



Accrington Road Runner



Sept...Last
EDITION!

A local running club for local people....

Price: Worth tuppence ha'penny

The last 'Road Runner'...

Hello all ARR members!

For many years we have produced a newsletter, but following increased membership, the cost of producing and distributing a hard copy is sadly too expensive. Due to this we have decided not to continue with the newsletter, all reports and club news will now be on the web site only.

PLEASE CHECK THE WEBSITE for all all news, events, updates and information

by ARR
Committee

Oct 21st 2012... M Word...again!

The M word – MARSHAL is very well used at this time of the year in regards to our 10K race.

Apart from the subscriptions the 10k is our only opportunity to generate revenue for the club. This revenue is used to subsidise most of our social events including the summer runs and various teams' events.

Members are expected to contact

our chief marshal (Helen Goodwin Tel 07977 110414 or email helen_stonehouse@hotmail.com) prior to the race, and volunteer their services.

If you do volunteer to marshal, please please turn up on the day. 'No shows' cause a lot of problems for the race organisers.

Not enough marshals – No race – Increased Subscriptions.

AGM!

I can now confirm that the AGM will be on Wed 17th Oct.

This year our AGM is at Peel Park Pub, Turkey Street, Accrington BB5 6EW – start - 7:30pm. It is an ideal opportunity to ask questions and make suggestions regarding the club and also pay your annual membership subscriptions. The

usual refreshments (pie & peas) will be served during the night. Anyone wishing to suggest races or events for 2013 please include these on your membership renewal form. Please support the club and try to attend. Read more about the AGM on page 2.

Track sessions

Many thanks to Chris Black for his coaching and speed sessions at Wilson's track over the last 12 months.

Unfortunately Chris is no longer able to continue with these sessions although he is available to offer help and advice on track work. Currently we have no one else to take over, but the track is still available on Thursdays (5:30pm to 6:30pm) to any member that wants to use this facility. Make sure you "sign in" and pay £2 to Hyndburn Athletics in the office next to the changing rooms. Chris can be contacted by e-mail - chrisblack73@hotmail.com



A Mountain Marathon!

by Jim
Donohoe

It's been 10 years since I have competed in a mountain marathon, but I had the opportunity to run one this year with my running partner ex ARR Ken Bridge. The race caters for all standards of runners/ navigators with eight different classes available to choose from. We opted for the Wansfell class- which is the one above the walking class.

The race is split into 2 days with an overnight camp. You have to carry all of your equipment inside your ruc sac. (food sleeping bag, tent, spare clothes pyjamas, slippers etc.) You get a 1.25,000 map of the event area supplied with the entry cost.

At the start of each day you get a list of the control points within your class, you then have to find and mark them correctly on the map, and then visit them in the correct order. The team which completes this task the quickest wins.

Saturday- Day 1 This took us 4 hours 38 mins to get to the finish, a total of approx. 9 miles & 3200 feet of ascent. The weather was very hot & humid and there was not much of a breeze even on the top of the peaks. It was very difficult to run on the lower sides of the fells due to the ground being very, very wet & boggy so the route consisted of a lot of fast walking. We found all of the 9 check/control points and finished early enough in the afternoon to put the tent up, rest & eat.

The half way night camp was in a farmer's field approx. 5 miles from the Whinscale Nuclear Power station, (near the hamlets Cosforth & Scargrave). The night camps are an experience, lots of tents packed together the smell of gas & solid fuel stoves, food cooking, & the noise of the portaloos closing late into the night.

Sunday Day 2- After a very uncomfortable nights sleep and a light breakfast of angel delight & coffee, we broke camp packed the ruc-sacs and got ready to go with plenty of gel sachets and water to keep us going.

We had a less demanding day with again approx. 9 miles but with only 2000 feet of ascent. Again the ground over the lower hills was very wet and marshy to run so it was more of a fast walk. We found all of our 10 checkpoints and finished at Wasdale Head and went to the large marquee for our chillie and pitta bread meal.

