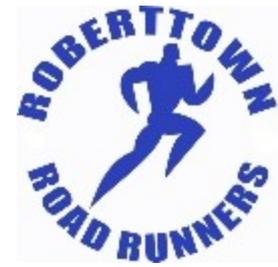


Roberttown Road Runners

Club Information Booklet

(Revised Sep 2021)



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.

Club Nights and Training

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

There is a beginner's 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.

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

We use the England Athletics Runtogether website/app to allow our members to book onto the weekly club runs. Members need to register on the [Runtogether.co.uk](https://www.runtogether.co.uk) website first and can then book onto the weekly runs using the links communicated via email and the members Facebook group.

Further information can be found at:

<https://groups.runtogether.co.uk/RoberttownRoadRunners>

During the summer months the club facilitates occasional speed and hill training sessions, at nearby locations. However, throughout winter no training sessions are held.

Membership Fees

Membership fees for 2021 have been waived and only affiliated members are being charged for their England Athletics fees, which are then paid by the Club on member's behalf.

Option 1 - £15

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 - £0

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 - £0

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	Pete Knott
Vice Chair	Vacant
Treasurer	Michael Childe
Secretary	Stacey Gilman

Other Committee Members

Jon Boote, Julie Orme, Dave Miles, Stuart Tattersfield, Sarah Wilkinson

Team Captains

Ladies – To be nominated

Mens – To be nominated

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.

Timing for the Handicap races will be exactly as for the Grand Prix, explanation shown below.

Grand Prix

The Grand Prix is an internal club competition, whereby members compete against each other in terms of how much progress they have each made individually with their race times over the duration of the competition.

The Grand Prix is running a little differently at the moment due to the Covid-19 pandemic and the fact that races are only just starting to go ahead again. Currently a virtual Grand Prix is taking place, from August to December 2021. The series will comprise of a minimum of 6 races, 1 for each month August to December, plus other ad-hoc events as deemed suitable. The routes will be communicated to members one month at a time. To be eligible for the overall winner, you must complete 5 of the monthly races within the allotted time frame. Results must be submitted to Michael Childe at m.childe@talktalk.net sometime in the month. **If you are unable to run a particular route in the month, we will allow you one month's grace to complete the previous months route. This will apply to all runs apart from the last month, which will have to be completed on December 19th 2021.**

For that added bit of competition we will hold a timed run on the last Wednesday of each month for that month's Grand Prix event, giving members the opportunity to race against other members and perhaps improve their time.

As racing returns to some form of normality, we may add some UKA affiliated races into the series. This will be communicated to members accordingly.

The base times for each member will be split into 2 categories:

1. For those members that competed in the virtual GP that ended in July 2021, we will calculate a time based on the submitted times for those runs.
2. For other members that run the new series, we will base their times calculated on best known times under race conditions and in some cases, we will have to revert to known times from 2019. We fully appreciate that this is not strictly ideal, but we feel that this is possibly the fairest way to come up with a starting point. If we feel that for any reason the times look to have been miscalculated, we will re-visit and discuss with the member involved.

In a normal year, and last year was anything but normal, looking back at the history of Grand Prix timings, overall, they are pretty accurate. We will try to be as fair as possible to generate a fair and interesting series.

Base time explanation

- For each member that we hold sufficient history of times achieved in competitive races and Park Runs, we can quite accurately determine an average time each member is able to run a mile in, this is what we called the 'Base Line' and is an average over all distances, route difficulty etc. It is far too difficult to calculate different base lines for differing race routes e.g., flat v hilly, and we feel that this is fair to all members. For newer members or members that haven't participated in many races, we will have to calculate their base times on possibly the first event they choose to run in the series.
- Example – Runner A is given a base line time of 8 mins /mile and runs a 6-mile route in 49mins. The base line for 6 miles would be 48mins (8x6), so would score 97.96% of base.
- Example – Runner B is given a base time of 9 mins / mile and runs the same 6-mile route in 52mins. The base line for 6 miles would be 54mins (9x6), so would score 103.85% of base.
- The base line for each runner stays the same minutes/mile over the duration on the Grand Prix series and scores are accumulated over the whole series.
- If in a 6-race series, runners run all the races, the 5 best scores will count, with the lowest being dropped.
- For each of the routes that are set, if Runner A runs every race at exactly 8mins/mile, they will achieve 500 points.
- The runner who achieves the highest overall score wins the Grand Prix.

The whole ethos of the event is to give each member a fair chance to win the overall trophy and is not just about who is the fastest at the Club, it is about how much each member has improved their own performances.

It is hoped by 2022 that we will be able to return to a full 12-month series for the Grand Prix, if enough races have managed to survive the pandemic, and this will of course be communicated to members as and when.

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 won the club place.
- b) Must not have run in the London Marathon within the last 10 years.
- c) Must have entered the London Marathon ballot that year and been rejected.
- d) Must be a fully paid-up 1st claim member and into, at a minimum, their third year of club membership.

A member's name shall be entered into the ballot the same number of times that member has previously been in the club ballot and failed to win the London Marathon place.

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 ? 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.