

WESHAM ROAD RUNNERS & AC

WELCOME PACK



An Introduction to
Wesham Road Runners
& Athletic Club

www.weshamroadrunners.com

February 2010

WELCOME TO THE CLUB

A message from the Chair - Dave Waywell

It is my pleasure to welcome you to **Wesham Road Runners and Athletics Club**. As a new member we understand that a lot of what we do at this time will not mean a great deal to you so this pack is designed to let you know as much as possible about the activities available for club members.

Nothing in here is compulsory but we have found that members find what is right for them. Our aim in life is to help you enjoy yourself and be happy and healthy.

Read on and I hope you enjoy your time with the '**Friendly Club**' as we have become known and I would like to think we are.

1. Our story so far.

Our club is a product of the running boom of the **1980's** sparked off by the **London Marathon** in **1981**. Some runners in **Wesham** started running as members of the **Lancashire County Fire Brigade** starting an association with the fire service which continues to this day. An advert was placed in the **Kirkham** and **Wesham Advertiser** inviting runners to meet at the **Lane Ends Pub, Wesham** in **January 1985** and **36** turned up and so **Wesham Road Runners** was born. Our annual subs were just £1 per member!

Initially the club met at **St. Joseph's Primary School** in **Wesham** as the **Headteacher, Mike Carter**, was the first **Club Chairman**. Later the club moved to **Wesham Community Centre** then, for a short while in **1999**, to **Ribby Hall Leisure Centre** before moving in **2001** to our current base at **Carr Hill School**.

In our early days, during the first running boom of the **80's**, we had over **200** members but this dropped to around **70** by the **Millennium**. Now we are back to over **160** and rising including many more women runners. Some new members have joined from other clubs but most are new to running – part of what is our second running boom. For a fuller history of the club by **John Whiteman**, one of the founder members, see our website http://www.weshamroadrunners.com/BirthofWRR1_05.htm

2. Your club and its benefits ...all this for £20 a year!

- **Club night** runs from **Carr Hill High School** – for most members **Monday** club night is the running highlight of the week. A chance to catch up on club news, events and local races, swap stories with other members and then set off for a run with groups running at different paces to suit everyone. Showers, tea and biscuits are available afterwards and most members stay for a gossip. Some serious club members carry on their gossiping at club 'drinks station' the **Lane Ends Pub** in **Wesham**. On **Bank Holiday Mondays** the school is closed so we meet at a designated pub somewhere around the **Fylde** and, after a run, most members stay for a drink and something to eat to make it an evening out. Wives and partners are welcome.
- **Summer and Winter Handicaps** – to spice up club nights a monthly handicap is held on the first **Monday** of every month over two courses. The **Winter Handicap** starts from **Carr Hill High School** and is over a distance of 4.0 miles (2 x 2 mile laps) through the streets of **Kirkham**. The **Summer Handicap** starts at the **Windmill** at the top of **Dowbridge** and the distance is 4.9 miles. The route is out into the countryside around **Treales**.
The first race in each series is a 'mass start'. All the runners start off together and their times are recorded when they finish. The following five races in each series are 'staggered starts'. Start times are determined from previous handicap results.
The last race of the **Summer Handicap** is the **Trophy Race**. The first **Man** and **Lady**, who have completed at least two handicaps, to cross the line will be declared the winners and will be

presented with a trophy and prize. The races are organised by **Marian** and **Keith Rhead** and if everything goes to plan in the final race all the runners should finish together!!!!

