



**Runnymede  
Runners**



**MEMBERSHIP APPLICATION  
FORM AND INFORMATION ABOUT  
THE CLUB**

[www.runnymederunners.com](http://www.runnymederunners.com)

email: [committee@runnymederunners.com](mailto:committee@runnymederunners.com)

## **WHY YOU SHOULD JOIN RUNNYMEDE RUNNERS**

**Hi and welcome to this introduction to our club. If you are interested in joining a sociable and friendly running club then read on -**

The club was formed by a small group of enthusiasts in 1981 with the aim of promoting running at all levels and since then has gone from strength to strength.

It provides the opportunity for people to train regularly in a safe environment, to be involved, if they wish, with the organisational side of the sport- assisting with the organisation and marshalling of races, and the chance to socialise with like-minded people.

There are currently about 150 members with a range of abilities and interests from those who like just to run regularly in the park to those who compete seriously in a range of disciplines - road running, cross country, triathlon and duathlon, all are equally welcome. We are also happy to welcome second claim transient runners.

Membership entitles you to:

- Attend any of the four weekly training sessions (details elsewhere in this information pack)
- Monthly newsletter, quarterly magazine
- Use of Egham Sport Centre changing facilities for Tuesday and Thursday training sessions during the winter months
- Free entry to the Summer handicap races in Windsor Great Park
- Free entry for the MABAC series of off road races
- Free entry to the Surrey League Cross Country series
- Reduced entry fee for any UKA organised road race
- Chance to compete for a number of club trophies
- 10% reduction off goods at specialist sport shops such as Apex Sports, Tortoise & Hare and The Sweat Shop
- Entry to the club ballot for a London Marathon place

In addition you will have the help and support of other members who can provide advice on equipment, training, etc. and a range of social events such as pub nights, quiz evenings, pasta parties and weekend outings to specific events such as the New Forest 10.

If you would like to join the club then please complete the application form included in this pack or look for more information on our website.

**I hope to meet you at a training session in the near future**

**Peter Collins  
Chairman**

## **TRAINING SESSIONS**

You will find a broad mix of abilities and ages at all training sessions and there will usually be someone of a similar standard to run with. But do not be put off if you turn up at your first few sessions and find that the runners present are either too fast or too slow for you. Attendance varies from session to session and at different times of year but there is bound to be a group that will suit your pace. Ask either the ladies or men's captain to help you find a suitable running partner. Contact details are given on page 6.

### **WINTER MONTHS (OCTOBER TO MARCH)**

**Tuesday and Thursday evening we meet at 6.45pm to run at 7pm.**

We meet at Egham Sports Centre, Vicarage Road, Egham, Surrey. Club membership entitles you to free use of changing facilities and showers. Members run in small groups of similar ability around the Egham area. The sports centre bar is open after training.

### **SUMMER MONTHS (APRIL TO SEPTEMBER)**

**Tuesday and Thursday evening we meet at 6.45pm to run at 7pm.**

We meet at the Savill Garden car park, in front of the visitor centre, Wick Lane, Englefield Green, Surrey. Members run in small groups of similar ability on traffic free roads or cross country routes and usually meet for a social drink and a snack in The Sun P.H in Wick Lane after training.

### **ALL YEAR JANUARY TO DECEMBER**

**Saturday morning meet at 9am.**

We meet at Savill Garden car park, in front of the visitor centre, Wick Lane, Englefield Green, Surrey. Members run in small groups of similar ability in Windsor Great Park. After running we meet for tea, cakes and a gossip in the Savill Garden café.

**Sunday morning meet between 10 and 11am.**

We meet at the Savill Garden car park, in front of the visitor centre, Wick Lane, Englefield Green, Surrey. As many races take place on Sunday's attendance varies so members usually arrange to meet a running partner or partners at a particular time to avoid disappointment. Members run on traffic free roads or cross country routes and then usually have a social drink in The Sun P.H. at lunchtime.

## REGULAR CLUB EVENTS

Runnymede Runners regularly compete in a number of events throughout the year. These are **not just for elite runners** everyone is invited to compete.

### MABAC LEAGUE

Runnymede Runners belongs to the MABAC league along with ten other running clubs from Surrey and competes against these clubs throughout the year. Each of the clubs organises a cross-country event, which normally takes place on a Sunday morning. The course is always about 5 miles long with a 2.5 mile course for juniors and joggers. Every runner that attends earns points for the club irrespective of where they come in the race; so all members are encouraged to attend if possible. **The events are free to enter, just turn up on the day.** A list of events can be found in the RR magazine fixtures list or on the MABAC website at [www.mabac.org.uk](http://www.mabac.org.uk)

### HANDICAP RUNS

On the last Thursday of the month of April through to August, the club organises a 'handicap' race, which starts at the Bishops Gate entrance to Windsor Great Park. According to their handicap time, the slowest people start first and the fastest start last. A trophy, which the winner holds for a month, and a small memento to keep is given to the person who crosses the finish line first. It is a great way to assess your progress throughout the summer and because of the handicap system, the person that has made the greatest effort to improve their performance wins, irrespective of their speed in comparison to other runners. **The handicaps are free to enter just turn up and run.**

### RUNNYMEDE RUNNERS RELAYS

The RR Relays are the one event that is organised totally by Runnymede Runners so help from members is particularly appreciated. They take place annually on a Saturday afternoon at the end of June in Windsor Great Park.

