



ST HELENS STRIDERS
Member Handbook
2018/2019

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About us

St Helens Striders were formed in 1984 with a small group of people pounding the streets of St Helens. Four of the founding members; Brian Middleton, Les Abbott, Frank McAllister and John Lingard, remain a big part of the club over thirty years later.

Since those early days the club has gone from strength to strength and now has a membership of nearly 200 people. The location has changed over the years but we can now be found at Windleshaw Sports Club, Windleshaw Street, WA10 6TD every Monday and Wednesday at 7pm.

Whilst we meet at Windleshaw for the majority of our sessions, this may change on occasion in the summer if the training plan has a session that is off road. The location will be clearly marked on the training plan and will also be put on the St Helens Striders closed Facebook page which is for members only. If you decide to join St Helens Striders then joining the Facebook page is always a useful media where questions can be asked, ideas shared and runs posted.

As a club we believe that running should be enjoyed and not endured and as such we have four groups that cater for all running abilities. No runner should ever get left behind.

The club has a structured training plan but the closed Facebook page will also have details of more social runs, usually at a weekend for members to join in. These are not part of the St Helens Strider plan but does allow people to get out with like minded runners and is a good way of getting to know everyone.

Club Constitution

St Helens Striders

1. Name

The club will be called 'St Helens Striders' and will be affiliated to England Athletics.

2. Club History and Club Colours

Jim Crehan founded St Helens Striders in 1984 after retiring from working down the pit at Bold. Having seen the success of his son and daughter in-law, Jim and Susan, at national and what would be Olympic level, Jim took up marathon running, at the age of 50. The club colours for St Helens Striders are red and black in adopting the colour scheme of St Helens town.

3. Club Name Aliases

There are no aliases, the club is registered with all required national governing bodies (NGBs) as 'St Helens Striders' (and British Cycling). Please ensure when registering for any races, affiliated NGB memberships that you use the club name in this format.

4. Aims and objectives

The aims and objectives of the club will be:

- To offer coaching and a safe training environment in the sport of running .
- To promote the club and the sports of running within the local community of St Helens and beyond.
- To ensure a duty of care to all members of the club.
- To provide all its services in a way that is fair to everyone.
- To ensure that all present and future members receive fair and equal treatment.

5. Membership

Membership should consist of officers and members of the club. All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of conduct that the club has adopted. Members will be enrolled in one of the following categories:

- Full Senior Member - including England Athletics affiliation
- 2nd claim/ social membership- not including England Athletics affiliation

Each member will receive a welcome email direct from the membership website.

6. Membership fees

Membership fees will be set annually by the Management Committee and agreed by a majority vote of the committee. Any increase in fee's will be clearly communicated to members in good time of the membership renewal date. Fees will be paid annually and be due by 1st April each year.

7. Officers of the club

The officers of the club will be:

- Chairman
- Vice Chairman
- Secretary
- Treasurer
- Race Coordinator
- Members Representative

Other relevant sub-positions that may form part of the management committee are as follows and can form part of a dual role for any existing officer of the club:-

- Press / Social Media Officer
- Run Leader Representative
- Coach

Officers will be elected annually at the Annual General Meeting. All officers will retire each year but will be eligible for re-election.

Details of our current committee can be found later in this document.

8. Club Management Committee

The club will be managed through the Management Committee consisting of the appointed officers of the club (Chairman, Vice Chairman, Secretary, Treasurer and Membership Representative and Race Coordinator) and the other sub-positions, if filled. However, all members shall have the right to attend and vote at the Management Committee meetings. The Management Committee will be convened by the Secretary of the club and held no less than twice per year (including the AGM). It is envisaged and accepted that many motions/decisions and actions can be discussed by the management committee at training sessions and followed up by electronic communication to finalise – this will be deemed an acceptable process by the Management Committee and club members. The quorum required for business to be agreed at Management Committee meetings will be 4. The Management Committee will be responsible for proposing and adopting new policy, codes of conduct and rules that affect the organisation of the club. The Management Committee will have powers to appoint sub-committees as necessary and appoint advisers to the Management Committee as necessary to fulfil its business. The Management Committee will be responsible for disciplinary hearings of members who infringe the club rules/regulations/ constitution. The Management Committee will be responsible for taking any action of suspension or discipline following such hearings.

