

# Ackworth Road Runners

Members Information 2021/22



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**Cover Photo © 2020 VSP Images**



### **Ackworth Road Runners**

Ackworth Cricket Club  
Wakefield Road  
Ackworth  
West Yorkshire  
WF7 7DF

#### **Chair**

Chris Taylor  
[chris.c.taylor1951@gmail.com](mailto:chris.c.taylor1951@gmail.com)

#### **Treasurer**

Stewart Haigh  
[stewarthaigh@sky.com](mailto:stewarthaigh@sky.com)

#### **Secretary**

Stephen Berry  
[secretary@ackworthroadrunners.co.uk](mailto:secretary@ackworthroadrunners.co.uk)

## Coronavirus Pandemic

This Guide is based on what normally happens in a typical year for Ackworth Road Runners. Since March 2020, however, the various restrictions that have been and continue to be implemented have meant that we currently alternate between training being suspended and, when permitted, operating pre-booked training sessions in groups of no more than 6.

These have been very well received and the system works well. Keep an eye on the Members Area Facebook page for up to date information. It's likely that some form of restriction will apply throughout most of 2021.

## Introduction and Welcome

Welcome to Ackworth Road Runners. We pride ourselves on being one of the most inclusive running clubs in the area. Our growing membership includes runners of all abilities who all contribute to creating a supportive environment for new members.

New and prospective members generally have a number of questions about the club and this guide attempts to address most of the more common ones.

Your annual membership fee includes your registration with England Athletics. One of the benefits of this is a £2 discount of most race entry fees. It also includes twice weekly club training sessions. We also arrange a subsidised Presentation and Awards Evening annually and provide subsidised coach travel to selected Grand Prix races.

Apart from training, our members regularly compete in races across the country at all distances from 5k to marathon and ultra-marathon. They're also to be seen on Saturday mornings at parkruns all over the UK and even overseas.

Having spent a few years based at Carr Bridge Pavilion on Barnsley Road, in July 2018, we moved to our current base at Ackworth Cricket Club behind the Boot and Shoe pub on Wakefield Road at Ackworth.

Hopefully you will find everything you need to know here but if you have any other questions, don't hesitate to ask any of the Coaches, Run Leaders or Committee Members.

## Training

Training sessions are normally on Tuesdays and Thursdays at 6.30pm and normally start at the Cricket Club. On Tuesdays we usually offer a choice of 4, 5 or 6 mile runs split into groups according to pace.

On Thursdays we usually offer a hills or speed session led by one of our EA qualified coaches or run leaders. Attendance at training sessions is included in your membership fee but attendance is optional.

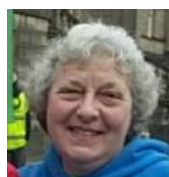
When restrictions allow us to train, sessions must be pre-booked on EA RunTogether to ensure there are no more than 6 in each group to comply with England Athletics guidance.

Members also often arrange training runs independently over various distances. Details are often shared on the Members Area Facebook page.

### Coaches and Run Leaders



**Ian Hill**



**Patricia Wood**



**Stewart Haigh**



**Denise Clark**



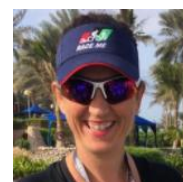
**Lesley Needham**



**Joe Worthington**



**Ruth Walker**



**Emma Flanagan**



**Vicky Wathey**



**Debbie Worthington**

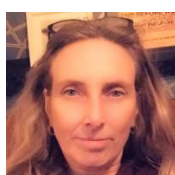


**Jonathan Routledge**



**Gail Wrangles**

### Mental Health Champion



**Sarah Jayne Rose**

### Official Photographer



**Graham Beardsley (VSP Images)**



## Club Structure

### Committee

The club is managed through a committee elected annually at the Annual General Meeting. It has overall responsibility for managing income and expenditure, ensuring we operate in accordance with our constitution, organising races and social events, provision of effective communication with members and generally ensuring the club meets the needs of the membership.

