

Hayle Runners

Members Handbook 2011



www.haylerunners.co.uk



WELCOME TO HAYLE RUNNERS

About us

We are the largest running club in Cornwall and have about 250 active members. From county or elite runners to people who can't run at all, we pride ourselves on helping everyone. Our 18 qualified coaches take groups of every ability and help them reach their maximum potential. We are often the largest team at the Cornish Grand Prix races. We attend almost every race in the county and many further afield.

Club runs

We meet three times a week, rain or shine:

Tuesdays and Thursdays - Hayle Rugby Club (behind Marks & Spencer on the A30), ready to run at 7pm. In the summer, groups run on quiet country lanes, across the Towans, on the beach and along the coast path. In the winter we run through the town on well lit streets.

Also on a Thursday we offer an alternative track session at the Carn Brea Leisure Centre, ready to run at 7pm. There is an additional fee of £1 per member per week for this and £2 per week for non members. Please bring a friend if you'd like to. For more details see page 8.

Sundays - these are longer runs, usually aimed at half or full marathon training, and of varying distances and locations. They usually start at 9am but always end at a cafe for tea and cake. Check the website each week for details.

Whether you're competitive or just looking to lose weight and get fit - we're the club for you



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Running groups

(coaches sometimes change)

Scott's group (elite): 7-9 miles at paces of between 6 and 7.30 minute miles. Includes hill work, intensive beach training, intervals and tempo sessions.

Craig: 6.30-8.30 minute mile pace. A structured session following a training plan for a targeted race (eg half marathon), fartlek, pyramid sessions, tempo runs and longer.

Charlotte: 7-8 miles at 7-8 minute mile pace. One or two stops. This group is slightly faster than Andy's (below), with fewer stops, although the two groups sometimes run together in winter.

Andy: We run about 6-7miles through the town, countryside, beach or Towans, depending on conditions, at 8 to 8-30 minute mile pace (an average club runner standard), stopping every mile or two to let people catch up.

Phil/Sarah: 6 or 7 miles at a brisk 9.30 pace. Faster runners wait periodically for slower ones. Good varied routes each week.

Howard: 5-7 miles at 10-10.30 minute mile pace. In the summer experience Howard's legendary cross country routes. Expect to see parts of Cornwall you never knew existed. More constant running. This group emphasises endurance.

Jane: 5-6 miles at approximately 10.30-11 minute miling, aiming to run continuously over a variety of routes, including off-road summer adventures.

Jon/Mike/Jackie: 4 or 5 miles at 11-12 minute mile pace. For runners who can run a mile or two. This is a popular and often large group which sometimes splits into two.

Anne (walk/run): For the complete beginner. Anne ensures the group goes at the pace of the slowest. It's relaxed and supportive. Almost all runners who start very gradually with Anne are able to run continuously for four or five miles after a few months.



The final half mile: Newquay 10K 2010 - Rich Horswell (left) and Derek Smith

MEMBERSHIP

(Contact details on page 11)

Membership costs £20 pa. The renewal date for subscriptions is 1 March. This fee includes free coaching, help and advice with training programmes, help and advice on nutrition, advice on kit and running shoes, kit supplied at cost, race entry for the principal Cornish races, spinning classes, entry in the draw for the Club's places in the London Marathon, discounts at local running shops and organised social events.

The Club has a formal Constitution, Welfare Policy, Equality and Diversity Policy and Code of Conduct. If you'd like to see them, copies are available from Club Secretary Wendy Pascoe.

The Club committee meets monthly to welcome new members, manage Club finances, discuss forthcoming races, membership initiatives, coaching and any other matters which arise. Any member is welcome to attend at any time.

Club communication

Club news is through our website, by email (please ensure we have a current email address for you) or verbally at a club or track night. If you have anything you'd like other Members to know about, please email Wendy. The Club has received a laptop and grant from BT Community Connections to support our website and communications.



