



Tadcaster Harriers

Welcome Pack



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1 About the Club

1.1 Chairman's Welcome

Welcome to Tadcaster Harriers. We aim to be a friendly club catering for recreational and competitive runners.

We offer structured training sessions every Tuesday led by a qualified Coach or Run Leader, and with different speed groups. In order to participate, runners need to be able to run at about 11 minutes per mile or faster. There is plenty of competitive running that takes place, particularly the monthly club handicap runs, and participation in the York and District Road race League, and club members regularly also take part in events from 5k Parkruns to ultramarathons .

If you are not a competitive runner, that's fine – we aim to offer something for everyone. We also hold beginners' groups in Spring/Summer and a lot of members have joined the club through the beginner's groups.

There are regular social events throughout the year and we also aim to participate in the wider community, for example by helping with the Bramham Park Fun Runs which have raised large amounts for Cancer Research over the years.

I hope you will enjoy being a member of the club. Please feel free to contact me if you have any questions.

Regards

Mark Swinden

(Chairman)

1.2 Club History

Tadcaster Harriers is small friendly running club re-formed in 1983 after an interest in reviving the club was voiced by a group of runners who had taken part in the first Tadcaster 10 mile road race in May that year. The club is based in the market town of Tadcaster, North Yorkshire.

1.3 Club Committee

The club has its AGM usually in October where among other business, the officials are elected for the year.

The current committee members are:

Name	Position
Mark Swinden	Chairman
Ian Ward	Vice Chairman
Dave Foster	Treasurer
Elaine Kavanagh	Secretary
Elsbeth Bartlet	Membership
Bob Duxbury	
Celia McRoyall	Welfare Officer
Stephen King	Website
Andrew Sloan	Welfare Officer

2 Membership

2.1 Membership

Tadcaster Harriers has a thriving membership with a varied level ability from experienced runners to relative beginners.

If you think you might like to join us, please feel free to contact [Mark Swinden](mailto:swindenmark@sky.com) (email: swindenmark@sky.com), the club Chairman. Mark will be able to answer any questions you have and advise you on the best times to come and try out our training nights.

Alternatively, just come down to Tadcaster Magnets and join us for a run. You are welcome to come for two or three runs before making a decision about joining. Please make sure you check the [Training](#) pages on the website beforehand though. Training sessions are occasionally moved to accommodate club races.

Membership of the club costs £30 per year and runs from 1st October to 30th September. A large portion of this cost goes towards registration with England Athletics. There also options to join as a second claim or social member - both at a reduced cost.

Once you have made the decision to join you will need to complete the membership application form, which can be downloaded from the website (<http://www.tadcasterharriers.org.uk/join.html>). Just return the completed form, along with payment, to the membership secretary - details of how to do that can be found on the form.

2.2 Club Policies

When joining Tadcaster Harriers, all club members should be aware of, and abide by, the following club policy documents:

- Club Constitution
- Code of Conduct

Additional Club Rules and guidelines can be viewed and/or downloaded from the website page here: <http://www.tadcasterharriers.org.uk/home/club-policies.html>

2.3 Club Kit / Club Shop

All club kit is now available to be purchased directly from the Online Club operated by PB Teamware here www.pbteamwear.co.uk/athletics-clubs/tadcaster-harriers.html.

Items available include vests, tee shirts, hoodies, running jackets, caps and beanies.

The shop operates like any standard online store. You create an account, place an order and the goods will be delivered directly to you. We have been advised that the shop is best viewed on a PC or laptop.

Your orders will be despatched in approximately 5 -15 working days. If there are any stock shortages you will be notified as soon as possible. (This does not apply to specially

Made To Order items which are suffixed with MTO and where the lead time may be slightly longer).

**** Please note. For each garment available there is a specific sizing chart. Please make sure you refer to that chart to make sure you get the correctly sized item. ***

If you would like to take part in some of the main team events in which Tadcaster Harriers participates such as the Summer Road League, wearing club vests is compulsory.

3 Training

3.1 Training

Tadcaster Harriers training sessions are held on Tuesday nights at Magnets Sports and Social Club. You should aim to be there, changed into your running kit and ready to warm up at 6:45pm.

Generally speaking we ask that new members wanting to come to training sessions are able to run for around 4 miles at around 11 minutes per mile – so approximately $\frac{3}{4}$ of an hour. If you think that might be a problem, then consider one of our Beginners Groups – details below.

As the club membership has grown so has our ability to cater for all abilities during our weekly training nights. We usually have at least 4 running groups, based approximately on the training pace listed in the table below. Each group will be allocated a Run Leader who will aim to run at the appropriate pace, making sure everyone knows the planned route.

Our training sessions always begin with a dynamic warm up, led by one of the qualified run leaders. Before setting off, just decide which group you want to run with and off you go. The group-based runs are there to make sure everybody knows where they are going and to make sure that no one gets left behind. Of course if you want to run ahead of a group at your own pace that is fine.

Group	Pace
Group A	6:30 to 7:30 minutes per Mile
Group B	7:30 to 8:30 minutes per Mile
Group C	8:30 to 10 minutes per Mile
Group D	10+ minutes per Mile

Once a month - on the first Tuesday in the month - you will be encouraged to attempt a speed endurance session consisting of hill or sprint reps. Of course that isn't for everyone, so there will usually be the option of joining a small group for a steady paced run.