The club's strength is ultimately dependent upon the time and effort provided by committee members. Membership of the committee is open to all members regardless of their length of time with the club.

The Committee meet in the first week of each month to discuss relevant issues and organise forthcoming events. A summary of the minutes is published each month on the website. The Committee for 2021/22 comprises of:



**Chris Taylor**  
Chair



**Stewart Haigh**  
Treasurer



**Stephen Berry**  
Secretary



**Jenny Swindell**  
Ladies Captain



**Joe Worthington**  
Men's Captain



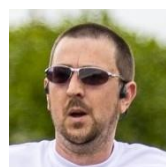
**Ruth Walker**  
Ladies Vice  
Captain/Junior  
Section rep.



**Chris Sharp**  
Men's Vice  
Captain



**Dave Allison**  
Club Kit



**Christopher  
Field**



**Mark Leadbeater**



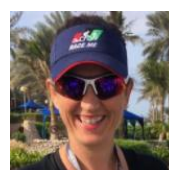
**Lesley Needham**



**Mel Owen**



**Helen  
Wainwright**



**Emma Flanagan**



**Debbie  
Worthington**

Our Club Constitution can be found [here](#).

## Membership

Membership fees are payable on the 1<sup>st</sup> of January each year. The fees for 2021 are as follows:

1 <sup>st</sup> claim Senior Members:	£28 including EA registration fee
2 <sup>nd</sup> claim Senior Members:	£18
Concessionary Members:	£18 including EA registration fee (over 60 with 10 years continuous membership)
Social Membership	£5 (no longer an active runner)
Members aged 15 to 17 years	£5 (plus £15 EA registration fee if required)

### What is 1<sup>st</sup> Claim and 2<sup>nd</sup> Claim?

England Athletics (EA) define the rules of competition for athletics clubs generally and running clubs in particular. Most, but not all, road races in England are run under the England Athletics rules.

Under the rules an athlete may compete for up to two clubs. One of these is known as the First Claim Club and the other optional club is the Second Claim Club. Your First Claim Club is the one you joined first. Most of our members are First Claim. Only the athlete's First Claim Club can pay the athlete's affiliation fee to England Athletics.

You can only have a Second Claim Club if you are affiliated by your First Claim Club. If you compete in a race in which your First and Second Claim Clubs are in contention for a team prize, then you should represent your First Claim Club. If the competition does not offer a team prize then you may compete for either club.

## Annual General Meeting

The Annual General Meeting takes place in February each year. In 2021 it was held online due to the COVID19 pandemic. All members are welcome and are encouraged to attend. Reports are presented from the Chair, Treasurer, Ladies and Men's Captains and Junior Section representative.

Nominations for Committee positions are made by members in January and voted on at the AGM.

## ARR Web Site - <https://www.ackworthroadrunners.club>

Latest club news, results, statistics, event information, photographs and a host of other information is available on our web site which is updated regularly.



## ACKWORTH ROAD RUNNERS

[HOME](#)[LATEST NEWS](#)[COVID Leagues](#)[RACE RESULTS](#)[COMPETITIONS](#)[Webscorer](#)[MEMBER PAGES](#)

Scroll down for more news:

### Club Events

**CLUB TRAINING SUSPENDED UNTIL FURTHER NOTICE**

**Saturday 23rd and Sunday 24th January - ARR Captain's Challenge 5k #2 - details on FB members page.**

**Committee News** (posted 8th January)

Click [here](#) for a summary of our January Committee meeting.

Post your times on Webscorer and register for club events [here](#)

(posted 7th November)



Click the image to order a PDF of our 35th Anniversary book

**Subscriptions are due on January 1st**  
(posted 26th December)

Details of how much and how to pay can be found on our AGM 2021 notice [here](#).

The AGM Notice has been posted on the FB Member's page and was emailed or posted to all members on December 27th.

