

Roberttown Road Runners



Club Information Booklet (Revised Aug 2023)

Introduction

Roberttown Road Runners was established by three members in 1992 based at Liversedge Cricket Club. It developed, moved to the Community Centre, and is affiliated to England UK Athletics. Two of those founders remain as active members today.

Members participate in road running events throughout the year, which often includes an annual trip to an overseas race for those wishing to participate. We are also registered for Cross Country events.

This booklet is designed to be a useful guide, for new and established members, to the Club's activities, administration, and rules.

RRR has built up an enviable reputation over the years as a small, friendly, and welcoming club. We make every effort to make new runners welcome and offer support whether you are

training for a marathon or simply beginning running and only want to 'make it round the block'.

We hope that membership of the club is enjoyable and if you have any ideas to improve your club then please pass them on to the Committee.

We hope that you enjoy your running with us and thank you for joining our club.

Club Nights and Training

We meet at Roberttown Community Centre on Wednesday nights at 6.15pm.

There is a beginner's group and an advanced group for more experienced runners. All abilities are catered for with several coaching members available covering a variety of distances and speeds.

New members can come along at any time without immediate obligation to become a member. However, membership is encouraged after 3 or 4 visits

We use the England Athletics Runtogether website/app to allow our members to book onto the weekly club runs. Members need to register on the [Runtogether.co.uk](https://www.runtogether.co.uk) website first and can then book onto the weekly runs using the links communicated via email and the members Facebook group.

Further information can be found at:

<https://groups.runtogether.co.uk/RoberttownRoadRunners>

During the summer months the club facilitates occasional speed and hill training sessions, at nearby locations. However, throughout winter no training sessions are held.

Membership Fees – 2023

Option 1 - £32

Full membership of RRR, UK Athletics competitive membership and full payment of annual subs. This membership is for 'ACTIVE' members who wish to participate and represent RRR in UK Athletics affiliated races.

Option 2 - £15

Full membership of RRR, UK Athletics non-competitive membership and full payment of annual subs. This membership is for 'INACTIVE' members who do not wish to participate in any UK Athletics organised races, or for those members who enter races under their 'First' Claim club status and have chosen RRR as their 2nd Claim Club.

Option 3 - £7

Full membership of RRR. This membership is for those members who do not participate in any running, but still wish to retain membership status and receive benefits that being a member of a club brings, such as reduced prices in running shops etc.

Committee

Chair	Stuart Tattersfield
Vice Chair	Jon Boote
Treasurer	Michael Childe
Secretary	Peter Knott

Other Committee Members

Julie Orme, Dave Miles, Claire Bass, Sarah Wilkinson

Our Races

Liversedge Half Marathon

After being held in February since the introduction of the race, it will be moved to run in March in 2024. With competition from other races, it has been agreed to shift the race back a couple of weeks.

We request that Club members fully support the organisational needs of the race in every way and help with race duties at the race each year, where possible.

It is Club policy that any members wanting to run in the race do so with the understanding that they must obtain two replacement marshals to perform their race duties.

Summer and Christmas Handicap Races

These are our annual club races for members only. The distance and route are subject to change and communicated to

members prior to the races. All members start at the same time with prizes awarded to the male and female runner who achieves the best score against the handicap system.

Timing for the Handicap races will be exactly as for the Grand Prix, explanation can be found on our website at the link shown below.

Grand Prix

The Grand Prix is a series of races throughout the year and will typically consist of between 24 -36 races of various distances and terrain and will include one Park Run per month.

A full and detailed explanation of the rules and scoring system can be found on our website at [Grand Prix & Training – Roberttown Road Runners](#)

The races will be communicated 3 months in advance, and it is hoped that members will participate in this friendly Club race series.

Club Place at the London Marathon

As an affiliated member of UK Athletics, the club automatically get a place at the London marathon for one club member. As such the club hold a ballot around October time each year for this place, and the criteria for the London Marathon club place ballot are that members:

- a) Must not have previously won the club place.
- b) Must not have run in the London Marathon within the last 10 years.
- c) Must have entered the London Marathon ballot that year and been rejected.
- d) Must be a fully paid-up 1st claim member and into, at a minimum, their third year of club membership.

A member's name shall be entered into the ballot the same number of times that member has previously been in the club ballot and failed to win the London Marathon place.

Club Clothing

The club has a range of racing and training clothing:

Club hoodies and zipped jackets – dark blue or grey with club name and logo

Running vests* – blue and white with red trim, club name and logo or plain pale blue with club logo

Training t-shirts – pale blue or yellow with club logo

Long sleeved base layers – pale blue with club logo

Occasionally other items on special order

Training vests, t-shirts, base layers, zipped jackets, and hoodies are all available from Peco Ltd. These items are available to buy either directly from Stuart Tattersfield on Club nights, or via the online shop at www.customsportskit.co.uk > Athletic Clubs > Roberttown Road Runners.

Running vests are available to buy online, from [Force GB > Club Shops > Roberttown Road Runners](#). The vests can be personalised free of charge.

*Please note that when competing for RRR in UK Athletics affiliated races club colours must be worn.