At the Marquee we met up with a few ex ARR members, and it was great to see them again. John Shaughnessy who used to Live in Rishton and is now back in Oswestry. Joe Faulkner was also there, Joe who lives in Penrith was also an ARR member years ago and along with Chris Ward taught us all we know about map reading! no comments please.

We completed the event in 20th Position from 101 finishers. 3rd Position in our age category.

Remember! If it's not in here, its probably on the website... www.accrington-road-runners.co.uk

Diary of events

September

First time we have tried this social event, trip to the Belle Vue Stadium to see Greyhound racing. See website for full details but night includes mini bus to the stadium and meal during the event. Anyone interested contact Phil Morton - limited places.

October

This year our AGM is at Peel Park Pub, Turkey Street, Accrington BB5 6EW – start - 7:30, it is an ideal opportunity to ask questions and make suggestions regarding the club and also pay your annual membership subscriptions. The usual refreshments (pie & peas) will be served during to night! Anyone wishing to suggest races or events for 2013 please include these on your subscription form. Please support the club and try to attend.

Important event for October is our own race, The 26th Accrington 10K; with nearly 400 runners it is one of the major races in the area. It's essential we have enough volunteers to marshal the course. At a previous AGM it was decided that no ARR member would be allowed to run in the 10k until we had enough marshals. Members are expected to contact our chief marshal (Helen Goodwin Tel 07977

110414 or email

helen_stonehouse@hotmail.com prior to the race, and volunteer their services. Although anyone wishing to run should mention this to Helen and a decision would only be made on the day of the race, once all the marshal positions have been occupied. Substitutes can also be made i.e. members can run the race IF they bring along someone to marshal in their place - partners, spouses etc (must be over 18yrs).

Our 6th point's road race of the season is the Preston Guild Half Marathon, although a number of our members have decided to do the full marathon, it should be a great event. Its part of a series of 4 races which helps celebrate the Preston Guild; which only happens every 20 years. The race starts and finishes in the city centre and will be very popular so enter early.

November

Last fell race of our season, David Staff from The Bandstand, Sunnyhurst Woods, off Earnsdale Road, Darwen, start 11.30 am, entry fee £4 on the day. The race distance is 5 miles with 1200ft of climbing. Although the overall fell championship has been won, the handicap championship is still to be decided. With only 4 minutes

between the top 6 runners it's going to be very close.

December

Final road race is the very popular Guys 10 mile, it follows a flat country course starting and finishing at Guy's Thatched Hamlet, Bilsborrow, near Garstang, PR3 0RS. Entry fee £8 + £2 on day. Worth pre entering as there is a limit of 400.

This years Presentation Night venue has yet to be decided but it will be on 7th December. The night's festivities will include a meal, presentation of prizes and disco. We will also have the usual London Marathon Draw. We have a number of club places available that will be drawn at the presentation. All fully paid members (for a minimum of 12 months) who have been rejected from the 2013 event are entitled to be in the draw. Check the website nearer the time for details for this popular event.

Ribble Valley 10K, Roefield Leisure Centre, Clitheroe. Possibly our 1st point's race of next season; this is a very popular event ideal to work off your Christmas dinner. With over 700 runners it is a good idea to pre enter. There are always plenty of ARR competing.

ARR Summary of events

Sept 14 Fri	Trip to Belle Vue Greyhounds	Social Event
Oct 17 Wed	AGM Meeting – Peel Park Pub	Social
Oct 21 Sun	Accrington 10k	Marshals Please!
Oct 28 Sun	Preston Guild Half Marathon	Points Race (6)
Nov 25 Sun	David Staff – Darwen	Fell Race (7)
Dec 2 Sun	Guys 10 mile, Garstang	Points Race (7)
Dec 7 Fri	Presentation Night – Venue TBA	Social
Dec 30 Sun	Ribble Valley 10k	Club Race

UKA Affiliation Cards

New cards have just been issued and posted to all members, you should of noted in the literature that UKA are no longer issuing any further cards after 2012 so you need to keep them safe. If anyone has not received their new UKA card please contact Sarah Ridehalgh, email seridehalgh@gmail.com

ARR Election of Officials at the AGM

At the AGM on the 17th October the membership of the club will need to determine who it wishes to carry out certain roles on the Committee. Subject to the continued agreement of the membership, the following roles are traditionally allocated by the Committee itself at the first meeting after the AGM. They are:

Kit manager

- * Social Events
- * Sporting Events (club races & team events)
- * Club mentor / new members
- * Website
- * Media

The remaining posts are agreed by the membership at the AGM.

