the British Association of Road Races and Nationally awarded in 2013. We look forward to seeing you on 17th September. It may seem a long way off - but don't forget to book early As the race consistently sells out. <https://racebest.com/races/arxey>



Without Volunteers It Doesn't Happen

We still rely 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 15 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.



"Mr 10K Rob Gray" Handing over a cheque to our local winner

Dates for your Diary

We shall provide weekly updates on forthcoming activities and races at each weeks Club Session (Wednesday 7.00 p at the WSA)

By checking in regularly on our, members only Facebook page you will find useful information race reports, results and other interesting stuff that members are getting up to. Some key dates are shown below

Weekly	When	Where
Beginners Group Session	Monday 6pm	WSA
Club Session	Wednesday 7pm	WSA
Annual		
Subscriptions Due	31 March	Pay via SIEntries
Awards Night	24 April 8.30pm	WSA
Charity Nominations Due	2 September	
Wetherby 10k	15 September	
AGM	27 November	WSA
Training Weekend	22-24 November TBC	Braithwaite, Lakes
Christmas Lights Run	18 December	WSA
Key Races		
Club Handicap	April-March	See Website/Facebook
HDRL – Race 1	7 May 7.45pm Nidd Valley	See Facebook for car share details
HDRL – Race 2	23 May 7.45pm Skipton AC	See Facebook for car share details
HDRL – Race 3	19 June 7.45pm Thirsk	See Facebook for car share details
HDRL – Race 4	27 June 7.45pm Ilkley Harriers	See Facebook for car share details
PECO Cross Country League	5 Races Dates TBC starts November 24	

Wetherby Runners Supporting Local Charities

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 November

HOW WE SELECT A CHARITY

Two months prior to the AGM the Committee will issue a request for members to make a nomination and to Sponsor their chosen Charity of the Year.

Conditions a Charity Must Meet to Be Chosen

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

Key duties of the charity Sponsor:

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

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.

Our Member voted Charity of the year 2024 is St Gemma's Hospice, Valerie Bell is their Sponsor



St Gemma's Hospice is a Leeds-based charity providing expert care and support for local people with life-limiting and terminal illnesses. They offer care to patients and their carers in the Hospice's In-Patient Unit, through the St Gemma's community team and via Out-Patients.

Many members of Wetherby Runners have a close affinity with ST Gemma's as they have provided superb care to one of our group who sadly passed away in 2023. It will be a great to raise a bumper amount this year and to present a big fat cheque to them at our AGM in November



Running Safely

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.



Pedestrians

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

- Avoid running in groups of more than 20 people.
- Avoid running side by side if there are pedestrians using the footpath.

- 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
- 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.

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.

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.

PLAN YOUR RUN

- Run in daylight, but if that's not possible then stay on well-lit routes or even use a head torch.
- Let someone know where you are likely to be running and a likely time to return. If possible, share your intended route with them.
- Make sure you know your route, if something happens and you are unfamiliar with the area it can be harder to find help.
- Download the What3Words app, especially if running in rural areas. The app allows emergency services to locate your exact position within a 3-metre square.
- Take a phone if possible but keep it hidden. If an item of yours becomes a motive for an attack, do not protect it at risk to yourself. A phone can always be replaced.
- Where possible, run on the side of the road facing the oncoming traffic.
- Share information with other runners on routes and paths that are safe. But be mindful of what personal information you share openly on social media.
- Try not to keep the exact same routine, e.g. always running a certain route at the same time.
- Headphones – consider whether wearing headphones on your chosen route compromises your running safety. If you use headphones, consider bone conduction headphones that allow you to still hear what and who is around you.
- Enjoy running in company - run with your RunTogether group!

Club Constitution of Wetherby Runners Athletics Club

As approved at the AGM 16th November 2021

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 No Members, other than Committee posts (who have been given prior agreement), can enter into contracts for goods and services on behalf of the club.

4.12 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 that we are aware of.

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



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/>