

THE COMMITTEE (Committee members can be emailed via the club website)

Chair – Stuart Hardcastle

Vice Chair - Niall Cheyne

Secretary – James Taylor

Treasurer – Stuart Clarkson

Membership Secretary – Julia Spittle

Communications Officer – Liz Sowter

Ladies' Captain – Jan Ilsley

Men's Captain – Martin Randall

Social Secretary – Helen Inglis

COMMUNICATION

When you join the club your e-mail address will be added to our mailing list. If you wish to opt out of our mailing list please unsubscribe by replying to the first e-mail you receive.

We are proud of our website and like to report on events our members have attended. Please send reports and photos to Liz Sowter by e-mail. Our members' forum and Facebook page are used to facilitate communication between members. For a login to the forum please contact Liz Sowter.

All club documents and policies, including the club constitution, can be found on our website. Minutes from club meetings can be found in the members' forum.

OTHER USEFUL INFORMATION

Please remember that there are strict rules governing the allocation of numbers for races. Transferring or exchanging numbers without permission of the race director can result in serious penalties for yourself and the club. If in doubt contact the organisers of the race in question.

Please note dogs are not invited to club meetings. For informal runs, please contact the member organising to ask if it is appropriate to bring your dog.

www.swaledalrunners.co.uk



Club Information 2016

ABOUT THE CLUB

Swaledale Runners (formerly Swaledale Road Runners) was formed in 1986 and we now have around 90 members. We have many members who regularly compete in events from 5km through to marathon, fell and trail races. We have a reputation for being a very friendly club, catering for competitive runners and providing a supportive environment for those members who only wish to run for recreation, fitness and to enjoy the social aspect of our club.

AFFILIATION AND MEMBERSHIP

The club is affiliated to England Athletics. We receive all relevant information about the sport and changes that are taking place: www.englandathletics.org

Membership to the club is £25 annually which includes a £13 levy to England Athletics. This pays for your competition licence and gives you reduced entry to events held under England Athletics Rules. Membership fees are due in April and membership forms can be downloaded from the club website. Please contact Julia Spittle for more information.

CLUB MEETINGS

Tuesdays + Thursdays – Swaledale Outdoor Club, Richmond, 6.30pm

Wednesdays – Methodist Church, High Street, Northallerton, 6pm

50p subs is charged for each club meeting to cover the costs of refreshments.

The Richmond Club House has a mobile phone which is switched on whenever someone is present. The number is 07503 542530.

At club meetings, Leaders in Running Fitness offer a choice of pre-planned routes for you to choose from. There may be a choice to run off road during the summer months. Runs usually last between 45 and 60 minutes. We pride ourselves on being a friendly club and no one is ever left behind.

Please note: if members choose not to run with a Leader in Running Fitness, they run at their own risk and are not covered by the public liability insurance that is provided by our governing body.

BEGINNERS

If you are new to running you may wish to join one of our beginners groups. These groups start at different points in the year and follow a specially designed 10 week programme to introduce you to the sport and help you build your fitness. The groups are lead by qualified Leaders in Running Fitness. For further information see the website.

STRUCTURED TRAINING

On Thursdays runners usually have the option of taking part in a structured training session. These include intervals, hill reps, tempo runs, strength circuits and time trials. They are designed to be suitable for athletes of all abilities. Programmes are published in advance and updates can be viewed on Facebook or on the members' forum.

If you would be interested in training as a coach please contact a member of the committee through the website.

COMPETITIVE RUNNING

Our members compete in the Harrogate & District Summer Road Racing League (HDSRRL). For a one off fee (currently £10), entrants can take part in five evening events held in the local area and receive free supper after each race. For more information see the league website. www.harrogate-league.co.uk.

Many of our members also enjoy the Esk Valley Fell Series (www.eskvalleyfellclub.org).

There are two club championships, one for road races, one for trail and fell runs. Please see the website under 'Competitions' for further details.

Details of local races can be found in the race diary on our website or on sites such as www.northeastraces.com and www.ukresults.com.

VOLUNTEERING OPPORTUNITIES

There are several opportunities to volunteer within the club and we encourage all members to become actively involved. Contact a member of the committee for further information.

- Richmond Castle 10K (October) - We rely upon members to help at this event. If you would like to race please arrange for a reliable adult to marshal on your behalf.

- We encourage all members who would like to develop their skills as Leaders and Coaches in Running Fitness.

- Our AGM is held in the spring when all committee positions are open for election.

SOCIAL ACTIVITIES

During the year we host a range of social activities, including an annual awards ceremony. If you have any suggestions for a social event, please contact Helen Inglis. Please check the website regularly for the latest information and photos.

WELFARE

We aim to ensure that all members enjoy being part of the club and feel safe and valued at all times. In line with England Athletics best practice we have written a Code of Conduct for members. The Club Welfare Officers, Chris Sayer and Corinna Russell, should be contacted immediately should you have any concerns. Both can be contacted by email via the club website.

CODE OF CONDUCT FOR MEMBERS

As a responsible club member, when attending club activities or representing the club you will:

- Act with dignity and display courtesy and good manners towards others.
- Cooperate fully with others involved in the sport such as coaches, technical officials, medical staff and representatives of the governing body in the best interests of the club, yourself and other athletes.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations.
- Report any suspected misconduct to the club welfare officer as soon as possible.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others.
- Not consume alcohol to excess and/or illegal substances.

CLUB KIT

A range of club kit is available. Please visit the website or see Stuart Clarkson if you are interested in purchasing kit. PLEASE NOTE: when representing the club, i.e. at races, we ask that members ALWAYS wear their green club vest.

