



Bourton Roadrunners



Members pack

2017-18

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Welcome to Bourton Roadrunners

We hope you'll enjoy being a member of Bourton Roadrunners and be keen to participate in the club's many activities. This pack provides essential information that all runners must read along with information that you may find helpful in getting to know the club.

Club meeting location

We meet at Bourton Leisure Centre, Station Road, Bourton-on-the-Water, GL54 2BD.

Changing and shower facilities are available and there is a club notice board in the entrance to the Leisure Centre. Car parking is available subject to space being available.

Adult club sessions (no training sessions on public holidays)

We meet at the Leisure Centre on Tuesday evenings at 7pm for a 2 to 3 mile run and again at 7:30pm for a speedwork session

We meet at the Leisure Centre on Thursday evenings at 6:30pm for a 2 to 3 mile run and again at 7pm for a longer run of between 5 and 7 miles.

Members are also welcome to join a coached, speedwork (fartlek) session hosted by Norm Lane. Meet at the Lake House, Rissington Road, Bourton-on-the-Water on Friday evenings at 6.30pm.

A **beginners & improvers group** meets at the Leisure Centre every Wednesday at 9:30am. For more details please contact our club secretary, Margaret Hollamby (margarethollamby@hotmail.com).

Weekend runs

Individual members frequently get together for group runs over the weekend usually on Sunday mornings. These are not coached sessions but are very popular and everyone is very welcome to join in. Information about timings and meeting points are usually communicated via word-of-mouth or Facebook/Facebook messenger.

Our coaches and leaders

We have 4 members who hold UKA qualifications as either a coach or a coach in running fitness (CiRF) or leader in running fitness (LiRF): Margaret Hollamby (CiRF), Graham Lane (LiRF), Norm Lane (UKA level 4 coach), Alan Thomas (LiRF).

Could you be a coach or leader?

The club is keen to encourage members to gain UKA coaching qualifications and the Committee will look favourably towards payment of fees. Ask if interested.

Running safely

Bourton Roadrunners is committed to encouraging all members to take part in training sessions and organised club events and will aim to protect the health and safety of member when doing so.

To achieve its aim, the club expects members to:

- declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury
- take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members
- always wear high-visibility tops during runs in the dark or dusk and take responsibility for making themselves highly visible at all times by wearing bright clothing, preferably with fluorescent or reflective strips, and be aware that drivers may find it difficult to see you
- be aware that wearing headphones in races is prohibited under UKA rules and that headphones must not be worn at club sessions
- understand the value of wearing appropriate clothing for the time of the year and appropriate shoes for any variations in terrain.
- be aware of the advice available on issues including diet, dehydration and the treatment of strains and injuries due to participation in the sport. Advice should be sought from experts and professional practitioners outside the running club as appropriate
- where relevant, carry with them the relevant details of any medical condition and their name, address and emergency phone number contact details. Voluntary disclosure of medical conditions shall be the responsibility of the individual member in circumstances where they consider an individual risk assessment approach to their welfare may be appropriate
- take care to listen to the proposed route before setting off. The group lead should ensure that a head count is taken and that a tail runner has been assigned to ensure that no one individual gets left behind.
- inform at least one other runner in that group if you decide to leave the group
- report any incidents to a club committee member for future reference, and for making known to all club members when appropriate. Actual incidents involving any member or third party should be formally recorded with a committee member

Club communications

Email

The Club Secretary maintains a list of email addresses for the whole club. Emails on club matters are sent out according to this list. These email addresses will not be made available to other club members unless permission is explicitly given.

Website

Our website is a rich source of information about club achievements and forthcoming activities. While we use the website as a key tool for promoting the club and our races, there's a member's area with the latest updates on club competitions and an archive of newsletters and photographs. If you want to add anything to the website, please contact John Gibson (john.gibson@upper-slaughter.co.uk).

Facebook (public page)

Our public Facebook page () is another promotional tool aimed to attract new members, promote our races and celebrate our achievements. Please "like" the page, contribute when you've got something to say and "share" posts that promote the club.

Facebook (closed group)

Our closed Facebook page is for members only as it's used for information about club business including training sessions, weekend runs, organising team events and other stuff that the rest of the world doesn't need to know about. Members can also post messages asking for advice about training, kit or injury problems. To join the group, please "like" the page and a committee member will add you to the group. All posts are moderated by a committee member so you may have to be patient.

Facebook messenger (BRR Chat)

BRR Chat on Facebook messenger has become very popular with members as an instant way to get information out about weekend runs, social events and general club gossip and banter. Any member of BRR Chat can add other people so just ask around if you want to be added to the group.

Club fees, affiliations and benefits

Annual membership fees are due and payable by the 1st April each year. Fees for 2017/18 are:

- Family: £25 (2 adults)
- Individual: £18
- Concession: £9 (OAPs and anyone in full-time education)

People who join part way through the year pay proportion of the remaining annual fee.

In addition, all racing members pay the full UK Athletics (UKA) fee. This is currently £15 per person for the year 2018 – 2019 (April - March).