The teams are made up of 6 runners to include no more than 3 Seniors. The relay consists of 3 legs of 2.75 miles and 3 legs of 5.25 miles. The point of the Relays is to have fun and to raise money for a local charity nominated each year by the membership. Details are advertised in the magazine in the months leading up to the event.

### SWEATSHOP SURREY CROSS COUNTRY LEAGUE

Runnymede Runners are members of this league. The league consists of 4 matches held on Saturday afternoon over the winter months from October to March at various locations in the former county area of Surrey (south of the river Thames). The men compete in **division 4 and the women in division 2**. The races are generally around 3 miles distance for the women and 5 miles for the men and **are free to enter**. This competition is a team event and all members are encouraged to participate whatever the age or ability. The first 10 runners from each club in the men's league and the first 5 runners from each club in the women's score points for the team. Penalty points are incurred if a full team does not compete. Events are advertised in the RR Magazine or contact either Sally Stubbs or Alan Pye. Contact details are on page 6.

At the end of the season there is promotion and relegation for the top and bottom 2 teams. Members usually meet up at a local pub for a social drink after each event.

## **RECOMMENDED RUN OF THE MONTH**

Each month a run is nominated 'run of the month' and members are encouraged to enter. The runs are chosen from known races that members have previously competed in and can be recommended for a good course, location and organisation. A variety of races are chosen of distances from 10K to half marathon on road and cross-country to suit all members. These events are intended as a focal point for club members to meet and participate together. Members competing in these races score points towards the Peter Neilson Trophy.

## **TURKEY TROT**

This is a fun event held on Christmas day at the Bishops Gate entrance to Windsor Great Park. The event is on road over a distance of approximately 4 miles.

Before the event members predict their anticipated time to cover the course and the runner to complete the course nearest to their predicted time wins the event and a trophy to keep for the year. The catch is that runners are not allowed the aid of a watch.

**The event is free** to enter and members usually bring along mince pies and drinks to enjoy after the run.

## **STAINES 10K**

The club organises this event each May in partnership with Spelthorne Borough Council and Staines Strollers. It is an event open to any person over the age of 17 who wishes to compete. Individual prizes and team prizes are awarded to the winners of the race and for age categories. Profits from the event are distributed to local children's charities.

Details are advertised in the magazine, on the club website and national running magazines in the months leading up to the event. There is also a dedicated race website [staines10k.co.uk](http://staines10k.co.uk)

## **RACE OFFICIALS AND MARSHALS**

To ensure the regular club events continue to be successful every member is expected to assist with the organisation of at least one or two events each year. For example this will mean helping for 2 hours at the handicap races and 6 hours at the Relays. Training is provided if the member hasn't helped at a race before. Its good fun and rewarding, we all meet up for a social drink in a local pub after the event.

## **SOCIAL EVENTS**

The social side to the club is almost as important as running. Throughout the year various social events are held.

The main events are The Pre London Marathon Pasta Party and The Club Presentation Dinner.

Trips are also arranged for races abroad. Recently members have travelled to the U.S.A. for The New York City Marathon and to Europe for The Amsterdam, Berlin Marathons. During the summer months after training members meet for a drink in The Sun P.H. and throughout the year after Saturday training members meet in The Savill Garden tearoom.

## **CLUB TROPHIES**

Club members can compete for several trophies during the course of each year. The presentation usually takes place at the pre- London Marathon pasta party in April.

### **CLUB CHAMPIONSHIP**

This is a one off annual event that takes place in Windsor Park in January. It is an 8-mile road race, which is incorporated into the MABAC event that is run on the same day over the same course.

### **TONY PRYOR TROPHY**

This trophy is named after the founder of the club. It is awarded annually to the club member who best supports the club throughout the year. Points are awarded for members running, marshalling or supporting at a series of nominated races throughout the year. A men's and women's trophy is awarded.

### **PETER NEILSON TROPHY**

This trophy is named after another one of the club stalwarts. It is awarded annually to the club member who has the best performance at the 'recommended runs of the month'. The average of each members 6 best age graded results are used to calculate the winner. A trophy is awarded to both men's and women's winner.

## **SUBSCRIPTIONS**

These are paid yearly in April after the club A.G.M.

Membership is £15 and £5 for non-earners for the year 2011/2012. To receive a paper copy of the club magazine there is an additional charge of £5 per year. The magazine is available on the club website for those members who don't wish to receive a paper copy.

Members also have to decide if they wish to register with England Athletics currently £5 for the year 2011/2012. Without EA registration members will be required to pay a levy of £2 when entering races held under UK Athletics rules.