9. Finance

All club monies will be banked in an account held in the name of the club. The Club Treasurer will be responsible for the finances of the club, supported by the Club Secretary. The financial year of the club will end on 31st March from 2018. An audited statement of annual accounts will be presented by the Treasurer at the Annual General Meeting. Any cheques drawn against club funds will hold the signatures of the Treasurer plus the Secretary. Electronic payments may also be made and these require the approval of both Treasurer and Secretary.

10. Annual General Meetings

Notice of the Annual General Meeting (AGM) will be given by the Club Secretary via e-mail or through the club forum. Not less than 21 clear days' notice to be given to all members. The AGM will receive a report from officers of the Management Committee and a statement of the audited accounts. Nominations for officers of the Management Committee will be posted on the club forum on a thread set up by the Secretary (or other officer by agreement) prior to the AGM. Election of officers is to take place at the AGM and all members have the right to vote at the AGM. The quorum for AGMs will 25% of the membership including two officers of the club. The Management Committee has the right to call Extraordinary General Meetings (EGMs) outside the AGM. Procedures for EGMs will be the same as for the AGM. Other key decisions may be sent to the membership in the form of a proposal with options to vote on certain motions.

11. Discipline and appeals

All complaints regarding the behaviour of members should be submitted in writing to the Secretary. The Management Committee will meet to hear complaints within 14 days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership. The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 7 days of the hearing. There will be the right of appeal to the Management Committee

following disciplinary action being announced. The committee should consider the appeal within 7 days of the Secretary receiving the appeal.

12. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership. In the event of dissolution, any assets of the club that remain will be distributed or transferred accordingly and form part of the dissolution motion/decision, but may for example:- (a) become the property of the members at the time of the dissolution who have served at least one full year of membership (b) be transferred to another group/club to which existing members may form.

13. Amendments to the constitution

The constitution will only be changed through agreement by a majority vote at an AGM or EGM except for those relating to administrative issues or changes by NGBs.

14. Declaration

St Helens Striders hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed:

Date:

Name: Kevin Outten, Chairman

Signed:

Date:

Name: Richard Seville, Club Secretary

Membership

Your membership fee covers the full year to 31st March. As a member you are entitled to:

- Attend and participate in our club training sessions (some session charges apply e.g. track).
- Access to qualified coaches at training sessions.
- Access the "members only" Facebook group.
- Purchase, wear and race in st helens striders running and casual gear from an approved supplier.
- Become an affiliated member of England Athletics and receive discount on race entry
- Free entry in the North West Sunday Cross Country League - 6 races from October to February each year (if registered with England Athletics).
- As a 1st Claim England Athletics member you have the opportunity to apply for the club's London Marathon Place.

Meet the Committee

Any of the committee can be contacted on the following email address sthelensstriders@gmail.com

Chair - Kev Outten

Main Tasks:

- Represent the Club and ensure that the Club's standards and values are maintained.
- Ensure that the Committee functions properly, and provide support and supervision to the rest of the Committee.
- Ensure appropriate policies and procedure are in place for the effective management of the Club.
- Work with the Club Secretary to plan and prepare for Committee meetings and conduct meetings in a manner that there is full and appropriate participation during meetings, that all relevant matters are discussed and that effective decisions are made and carried out.
- Work with the Treasurer to ensure that the finances of the Club are properly managed and accounted for.
- Take urgent action between Committee meetings when it isn't possible or practical to hold a meeting.
- Ensure effective communication with the members and ensure the Committee develops an understanding of the views of the members.

Secretary - Richard Seville

Main Tasks:

- Act as the first point of contact for communications relating to external organisations e.g. England Athletics. Merseyside Athletics.
- Maintain up-to-date and preserve as confidential details of members including mailing lists, PARQ forms, ICE details and membership information.
- Undertake or delegate administrative duties for the club including processing club memberships and England Athletics registrations.
- Work with the Treasurer to ensure all membership and affiliations are accurate and paid on time.
- Ensure delivery of key information to club members including training plans, communications from the committee, information on club competitions, social events, and other key events.
- Attend and take minutes of committee meetings and the AGM.
- Work with the Chair to develop agenda for committee meetings and ensure agendas are sent out to all committee members in advance of meetings.