## Club Kit

Club kit can be ordered through Dave Allison at [dave\\_allison@btconnect.com](mailto:dave_allison@btconnect.com).

See <https://www.ackworthroadrunners.club/kit> to see what's available.



## ACKWORTH ROAD RUNNERS

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Kit enquiries to Dave Allison  
[dave\\_allison@btconnect.com](mailto:dave_allison@btconnect.com)

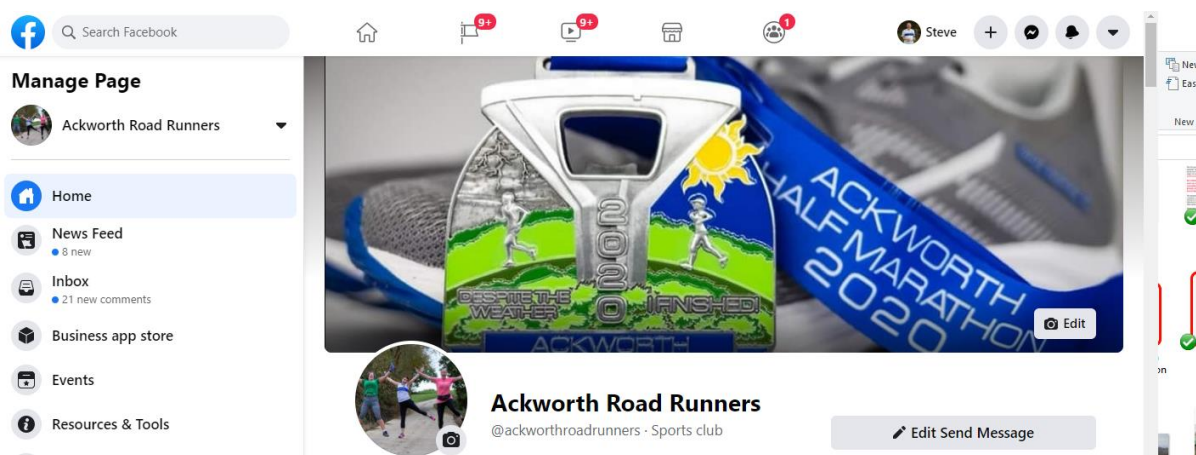




## ARR Facebook Pages

We currently have two distinct club Facebook pages. The first is an open page simply called “Ackworth Road Runners” and can be found at:

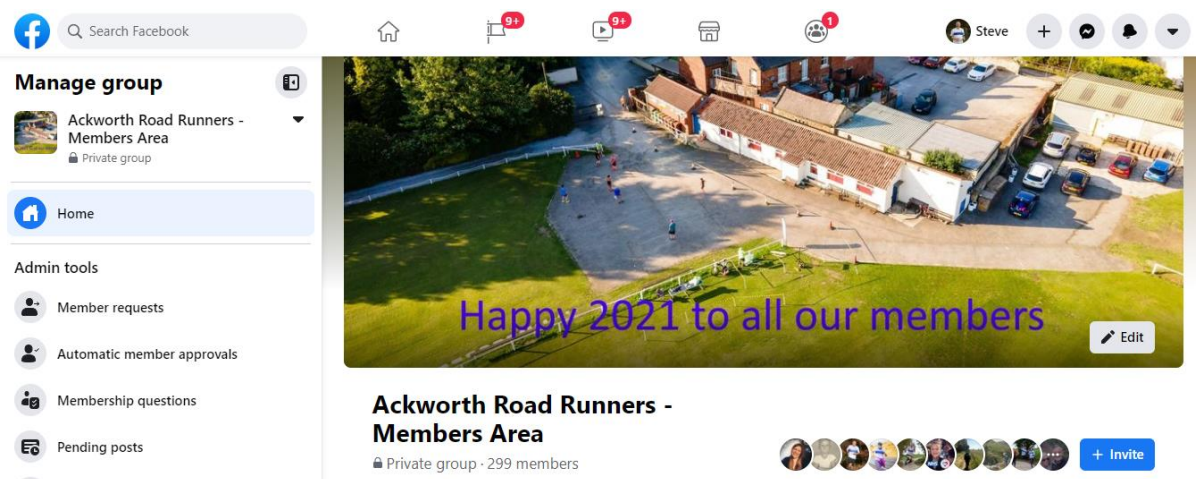
<https://www.facebook.com/ackworthroadrunners/>



This page is available to anyone and is used to post photos and general information to publicise our activities.

