

Ackworth Road Runners

Members Information 2020/21



Atmospheric Images

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Cover Photo © 2019 Atmospheric Images

Pontefract Half Marathon.



Ackworth Road Runners

Ackworth Cricket Club
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Chair

Chris Taylor

chris.c.taylor1951@gmail.com

Treasurer

Stewart Haigh

stewarthaigh@sky.com

Secretary

Stephen Berry

secretary@ackworthroadrunners.co.uk

Introduction and Welcome



Photo © 2019 Atmospheric Images
Darrington 5 Mile Run

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 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.

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



Jonathan Routledge



Ruth Walker



Vicky Wathey



Debbie Worthington

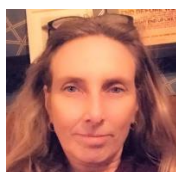


Joe Worthington



Gail Wrangles

Mental Health Champion



Sarah Jayne Rose

Official Photographer



Graham Beardsley
(Atmospheric 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.

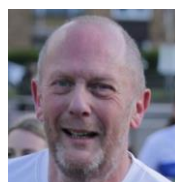
The Committee meet on the first Tuesday of each month to discuss relevant issues and organise forthcoming events. A summary of the minutes is published each month on the website. The Committee for 2020/21 comprises of:



Chris Taylor
Chair



Stewart Haigh
Treasurer



Stephen Berry
Secretary



Jenny Swindell
Ladies Captain



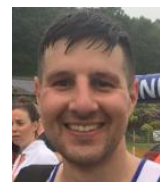
Joe Worthington
Men's Captain



Jeff Denton
Junior Section
Chair



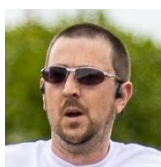
Ruth Walker
Ladies Vice
Captain



Chris Sharp
Men's Vice
Captain



Dave Allison
Club Kit



**Christopher
Field**



Mark Leadbeater



Lesley Needham



Georgi Newton
Welfare Officer



Mel Owen



**Helen
Wainwright**



Vicky Wathey



**Debbie
Worthington**

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

Membership

Membership fees are payable on the 1st of January each year. The fees for 2020 are as follows:

1 st claim Senior Members:	£28 including EA registration fee
2 nd 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 £16 EA registration fee if required)

What is 1st Claim and 2nd 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 2020 it was held at Ackworth Cricket Club. All members are welcome and are encouraged to attend. Reports are presented from the Chair, Treasurer, Ladies and Men's Captains and Junior Section Chair.

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

ARR Web Site - <http://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

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Scroll down for more news:

This Week's Training *(posted 15th February)*

Tuesday February 18th - 6.30pm. A choice of 4, 5 or 6 miles.
Thursday February 20th - 6.30pm. Speed or Hills with Run Leader Ruth.

If you're thinking of joining Ackworth Road Runners or know someone who is, prospective members are welcome to our training sessions, no obligation, to give us a try. Email secretary@ackworthroadrunners.co.uk for more information.

Are you going to the 2020 AGM on 19th Feb? *(edited 15th February)*

Click [here](#) for the AGM Agenda. Full papers including Officer's Reports and previous minutes have been made available to members via email. Please print your own if you want a hard

Rotherham parkrun GP Event

A great turnout at the GP parkrun at Rotherham on February 15th.



Photo ©2020 Atmospheric Images

Club Kit

Club kit can be ordered through Dave Allison at 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



ARR Facebook Pages

We currently have two distinct 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.

Racing With ARR



Photo © 2020 Atmospheric Images
Dewsbury 10k

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 with the details.

Club Events

Handicap Series



Photo © 2020 Atmospheric Images
ARR Winter Handicap

There are 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.

See <https://www.ackworthroadrunners.club/our-competitions> for further details of the 2020 Handicap Series.

Grand Prix Series

The annual Grand Prix (GP) Series sees members divided into 6 divisions according to pace. Premier Division and Divisions 1 to 5. The Grand Prix Series also generates a Ladies Open League, a Men's Veterans League and a Ladies Veterans League.

Every year the Committee designate a number of races/events as Grand Prix events. GP events are generally very well attended and are a great opportunity to meet other club members.

See <https://www.ackworthroadrunners.club/our-competitions> for details of the designated 2020 races and current league standings.

ARR Grand Prix Races 2020

Club colours (blue band on solid white background with the club name and badge on the front) must be worn in order to be awarded GP points.

This enables us to comply with EA rules regarding team prizes, helps identify other club members you may be racing against and promotes our club at events.

Any of these are fine.



Anything else, including training tops like these, will not attract GP points.