- Oversee external and internal communications including the club email account, social media, press releases and website to ensure the integrity and reputation of the club is maintained.

Treasurer - Rachel Tickle

Main Tasks:

- To monitor club expenditure, managing the club funds and bank account, including the clubs PayPal account.
- Keeping an accurate and true record of all transactions and pay all bills and expenses in a timely manner.
- At each committee meeting provide a monthly financial summary; to include membership payments, outgoing expenditures and incoming payments.
- Working closely with the Membership Secretary, collect annual subscriptions and manage the payment of EA membership.
- At year end, produce a financial report, independently audited, to be presented at the AGM

Membership Representative - Vacancy

Main Tasks:

- To actively engage with the wider club to seek views, opinions and thoughts on club operations, policies and decision making.
- To attend regular committee meetings to convey the views of members to the committee.
- Support the Chair to effectively communicate with members about decisions and actions of the committee.

Race Coordinator - Vacancy

Main Tasks:

- Actively promote all forms of racing and race-based training within the Club.
- Actively encourage and invite club members to participate so as to have sufficient club representation at races.
- Work with social media to ensure that races are properly advertised well in advance to ensure full participation.
- Actively encourage and develop a racing sub-culture within the club, understanding and being sensitive to the fact that racing is only one part of the activities of the club.
- Regularly updating the committee.
- Work with the committee, run leaders & coaches to encourage members to participate in the cross country races.
- Assist the club secretary to manage cross country race administration for the Club (Registration, fees, scoring etc) and ensure rules are adhered.
- Actively promote off-road running within the Club out of the XC season with the aim of improving XC take-up.
- Club contact for both the NWCCSL and Merseyside grand prix.
- Tasked to develop out of season training programmes in association with the coaches/run leaders to make XC inclusive to all members.

Meet the Coaches and Run Leaders

St Helens Striders have invested heavily in their coaching and run leader resources over the last 5 years. We are pleased to have a healthy number of run leaders across all groups as follows:

Coaches

Ian Wright- Run Leader since 2013 and Coach since 2016

Been running since I was a teenager but only started to really enjoy it and start competing when I joined Striders in January 2012. Typically lead and coach group A and B and my favourite sessions are interval sessions, especially when I receive positive feedback from runners who tell me they wouldn't have thought working so hard was so much fun.

Rachael Fairclough- Run Leader since 2012 and Coach since 2016.

I started running in 2004 when I was at University as I had spent too much time drinking and eating! I entered my first half which was the Great North Run, in 2006 and joined the club shortly afterwards as I wanted to keep up training now that I had moved back to the area. My favourite club session has always been Indian File - it's a great session which combines both a decent length run and also some efforts! I usually take A group.

Jo Jackson- Run leader since 2013 and Coach since 2017

I started running in the year 2000, pretty much on my own for 8 years before joining striders. My favourite session is anything long and on the trails, and pyramid sessions for speed work. I train with and lead group B2.

Alex Abbott- Coach since 2017

Run Leaders

Chris Reid

Started running in 2006 - favourite session is the long runs and out and backs

Richard Seville

Started running in 2010 after a corporate running competition at work. Trained on my own for 6 years. Joined Striders 2 years ago. Favourite session is pyramid intervals. Train & run lead with group A.

Les Abbott

Started running 1994 and joined St Helen Striders the same year. I am a run leader for both A and B groups. My favourite session Indian file along bypass.

Gemma Harkness

I've been running on and off since 2002, always enjoying being outdoors. I became a Run Leader in 2005/6, where I set up numerous beginner running groups through my work in Sports Development. I joined Striders in September 2015, which was when my real love for running started. Since being a member, I ran my first half marathon (and have now done 6), plus my first marathon! I've not been able to run much in the past 12 months, but hoping to get back out in 2018!