- **Club Predictor** – A **Predictor race** is held annually where the winner is the person closest to the time they predict over a set course. You won't know the course but will know the distance and can predict your time. The first home may not be the winner – the last home could win if closest to their predicted time. To make things more unpredictable watches or any other type of timing device are not allowed; it's all about race pacing and knowing what you can achieve.
- **Race entries** – As a club member you are also registered with **England Athletics**, the national body for the sport. This means lower race entry fees. You will usually save £2 a race. If you are a prolific racer you soon recoup your club subs quickly.
- **Team events** – the club enters men and women teams for all sorts of events including county and national road, cross country and track and field competitions. If you are keen and competitive you can join in. It's a great way to improve, meet new members and pick up tips on training and racing.
- **Club Magazine** – Our **Club Magazine** is a gem. Edited and produced by **Brenda** and **Peter Earnshaw** it is free to club members and contains race reports, pictures, results, sections on different parts of the club and plenty of fun articles. As a high quality magazine it is costly to produce so we try to cover costs by sponsorship and adverts in each issue. If you have any articles give them to **Peter Earnshaw** on club nights or **Brenda Earnshaw** by email – brenda.earnshaw@btinternet.com If you can find someone to advertise then contact **Steve Myerscough** on club nights as he coordinates the advertising and has a simple form to make things easy for possible advertisers/sponsors. Steve.Myerscough@babcock.co.uk
- **Club membership** - There are five types of membership:
 - **Full** - is an individual who is a first claim member of **WRR & AC** and has paid their subscription in full. They are allowed one vote at the **AGM** or any **EGM** and are eligible to take part in all club activities. They are also registered through the club with **England Athletics**, the national body for the sport who will send them a **Competition Licence** card which contains their **EA registration number**.
 - **Second Claim** - is an individual who is a member of another affiliated athletics' club who pays a reduced subscription in full. They may partake in all activities agreed by the committee and may win and/or affect the results of the club internal championships. They are allowed one vote at the **AGM** or any **EGM**.
 - **Social** - is an individual who chooses not to participate as a competitor in permitted events and has paid the reduced subscription in full. They will be able to compete in internally organised club events. They are allowed to vote at the **AGM** or any **EGM**.
 - **Honorary Members** - **Honorary membership** may be awarded at the discretion of the **Committee** from amongst persons **who are not Full, Social or Second Claim Members**. **Honorary membership** may be awarded for outstanding service rendered to the Club, or for any other appropriate reason. **Honorary members** shall neither hold office nor have voting rights.
 - **Life Membership:** - **Life membership** shall be awarded at the discretion of the **Committee** from amongst persons **who are Full, Social or Second Claim Members**. **Life membership** may be awarded for outstanding service rendered to the Club. **Life members** shall have full voting rights as if they were a **Full member**.
- **Website** – This is one of the glories of the club and the envy of other clubs. **Brenda Earnshaw** designs, maintains and updates the website on an almost daily basis. It has everything you need to know about the club plus lots of links to other websites. It has had over **160,000+** hits since **January 2005** when **Brenda** first took over its operation. It is a must for members to check regularly. One section includes a **Picture Gallery** of club members so you can put a name to those faces you see on **Monday** night and people can also find out about you based on what you choose to supply to the website. A **Current Members Section** also includes member's names and contact details.

3 Safety matters

- **Insurance** - The club takes out insurance provided by **UK Athletics** to protect the club, club officers and club members from claims against them. This provides **Third Party** and **Public Liability Insurance** to protect you from claims made against you relating to club activities. It does **not** cover accidents or injuries you sustain or loss of property. For these you need personal insurance or take potluck like most of us do. If in doubt check the website where insurance details are available.
- **Child Protection** – Although we are mainly an adult club we do admit junior members, (under 18). Membership for children under 18 years will only be considered if their parent(s) or guardian(s) are prepared to accept total responsibility for such children whilst attending club meetings and at races. The club does not have appropriate, separate changing/shower facilities which are now considered to be essential. It does not have the appropriate Child Protection Officers. Most children are from the school or the Kirkham and Wesham area, so we are their local club, or they are the children of adult club members.
- **Injuries** – We all get injuries from time to time so our website has a **Health Clinic** section with advice on common injuries and how to avoid them.
- **Be Responsible** – Ultimately each runner is responsible for their own safety. Ensure you follow instructions on club nights or at events and always wear something light or reflective when running in the dark.

4. Running disciplines and sections.

The club competes in a number of disciplines and has several active groups for members to sample and join.

