



Information for New Members

Club History

With the huge interest in running during the eighties, Harlow Running Club was formed in 1989, and has grown and performed in all the disciplines from 5,000m to marathons and ultra runs, with excellent results and many Essex medals gained.

The club was originally formed and based at the Harlow Sport Centre. In October 2006 the Mark Hall Sports Centre with a new track and facilities opened and Harlow Athletic Club and Harlow Running Club now share a new Club Room with all amenities allocated to them.

The clubs work in partnership. Members who wish to race on the track do so with the Harlow Athletic Club and members from the Athletic Club who wish to run cross country or on the road do so with Harlow Running Club.

The Club welcomes all abilities, and even has a wheelchair section which has also been very successful.

Committee

The Club committee are there to help the club to function and meet monthly. Club members are welcome to attend and put forward their views on how they think that their Club should be run. If you have any suggestions for improvement, please contact a member of the committee – a list of current committee members is included in this pack.

Club AGM

The Club holds its AGM in January each year and this is when membership subscriptions for the coming year are due.

Club HQ

The Club HQ is at Mark Hall Sports Centre, Harlow, Essex, CM17 9LR. We meet in the Club Room before training sessions and it is also the HQ for races organised by the Club. Occasionally, we meet at alternative locations for specific runs, but these are publicised in advance.

Website

The Club's website can be found at <http://www.thehrc.org.uk/index.htm>. Here you will find more information about the Club and its activities. Please contact the webmaster if you have any suggestion for content etc.

Membership

Your membership details are held in a Club database that is managed primarily by the membership secretary. Other committee members have access to this information, as does UK Athletics. Harlow Running Club is obliged to provide UK Athletics with your name, address, date of birth and e-mail address. This is so that they can provide you with your competition licence – a card that you may be required to show at running events to prove that you are affiliated to a running club and get discounted entry. If you wish to see what information is held on file, please contact the membership secretary. In conjunction with the above you will also be issued with a Harlow Running Club membership card, the membership number on this card will correspond with the membership number on the UK Athletics membership card, this number may need to be quoted on some of the race entry forms if asked for to obtain a cheaper entry fee.

Membership fees are renewed at the Club AGM each year. If you no longer wish to be a member of Harlow Running Club, please send the membership secretary a letter or e-mail to officially resign. If you do not inform us, there is a possibility that should you want to run for another club, you may encounter some problems as under UK Athletics rules; you are not allowed to run for another club under 1st claim status.

Training Nights

The Club meets in the Club Room at Mark Hall Sports Centre. Please come dressed for the weather and in the dark winter months, please ensure you wear a high visibility vest for your safety.

The main training sessions are:

Tuesday, 6:30pm – Beginners Session: A shorter, slower run designed for members newer to running.

Tuesday, 7:30pm – Speed/hill work: Typically consists of a ~1 mile jog warm up, an interval/hill work session, before returning to Mark Hall with a ~1 mile jog warm down. Some members do a shorter run.

Thursday, 7:00pm – Medium/long run: Runners start off together but the route has points at which groups of runners will return to Mark Hall to give typical distances of ~5, 7 & 9 miles.

The Club also arrange some special sessions:

Sunday, by arrangement - Long run: Club members often organise a longer run between themselves on a Sunday, especially during the London Marathon training season (January to April) or in the summer. Please ask for details.

Track Sessions: The Club Coach, Steve Stevens organises some track sessions at Mark Hall between 5:45pm and 7:15pm on Wednesday evening. These sessions incur an addition track fee of £1 payable to Mark Hall Sports Centre.

Running for Harlow Running Club

You do not have to wait for a Club Championship race etc. to run for the Club. Someone from the club is usually racing most weekends of the year. Ask at Club training nights who is racing and you may have some company. When entering a race, simply put “Harlow Running Club” for affiliated club/team and you will be entitled to the discounted race entry race for being an affiliated runner.

Harlow Running Club will pay your entry for the following events:

1. Essex Cross Country Championships
2. Southern Cross Country Championships
3. National Cross Country Championships
4. Essex Road and Cross Country Relays
5. Stevenage Road Relays (July)

The Club only asks that you wear a Club vest, and that you inform the Club of your results. Please inform the Club captains, publicity officer and Colin Moody of your results. This is so your performance can be announced prior to the next training session, Club Records and PBs are kept up to date and that your performance can appear in the local press.

Club Vests

The wearing of a Club vest is mandatory for all the inter club races (Mid Week League, cross country, Met League etc) and should be worn for all other races that members participate in. When a new member first races for the Club, they will be entitled to a free Club vest.

Club Races

The Club stage two main races each year.

Harlow Ladies 5K Series (May – June): A 3 race series open to all run usually on a Tuesday night on alternate weeks in May – June, with your best 2 results counting to decide the winner. We get entrants from many local running clubs for this event.

Harlow 10 (July/August) The Harlow 10 is Harlow Running Club’s main running event of the year. Members are strongly encouraged to help with this event as it takes a great deal of organisation and that contributes a great deal of income for the Club.

Club members are expected to help in the organisation of hosted races. Team selection for these races will be made jointly by the Team Captains and Vice-

Captains. Those that volunteer early for these tasks will be given the opportunity to run in the race if there are sufficient number of volunteers.