Tony and Louise Padmore

We have both been running since about 2009/10. Louise's favourite session is Victoria Park Hills and Mine is Croppers Hill. Louise generally takes Group C and I take either B1 or B2.

Scott Robertson

Started running in 2008 after being challenged to run a Half Marathon by some school friends. Joined Striders 3 years ago when Ian Wright recommended it to me and have not looked back since. Tend to train mostly with A Group and enjoy a tough hill session.

Mike Brunt

Started jogging in 2010. You will recognise me as I am always smiling (on the inside)! I am a great motivator and definitely a people person. I generally take group C and I also organise the Owl runs in the winter (lots of trails and mud). I always try and look to add to the Strider social calendar and I do my best to be ultra inclusive to all.

Frank McAllister

Started running aged 12 until 17 at Liverpool. I then gave up running until I was 25 and I've been with Strider's for 35 years. My favourite session is a hill session preferably on grass or off road- you get a brill workout. I also like fartlek sessions and I love being with C group.

Charlotte Ward

I started running in 2010 with the aim of losing weight! Joined Striders in the summer and ran my first half marathon in the October. Have run in all the groups over the years - currently with group C which is helping me to gradually get my fitness back! Favourite training session is probably Paulauf relay - good fun and suitable for all!

Ian Floyd

I started running to get fitter and to lose weight, joined the club in April 2017 and completed my Run Leader Course in September 2017. My favourite sessions are hills and Indian File. I currently run with group B2.

Kylie McGuire

After I left university I joined the gym to lose weight and ran a little bit on the treadmill. I did the race for life 5k in 2012 but still only ran on the treadmill and outside occasionally on a dry and warm day but in 2013 I entered the first Wigan 10k. After that I was hooked and I joined Striders in 2014! I enjoy any sort of repetition session like mile efforts, out and backs or track sessions and always a cross country session for the mud and hills!

Kelly Hamilton

I joined the Striders in October 2016, which was 6 months after the birth of my second child. A friend of mine was already a member of the club and I came to my first session under her wing. The reason for joining Striders at that time was to get fit after pregnancy. I saw big improvements in my running fitness over a short space of time and have competed in races on the road, track and cross country. I qualified as a run leader in September 2017. My favourite sessions are track and Indian File.

Kevin Outten

I started running again in 2013 after an absence of 25 years and joined Striders not long after. Since then I have build up my fitness with the help of the club sessions and have progressed running 5ks to marathons and ultras. My favourite session in tempo run.

Rachel Tickle

I started running in 2014 joined Striders in 2015. I run with B2 and My favourite session is Indian File and pyramid session.

Strider Sessions

St Helens Striders sessions are put together by our coaches with some input from the run leaders. They will cover everything from steady runs, speed work and hill work - all designed to help make us all stronger runners. At the beginning of the year the training plan will normally incorporate sessions to help runners who are planning to take part in the St Helens 10k race. The summer tends to be focused on shorter faster races, and winter on cross country training.

One night a month there will be a track session at Sutton High School which will put runners wanting to build on their speed, through their paces. Members are asked to pay on the night for the session and to bring warm clothes for warm ups and cool downs. There will still be a session running from Windleshaw for those who do not wish to attend the track sessions.

The club has introduced coaching sessions with Rachael Fairclough and Ian Wright. Details of these sessions are posted on the closed Facebook page. During the summer the sessions will take place at Windleshaw but in winter they take place at Sutton High School. Now the club has an additional 2 coaches, there is more capacity to put training plans together for members who have specific goals i.e pb's at certain distances. Please speak to the coaches if you are interested.

The club has a mix of road runners and trail runners and in the summer some off road running will be put into the training plans. These sessions may start at a different location to the normal sessions but this will be clearly shown on the training plan. By nature of the terrain it can sometimes be muddy and trail shoes may be preferable rather than road shoes.

