

WELCOME TO HUNCOTE HARRIERS AC



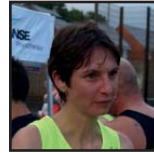
Chairman
Andy Wilford



Secretary
Nicki Nealon



Treasurer
Tom Harris



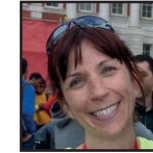
Social Secretary
Kate Parry



Social Secretary
Claire Edwards



Men's Captain
Ian Thompson



Ladies' Captain
Trudi Unwin



Race Director
Jane Benson



LRRL Rep
Nick Nealon



Kit Manager
Will Ravenhill



Website & Communications
Stuart Hale



Committee
Marie Wilford



Committee
Chris Unwin



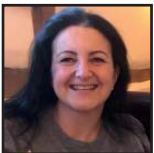
Committee
Wendy Thompson



Committee
Tony Lay



Membership
Keith Chambers



Welfare Officer
Sarah Coop



Coach & Run Leader
Nicki Nealon



Coach & Run Leader
Nick Nealon



Coach & Run Leader
Andy Wilford



Coach & Run Leader
Marie Wilford



Run Leader
Ben Benson



Run Leader
Stuart Hale



Run Leader
Tony Lay



Run Leader
Mike McSharry



Run Leader
Neil Parry



Run Leader
Ian Thompson



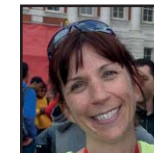
Run Leader
Wendy Thompson



Run Leader
Jason Tomkins



Run Leader
Chris Unwin



Run Leader
Trudi Unwin

Contact details are available on the Club website.

An Annual General Meeting (AGM) is held in September,
all members are welcome and encouraged to attend.



TRAINING SESSIONS

The Club has several qualified coaches and run leaders who facilitate different groups. Anybody from the Club would be happy to advise you as to which group would be most suitable for you.

Tuesdays:

The Club meets at 7pm, at the Huncote Pavilion during the summer season, moving to Enderby Leisure Centre during the winter. Changes will be announced on the Club website.

Tuesday sessions are usually speed/interval (rep) sessions.

Thursdays:

The Club meets at 6pm at Enderby Leisure Centre throughout the year. There will be organised groups depending on numbers, ranging from Beginners to Improvers. The sessions vary from steady runs to speed work sessions.

Fridays:

The Club books blocks of track sessions throughout the year, dates and times will be confirmed via the Club website

From time to time a Group Session for the entire Club will be organised.

COMMUNICATION

The Club has an official website www.huncoteharriersac.co.uk

The website has a wealth of information, including an Events' Calendar, details regarding Socials, Race Results and Club Records.

Facebook:

The Club has a members only group. Members use this site for all sorts of discussions, sharing training advice, run reports and social events. New members are accepted to the page by existing members.

A Club Newsletter, shared on the website, is published every two months by Claire Edwards. Regular emails will be sent to all Club members to keep them informed of news and upcoming events.



MEMBERSHIP

There are three different types of membership.

Full Membership:

This is for individuals who want to participate in training sessions and races representing the Club. You will receive an England Athletics' number. As an affiliated member you will then get a (small) discount on races.

Non-Runners:

This membership is for people who do not wish to race or train. This is sometimes referred to as a Social membership

Second Claim Membership:

This is for runners who are already a member with another club.

Membership is renewed annually in October.

All members are issued a membership card with their Huncote Harriers' Membership Number and their England Athletics' Membership Number.

Membership is managed by Keith Chambers.

Most running shops offer a 10% discount to running club members.

The Club Constitution is available on the Club Website.

All members must read and understand the Risk Assessment and Health Commitment Statement, which is published on the Club website.

KIT

You will need a Club vest for ALL League and Championship races.

Kit can be obtained from the Kit Manager.

We also have training kit and hoodies.



CLUB RACES

The Club hosts three races a year.

Joy Cann Memorial 5

A 5 mile road race held in August.

Club Handicap

This is a handicap race just for Huncote Harriers, held in the summer – good fun followed by a celebratory BBQ.