In addition, the Club will often stage some interclub races (see below).

Inter Club Races

Harlow Running Club participates in a series of interclub races throughout the year and you do not have to be one of our faster runners to participate. The scoring system is based on finishing places, so you may reduce other club's scores by finishing ahead of one of their scoring runners. They are great fun and usually involve some food afterwards. You can also satisfy your competitive streak as you will usually find yourself racing alongside the same people each time – you will want to beat them.

Midweek League (May – July) A series of four races between 5 miles and 10K (plus a mob match) held on midweek evenings.

Cross Country League (Nov – Feb) A four race league held on Sunday mornings over the winter. Participating clubs are Harlow RC, Bishop's Stortford RC, Saffron Striders and Ware Joggers.

Met League (Cross Country) (Dec – Feb) A larger cross country league with many clubs from the Essex and London. The standard is higher than our local league, but the same principals apply. Held on Saturday afternoons.

Club Events

Club Championship

A series of races where Club members score points based on their finishing time, adjusted for age. Therefore, a 40 year old runner who completes the 10K championship race in 45 minutes will score more points than a 30 year old who ran it in the same time. The winner is the Club member with the best four scores.

Club Handicap

A series of races run on Club training nights where runners set off separately (slowest to fastest) based on a handicap calculated from a time trial event or a recent race. The idea is that, everyone should reach the finishing line at the same time. To win, you simply have to run faster than your handicap.

Social Events

Presentation Evening (Usually held in February): The Club's annual awards are given out with some food and drink

Adidas Silverstone Half Marathon Station (March): The Club staffs a Lucozade drinks station at the Adidas Silverstone Half Marathon each year. This is a fun but hard day out where you will have a clear view of the race while handing out drinks to the runners.

Christmas Meal (December) It is a meal around Christmas – self explanatory really!

Pub Nights On the last Thursday of the month, the Club meets after training at a local Pub for a social drink.

London Marathon

The Flora London Marathon is an event that many members of the Club enter. A coach is laid on to transport runners and supporters to the start and home again from the finish. This event also influences the Club's training nights from January to April. As a result of being affiliated UK club, the Club qualifies for some marathon places. Typically we have 3 each year and these are highly sought after. As the Club is giving something to members, the Club expects a little something in return. Therefore to be eligible for these places, a member must satisfy the following criteria:

1. Have their original London Marathon rejection slip from the ballot, and
 2. Been a member prior to 1st January of the year of the draw, and
 3. Raced twice within the relevant calendar year for the Club in the Club Championship, Midweek League or Cross Country Races
- or**
- 3a. Having marshalled in one event in the calendar year for the Club from the Ladies 5K series, Midweek League, Harlow 10, or Cross Country.

The draw for these places is usually held soon after the London Marathon announces the results of the ballot applications.

Injury and Illness

If you have a pre-existing medical condition or any concerns about your health, the club suggests that you consult your GP before taking up running. If you become ill, it is advisable to take a cautious approach to training and either refrain totally or reduce the intensity of your training depending on the severity of your illness. You should always ensure you have recovered from illness before returning to full training.

Injuries are an inevitable part of running. It is advisable not to continue running after an injury has been sustained and you should seek professional advice. Club committee and other members have used many local physiotherapists and are happy to advise other club members. We have also begun a scheme whereby members suffering from an injury will be reimbursed the cost of their first half hour consultation with an accredited physiotherapist. Please speak to the Club Secretary or other committee members about this initially. Payments will be at the discretion of the committee, and only one payment will be allowed in one calendar year.

The committee encourages members to undertake first aid courses and is willing to subsidise them where the member is willing to use their new skills to benefit the Club.

Insurance

As an affiliate member of UK Athletics, the Club is covered by Public Liability Insurance.

Running Advice

For further advice on running, please feel free to talk to club members who will be happy to share with you their race experiences, training, injury woes etc.

For detailed advice on training, please talk to our club coach Steve Stevens.

Further advice on all aspects of running can be found on the following websites:

Runners World	http://www.runnersworld.co.uk/
Fetcheveryone	http://www.fetcheveryone.com/
UK Athletics	http://www.ukathletics.net

Club Code of Conduct

For the safety and continued enjoyment of Club members, Harlow Running Club has a code of conduct that we expect members to follow.

1. On training nights, all members should take equal responsibility for ensuring that no runners are left behind at the back of the group and should take turns in going to the back of the field for slower runners.
2. On all training nights when dark, members should wear fluorescent vests that can be purchased from the Club or other suitable clothing to ensure they can be clearly seen.
3. All members will follow the Highway Code while training and not take unnecessary risks with traffic.
4. When using the facilities at our HQ, members should be aware of children being present, and ensure they dress appropriately and do not use language likely to upset or corrupt.
5. On training nights, members should cease talking when Club announcements are made.
6. All members must try to marshal or assist with at least one of the races that the Club organises each year.
7. When competing in all races for the Club, runners should wear a Harlow Running Club vest. They are also encouraged to wear Club shorts.
8. When competing in races, members should wherever possible, wait in the finish area for the last Club member to the finish.
9. At races, one person should take responsibility to report the Club's results to either of the Club Captains as soon as possible after the race.
10. On training nights and when competing in races for the Club, runners should not wear headphones, for safety and communication with others.