Social events

Rachel Bowker and Mike Baldwin organise our social events. Among other things, they arrange:

- Wine tasting evenings
- Summer beach barbeques
- Mousehole Christmas lights run
- Christmas awards dinner dance
- Annual spring beach invasion
- Pub quizzes
- Curry nights
- Chinese nights
- Post marathon dinners
- Lingerie/sports bra fitting get togethers (no blokes)

Mike (Social Team) and Sarah Baldwin



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Club kit

Our club colours are green vest with black shorts or bottoms. The following kit is available through our Kit Secretary Mike Wright:

In stock:

- Male running vest, small-XL £20
- Female running vest, 32-40 £20
- Hand held water bottle £2
- Hi Vis vests £5

To order:

- Hoodies £15
- Technical t-shirt (long sleeve) £20
- Technical t-shirt (short sleeve) £17
(Men's: small-XL)
(Ladies: 32-42)
- Track suit tops



Hayle elite runner Pete Ellis
Truro Half Marathon 2010

Junior Club

Our junior club has an enthusiastic membership of 40 boys and girls aged from 8 to 16 years old. They meet on Tuesdays from 5.30pm to 6.30pm at Hayle Community School. They receive coaching in general fitness and in athletics skills including running, jumping and throwing, and the emphasis is on enjoyment. The club has an excellent team of coaches and all are CRB checked. It has a wide range of good quality equipment and the coaches make sure that all abilities are catered for. Membership is a one off £5 payment and £1 is charged each session to cover our costs. Contact Jon Stephens for further details. Come and join us !

Hayle Runners Junior Club



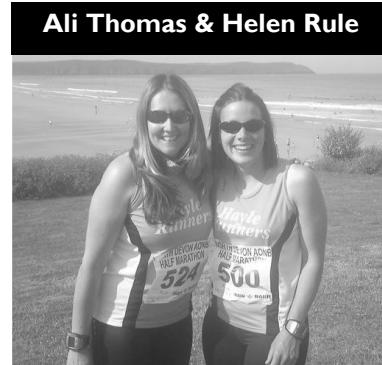
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RACING

Hayle Runners are enthusiastic and dedicated racers. Many say they'd never race, but once bitten by the bug it's hard to stop. Racing gives you a goal to aim for and helps you measure your progress.

Grand Prix

This is a series of 15 races held throughout the calendar year across Cornwall. Distances range from 4 miles to full marathons. Competitors score points which count towards both their individual totals at the end of the year and that of their Club. If you complete 8 of the 15 races (two of which must be at least 10 miles) you qualify for a GP prize at the end of the season.



Marazion 10k (formerly Mounts Bay 10k)

The Cornish running clubs take it in turns to organise the GP races and this is ours. It takes place each year on the first Sunday in February, starting and finishing at Marazion. Volunteers are needed for all aspects, including catering, marshalling and traffic control. Two or three months beforehand we ask members to volunteer their family, friends and neighbours to help out.

Summer 5k race series

This is a new series of five races which are due to be held on mid week evenings this summer, from May to September. We and four other Cornish running clubs will take it in turns to organise one each. Ours is likely to be a beach race, starting and finishing near Gwithian car park.

Malcolm Date Trophy

Our annual handicap race is run over the same course as the Marazion 10k. It's held at the end of the season and is only open to Hayle members who've competed in a 10k race in the last three years. Personal best times are used to calculate starting times.

For example if Runner A's best 10k time in the last 3 years has been 40 minutes and Runner B's time 1 hour, then Runner B starts 20 minutes ahead of Runner A. In theory everyone should cross the finishing line at the same time. It means anyone can win - even the Club's slowest runner. It's fiercely contested and someone surprising always wins.

Marathons

Marathons and half marathons are a particular speciality of Hayle Runners. Last year (2010) we had 40 members completing spring marathons. We field strong teams in both half and full marathons and often win the team competitions in our local marathons, the Duchy, Cornish and Eden (a non GP race which takes place in October).

We offer marathon training programmes for all abilities and we promise that you never have to train alone. Members from our walk and run group have trained hard and completed marathons.

