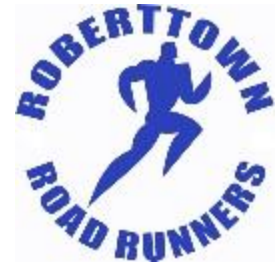


Roberttown Road Runners

Club Information Booklet

(Revised Sep 2019)



Introduction

Roberttown Road Runners was established by three members in 1992 based at Liversedge Cricket Club. It developed, moved to the Community Centre and is affiliated to England UK Athletics. Two of those founders remain as active members today.

Members participate in road running events throughout the year, which often includes an annual trip to an overseas race for those wishing to participate. We are also registered for Cross Country events.

This booklet is designed to be a useful guide, for new and established members, to the Club's activities, administration and rules.

RRR has built up an enviable reputation over the years as a small, friendly and welcoming club. We make every effort to make new runners welcome and offer support whether you are training for a marathon or simply beginning running and only want to 'make it round the block'.

We hope that membership of the club is enjoyable and if you have any ideas to improve your club then please pass them on to the Committee.

We hope that you enjoy your running with us and thank you for joining our club.

Training

We meet at Roberttown Community Centre on Wednesday nights at 6.15pm.

There is a beginners group and an advanced group for more experienced runners. All abilities are catered for with several coaching members available covering a variety of distances and speeds.

There is a training session every three weeks, alternating between speed and hill sessions, which all members can join in regardless of their ability. A schedule of the training sessions is available on the Club noticeboard and website. The other Wednesdays are organised runs with a long run (approximately 6 miles), a shorter alternative version of the long run and the beginners group.

New members are able to come along at any time without immediate obligation to become a member. However membership is encouraged after 3 or 4 visits

Membership Fees

Option 1 - £30

Full membership of RRR, UK Athletics competitive membership and full payment of annual subs. This membership is for 'ACTIVE' members who wish to participate and represent RRR in UK Athletics affiliated races.

Option 2 - £15

Full membership of RRR, UK Athletics non competitive membership and full payment of annual subs. This membership is for 'INACTIVE' members who do not wish to participate in any UK Athletics organised races, or for those members who enter races under their 'First' Claim club status and have chosen RRR as their 2nd Claim Club.

Option 3 - £7

Full membership of RRR. This membership is for those members who do not participate in any running, but still wish to retain membership status and receive benefits that being a member of a club brings, such as reduced prices in running shops etc.

Committee

Chair	Matt Dawson
Vice Chair	Gemma Gill
Treasurer	Michael Childe
Secretary	Stacey Gilman

Other Committee Members

Helen Gooder, Gary Talbot

Team Captains

Ladies – Olga Raynor

Mens – Phil McMahon

Our Races

Liversedge Half Marathon

The race is held annually each February, and is well established on the Running circuit. The race has been oversubscribed now for a number of years, and is always seen as perfect training for those contemplating running a spring marathon.

We request that Club members fully support the organisational needs of the race in every way and help out with race duties at the race each year, where possible.

It is Club policy that any members wanting to run in the race do so with the understanding that they must obtain two replacement marshals to carry out their race duties.

Summer and Christmas Handicap Races

These are our annual club races for members only. The distance and route are subject to change, and communicated to members prior to the races. All members start at the same time with prizes awarded to the male and female runner who achieves the best score against the handicap system.

Grand Prix

Please see the Club Notice board and website for the current list of races on the Grand Prix. Races selected for the Grand Prix are local races (generally within a 50 mile radius), and do not have a ballot to enter. There is only one race per weekend, unless in exceptional circumstances, to encourage a good turnout from club members. The list is updated regularly as events confirm their race dates.

Club Place at the London Marathon

As an affiliated member of UK Athletics the club automatically get a place at the London marathon for one club member. As such the club hold a ballot around October time each year for this place, and the criteria for the London Marathon club place ballot are that members:

- a) Must not have previously run in the London Marathon on any occasion.
- b) Must have entered the London Marathon ballot that year and been rejected.
- c) Must be a fully paid up 1st claim member and into, at a minimum, their THIRD year of club membership.

Club Clothing

The club has a range of racing and training clothing:

Club hoodies and zipped jackets – dark blue or grey with club name and logo

Running vests* – blue and white with red trim, club name and logo or plain pale blue with club logo

Training t-shirts – pale blue or yellow with club logo

Long sleeved base layers – pale blue with club logo

Occasionally other items on special order

Training vests, t-shirts, base layers, zipped jackets and hoodies are all available from Peco Ltd. These items are available to buy either directly from Gemma Gill on Club nights, or via the online shop at www.customsportskit.co.uk > Athletic Clubs > Roberttown Road Runners.

Running vests are available to buy online, at a cost of £22 which includes delivery, from Force GB > Club Shops > Roberttown Road Runners. The vests can be personalised free of charge.

*Please note that when competing for RRR in UK Athletics affiliated races club colours must be worn.