Fees should be passed to the membership secretary, Alan Thomas [brr.memsec@gmail.com].

We are affiliated to the Gloucestershire AAA (www.athletics4u.co.uk) and Bourton Roadrunners compete against runners from other clubs in the Gloucestershire County Road Race Series and the Gloucestershire Cross Country League.

We are also affiliated to UK Athletics (UKA) (www.britishathletics.org). Affiliated club members pay the reduced entry fee in all races run under England Athletics rules. Please enter races as 'Bourton Roadrunners' (Roadrunners all one word please).

All members registered with UKA who have a London Marathon entry rejected are entitled to take part in a draw for the one place allocated to Bourton Roadrunners. The entry fee is to be paid by successful individuals. If you are eligible and wish to enter the draw, please contact the Club Secretary (who will need to see proof of your rejection) in early December.

Discounts: On production of a membership card, club members get a 10% discount at Up & Running in Cheltenham and Gloucester Sports in Gloucester. Other outlets may offer discounts to running club members.

Club kit

The club kit is a royal blue vest with two red horizontal hoops. Stocks of club racing singlets, vests, shorts etc are held by the club. To view or order items, please contact Ian Shoemark (ian.shoemark@hotmail.com).

We have an extensive range of branded club kit and casual wear, which can be viewed and ordered online at “run” section of the Slick website (<http://sliickkitelinewax.co.uk/shop/4593191189/RUN>).

We occasionally bring kit and casual wear to view/purchase on club nights. We'll advise people by email when we arrange this.

Club races

We organise 2 road races a year.

Bourton Highbridge Jewellers 10K

This very popular event, which sells out within hours of entries going live, takes place in late February

Humph's Hilly Half Marathon

Named after a much-loved former member of the Bourton Roadrunners, this testing half marathon takes place on a Saturday evening in June.

In most years, we also organise one cross country fixture as part of the Gloucestershire Cross Country League.

All club members are expected to volunteer to help organise and/or marshal at these races. Club members are welcome to enter our races but should supply a marshal to help on the day in their place. The marshal should be an adult and not be an existing club member.

Club competitions

We have 2 internal club competitions.

The '**6 from 10**' which takes the best 6 results from 10 nominated races compared with other club members in 5 year age categories for both male and female. For current events see our website or the notice board. Members are invited to nominate races for this competition which we try to keep local.

The **age-related** trophy takes the best 3 results over 3 different distances calculated against best times for your age on national age ranking tables. Results of any race should be sent to Gill Carrick (gilliancarrick@btinternet.com) to qualify.

Members also compete for the **most improved** runner, the **coaches' award** for best male/female participant in speed work and for the **Chairman's Cup**.

There's also the **Steve Humphries Trophy** awarded to the member who's made a significant running or non-running contribution to the club over the past year or for a number of years.

Club trip

Wherever possible an annual club trip takes place to an overseas race (usually with a choice of distances). Club trip organiser (currently Mike Smith) will provide information by email. Member's friends and families are welcome to join us on club trips.

Social events

The club Social Secretaries organise a variety of events throughout the year. Recently these have included:

- quiz nights
- Sunday morning “bacon-buttly” runs
- rounders, skittles and table tennis

Emails/Facebook messages are sent with details of upcoming social events. Again, friends and family are welcome at social events.

If you have any ideas for social events, please let Graham Lane or Linda Edwards know by emailing.

Christmas events

We host a Christmas dinner for those aged 16 and over in December each year. We present club trophies at this event.

We also have a social “tinsel” run shortly before Christmas where members are encouraged to wear festive attire and a prize may be awarded for the best outfit.

Junior prizes are presented shortly after the tinsel run and there’s also a trip to a local pubs for drinks.

Club constitution and committee

The club constitution and rules are published on the membership section of the website (www.bourtonroadrunners.co.uk/constitution/club_constitution.htm). Paper copies available on request.

The website also has a list of the club’s committee members and their contact details.

The AGM, which confirms membership fees and elects the committee, takes place in October/November.

We also hold the draw for the London Marathon place at the AGM.

Bourton Juniors

We welcome and encourage young athletes to attend our junior training session's on a Tuesday evening at The Cotswold School in Bourton-on-the-Water.

Training sessions start at 7pm, and last approximately 30 to 45 minutes, depending on the age group. The minimum age is 7 years old. A parent or guardian must be present at the training session with any junior who is under 9 years of age.

Sessions are open to juniors of all abilities, who are interested in running. They are split into groups, depending on age and ability, and take part in structured training sessions, with each runner working towards a realistic target.

With the exception of our spring sessions, the sessions are more cross country orientated to help improve in school and other competitions.

When the juniors reach a certain standard, we encourage them to take part in local fun runs, races and, in particular, the Gloucestershire Cross Country League and County Championships.

You can find out more information on the juniors section of the website (www.bourtonroadrunners.co.uk/junior_members/junior_members_home.htm)

For information about junior training sessions and competitions, please contact either Richard Bufton (01451 831733) or Chris Hartley (01451 830015).