



# **BOURTON ROADRUNNERS**



## **Members pack**

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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 Bourton Leisure Centre on Tuesday evenings, leaving at 6:45pm for a run of approximately 3 miles. We also organise an Efforts (speedwork) session on Tuesdays, meeting 6.45pm, at a pre-arranged location.

We meet at the Leisure Centre on Thursday evenings, leaving at 6:45pm, with a choice of 3 or 5 miles. There is the option of a longer run (approximately 7-8 miles) once a month.

We also provide an opportunity for runners of all abilities to join us on a Wednesday, leaving the Football Club (on Rissington Road) at 9am.

Another efforts session is held on Fridays at 9am - at a pre-arranged location.

Occasional track sessions are also organised.

The above represent official Club sessions.

## Weekend runs

Individual members frequently get together for group runs over the weekend usually on Sunday mornings. These are not official Club 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 WhatsApp.

## Our coaches and leaders

We have a number of 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), Claire Cox (CiRF), Tom Knight (CiRF), Graham Lane (LiRF), Gary Holton (LiRF), Allie Quinn (LiRF) and Lynn Hudson (LiRF).

## Could you be a coach or leader?

The club is keen to encourage more members to gain UKA coaching qualifications and will normally pay the fees associated with gaining a qualification. Please contact any CiRF, LiRF or Committee member 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. We also strongly recommend the wearing of front and rear running lights;
- be aware that wearing headphones in races is normally 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**

NOTE: Photographs of competing athletes may accompany club communications. If you do not wish your photographs to be used by the club please make the club secretary aware of this.

### **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. Members should update the Secretary if their email address changes. Email addresses will not normally be shared with other Club members.

### **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](mailto: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.

### **WhatsApp (Bourton Roadrunners Community)**

We have a Bourton Roadrunners Community on WhatsApp. The Community hosts a number of chat channels. Members are urged to join the Club Announcements, Club Chat and Club Competition groups. These Chats provide timely information such as reminders of social events, messages from the Committee, Club competition details etc). The CHAT channel gives members an instant way to get information out about weekend runs, social events and general club gossip and banter.



## Club fees, affiliations and benefits

Annual membership fees are due and payable by the 1<sup>st</sup> April each year. For details of current membership fees please see the **Join Us** page of our website, at:

<http://bourtonroadrunners.co.uk/membership.htm>

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

In addition, members registered under the optional competitive athlete category pay the full UK Athletics (UKA) fee. The fee is currently £20 per person for the year (April - March). A Bourton Roadrunners Club running vest – mandatory if registering as England Athletics competitive athlete – currently costs £20 for a vest or £21 for a T-Shirt.

Club Membership fees should be paid via the Club's "SumUp" store which is available from the Club website. UKA fees are payable directly to UKA by individual members.

We are affiliated to the Gloucestershire AAA ([www.athletics4u.co.uk](http://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](http://www.britishathletics.org)). Affiliated club members registered under the optional competitive athlete category pay the reduced entry fee in all races run under England Athletics rules. Please enter races as 'Bourton Roadrunners' (Roadrunners all one word please). Note that UKA store the same athlete details as Bourton Roadrunners. Details of the UKA General Data Protection policy may be obtained from their web site. A summary follows:

*“When you become a member of or renew your membership with Bourton Roadrunners you will be registered as a member of England Athletics. Bourton Roadrunners will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org).”*

If someone is listed as non-competitive then they would not be considered competitive and therefore not compete in licensed competition by EA/UKA. They could of course compete as an unattached runner in road races by paying £2.00 extra per race, but their registration to your club would not be recognised. For one year in cross country competition they could be classed as unaffiliated providing they had never been a member of another club, and that would only be for 12 months, after that time they would have to join a club as a competitive athlete to continue competing. UKA rules for competition are available to download from their page:

<https://www.uka.org.uk/competition/rules-of-competition/>

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 and other items are held by the club. To view or order items, please go to the Club website ([www.bourtonroadrunners.co.uk](http://www.bourtonroadrunners.co.uk)), click on Members Section and then Secure Shop Store. Purchased items will either be sent via post or collection arranged from the Leisure Centre.

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: (<https://www.slick.co.uk/store1/-c28990259>).

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 3 road races a year.

### **Bourton High Bridge Jewellers 10K**

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

### **Bourton Mile**

This fast and furious race takes place in late May and finishes in the High Street

### **Bourton Half Marathon**

The Half Marathon takes place in late September and follows an undulating course from Bourton on the Water to Farmington, Sherborne, Clapton on the Hill and returns to Bourton via Rissington Road.

## **Volunteers**

All club members are encouraged 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

## Club competition

We have an internal club competition each year.

Each year members compete in the club's own **race series**, with points being awarded for their best finishes versus fellow club members. The format may change year on year but essentially a series of races or events are selected (normally one per month) for members to take part in. Members are to complete a minimum of 6 races, but with their best 8 being eligible for overall results.

Trophies are awarded for the best female and male club member overall as well as trophies for various age categories.

The Club also awards the **Chair's Trophy** which is awarded at the sole discretion of the Chair. It is normally for a member who has made a significant contribution or impact to the Club.

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 and is voted on by Club members.

## Club trip

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

## Social events

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

- quiz nights
- Weekend morning "bacon-butt" runs
- rounders, cycle rides and hiking

Emails/WhatsApp 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 Allie Quinn know.

## Annual Awards and Fun events

We host an annual Awards event (either in December or January) where we present club trophies while having food, drink and entertainment.

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. We gather at a local pub for drinks afterwards. The Steve Humphries Trophy is also presented after the Tinsel Run



## **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](http://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, normally takes place between November and February.

## Bourton Juniors

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

Training sessions start at 6.45pm, 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 and summer 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](http://www.bourtonroadrunners.co.uk/junior_members/junior_members_home.htm))

For information about junior training sessions and competitions, please contact either Richard Bufton (07729 509894) or Chris Hartley (01451 832015) or email to: [brrjuniors@gmail.com](mailto:brrjuniors@gmail.com).