

# **WYMONDHAM ATHLETIC CLUB**



## **MEMBERS HANDBOOK**

**2009-2010**

**[www.wymondhamac.org.uk](http://www.wymondhamac.org.uk)**

## **MANAGEMENT COMMITTEE.**

Chairman:	Ian Sturgess
Vice Chairman:	Kim Reader
Secretary:	Paul Wightman
Treasurer/Membership:	Terry Epps
Committee:	David Hazelton Russell Clarke Andy Preston

## **RACE TEAM**

Race Directors	Karl Chapman/Kim Reader
Course Management	Andy Preston/Paul Wightman
Marshalls:	Mike Smith (W)/Roy Harvey
Entries Admin:	Paul Wightman
Time Keepers team	Ron Marsh/Jenny Christian
Marketing	Vacant
Race Results	Les Hill/Kim Reader

## **COACHING COMMITTEE.**

Head Coach:	Ron Marsh
Coaches:	Kim Reader
Paul Wightman	Terry Brannon
Andy Preston	Karl Chapman
James Birch	Alan Holland
Russell Clarke	Wendy Larke
Tracey Stephens	Joules Kennelly
James Sturgess	

## **CLUB CAPTAINS.**

James Sturgess
Joules Kennelly

## Welcome from the Chairman

Welcome to Wymondham athletic Club. I am assuming that if you are reading this you are already running or you are about to take your first steps into a new experience. Either way novice or experienced I am sure you will find what you are looking for at WAC.

Wymondham AC has been around since 1978 when it was first formed as Wymondham joggers and has grown into a well-established club with well over 100 members.

The club aims to encourage and develop members running to achieve their goals, whether you just want to get fit, complete a race or beat that elusive personal best.

The club has many qualified coaches with a varied and in depth knowledge of all race distances for all abilities. Training sessions are based around Mondays & Thursdays at 6.30pm

Mondays      The club House, Wymondham Rugby Club, Tuttle Lane

Thursdays    Hethersett Old Hall School, Hethersett  
April-September grass track  
September– April Circuits  
All Weather Track—UEA  
September—April

Many members also meet up in groups at other times during the week so you will always be spoilt for choice with your training.

On the other hand it's not all about running. The club is as much about meeting new friends as it is running. Monday nights always finish with tea and biscuits to help you recover and a good chat to other members to help you forget the pain!

The club also arranges house runs, BBQ's and the year is always finished off with a presentation evening and dinner dance.

We publish a seasonal newsletter '*Footprints*', which relies on articles from other members, so if you want to share your experiences with others this is the ideal forum. It also keeps you up to date with all the latest club news and future events.

I hope this gives you a picture of what the club is about and I look forward to meeting you in person, remember we are all about enjoying running.

Ian  
Club Chair.

## **COACHING STRUCTURE**

Wymondham A.C. has a broad range of coaching available to members. The Club meets on Monday nights at the Rugby Club, Tuttle Lane, Wymondham 6.30pm onwards. Coaches are available to present and take coached sessions. A list of which is available on the website. These pre prepared sessions are updated regularly. The coaches are also able to provide schedules for runners training for marathons, Half Marathons, 10k/5k races.

On Monday Club nights the Coaching team aims to offer at least 3 training programmes to cater for every runner.

There will be a set for the fast, intermediate and easy paced groups and cover all aspects of training for both on and off road running. These programmes are set to meet runner's needs in the forthcoming races.

After group training there will normally be an Abs session inside the club house, this session is available to all runners for basic core strength and stability. Mats are provided.

The Coaching team also provides sessions on Thursday nights. Sessions take place during the winter months at the all weather track at UEA Sports park from 6.30pm onwards the current cost is £3.50 per runner which is paid on entry to the Sportspark.

As an alternative to track running, circuit training is provided at the full size and excellently equipped gym at the Old Hall School, Hethersett. Circuit sessions commence at 6.30pm for 1 hour the cost is included in your membership.

During the summer months we use the excellent grass running track at Old Hall School where coaches provide a mixture of sessions commencing at 6.30pm. We also make use of local stewardship tracks around field margins to offer cross country training.