- **The Racers** – lots of club members like to take part in races. It's a good way to test yourself. If you want to race regularly then speak to **Finlay McCalman** who is the **Men's Captain** or **Kerry Eccles** the **Ladies Captain**.
- **Cross Country (XC)** – The club competes in the **Mid. Lancs. XC League**. There are six league meetings a year from **October** to **March**. We also send teams to the **English National Championships**. Entry to all the above events is paid for by the club and all members are welcome and encouraged to take part free of charge. Cross country is very much a team event and we pride ourselves on the level of support and encouragement we give to each individual who takes part. It's a great way to build up your stamina. If you wish to take part in cross country or have any questions about it please see **Tracey Hulme** or **Alan Glasgow**, our **Cross Country Captains**, who will be only too pleased to help.
- **Fell Runners** – this was new from **2007**. There are seven **Fell Races** designated throughout the year and you must run four to qualify for our club championship. Points are awarded for finishing positions and at the end of the year winners and runners up are announced for men and women. If you have not sampled **Fell Running** it is truly mad and fun at the same time. Races are usually run from villages as part of an afternoon fete. So as well as trying your prowess over the **Fells** you can try the **Bouncy** castle, ride a donkey or admire the best home grown onions. If you would like more information, or to be converted, see **Lee Barlow** on club night
- **Ladies Section** – This is our fastest growing section led by our two captains, **Kerry Eccles** and **Tracey Hulme**. As well as getting teams out at competitions the members organise social events. Members of the section are great at supporting and encouraging one another at events. There is a section on the website including photographs and information on activities. **Kerry** and **Tracey** are always on the lookout for new recruits on club nights.
- **Wrinklys** – Consisting of mainly retired club members plus some of their wives/partners. 'Team Wrinkly' is somewhat of a misnomer because few are actually wrinkly - most look quite young for their age! Their main aim is to enjoy life, whether through running, going as a group on holiday or just enjoying each others company. Although they consist of mainly older members of **Wesham Road Runners**, everyone is welcome to join on the **Thursday Wruns/Walks** and **Holidays** etc. In fact, runners and non-runners, young and old, and members of other local clubs join them on a regular basis. If you would like more information on **Wrinkly**

activities check the club website or newsletters or get in touch with **John Whiteman, ‘Boss Wrinkly’**.

5. Club highlights

There is a lot to do at our club - something for everyone. Here are some of the highlights of our year:

- **Monthly Handicap** -Club nights are spiced up on the first **Monday** of the month with a **Handicap** race. In winter it is a 4 miler from the school and in summer a 4.9 miler on country roads from the windmill on **Dowbridge**. The races are friendly but competitive and a chance to really push yourself to improve each month.
- **Club 10k** – Our annual race is the main event in our running calendar. It’s on an undulating course from **BNFL’s Salwick** plant on the last **Saturday** in **November**. Even with a limit of 600 entrants it is always full and is a must for all club members – though offering to marshal or to help out in some way is accepted as a good excuse for not running. In the evening is the club’s annual **Dinner Dance** and **Prize Presentation Evening** with a chance to let your hair down or boast/moan about your performance in the race.
- **Birthday Race** – The club celebrates its birthday in **September** with a short friendly race from **Carr Hill High School** followed by supper in a local restaurant.
- **Club Predictor** –see **Section 2** above for details of this fun event.
- **Inter Club Grand Prix Race Series** – This is the serious part of the race season when we compete against five other local clubs: **Blackpool, Wyre and Fylde; Red Rose in Chorley; Leyland; Lytham St Annes;** and **Preston**. Every month from **April** to **September** one of the clubs organises an evening race on its own course. They are short races of up to 5 miles with free entry and refreshments provided afterwards. **Wesham** does really well at these races and usually has well over 50 runners participating. A great way to spend a summer evening.
- **Club Age Related Championships** – This provides the best test of performance over a full year from **November** to **October**. The club selects ten races, most of them fairly local, covering distances from 5miles to half marathon. To enter you must run in five of the events and a formula is used to adjust times to show them as if you were between 19 and 35/6 which are statistically a runner’s peak. It is really a bit of fun but the formula ensures everyone is on a level.
- **Road Race Championship** – This is based on a series of local races throughout the year culminating with the **Preston 10 mile race** in **November**. To qualify you are required to complete races at several distances and your best six results make up your score in the championship. For details see **Dave Young**.
- **Illuminations Run** – A lighter note and definitely a fun run that can’t be copied anywhere else in the world. Meeting at **Starr Gate** or **Bispham Tram Station** on a **Friday** night in **September** runners run or jog, (take your pick), through the ‘lights’. Also a lot of **WAGS** walk through the lights too. Then runners and non-runners pile into a local cafe for a fish supper.