The Club's nominated charity is CHUF (the Cornish Heart Unit Fund) and each year we secure eight or nine places in the London Marathon to raise funds on its behalf. Our members also regularly run other marathons including Edinburgh, Stratford, Paris, New York, Chicago and Loch Ness.

Other races

Hayle Runners also take part in many other races, both in Cornwall and further afield. A minibus of Hayle Runners took on the Windsor Half Marathon in autumn 2010. It was a wild success so we'll do it again for the Cardiff Half (October 2011).

Race entry

Unique to Hayle, the Club can enter you in any Cornish Grand Prix race and in other selected non GP races too. Just email Club President Andy Moore. Then turn up at the race at least an hour beforehand, pay Andy, collect your number and pins from him, and all you have to do then is run.



Please note that you are required to race in a Hayle Runners' club vest. In other races where Andy is not doing a club entry, usually non GP races, you'll need to complete your own application.



Rachel Bowker (Membership Secretary and Social Team)

Personal Bests (PBs)

The Club keeps a record of all your race times. Member John Worth then uses the times to produce PB (personal best) tables for all Grand Prix races that you've taken part in, from four miles up to full marathon. You can use the tables to measure your progress, check on how everyone else is doing and compare with all the time Club records.

Show the Shirt

Most runners never get even close to winning races, but Show the Shirt is the Hayle Runners' competition that anyone can win. Every time you compete in a race in a Hayle vest you score points. It can be any race anywhere, from the Redruth Turkey Trot to the Berlin Marathon. Member David Scott runs the Show the Shirt competition.

Spinning

We offer spinning classes (a group workout on exercise bikes) which help with cross training, improving general fitness levels and toning hips and thighs. The classes are run by our Head Coach Simon Grose and are held on Wednesday evenings in the winter months at the Carn Brea Leisure Centre. Spinning costs £3.50 per class. Please book in advance with Simon because places are limited and the classes are popular.

Track

Simon also oversees our training programme at the track, which takes place at the Carn Brea Leisure Centre. Each term lasts 12 to 14 weeks with a week or two off in between. Each week is different and is designed to make you faster, fitter and a more aerobically efficient runner. Sessions vary between multiple 100m sprints to longer circuits of 1,600m or 3,000m. At the end of each term runners are speed tested to measure progress (though it's not compulsory).

WELFARE AND HEALTH & SAFETY

In Case of Emergency

- I** - ID. Keep it with you in case of an accident/emergency.
- C** - Clothing. Wear reflective gear. Be Safe Be Seen.
- E** - Enjoy. Enjoy the experience of running with others.

- Club coaches are CRB checked
- Club coaches carry a first aid kit and mobile phone
- Club coaches count runners out and back to ensure all return safely
- Our running routes are risk assessed
- Accidents are reported and recorded if and when they occur
- We keep in touch with Club members who let us know they are injured

The use of head phones, iPods and other music players is banned on safety grounds in the GP series of races and in many other races too. The Club also discourages members from using them during club sessions or at the track.

It's recommended that all members wear a CramTag, a small token you attach to your running shoe (see right, front and back). You can write on it an emergency contact number and any relevant medical information.

CramTags can be obtained free of charge at any Tuesday club night from Phil Rowe (responsible for health and safety).



CramTag, front and back

Hydration

The Club also encourages members to take water or another fluid (eg a sports drink) with them on a run. Even in the rain, and in the winter as well, you can sweat and lose fluids without being aware of it, and it's important to avoid becoming dehydrated. Hand held water bottles can be obtained from Kit Secretary Mike Wright.

Accidents and Incidents

- Stay calm but act swiftly. Is there a danger of further injury?
- Listen to what the injured person is saying.
- Alert the first aider, who should take the appropriate action for minor injuries.
- If necessary, call the emergency services.
- Deal with the rest of the group and ensure they are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency services.
- Contact the injured person's next of kin.
- Notify Phil Rowe (Club officer responsible for health and safety).
- Complete an incident/accident form (available from Phil).