The second is a closed group and is available only to paid up club members. It's called “Ackworth Road Runners – Members Area” and can be found at:

<https://www.facebook.com/groups/153024568977389/>

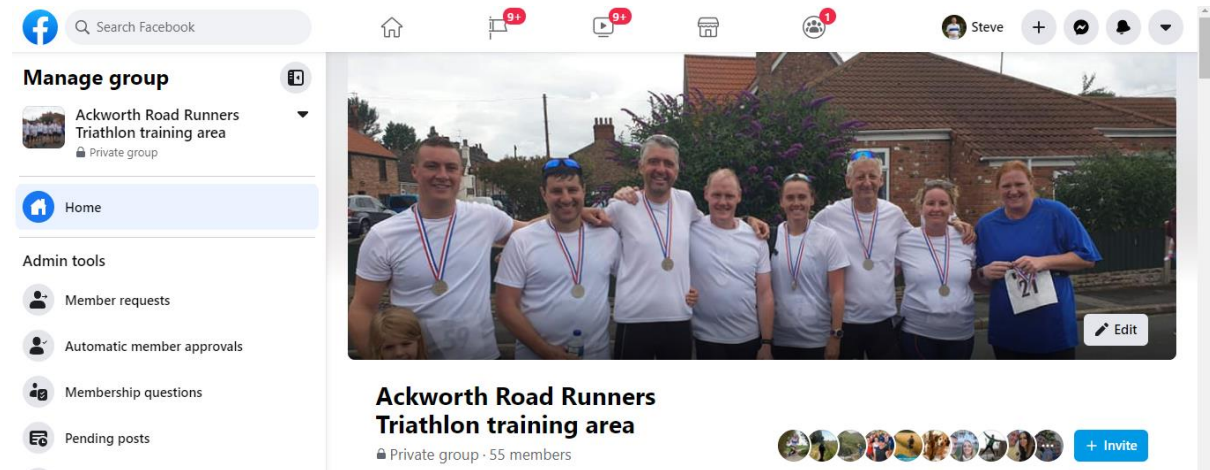


This page contains news, photos, social events and detailed information on forthcoming club activities and offers members the chance to discuss relevant issues and request advice.



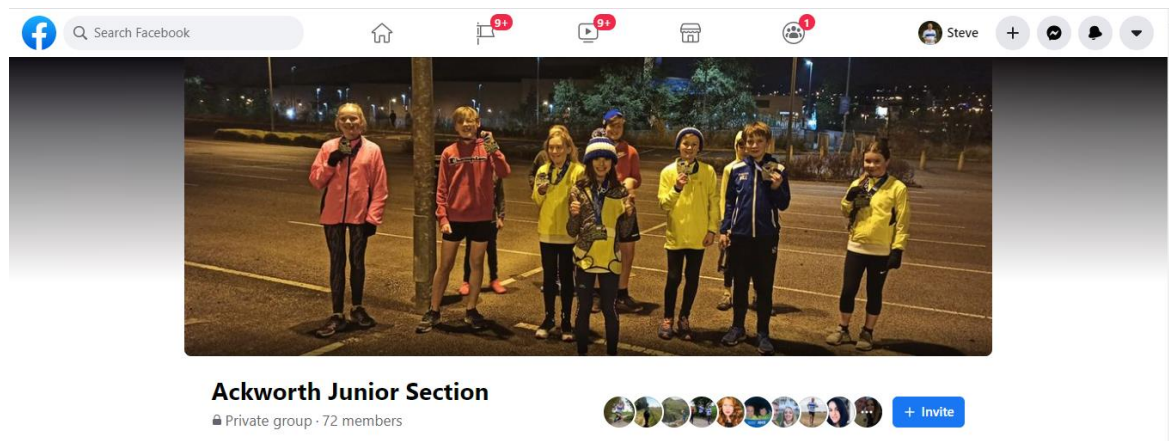
There is also a private Facebook page for those members interested in triathlon competition. It's called "Ackworth Road Runners Triathlon Training Area" and can be found at:

<https://www.facebook.com/groups/676082732903581>



Up to date information on the Junior Section can be found on their private Facebook page at:

<https://www.facebook.com/groups/1829526400699861>



## Racing With ARR



Photo © 2020 VSP Images  
Carsington Water Half Marathon

In normal times, our members enter races all over the country at all distances from 5k to Ultra Marathon. Links to online entry for many races are posted on the Members Area Facebook page.

When representing ARR at races, members should wear club kit (blue band on white background) if possible and abide by the rules of the event. For example, it is now EA policy not to allow the wearing of headphones/ear-phones at races (unless of the bone conducting variety) which include roads open to traffic on the route. Even at races on closed roads/routes, the final decision lies with the race organisers.

Races also have differing rules with regard to transferring your race number to another member. Members should ensure they are familiar with our number swapping policy which can be found [here](#).

We also enter team events such as the PECO Cross Country Series and the Leeds Country Way Relay Race. These are open to all abilities. Further details are available from the Club Captains.

The Yorkshire Veterans Athletics Association (YVAA) also run a series of events for veterans (35 and over). Visit <https://www.ackworthroadrunners.club/yorks-vets> for more information.

The club publish members race results on the web site. If your result doesn't appear there, email Stewart Haigh at [stewarthaigh@sky.com](mailto:stewarthaigh@sky.com) with the details.



## Club Events

### Handicap Series



Photo © 2020 Dave Allison  
ARR Autumn Handicap

There are usually 4 Handicap races each year, one for each season to provide a variety of conditions. They are open to all club members and the handicap system allows everyone to compete on a "level playing field".

Our handicapper analyses weekly race results and any other available data to determine the current 10k race pace of all members. This is then used to calculate target race times for each of the 4 seasonal events which vary in distance from around 5-10 miles. The Spring and Summer Handicaps are held jointly with our friends at Goole Viking Striders on an away and home basis.

Trophies are awarded for each event to the first man and first woman performing the best relative to their target time. In addition, the best performance overall in the Winter event will hold the Phil Ryder Memorial Shield for a year and the Multi-terrain winner, the Alan Richardson Memorial Shield

Points will be awarded on a similar basis to the Grand Prix Series with the person performing best against their handicap time receiving 50 points, the next 49 etc. The minimum score will be 10 points. There are separate Male/Female Tables. A points table is published on the web site after each run and trophies are awarded for each League.

## Grand Prix Series 2021

This is a competition for all members to participate in. The club nominates specific races or club events spread throughout the year. In normal times, we select generally local, but not always, races over distances ranging from 5k to half marathon. More often than not we will have one of the largest, if not the largest turnouts and we run in club vests / t shirts which helps us spot each other on the course. Members are divided into 6 leagues, plus a ladies only and male and female vets leagues. Points are awarded based on your finish position counting just club members.

In view of the current pandemic, it is not possible to select races from the usual event calendar, Hopefully, things will improve and we will regain confidence to book races in advance with a high degree of certainty that they will go ahead. Given all the uncertainties this year there will be 12 events plus the best score from the seasonal handicaps making 13 scoring opportunities. The best 8 scores will count. It will be possible for newer runners to achieve 8 scores without running more than a 10k. We are planning 3 x 5ks, 2 x 5m, 4 x 10k, 1 x 10m and 2 x Half marathons plus the 4 handicap runs with the Winter handicap 10m in December.