Huncote Hash

A 10k cross country event, held around New Year.

Help from members who choose not to run at these events is greatly appreciated, for example marshalling, car parking, etc.

TEAM EVENTS

Livingston Relays

This is held at Braunstone Park, Leicester. The event is a relay race with teams of 3 women or 4 men who each run a 3 mile lap. Really good fun and the last couple of years we have entered lots of teams.

Rainbows 100 Lap Challenge

This event is held in the summer at Saffron Lane. A team of 20 runners completes 100 laps – good fun for a good cause.

SOCIALS

The Club hosts several socials throughout the year. These events will be advertised on the website, Facebook and emails.

Regular events include: **Presentation Evening** – this evening celebrates the Club's achievements, all members are encouraged to attend this event, which is an opportunity to celebrate being part of a great Club.

Runners who have submitted Club Standards will be presented with their certificate. Other awards are also presented.

Christmas Pub Run – this occurs on the Sunday before Christmas. Runs are arranged for all abilities including a walking group for family members who may want to take it easy. After the run we meet for a meal.



RACES

For the beginner, the range of Races and Running Leagues on offer may sound quite confusing.

To attempt them all may leave you exhausted (and broke!).

Although Huncote Harriers will compete in all competitions, the individual must be selective and plan their season carefully.

Here is a breakdown of the different Races and Leagues you may come across.

ROAD RACES

Leicestershire Road Running League - Winter
Leicestershire Road Running League - Summer
East Midland Grand Prix Series (EMGP)

CROSS COUNTRY RACES (XC)

North Midland Cross Country League
Derby Runner Cross Country League

CROSS COUNTRY (XC) CHAMPIONSHIP RACES

Leicestershire County XC Championship
Midland XC Championship
National XC Championship

HUNCOTE HARRIERS' CLUB GRAND PRIX

We'll go into a bit more detail for each of these on the following pages...



LEICESTERSHIRE ROAD RUNNING LEAGUE (LRRL)

Winter and Summer Leagues

Although the Winter League is enjoyed by many runners it does sometimes clash with the XC season.

For the Winter League, the same number is worn in each race; you must therefore not throw your number away until the end of the Winter League Series.

Winter League Races do not require pre-entry. Turn up on the day, go to your Huncote Official and pay your money to enter. The Winter League is a Closed Series, i.e. only Affiliated LRRL clubs may compete. Races usually take place between January and May.

For the Summer League pre-entry is required and you will be issued a different number by the organising club for each race. Summer League races are 'Open' Races, i.e. open to everyone, non-affiliated individuals and club runners. These races have to be entered in advance by the individual. Races usually take place between May and September.

The winner of each race will receive 500 points, 2nd; 499 points, 3rd; 498 points and so on.

The final League standings are based on your best 4 races out of 6 for the Winter League and your best 5 out of 8 races for the Summer League. There are individual trophies for all: male, female and veteran categories.

Usually the Winter League individual trophies are awarded at the first Summer League Race.

Summer League Race trophies are awarded at the LRRL Presentation Evening along with the League Team awards which are a combination of Summer and Winter scores.

EAST MIDLANDS GRAND PRIX SERIES (EMGP)

This series has become popular in recent years as it suits runners who have limited spare time. Same format as the LRRL, best 5 races from 8. All are either 5 or 6 miles or 10k. These races usually take place between May, June and July.

You can enter the whole series and get a discount, enter selected races in advance or enter on the day and pay a little more.

There are prizes in each race in various categories.

The series always starts with the very popular Silverstone 10k. Some races involve an hour's drive but Harriers often arrange car sharing between themselves. This series does overlap with the Summer League.



NORTH MIDLAND CROSS COUNTRY LEAGUE

The North Mids XC has to be the best value racing in the calendar.

The Club pays an annual affiliation fee which allows its runners to enter for free.

Four races, all count, run on a Saturday afternoon, usually on parkland such as Derby Markeaton Park or Nottingham Wollaton Park.