Posts to Be Approved by the AGM:

PRESIDENT ELECT: This post holder will be the President in the following year. There

are no specific duties attached to this role. The rationale for appointing to this post is that it gives members at least one year serving on the committee before coming President. [Responsibilities of the President include; chairing committee meetings, representing the interests of the Club, being the figure head and senior representative of the Club]

SECRETARY: This post holder is responsible for; minutes and agenda of committee meetings, liaison and correspondence with UK Athletics, Club Constitution update and advice, club membership and general correspondence. In addition the secretary is one of the two authorised signatories for the Club funds.

TREASURER: Responsible for all aspects of finance including; one of the two authorised signatories for all club funds; production of financial report to the AGM and regular updates to the Committee, all

banking, retention of receipts, maintaining accurate, transparent and auditable accounts, providing financial guidance to the committee and members, correspondence with the Club's bank and any other financial matters as they arise.

10k Road Race Director: This post carries the overall responsibility for organising the Accrington 10k Road Race. This includes; Health and Safety, measurement, marshals, event planning, liaising with outside bodies including potential sponsors, advertising, finance including all income and expenditure, entry forms, prize allocation... the list is not exhaustive. Much of the work can be, and is, delegated.

All posts are responsible to the committee who retain the final decision on all aspects of the functions of those posts. All post holders must take up a position on the committee and carry out an active role in general committee work.

Enclosed in this newsletter is the membership renewal form, please complete the form and return to club secretary with payment. (Payment must be received by 30th November). Alternatively bring to the AGM, there will be a prize draw for all those paying on this night. Any new members that have recently paid (July, August or September) are covered until October 2013. Also include on your form any comments or suggestions that may benefit the club, races you would like to be considered as a "points race" or suggestions for social events.

Accrington Road Runners 2012 / 2013



MEMBERSHIP RENEWAL / APPLICATION

I am an amateur according to UK Athletics law and hereby apply to the committee for -

1. Membership renewal or 2. New membership of Accrington Road Runners.

Accrington RR is an 18+ club, younger runners are welcome to attend but must always be accompanied by an adult

Membership Category - please tick relevant box →	1. MEMBER RENEWAL	<input type="checkbox"/>	
		or	
	2. NEW MEMBERSHIP	<input type="checkbox"/>	
1. Membership Renewal Fee	£18.00	Amount Enclosed	<input type="checkbox"/>
2. New Membership Fee	£23.00	<i>Cheques payable to Accrington Road Runners</i>	
Membership to be paid before end of November. All fees paid after this date will be £23. <i>Effective - October 2012 to October 2013</i>			
Please return completed form with payment to secretary → <i>Or by hand at club night</i>		Sarah Ridehalgh - Secretary Glendene East, Glendene Park Clayton le Dale, Blackburn. BB1 9JQ	

First Names	Surname	Title: Mr / Mrs / Miss / Ms
Address		
.....		
Date of Birth	Post Code	
Tel. No:	Mobile No:	
E-Mail		
Preferred means of correspondence from club <i>(please tick)</i>	<input type="checkbox"/> Post	<input type="checkbox"/> e-mail

Have you been a member of any other running club?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes which club?.....		
Are you joining Accrington Road Runners as	<input type="checkbox"/> 1st Claim	<input type="checkbox"/> 2nd Claim

I confirm that I am eligible to compete under UK / England Athletic Rules	
I accept that my personal data will be held by the club and disclosed in a list to UK / England Athletics.	
Signature:.....	Date:.....

Races or events you recommend -
Comments or Suggestions - that you think may benefit the club.
.....