The club will organise events as we did last year until usual racing recommences. The Ackworth Half and Priory 10k cannot go ahead but will be replaced by a new 3 race series (a 10k, 10m and Half Marathon) with places offered to club members first.

In the first instance we have put in event dates starting in March in the hope that we may be able to race in groups of 6. The dates we have set may be changed for events later in the year should we be back to normality.

We managed to finish a series in 2020 and we will again!

	5k 3	5m 2	10k 4	10m 1	Half 2	Hand 4
Mar		14-Mar				30-Mar
Apr	02-Apr		18-Apr			
May	09-May					
Jun			13-Jun			23-Jun
Jul		04-Jul				
Aug	22-Aug			05-Aug		
Sep					19-Sep	08-Sep
Oct			24-Oct			
Nov					07-Nov	
Dec			05-Dec			19-Dec



## London Marathon Ballot

As an affiliated England Athletics club, we are allocated a number of guaranteed places in the Virgin London Marathon each year. The number of these is dependent on the number of active 1<sup>st</sup> claim members that we have registered at the beginning of November each year.

We were allocated 3 places for the 2020 VLM and we should receive the same number for 2021. We award those places to members by ballot.

Of the 3 places available, the first is reserved for members who have never participated in the London Marathon previously, whether as a club member or not. Once that has been drawn, the names of all other qualifying members are added. Ballot winners need to confirm and pay for their places by January.

Eligibility for inclusion in the club's London Marathon Ballot is as follows:

- Must have paid 2 years subscriptions
- Must be able to produce evidence of being unsuccessful in the public VLM ballot for that year.



Photo © 2019 Ackworth Road Runners  
2019 VLM Club Ballot Winners

In order to give as many members as possible a chance of obtaining a place, members who are awarded places in the London Marathon via the club ballot are not eligible to take part in future ballots for a period of 5 paid up years of membership.

To clarify, this means that those members who obtained places in the ballot for the 2020 London Marathon (assuming they remain paid up members for the next 5 years) will not be eligible for inclusion in any such future ballot until the one held for the 2025 event.

The club ballot for 2021 places will take place around Spring 2021.

## Club Races

Restrictions arising from the pandemic mean that our club events will not take place in the usual way. Announcements will be made on the Facebook pages and on the website regarding arrangements for any virtual events.

In normal times, the club derives much of its income from organising two England Athletics licensed events each year. Staging these events is very labour intensive and a large number of volunteers are required for each event.

### Ackworth Half Marathon



Photo © 2019 VSP Images

The Ackworth Half Marathon takes place on Bank Holiday Easter Monday and starts and finishes in the Water Tower Event Field between Ackworth and Pontefract.

The race normally attracts around 400 runners from all over the North of England. It also includes a 2k junior race organised by ARR Juniors.

### Priory 10k



Photo © 2017 Ackworth Road Runners Priory 10k

The Priory 10k takes place in mid-July each year in the grounds of Nostell Priory and Parklands in partnership with the National Trust. 402 runners completed the 2019 event. It also includes a 2k junior race organised by ARR Juniors.



