



## MEMBER BENEFITS

- a) insured when competing for the Club
- b) get discounted entries for competitions
- c) can take advantage of specialist training facilities and events
- d) gain access to competitions and events open only to Club Members
- e) can develop new skills and potential
- f) can be entered into the Honiton Running Club draw for a London Marathon Club entry (other criteria apply)
- g) have access to £5 that can be spent online at [Sweatshop.co.uk](http://Sweatshop.co.uk) once registered
- h) have 10% off all purchases at [Sweatshop.co.uk](http://Sweatshop.co.uk)

**Some benefits only apply to full members opting for EA affiliation**

# Honiton Running Club

## Welcome

Welcome to Honiton Running Club, an affiliated member of England Athletics (EA), UK Athletics and Association of Running Clubs (ARC). The club is undergoing a ClubMark accreditation process and has achieved the UK Athletics "Clubs Future" award demonstrating an efficient and effective club management structure with due regard being offered to all participants within that structure.

The club is open to all and we hope you enjoy being a part of our friendly and sociable organisation. Our main aim is that you enjoy yourself, be it as a road or cross country runner, track and field athlete, official, helper, coach or social member. The Club provides opportunities for everyone to achieve their own goals. Please tell Club officials what your aims are and we will do our best to help you. We arrange and support events for competitors of all standards and encourage you to participate in them.

This condensed pack is intended to provide all the information you will need to allow you to get the best out of your membership. It can also be used for reference during your membership and can be used in conjunction with our website, [www.honitonrc.com](http://www.honitonrc.com) which should have the most up-to-date information of all club matters and the full welcome pack.

The Club is run through a main Committee comprising the Club Officers, the General Committee, and other posts that have specific responsibilities. All are appointed at the Annual General Meeting (AGM). Meetings are held most months with an AGM in March.

A number of management sub-committees have been introduced, which meet every two months or at other frequencies as agreed. It is intended that these groups will deal with the detail of the Club's business whereas the General Committee deals with overall management of the Club giving support and guidance to the sub-committees.

The aims and objectives of the club are to:

- a) encourage and support members to achieve personal goals.
- b) promote the Running (and athletics where demand exists).
- c) offer coaching in running and athletics.
- d) to provide opportunities that are centred on the individual and open to all.
- e) ensure all members receive fair and equal treatment, whether competing or non competing.

# Honiton Running Club



## CLUB BENEFITS

All training nights start at 6.30 p.m. when announcements and information is given by the Club Leader or another club member. This is followed by the Club Run of a range of distances from 3 miles up to about 8, extra loops can always be added for those wanting longer runs. Runners normally sort out groups themselves, or naturally, but groups based on pace and distance are sometimes formed. It is encouraged that faster runners on the same route track back to keep the group compact. Main Club Nights are primarily for senior runners, but juniors (16 years+) are welcome to the main runs. All runs are listed on the Web Site Calendar; see Appendix 3 and 4 for Web Site and calendar guidance. Regular club nights are:

Monday: Senior Training Night  
Tuesday: Junior Training Night  
Wednesday: Senior Social Run  
Friday: Senior Run  
Weekend: Organised long runs and Race days

Brief descriptions of some of the events held throughout the year are given below. The committee welcomes suggestions for social events. The social secretary(s) will arrange extra items throughout the year, recent events include a Skittles and pub evening and a theatre trip in London.

- During the summer a run followed by a BBQ is popular and repeated if and when possible.
- Pub Runs are normally held monthly on a Wednesday throughout the year.
- A Fireworks party is held in November with drinks and snacks on offer.
- During December a Christmas Light run is organised to take in the festive lights displayed around the town.
- The Christmas party is also a must attend event and is full of festive fun and cheer.

The club also hosts a variety of races in the Honiton area these include:

- The Honiton Hippo, a tough multi-terrain race with 7 miles of Mud, Sweat and Tears.
- The Hippo Calf, a 1.75 mile multi-terrain fun run / Junior race.
- The Honi-ten, a ten mile road race over an undulating one lap course. There is also a fun run associated with this race.
- The bi-annual Sport Relief, Comic Relief and BBC Sport's fundraising initiative covering 1, 3 and 6 mile runs through the streets and roads of the town.
- The Club also hosts one of the Woodland Relay series where local clubs are invited to take part. This series is also appropriate for junior members.

- a) Encouragement and support from a large group of experienced runners and athletes
- b) Regular receipt of newsletters
- c) Access to qualified athletics coaches who are also members of the Club
- d) Access to Club-only competitions and regular social events
- e) Details of future running and athletics events
- f) 10% discount at the Iron Bridge Runner and Honiton Sports Shop
- g) Member of a club with ClubMark status (pending) which will give benefits such as increased grants for equipment and financial support for coaches