Separate Men's and Ladies' races. Ladies' 5k and Men's 10k. Generally suited to spikes but studded multi-terrain shoes will cope.

Just turn up and register with the Huncote Official, race, collect your finishing disc and hand that in to your Huncote Official.

DERBY RUNNER CROSS COUNTRY LEAGUE

Organised by Dave Mann from the Derby Runner Running Shop. Possibly perceived as a friendlier running environment.

More suited to studs/multi-terrain shoes due to a mixture of surfaces.

No pre-entry, turn up on the day, pay your money to our Official and run. Collect finishing disc and return to your Official.

Same distance for ladies and men. Usually run at the same time but occasionally separately for safety reasons.

Expect mud and water. Overall prizes for series in a range of categories.

Team requirements are as follows:

8 runners required for the men's team (including 2 vets)

4 runners required for the ladies' team (including 2 vets)

Over all team score needs 7 men (including 2 vets) and 3 ladies (including 1 vet)

Vet runners are 35 years+.



CROSS COUNTRY (XC) CHAMPIONSHIP RACES

Races to determine the County, Midland and National Cross Country Champions. Serious stuff, but don't let that put you off.

The Club has two tents which we take to Cross Countries for changing and to store kit bags.

Don't expect showers and other facilities may be basic.

Keep an eye on the website for details. Club Captains will help with managing entries and arranging cars, tents etc.

Look out for the Club flag. Nothing builds team spirit like XC does.

Leicestershire County

Everyone should have a go at 'The County'. To qualify you need to be born in the County or have resided here for 9 months.

You will see the best runners in these races, but also 'serious' club runners determined to duel with their own rivals.

Separate races for men and ladies. Entry in advance only.

Midland

The Midland XC is similar to the County but bigger due to a broader intake of clubs.

Northern and Southern regions will be having their Championships on the same day.

Separate races for men and ladies. Entry in advance only.

The average club runner will be lost in the masses but it is still good fun.

National

The National XC Championship. The National is like no other XC you will ever experience. Do it at least once.

Expect up to 2,000 runners in the men's race alone. Every club has an allocated position on the start line.

Exciting to watch, more exciting to be in. You may finish way down the order, but who cares?

Separate races for men and ladies. Entry in advance only.

Venue for the National rotates between the three XC regions.

Depending on the winter weather, the ground is likely to be heavy, spikes are the best choice but you might get away with studs.



HUNCOTE HARRIERS' CLUB GRAND PRIX

This is a League specifically for Huncote Harriers. It was created to give the club runner who would not normally feature in competition awards a chance for recognition across a broad range of distances and surfaces. The Club GP includes several races that may not normally be in everyone's calendar, therefore encouraging runners to try something different. The Committee select around 20 races spread across the whole year. Members submit their best results from a number of races, 1 park run can also be included. Points are awarded to each individual for each GP Race they compete in and this determines the overall Champion and runners up at the end of the year.

No one is expected to run in every single race and different runners excel at different distances and surfaces so therefore the GP can radically change throughout the year. Prizes are awarded to female and male Champions and Runners Up at the Club's Annual Presentation Evening.

HUNCOTE HARRIERS' CLUB & COUNTY STANDARDS

Two Standards very similar to each other. Huncote Harriers have been awarding the Club Standards for quite a few years now while the County Standards have only recently been launched by the LRRL.

The Club Standards' table can be viewed on the Huncote Harriers' website.

The table will show times against age and race distance. Check your latest race time in the table to see what Standard you qualify for. Whatever your level of running and whatever age or gender, there is an award for you. It is hoped that the Standards format will encourage runners to improve to the next level.

You will need to select your three best races of different distances and apply to our Committee for your Club Standards' Certificate.

Information will be released when members need to submit results.

County Standards have to be applied for from the LRRL via a nominated club member.

LONDON MARATHON

Each year the Club applies to the London Marathon for Club places, however places are not guaranteed.

A draw is made to determine which members will be awarded the places BUT there is a strict eligibility criteria - details are available on the website.