Club Competitions

Summer handicap

The Summer Handicap comprises a series of 6 races held between March and September. Races will be held towards the end of the Month (typically the last Monday and Wednesday) but check the training plan for dates and locations. Races are typically around 2-3 miles long. Depending upon

ability and past results, competitors start each race at different time intervals (handicapped) i.e. faster runners are set off later than the slower runners. Runners are awarded points for their finishing positions – 1 point for first, 2 points for second, 3 points for third, etc., up to a maximum of 10 points for tenth, higher than tenth and non-attendance is also awarded 10 points. Each competitor's 4 best runs, i.e. 4 lowest scores are added together to determine a total. The overall winner is the one with the lowest total from their best 4 races. The winner (male and female) plus 2nd and 3rd place will receive a marvellous trophy at the end of year at the annual Striders Awards Ceremony!

Christmas handicap

The Christmas handicap is a one off race which follows a similar principle to the summer handicap. The winner (male and female) plus 2nd and 3rd place will receive a marvellous trophy at the end of year at the annual Striders Awards Ceremony!

Mini Prix

This competition was introduced 4 years ago with the aim of encouraging newer runners to take on races, but is now open to all club members. Over the course of the year, runners must run at least one 5km, 5 mile and 10km race. You can run each distance more than once but at the end of the year you must submit your best times for each distance which will be verified by the Club. The runner in each category (men and ladies) with the lowest aggregate time (your best race times at each distance added together) will win.

Grand Prix

The Grand Prix is a longer term event and is also aimed at all runners – the competition is levelled as it requires runners to perform well over a range of distances, and as we know those who are better at the shorter distances are not always as good at the longer distances and vice versa!

Over the course of the year, runners must run at least one 5 mile, 10km, 10mile and half marathon. Just like the Mini Prix you can run each distance more than once but at the end of the year you must submit your best times for each distance which will be verified by the Club. The runner in each category (men and ladies) with the lowest aggregate time (your best race times at each distance added together) will win. There is also a prize for the member who achieves the highest "age graded" score across the 4 distances.

Safety and Welfare

Accidents

Health and safety of members is critical to the club and all activities are designed to be safe and enjoyable. On occasion, accidents do happen and we are required to report these to UK Athletics.

If an accident occurs whilst you are running with the group, then please make the run leader aware immediately. They will stop the session and assess the situation. Depending on the severity of the injury, you may have an ambulance called for you or your next of kin will be contacted.

The run leader will be required to inform one of our Run Coaches so that an accident form can be completed and submitted to UK Athletics. These will be held on file by the club for a period of 24 months.

Personal H&S

Whilst the club will do everything to ensure the H&S of its members, individuals do have primary responsibility for their own well being. All member are required to follow the Highway Code at all times, and not to run on the road unless absolutely necessary. Hi viz should be worn in the winter months and members may be turned away from a training session should the run leader not feel that you are adequately visible. Some spare hi viz garments can be found at the club.

ICE

Members are asked to supply details of their next of kin when they join the club on their membership form. It is also your responsibility to make sure that these details are updated should personal circumstances change. Only the Chairman, Secretary, Coaches and Run Leaders will have access to these details and contact will only be made in the case of an emergency,

Risk Assessments

St Helens Striders have a number of risk assessments in place to cover the type of terrain and routes we cover during training sessions. Training plans are designed to incorporate routes that are tried and tested in terms of accessibility, good lighting and path quality. In addition, Run Leaders are required to actively risk assess on the training night and they have the right to alter or cancel a training session if they believe there is a risk to the runner. Examples of which include bad weather (ice/ wind/ fog). Members are asked to adhere to the decision of the Run Leader and check the Facebook group if the weather has been changeable for updates.

Yoga Group

Yoga is known to help compliment running and help prevent injuries. Victoria Kehoe set up Strider yoga classes for just this purpose. She recruited the fabulous Maxine Geary to teach classes on a Saturday at Windleshaw Club House, times to be confirmed. We do not have regular dates but generally manage 2 classes a month. All dates are posted on the St Helens Striders Yoga Facebook page.

Press Releases/ Publications on Social Media

St Helens Striders regularly submit race report articles and pictures to local newspapers and online forums to publicise the club. If you do not wish to be included in these reports for any reason then you will need to inform the relevant press officer.