## **RUNNYMEDE RUNNERS CLUB RULES**

### **1. TITLE**

The name of the club is "**Runnymede Runners**".

### **2. OBJECT**

The object of the club is to promote running at all levels.

### **3. CLUB COLOURS**

The colour of the club is sky blue.

### **4. MEMBERSHIP**

Prospective members must fill in a membership form and pay the subscription to the Membership Secretary. All members must be eligible and agree to abide by the Rules of UK Athletics.

### **5. SUBSCRIPTION**

The amount of membership is determined at the AGM and is payable on election and subsequently on 1<sup>st</sup> April each following year. The Committee may expel any member whose subscription is 3 months in arrears providing a month's notice has been given in writing.

### **6. MANAGEMENT**

The management of the club is vested in a committee of members consisting of a Chairman, Secretary, Treasurer, Race Secretary, MABAC Representative, Membership Secretary, and Club Captain, to be elected annually at the AGM, plus officers co-opted at any time thereafter, 5 members to form a quorum. The Committee's function is to execute the policy determined at the Committee meetings. The committee will meet a minimum of 4 times per year. Any club member may attend those meetings to raise issues with prior notice to the Secretary. Any proposal from any member may be put to a vote of attending members and subsequently to a vote at a General Meeting if any member demands this.

### **7. ANNUAL GENERAL MEETING**

A General Meeting of all members shall be held on a weekday evening in March each year to receive annual reports and financial statements and to select to Committee for the coming year. The Secretary or Chairman must give every member twenty-eight days notice of the meeting and notice of any business which it is desired to place on the agenda must be given in writing to the Secretary or Chairman at least fourteen days prior to the meeting.

**8. SPECIAL GENERAL MEETING**

A Special General Meeting must be called by the Secretary or Chairman within fourteen days of receipt of a requisition in writing signed by ten members of the club fully stating the business to be brought before such a meeting, and at least ten days notice of a Special General Meeting shall be given by the Secretary or Chairman to every member of the club.

**9. NOTICE OF GENERAL MEETING**

Secretary or Chairman shall give at least seven days notice to every member of the time and place of any General Meeting and the business to be dealt with, and no other business shall be dealt with at any such meeting.

**10. SECOND CLAIM MEMBERS**

Second Claim Members shall pay the same fees and have the same entitlement as first claim club members.

**11. ALTERATION IN RULES**

No alteration or addition may be made to the rules except by an Annual General Meeting or a Special General Meeting called for this purpose. Notice of any proposed amendment must be given as for notice of General Meetings.

Revised April 2010

**WHAT TO DO NEXT**

If you would like to know more email the committee@runnymederunners.com.

Alternatively you may also contact the following committee members by telephone.

Peter Collins	Chairman	01784 483577 / 07831-202293
Alan Pye	Club Captain	01784 464041 / 07732-532963
Isabelle Bertrand	Secretary	01784 431818 / 07981-654454
Peter Matthews	Membership secretary	01483 797744 / 07764-259790
Sally Stubbs	Ladies Captain	01483 762932 / 07912-032728

To join the club complete the attached application form.

# RUNNYMEDE RUNNERS

# 2011 / 2012

## Club Membership: Application / Renewal / Change of Details

(please circle the action)

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

(Please use capitals as it helps us keep in contact with you. If your details change please email: [peter.matthews@sita.aero](mailto:peter.matthews@sita.aero)).

**Address :** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **Post Code:** \_\_\_\_\_

**Home Tel:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

(Please send confirmation email to [peter.matthews@sita.aero](mailto:peter.matthews@sita.aero). If you change your email address please let us know).

**D.O.B.**    \_\_\_\_ / \_\_\_\_ / \_\_\_\_                      **Sex: Male / Female** (please circle)

*day month year*

Are you a current member of another Athletics / Running Club: **Y / N** (please circle)

If 'Yes', please state club name and date of joining:

\_\_\_\_\_ Joined \_\_\_\_ / \_\_\_\_ / \_\_\_\_

*day month year*

**English Athletics Number** \_\_\_\_\_

### DECLARATION:

I wish to apply for membership of RUNNYMEDE RUNNERS and agree to abide by the club rules. I understand that Runnymede Runners does not accept responsibility for any loss or injury incurred throughout my participation in the activities of the club.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

(Office use)  
RR # ( \_\_\_\_\_ )  
Joined (    /    )

Please tick (✓) the subscriptions required.

New / Social Membership fee: \_\_\_\_\_ (£15.00 per annum)

Non-earners Membership fee: \_\_\_\_\_ (£5 per annum)

Printed Club magazine: \_\_\_\_\_ (additional £5) – *Email version is FREE!*

England Athletics registration: \_\_\_\_\_ (additional £5)

*Please tick ( ) if a NEW England Athletics registration is required.*

I herewith enclose cheque / cash £ \_\_\_\_\_.

Please make cheques payable to “**Runnymede Runners**”.

Fees are payable every year in June. Please forward to the Membership Secretary:  
**Peter Matthews, 71 Guildford Road, West End, Woking, Surrey GU24 9HJ**