L-R: Phil Rowe, John Allnutt, Pat Allnutt, Jacky Richards, William Bennetts (background). Going up the only hill, Cubert 5 miles, 2010

General health

The Club wants to ensure safe running. We ask members to let us know about any medical conditions or allergies and also ask you to confirm that your doctor says it's safe for you to run. Where relevant we ask you to discuss the situation with your coach. This could be, for example, because of an allergic reaction to penicillin or because of a need to carry medication.

Duchy Athletics Network

Hayle Runners is a member of the Duchy Athletics Network (DAN). This is a group of Cornish athletics and running clubs which are working with Cornwall Sports Partnership and English Athletics (EA) to improve the quality of coaching and clubs in Cornwall. DAN has been successful in obtaining a grant from EA/McCain's to support this work. Contact Andy Moore for more details.



Club Mark

We have been awarded the Club Mark status by Sport England. This is a national accreditation scheme which was set up to recognise clubs which have established a successful and worthwhile junior section. In order to win accreditation clubs have to meet a set of quality standards. They have to show initiatives to encourage young people to take up sport, to improve their talents and to help them to develop a life long commitment to taking part in sport.



www.haylerunners.co.uk

CONTACTS

President & Media Liaison: Andy Moore

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Club Secretary & Communication: Wendy Pascoe

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Membership Secretary & Social Team: Rachel Bowker

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Men's Captain: Scott Abraham

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Ladies' Captain: Jackie Bowden

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Kit Secretary: Mike Wright

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Junior Club: Jon Stephens

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Run in England Coach: Anne Berriman

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Auditor: Sean Webb

Ordinary Members:

Charlotte Bennett
Anne Berriman
Susan Chapman

Caroline Lewis
Fiona Ruetsch
Ali Thomas
Maria Williams

Personal Best (PB) Tables

John Worth

Show The Shirt
David Scott

CORNISH ROAD RUNNING GRAND PRIX 2011*

Race/Distance	Date/Time/Cost	Location	Organiser
Storm Force 10 mile	Sun 23 Jan 10:30 £11	Camborne	Carn Runners
Mounts Bay 10k	Sun 6 Feb 11:00 £10	Marazion	Hayle Runners
Duchy Marathon	Sun 13 March 10:30 £12	Redruth	Cornwall Athletic Club
An Resek Hellys 10 mile	Sun 27 March	Helston	TriLogic/Carn Runners
Trevornick Trot 10 mile	Sun 8 May	Cubert	Newquay Road Runners
Cubert 5 mile	Tues 7 June	Cubert	Newquay Road Runners
Sticker 5 mile	Sat 18 June	Sticker	St Austell Running Club
Launceston 10 Mile	Sun 3 July	Launceston	Kernow Runners
Turkey Trot 4 mile	Wed 13 July	Redruth	Cornwall Athletic Club
Magnificent 7 mile	Sun 17 July	Saltash	Tamar Trotters
Indian Queens Half Mar	Sun 7 Aug	Indian Queens	Newquay Road Runners
Treggy 7 mile	Sun 4 Sept	Launceston	Launceston Road Runners
Truro Half Marathon	Sun 18 Sept	Truro	Truro Running Club
Newquay 10k	Sun 2 Oct	Newquay	Newquay Road Runners
Cornish Marathon	Sunday 20 Nov	Pensilva	East Cornwall Harriers
Cornish Mob Match			
& GP Presentations	Sun 27 Nov	Falmouth	Falmouth Road Runners

* Provisional dates - check details closer to race day

Websites

www.carnrunners.co.uk
www.haylerunners.co.uk
www.cornwallac.org.uk
www.tri-logiccornwall.co.uk

www.launceston-2020.co.uk/Sport/athletics.htm
www.tamartrotters.co.uk
www.treggy7.co.uk
www.trurorunningclub.org.uk



Hayle Runners
 Men's Captain
 Scott Abraham
 Cornish Marathon 2010