Cycling Group

Mike Brunt set up the St Helens Cycling group three years ago to encourage the cyclists within St Helens Striders to get out on their bikes. St Helens Striders Cycling is affiliated to British Cycling. Cycling sessions start in the Spring and will be held on Tuesday and Thursday nights. The St Helens Striders Cycling Facebook page will have all details of up and coming sessions along with any social rides taking place at weekends.

Competitions

St Helens Striders enter a number of competitions throughout the year depending on the season. The two biggest ones are as follows:

Merseyside Grand Prix- March through to September

Clubs across Merseyside are invited to take part in the Grand Prix- a series of 10 races of various distances across the area. There are individual, veteran, and club prizes up for grabs, with individuals requiring 4 races to be eligible and club teams a minimum of 5. Striders have traditionally done very well in this competition, with individual winners, vet and high team rankings.

North West Sunday Cross Country League - October through to February

There are 6 races in this competition, hosted by different clubs each time. Distances vary from 4 to 6 miles and the race is mixed gender, unlike other cross country leagues.

The Striders also enter the North West and Northern Road Relay Championships.

Club rules

The club has a number of rules for some areas to ensure that there is adherence to UK Athletics and England Athletics regulations. As a registered running club, we take this commitment seriously and these rules are here to protect you as a member.

These rules may be amended from time to time at the discretion of the Management Committee. All changes will be publicised to members through e-mail correspondence or through the club forum. Serious disregard or breaches of these rules reported to the committee may result in the offending member being expelled from the club.

Members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with our Welfare Officer. As a member of St Helens Striders you are expected to abide by the following member's code of conduct:

General

- 1) Members agree not to bring the Club into disrepute.
- 2) All members must compete within the rules and respect officials and their decisions.
- 3) All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- 4) Members must support and encourage good practice and correct actions at all times.
- 5) Members must pay any fees for training or events promptly.
- 6) Members are encouraged to communicate with leaders and all other club members.

7) Members must abide by the rules and articles of England Athletics.

Use of the Club Forum, Facebook and other Social Media

St Helens Striders shall maintain an open page and a closed group on Facebook, which shall be managed and moderated by officers/ appointed persons of the club. All club members can use the open facebook page. The closed group will be limited to club members. Club members must use Facebook responsibly and ensure that posted information is appropriate for all to view. Information added by members should not be discriminatory against any person or group irrespective of their age, gender, disability, race, ethnic origin, creed, colour, social status, religious or sexual orientation. Members should also ensure that their posts do not cause potential distress to others, and should be mindful of how posts can be read and understood by differing audiences. Messages of a bullying or harassing nature will also not be tolerated. Members that post information contrary to these rules shall receive an initial warning from the management team and then may be subject to the disciplinary procedures held within the club constitution. This may lead to ejection from the club. The club's public Facebook page is linked to a 'Twitter' account – club members should abide by the general 'appropriateness' guidance and highlight to the club any instances where this is not the case.

Club Training Sessions -General

- Arrive before the advertised start of session, where possible advise other members that you will be attending (or use Facebook) so session start times are not unduly delayed.
- Bring relevant equipment.
- Bring suitable clothing for before, during and after the session.
- Bring adequate drinks and food where appropriate.
- Inform the run leader if you have an injury/illness that may affect your running.
- Be honest about your ability, if the group you are with is too fast or too slow consider changing groups at the next session. Bear in mind that a period of illness or injury or prolonged periods of inactivity may affect your ability for the first few runs.
- Let the run leader know if you are returning to club before the end of a session, they will arrange for someone to return with you.
- Welcome new runners and look after all the runners in your group, if you see someone is struggling make sure they don't get left behind.
- Treat everyone with dignity, respect and fairness.
- Don't use inappropriate or offensive language while running with the club.

All sessions will be run by either a Coach or qualified run leader (where this is not possible club members will be made aware of the situation in advance of the session and it will either be cancelled or other arrangements made). At the start of each session the coach/run leader will give a briefing and indicate any safety points to be aware of. Any incident will be recorded and if necessary reported to the appropriate body. Please be aware that sessions may be amended or cancelled via Facebook for convenience, especially when weather conditions may lead to late changes.