6. Improving and measuring your performance

- **Running log** – Keep a daily log or diary of your running and training. This gives you discipline to ensure you train and allows you to plot your performance and the quality of your running. You can also use your log to plan for forthcoming races with your own programme to prepare you for a race you have targeted. Your running log or diary is your best friend – tell it no lies and it will help you improve.
- **Running magazines** – Most new runners are looking for tips and several magazines are available from big newsagents like **WH Smith**. The most popular is **‘Runners World’** which includes races over coming months, training schedules and features on the latest kit.
- **Club Standards** – Most of us will never win a race or even our age category but we do want to improve and measure ourselves to see how good we are. The **NEAA** has set **Club Standards** as national benchmarks for each age category to strive for over 5k, 5 miles, 10k, 10 miles and half or full marathon. If you achieve a standard set for your age group in any four of the above races then you will be awarded a **Bronze/Silver/Gold/Diamond** award. We make these presentations on club nights and it is a chance to recognise the consistent performance and improvement of

any member. **Graham Vickers, (Men)** and **Pauline Weller (Ladies)** look after the **Awards Scheme** and can be contacted on club nights.

- **Most Improved Runner** – this is another way the club recognises and applauds improvement. Club members' times from **10k** and **Interclub Grand Prix races** are collated over a year and the most improved male and female runners are announced at our **Prize Presentation Evening**. These awards are often won by new members to the club who can make dramatic improvements in their first year in the club due to the competitive but supportive environment. So go for it and you may be the winner next year.

7. Running kit

- **Club vest** – We are proud of our club vest and like to see members wearing it - in fact it is compulsory at all proper races and events. It is available from **Dave Waywell** at club.
- **Sweatshop at Ribby Hall** – This local sports shop supports the club by sponsoring our events and magazine and offers a discount of 10% to club members. For other suppliers who give discounts see the website or club mag. At most major races you will also find suppliers in attendance selling kit.
- **Light and reflective clothing** – Most of us run in the evenings so that means running in the dark through the winter. Be sure to wear a reflective bib or something else reflective or wear white clothing as an essential safety precaution.

8. Running the club

- **The Committee** – As a democratic organisation we elect a **Committee** every year at the **AGM** in **February**. Our current **Chair** is **Dave Waywell** and our **Secretary** is **Brian Wilkinson**. Full contact details of the committee are on the website. If you have any ideas, suggestions or concerns please raise them with any committee member.
- **Club meetings** – The committee meets monthly on club nights, (usually the second Monday in the month), and minutes are quickly circulated by email to all members. We have a full members meeting every three months and an annual **AGM** all held on club nights after the run. Listen out for announcements of dates or check on the website.

10. Club finances

- **Annual subscriptions** – The **Subs** are our main source of income and the level of subs is always decided by members at the **AGM**. **Peter Earnshaw is our Membership Secretary** and welcomes your prompt payment. Otherwise he will send you a gentle reminder. Subs are to be paid by the end of **April** if you are to take part and count in club activities.
- **Magazine sponsorship** – The magazine is a big production and eagerly read by members but it is expensive to produce. We try to cover the cost of this by advertising in each edition. If you know someone who wants to advertise their business then please contact **Steve Myerscough** on club nights as he co-ordinates sponsorship/advertising.
- **Auditor** – The club looks after its members' money carefully and wisely. **Annual** accounts are produced for all members by the **Treasurer** and audited by **Howard Henshaw**, the **Club's** resident international financial expert.

To know more:

Hopefully this **Welcome Pack** gives you most of the information you require. If you want to know more, please talk to me on club nights or phone me on **01253 874287** (home), **07956433910** (mob) or e-mail me at david.young1947@btopenworld.com We aim to help you to run better, enjoy the sport and join in the sporting and social life of the club – that's why **Wesham** is known as the '**Friendly Club**'. **Contact details** of all the committee can be found on the **Club's** web-site.

Dave Young
Vice-Chairman
13th January 2010

PLEASE NOTE: The information contained in this booklet was correct at the time of printing – February 2010.

COMMITTEE & OTHER CONTACT NUMBERS

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