



Honiton Running Club

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 10% off all purchases at sweatshop

Some benefits only apply to full members opting for EA affiliation

Welcome

Welcome to Honiton Running Club, an affiliated member of England Athletics (EA), UK Athletics and Association of Running Clubs (ARC). The club is also ClubMark accredited 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 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 for all in March.

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

- a) Encouragement and support from a large group of experienced runners and athletes
- b) Regular receipt of news by emails
- 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 local sports shops
- g) Member of a club with ClubMark status which will give benefits such as increased grants for equipment and financial support for coaches

All Senior 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 Social Run
Tuesday: Junior Training Night
Wednesday: Senior Training Night
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 bi-monthly on a Wednesday throughout the year.
- 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.
- AGM at a local Pub with a buffet meal provided by the club.

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 Ottery 10K road race over a fairly flat course around Ottery St. Mary. There is also a kids fun run associated with this race.
- Blackdown Beast in January and Blackdown Beauty in July which are social runs over the Blackdown Hills with 10 and 17 mile options.
- The Club also takes turn in hosting one of the Woodland Relay series where local clubs are invited to take part. This series is also appropriate for junior members.