## ARR at parkrun

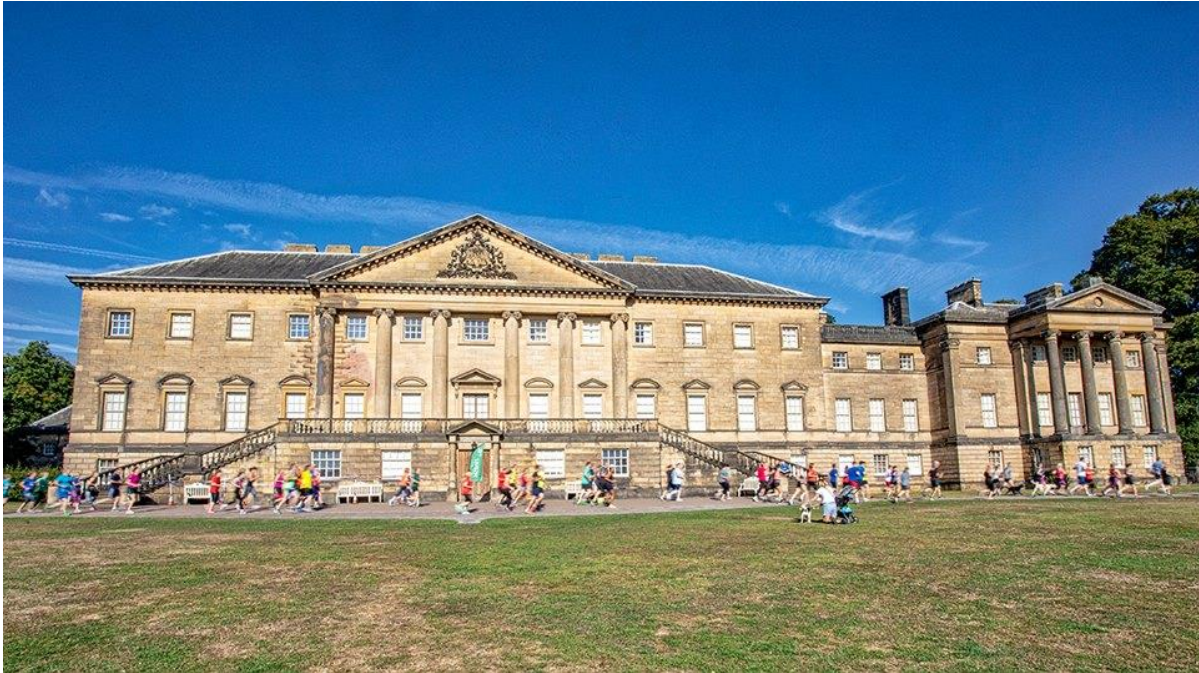


Photo © 2018 Nostell parkrun

During the pandemic, all UK parkruns are suspended.

In normal times, parkrun® organise free, weekly, 5k timed runs around the world. They are open to everyone, are free and are safe and easy to take part in. ARR members take part in parkruns all over the country every Saturday morning either as runners, volunteers or organising team members. Our nearest ones are Nostell, Pontefract, Frickley Country and Wakefield Thornes.

The club includes parkrun results in our race statistics so make sure your parkrun profile shows your club as Ackworth Road Runners to ensure your results are included in our statistics.

The club encourages members to wear club colours at parkrun on the first Saturday of each month to raise awareness of the club.

## ARR Club Discounts

ARR members are entitled to 10% off and free delivery from [www.sportsshoes.com](http://www.sportsshoes.com). A discount code is required which changes every month. Ask on the Members Area Facebook page to access the code and it will be sent by private message.

## Social Activities

During the pandemic, our usual social activities have had to be curtailed, which is a shame, as a few members are known to be partial to the occasional half pint of beer! Numerous social events would normally be organised by various members and these are generally publicised on the Members Area Facebook page.

## Junior Section

The Junior section of the club caters for 4 to 14 year olds. In Winter they meet at Ackworth School and in the Summer months at Nostell Priory and Parklands. During the pandemic this is subject to change.

A variety of activities and training are offered by qualified coaches and run leaders with the emphasis on fun.



Photo © 2020 VSP Images



## Annual Presentation Awards



Photo © 2020 VSP Images

Our annual Awards and Presentation night normally takes place every February at Burntwood Court Hotel but this has been impossible during 2021. Apart from the presentations, the evening includes a subsidised 3 course meal and music and dancing. This is always a popular event and also features the infamous Chris and Stewart comedy duo!

## Policy and Procedure Documents

Like all clubs and organisations, we have a number of Policy and Procedural documents which members should be aware of:

- Privacy Statement and Policy
- Race Number Swapping
- Risk Assessment and Health & Safety
- Social Media Policy

These can all be found at <https://www.ackworthroadrunners.club/downloads>.