4 Beginners Group

4.1 Beginners Group

If you feel a bit daunted by the thought of our standard training sessions you could consider one of our Beginners Groups. Also, generally speaking we ask that new members wanting to come to normal training sessions are able to run for around 4 miles at around 11 minutes per mile – so approximately $\frac{3}{4}$ of an hour.

So, you might consider the Beginners Group is any of the following apply:

- You are completely new to running.
- Have already started running a little and are looking to improve
- Are returning from injury

Tadcaster Harriers first ran a Beginners Groups in 2012. After a break of 1 year the group resumed in 2014 and has run every year since – usually starting in Spring (late March or early April).

The beginner's groups operate over 10 weeks and are aimed at beginners and those wanting to improve their running. They are fully supported by Run England and each session is supervised by our qualified Running Leaders.

For up to date details of when the Beginners Groups will run, please see the website page here: <http://www.tadcasterharriers.org.uk/join/beginners-group.html>

5 Races

Tadcaster Harriers encourage all of our members to participate in running events. It not only focusses your training, but it's a great way to socialise and see some wonderful parts of the area.

5.1 Club Handicap Races

If you are new to running and competing, why not try our club races first? The Club Handicap races are for club members only and typically have 20-30 runners over a variety of distances and terrains. And no matter for fast or slow you are, because the results are based on a handicap table, anyone has a chance to win.

The Handicap Championship is run over the season from October to September. The handicapping is calculated by the handicapper (at present Mike Smith) and an adjustment is made to the finishing times to reflect the runner's form, so any runner in the race can win irrespective of ability and gender.

The races are over a variety of distances and courses. Points are awarded on a count back system with the winner scoring 100 points, second 99 points etc. From those 9 races, the best 7 scores will be added up. The runner with the highest score will be crowned Handicap Champion and presented with a trophy at the annual dinner in November.

For more details see the website: <http://www.tadcasterharriers.org.uk/races/handicap-championship.html>

5.2 Club Championship

Tadcaster Harriers Club Championship is run every season from October to September using a selection of local and club races. Over the years the qualifying races have occasionally changed, so it's always best to check the page on the website for up to date information: <http://www.tadcasterharriers.org.uk/races/club-championship.html>

In each race, points are awarded for your finishing position in the race relative to other Tadcaster Harriers Members of the same gender. Point start at 100 for the first Tadcaster Harriers male/female finishers; 99 for the second and so on. From those 11 races, the best 8 scores will be added up. The male and female runners with the highest score will be awarded the Club Championships and presented with trophies at the annual dinner in November

5.3 Parkrun

Other low key events include parkrun. If you haven't come across parkruns yet, they are free weekly timed 5k runs, usually at 9am on a Saturday morning. In terms of participants, the local events vary from Wetherby which is run on grass and usually attracts around 50 runners right the way through to York which regularly get over 500 runners. This useful link will help you find events near to you: <http://www.parkrun.org.uk/events/events/>

5.4 York Summer Road League

The York Summer Road League is a series of seven 10 kilometre road races staged on Tuesday evenings at fortnightly intervals from April to July each year. Again, this is a great chance to socialise with Tadcaster Harriers club members, but also with members of other local clubs.

For details, check our website here: <http://www.tadcasterharriers.org.uk/races/york-road-race-league.html> or the league website here: <http://www.roadraceleague.org.uk/>

5.5 Bramham Park Fun Runs

The Bramham Park Fun Runs event is a focus for the club in October, although for not participating. Instead we would encourage all members to volunteer to help run this popular and worthwhile event - with all proceeds going to Cancer Research UK. It is a great day to be involved in and we always need volunteers to help on the day. Full details can be found here: <http://www.tadcasterharriers.org.uk/races/bramham-park-fun-runs.html>

5.6 Other Races

Of course there are any number of other events to take part in. Here are some good website resources for finding the race to suit you:

- [Schofield Family Race Results](#) (ukresults.net)
- [Fetch Everyone Race Finder](#)
- [Running Diary](#)
- [Run Britain](#)
- [Runners World](#)

6 Internet and Social Media

6.1 Website

The club website (www.tadcasterharriers.org.uk) has been re-designed to be compatible with all devices – PC, Tablet and Mobiles. On the home page you will find recent news, up-coming events (training, races, social, etc) and recent race results.

The rest of the website contains a wealth of information – much more than can be included in this Welcome Pack so please feel free to browse.

6.2 Facebook

We have a Facebook page (<https://www.facebook.com/tadcaster.harriers/>) where news, results, etc are posted weekly. Please Like/Follow that page so that posts appear in your Facebook feed.

We also run a Facebook Group (<https://www.facebook.com/groups/TadcasterHarriers/>). This is a Public Group which means that anyone logged into Facebook can read posts, but only members of the Group can Post / Comment. This is great for sharing news as a group, organising training runs, lifts to races, etc. Click the link above and then use the “Join Group” button.

6.3 Strava

There are a number of ways you can share your runs via social media and many members do that – posting runs to Facebook for example.

Another way is to join Strava (a social network for athletes). It's easy to do and you can automatically upload runs from a variety of devices. If you do that, why not join the Tadcaster Harriers club on Strava so that you can see what everyone else is doing – and try to get to the top of the weekly distance leader board !

Here is a link to the Strava Club Page: <https://www.strava.com/clubs/122895>