Wymondham AC offers an excellent level of coaching experience with 13 active coaches available. If you would like to know more about us please contact our Head Coach Ron Marsh on Club nights.

COACHES	QUALIFICATIONS
Ron Marsh—Head Coach	UKA Level 3 Performance Coach.
Kim Reader	UKA Level 2 Endurance Coach
Terry Brannon	UKA Level 2 Endurance Coach
Paul Wightman	UKA Level 2
Andy Preston	UKA Level 2
Russell Clarke	UKA Level 2
Karl Chapman	UKA Level 1 Assistant Coach
Alan Holland	UKA Level 1 Assistant Coach
Tracey Stevens	UKA Level 1 Assistant Coach
Wendy Larke	UKA Level 1 Assistant Coach
Joules Kennelly	UKA Level 1 Assistant Coach
James Sturgess	UKA Level 1 Assistant Coach
James Birch	FIRW (Fitness in Running and Walking)

## **CLUB RACES**

Wymondham Athletic Club organises a number of open races that are well supported by other Club Runners. These help to boost our club funds as well as subsidise the membership fees.

Races are organised by the club race committee but race day requires large numbers of people to help with marshalling, registration and other duties. With this in mind we ask all members to help on race days in anyway they can.

### **Race Programme**

January 1 <sup>st</sup>	New Years Day 10k
March	20 Mile Race
June	Midsummer 10 Mile
September	Abbey 5k

## **CLUB KIT**

Ladies Vests	£15.00
Mens Vests	£15.00
Club Branded Tracksuits/Rainjackets/Gilets	available
Club Sweatshirts	£13.00
Club Hoodies	£20.00
Long Sleeve T- Shirts	£12.00
Short Sleeve T-shirts	£8.00
Sizes available:	S,M,L,XL

Official Club kit can be purchased from Dennis Bartrum on the first Monday in the month at club night

## ROAD RACE RANKING SCHEME

The scheme is intended to encourage individual club members who compete in road running races. After each event, points for each runner are calculated based on the information in the Race book, (which is available most Monday nights, write your official time in against the event) The scheme is linked to the club standards scheme, so that members will compete equally against each other. An updated ranking table will be published quarterly in Footprints. Mementos are presented to those that achieve over 100 points during the year at the annual presentation night.

Points are awarded as follows

Achieving a platinum standard	9 points
Achieving a diamond standard	8 points
Achieving a gold standard	7 points
Achieving a silver standard	6 points
Achieving a bronze standard	5 points
Competing in a road race (no standard)	4 points
Taking part in Track & Field	4 points
Taking part in a relay	8 points
Taking part in Cross Country Events	6 points

## **STANDARDS SCHEME**

The WAC Standards Scheme provides a challenge against which runners can measure themselves and their performances. All paid up members are eligible for the award of Standards Certificates annually and these will be recognised as hallmarks of all round running ability, because aspirants have to reach a standard at races chosen from three different distance groups in one year.

There are five classes of certificate and Badge, and they are available for male and female runners, in open and veteran age classes.

### **Certificates**

These are A5 size (210 x 149mm), printed on light card and suitable for framing. The colours are consistent for the classes throughout the age categories.

Red	Bronze Award
Orange	Silver Award
Green	Gold Award
Blue	Diamond Award
Silver	Platinum Award

The year of Issue will be displayed on the Certificates. The Certificates/Awards will be a one off issue and the recipient will become a bronze class runner and so on depending on the standard he or she has achieved.

Application forms will be made available and all members will be encouraged to participate.

## **Rules of Scheme**

- Only one certificate may be awarded to a member in each year
- Only races that have be run by a paid-up WAC member may be included
- The three races must have been run in the same calendar year
- Any race with a BAF certificate is accepted for the standards scheme, as well as foreign races
- The required standards must be achieved in three races selected from three different ones of the 5 distance groups of events 0 to IIII

The Race groups are:

- Group 0        5km to 5 Miles
- Group I        10km to 10 Mile
- Group II        Over 10 miles to Half Marathon
- Group III       15 Miles to 20 Miles
- Group IIII      Marathon & Above

## **The Tables of Standard Times**

The Current club standard tables will be used. A full list will be made available to all members. A web link will be made on the WAC Website for all members to access and see the standard they have achieved.