Exceptions made for new members who have not yet had time to purchase club kit.

Members must wear club vest or T shirt at GP events to qualify for GP points. Exceptions are made for new members who have not yet had chance to obtain kit.

2nd claim members can also accrue GP points but must also wear ARR club vest or T shirt during the event.

Members can complete as many or as few races/events as they want but points are only awarded for a maximum of 10 events subject to the criteria for the minimum and maximum for each group of races (see below).

Group 1 5k/5 miles	: Min 1, Max 2
Group 2 10k	: Min 2, Max 3
Group 3 10 miles	: Min 1, Max 3
Group 4 Half Marathon	: Min 1, Max 3
Group 5 Any Marathon	: Min 0, Max 1
Group 6 PECO XC, Club Handicaps, Spencer's Dash	: Min 1, Max 2

In Group 6, the member's best results in PECO and Spencer's Dash are counted and their best handicap score.

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 1st 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 will take place in October/November 2020.

Club Races

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 Atmospheric 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 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.

Laila Milly Summer Saunter

2020 will be the third year of the Laila Milly Summer Saunter which the club organises in aid of and in conjunction with the Laila Milly Foundation, a local charity which helps children up to the age of 5 with serious or complex health needs or a life limiting condition. It also supports their parents and siblings.

In 2018 and 2019 the race was run from Hemsworth Rugby Union Club in June and follows a route of approximately 5 miles. It also includes a 2k junior race organised by ARR Juniors.

The course sometimes throws up some unexpected obstacles which can test even our most experienced runners.



Photo © 2019 Roy Simpson
Laila Milly Summer Saunter

ARR at parkrun

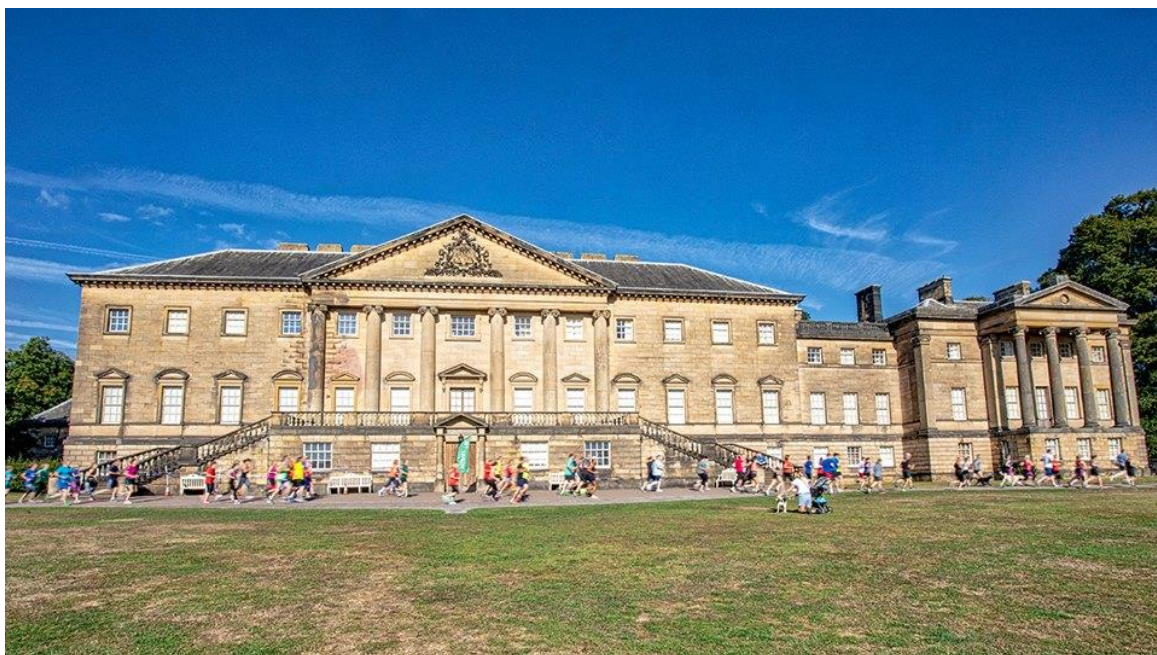


Photo © 2018 Nostell parkrun

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. 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

A few members are known to be partial to the occasional half pint of beer! Numerous social events are organised by various members and these are generally publicised on the Members Area Facebook page. Also, the bar is always open at Ackworth Cricket Club after training on Tuesdays and Thursdays.

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.

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

Annual Presentation Awards



Photo © 2020 Atmospheric Images

Our annual Awards and Presentation night takes place every February at Burntwood Court Hotel. 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>.