

## **DEREHAM RUNNERS ATHLETIC CLUB NEW MEMBERS WELCOME PACK (SENIORS)**

Welcome to Dereham Runners AC and we hope that this information pack answers any questions that you may have.

This club prides itself on catering for runners of all abilities and we try our best to help everyone achieve their personal goals. Whether this may be to lose weight, general fitness, take part in races, run a Marathon or just for the pure pleasure of the sport. The club is here to help and encourage you to achieve your aims which we feel are more attainable in a club environment rather than on your own. The current membership of 100 (including juniors) spans a wide age range with over a third being female.

### **HISTORY OF THE CLUB**

The Club was formed in April 1986 and this was instigated in the previous months by a Dereham Sportshop owner who had received interest from local runners and by word of mouth a local Norwich Olympiad coach offered his services. Advertisements were placed and the first meeting and the next training session took place at The Jentique and Metamec Sports and Social Club. It soon moved to Dereham Rugby Club that offered night time training with floodlighting.

The Club was put on a more formal footing when a constitution was drawn up in January 1988.

The Club moved to its existing location at the Neatherd High School in early 1996 where it has its own clubhouse and use of the schools facilities, particularly the sportshall for junior training.

The club has always been a club for runners of all abilities and has always had a junior section. We are a grassroots club offering a local club for the town of Dereham and its surrounding villages. We appreciate that talented athletes will move to bigger clubs for greater competition but take pleasure that we have nurtured that talent. By way of example, Francis and Christopher Baker were with us as juniors and moved to CONAC and now represent Great Britain.

### **MEMBERSHIP**

Membership fees are due on the 1<sup>st</sup> April and the annual fee is shown on the membership form. We are however happy to provide the first month free of charge as a taster for newcomers.

We provide indoor circuit training at the Northgate School during late October to Easter for which a small additional fee is charged to the users to cover the hire of the hall.

### **MEMBERSHIP LIST**

To assist with communication the Officers of the Club will hold a list of email addresses for each member. Should you wish your address added/deleted, contact the secretary on [nevilleknights@tiscali.co.uk](mailto:nevilleknights@tiscali.co.uk). The addresses will only be used to communicate Club business.

### **CHEAPER RACE ENTRIES**

Club runners usually pay £2.00 less than runners unattached to a running club.

### **DISCOUNTS AT SPORTS SHOPS**

A discount for Club runners is available from the following sports specialist shops,

Birds Sport	Norwich Street, Dereham ( <a href="http://www.birds-sport.co.uk">www.birds-sport.co.uk</a> )
Runners Centre	145-147 Nelson Street, Norwich ( <a href="http://www.runners-centre.co.uk">www.runners-centre.co.uk</a> )
Sportlink	Unit 14 Taverham Garden Centre ( <a href="http://www.sportlink.co.uk">www.sportlink.co.uk</a> )

### **CLUB COACHES**

The club has four UK Athletics Qualified coaches.

Experienced based coach Ernie Bradshaw takes the senior sessions overseen by Neville Knights (Level 2) and John Richardson (Level 1).

Garry Slattery and Jenny Norton are both Level 2 qualified and coach the juniors.

## TRAINING NIGHTS

The Club meets at the Neatherd High School on Mondays and Thursdays at 6.30pm and the session ends at about 8.00pm.

During the Autumn/Winter the Monday session moves indoors to the Northgate School.

Monthly organised runs take place during the summer (usually in the forest or on the coast) although often runners will get together themselves for a weekend run.

Sessions are either speed based or endurance based and will include warm up exercises. The type of session is the same for all abilities but the duration and intensity is greater as you progress.

We enjoy the use of the school's 8-lane running track during the summer months and, with the provision of our own floodlighting, are able to use the main playing field during the winter. When it is unsuitable to train on the grass we have several areas in Dereham where specific training sessions can take place in a safe environment.

## CLUB COMMITTEE

The club's Committee, which is elected at each AGM, meets on the first Thursday of each month to discuss issues on the general running of the club, safety, organisation of races, coaching etc.