# Rules and Constitution

## Introduction

1. The club is affiliated to UK athletics, SEAA and Norfolk County AAA and is, therefore, bound by their laws and rules. The following combines rules of these various governing bodies into a form, which is suitable for both male and female members of the club.

## Title

2. The name of the club is Wymondham Athletic Club.

## Headquarters

3. The headquarters for the club for the time being is the Wymondham Rugby Club, Tuttle Lane, Wymondham, Norfolk

## Object

4. The object of the club is the promotion of amateur athletics.

## Management

5. The management of the club is vested in a committee consisting of the following.
  - a. Chairman – to be elected every alternate year
  - b. Vice Chairman - to be elected from within the existing committee members for that year
  - c. Secretary – to be elected every alternate year
  - d. Treasurer – to be elected every alternate year
  - e. Coaching Committee Representative
  - f. Race Committee Representative
  - g. 4 other committee members – half of which are elected every alternate year

The committee has the power to fill any vacancy that may arise during the year until the next AGM.

A minimum of 5 members is required to form a Quorum, which must include either the Chairman or the Vice Chairman.

The accounts of the club are to be audited annually, to year ending 31<sup>st</sup> December by two elected persons at the AGM.

#### Membership.

6. Membership of the club is confined to amateurs as currently defined by UK Athletics. A candidate for membership must apply in writing on a form provided for the purpose.

#### Resignation.

7. A member intending to withdraw from the club shall give notice in writing to the Honorary Secretary, and his/her membership terminates on the date of that notice unless he/she is financially indebted to the Club, in which case the Committee may withhold acceptance of the resignation until he/she has discharged his/her liability. A member not having tendered his/her resignation prior to February shall be liable to the ensuing year's subscription.

#### Subscription.

8. The annual subscription is payable on election and subsequently on 1<sup>st</sup> March each year. Subscriptions should be paid within one calendar month. The subscription will be the amount deemed necessary by the committee to enable the club to operate on a sound financial base. The committee must inform all members 3 months in advance of any change to annual subscription rates. The club operates a reduced subscription scheme for the under 11 year olds and under 18 year olds. The club also operates a family discount scheme – namely two or more members (irrespective of age) from one family qualify for a discount of 25% off the annual subscription. The club also operates a life membership scheme whereby club members upon reaching the age of 60 may elect to become life members upon the payment of a lump sum of 7 times the current subscription. The committee shall have the power to expel any member whose subscription is six months in arrears provided a month's notice in writing shall have been sent to such a member by registered or recorded delivery letter, addressed to his/her last known address, informing him/her of the proposed action of the committee. Any such expulsion may be reported to the SEAA.

No member whose subscription is in arrears is eligible to take part in any competition promoted by the club.

New members who join after 1<sup>st</sup> June in that year will be liable to pay subscription on a pro-rata basis of the 1/12<sup>th</sup> of the annual subscription for each month or part thereof remaining until the end of that year. Second claim members joining for club membership to compete purely as part of the Wymondham A.C. veterans Track and Field Teams will be liable to pay a reduced subscription as determined by the committee. If that member then wishes to become a fully paid up member then they will be liable for the normal full subscriptions as per the current club rules.

### Annual General Meeting

9. A general meeting shall be held during the month of February in every year to receive the committee's report and financial statement, elect officers and committee members and deal with any other matters specified on the agenda. The Honorary Secretary must give every members 21 days notice of the meeting, and notice of any business, which it is desired to place on the agenda, must be given in writing to the Honorary Secretary at least 14 days prior to the meeting.

### Special General Meeting

10. A special general meeting must be called by the Honorary Secretary within 14 days of receipt by him/her of a requisition in writing signed by TEN MEMBERS OF THE CLUB stating the business to be brought before such a meeting: or at the request of the majority of the committee.

### Alteration In Rules

11. No alteration or addition may be made to the rules except by an annual general meeting or a special general meeting call for that purpose. Notice of any proposal or amendment or proposed amendment must be given as provided in rules 9 and 10.

### Notice of meeting

12. The Honorary Secretary shall give at least 7 days notice to every member of the time and place of the general meeting and the business to be dealt with, and no other business shall be dealt with at such a meeting.