Run - General

- Respect pedestrians and other road users. Give way where necessary, we do not have right of way over other people.
- On dark nights ensure an element of your kit is reflective and use the pavement, where possible. Ideally, fluorescent clothing or arm lights should be worn.
- Wear appropriate clothing for the potential weather conditions and length of run.
- Warn other runners of hazards, for example wheelie bins, bikes.
- Follow the Highway Code when running near to or crossing roads.
- Respect private land, close gates behind you and follow the countryside code.
- Don't drop litter, including gel wrappers and empty bottles.
- Bring something warm to wear after the run.

Run - Track

- Follow the venue rules.
- Do not warm up on the inside 2 lanes.
- Be aware of faster runners behind you, especially during warm up.
- Follow the directions of the coach to ensure the session runs smoothly.
- Have due consideration for others.

All Competitions

- Obey all rules relating to the event you are competing in and compete in a sportsman-like manner.
- If a member has entered a race as a Strider, then club vest or kit should be worn.
- Under no circumstance is a Strider to run under another runners name or number. Some races do allow transfer of race numbers and this is down to the individual to sort before the race.
- Represent and promote St Helens Striders in a positive manner.
- Offer support and assist other club members that may be less experienced than you.

London Marathon

As a registered club, Striders receive a number of places in the London Marathon each year which are issued by club ballot. Interested members need to have 12 months membership with the club at the point that the ballot opens, together with rejection from the official London marathon ballot for the race in question. Successful members are selected at random (usually out of a hat!) before Christmas and the individuals concerned will need to ensure they have registered and paid for their place before the deadline in January.

Club records

St Helens Striders recognise club records across the following distances for both male and female runners- 5km, Parkrun, 5 miles, 10km, 10 miler, Half Marathon, Marathon and Grand Prix.

In order to qualify for a club record, members need to take part in an accurately measured race verified with a race licence by UKA, be entered as a Strider, wear a Strider vest and be current with

their membership as a first claim member. These times will then need to be verified by Power of 10 to be recognised by the club. Should a race be found to be short then the record will regrettably be removed from our records. Records are held on our website. There is a separate record for parkrun to recognise that timings may not be as accurate compared to a 5km race. Strider vests are not required for parkrun.

Frequently Asked Questions

CAN I COME DOWN AND TRAIN WITH ST HELENS STRIDERS IF I AM A BEGINNER?

We do not have a beginners group at present and most sessions are at least 5 miles for all three groups. If you cannot comfortably run around 4 miles continuously you may find it difficult to enjoy our sessions and we want you to enjoy them. There are a number of Coach to 5K groups around to help you. St Helens has a parkrun, a free timed 5k run every Saturday morning at 9am at Victoria Park, which would also be a good starting point. This parkrun is strongly supported by St Helens Striders either running or marshalling

HOW DO I FIND OUT ABOUT THE TRAINING PLAN?

An email is sent out to all Strider members every month with all sessions and who is leading the sessions. This information is also posted on the St Helens Strider closed Facebook page.

I HAVE JOINED THE CLUB, HOW DO I GET MY ST HELENS STRIDER VEST/ KIT?

To buy the club vest you will need to contact Scott Robinson, who holds a stock of vests. They cost £20. All other kit is available online from our approved supplier

ON STEADY RUNS THE RUN LEADERS TALK ABOUT MUSTERING OR REGROUPING, I DON'T KNOW WHAT THESE MEAN?

Mustering and regrouping are methods used to help ensure everyone in any of the groups get a decent work out.

Mustering - when there is a group of mixed abilities faster runners will be asked to frequently run back to the back of the group. This ensures that the gaps between runners does not become too big, ensures the runners at the back are getting a consistent work out and the faster runners get some extra mileage in. This can be done through-out the run

Regrouping – faster runners will be given points at which to stop and wait for the rest of the group. The group will all wait for the back runners to get to the designated point and to have a couple of minutes to rest before everyone sets out again. This can be done through the run.

St Helens Striders reserve the right to amend this Members Handbook from time to time. Any major updates will be communicated via the Facebook page. Any queries in the first instance should be directed to the Club Secretary.

19th April 2018 - RS