The Committee are always keen to hear from members how things can be improved and any new ideas are always welcomed.

Details of current Committee members and telephone numbers can be found on the club website.

## NORFOLK ROAD RACE/CROSS-COUNTRY SCENE

There is an active race scene in Norfolk and many of the club runners travel further a field including abroad to race. Racing is not to everyone's taste although it is not all elite runners doing such races. The Norfolk fixture list is on the website.

## DEREHAM 10 MILE ROAD RACE

We organise one race a year in May over 10 miles and we look to all members to assist in this race as it is our one and only fundraiser.

## ROUND NORFOLK RELAY

This is a 17 person relay covering about 193 miles held in September over 24 hours (or so) for which the club has participated since 2007. It requires a strong back up and the event is great for team bonding.

## CLUB GRAND PRIX

The Committee elects ten races for members to concentrate on over the year and an award is made to the best male and female runner at the end of the year.

## CLUB HANDICAP

Informal races are held periodically over 3000m and 10000m on a handicap system whereby the slower runners are chased down by the quicker runners so if the handicapper has it correct everyone finishes together!

## RUNNING SHOES/CLOTHES

Although running is financially a relatively cheap sport, it is worth spending a bit of money on your running shoes. It is not advisable to run in cross trainers, tennis shoes or fashion trainers. Modern running shoes have shock absorbers and built in stability. There is a wide range available to choose from and it is best to get professional advice (rather than buying blind off the internet) from one of the Sports Shops listed, who can gauge visually or on a gait analysis machine the type of shoe suits you.

It is important to wear in poor light and at night a high visibility jacket or waistcoat.

## CLUB KIT

It is not essential but we would prefer that when competing in races club vests are worn. These are red with a white mesh band and can be obtained from the secretary.

## TRAINING

Those that wish to race will need to train more than just on club nights. Our coaches can put together a training programme but it should be emphasised that increases in time or distance should be gradual as to do otherwise could result in injury, that you should listen to your body and that adequate rest is just as important.

## TREATMENTS

### Massage/Physiotherapy

Tim Woodhead at Dereham Leisure Centre 01362 854400  
Phil Hutchings at The Runners Centre 01603 665398  
Tim Sheppard at The Global Clinic 01603 813200

### Chiropractice

[www.wymondhamchiropracticclinic.co.uk](http://www.wymondhamchiropracticclinic.co.uk)  
[www.back2strength.co.uk](http://www.back2strength.co.uk)  
[www.lifestylechiro.co.uk](http://www.lifestylechiro.co.uk)

## INSURANCE

The club is affiliated to UK Athletics and UKA has arranged public liability insurance for its members acting within its rules. It is up to individuals to arrange personal accident insurance should they wish.

## INDIVIDUAL AFFILIATION TO UK ATHLETICS

For those wishing to turn up to the club to train or to do the odd race that is the end of it. For those regularly competing in races UKA are in the process of requiring everyone to be registered. The club secretary makes this declaration but to date there is no system of check for race officials. Whilst the large races might ask for an individual affiliation number it is doubtful that the small local races will. Affiliation is £5 and at the moment the club is paying this. This is still in a transition period and it is made more confusing in that some races are registered through ARC and not UKA, who do not have such a system in place. Any queries speak to the secretary.

## SOCIAL EVENTS

The club hosts a BBQ at the end of August and a Christmas Party/Awards ceremony in December and some pub get togethers during the year.

## PRESS OFFICER

Please contact Todd Lake ([todd.lake@btopenworld.com](mailto:todd.lake@btopenworld.com)) with your race results and they will be incorporated into an article to the Dereham and Fakenham Times and onto our website.

## WEBSITE/COMMUNICATION

For up-to-date information including membership fees and “the season to date” feature go to [www.derehamrunners.co.uk](http://www.derehamrunners.co.uk). If you have any queries/questions regarding the club or running in general, please contact Neville Knights ([Neville.knights@tiscali.co.uk](mailto:Neville.knights@tiscali.co.uk))