



ST. HELENS STRIDERS
Member Handbook
2020/2021

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About us

St Helens Striders was 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 Ruskin Sports Village, Ruskin Drive, Denton's Green, Saint Helens WA10 6RP every Monday and Wednesday at 7pm.

Whilst we meet at Ruskin Sports Village 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 most running abilities. One of our run leaders will advise which group they feel you would be most suited to based on your own ability. If it is however felt that your ability is not up to, or near, the minimum standard being typically achieved in the slowest group, Group C, then you would be advised it would be more beneficial for all parties for you to seek more appropriate running clubs/groups to bring you up to this standard.

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 do allow people to get out with likeminded runners and is a good way of getting to know everyone.

Membership

Membership is open to all adults aged 16 years and over, with the membership fee covering the full year from 1st April 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 – Mark Hamilton

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 - John Barr (email direct; stridersmembersrep@gmail.com)

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 – KylieBarlow

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.

Welfare Reps – Rachel Tickle and John Barr

Main Tasks:

- This is a new role set up in accordance with UKA guidance to help maintain the welfare of club members
- The welfare reps will be available, via a dedicated email address or direct one to one contact, to assist in any areas which members feel they have concerns regarding issues

within the club which personally affect the member concerned.

- The welfare rep will act as a conduit between the member and the committee as required and also between the member and the EA or UKA if deemed necessary for satisfactory outcome.
- All discussions will be treated in confidence.
- Contact emails for the Welfare Reps

Rachel Tickle sthelensstriderswelfare Rachel@gmail.com

John Barr sthelensstriderswelfare John@gmail.com

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

Rachael Fairclough
Alex Abbott
Kelly Hamilton
Kylie Barlow

RunLeaders

Richard Seville
Les Abbott
Alex Abbott
Gemma Louise Ireland
Kelly Marie Hamilton
Rachael Fairclough
Kylie Barlow
Kevin Outten
Rachel Tickle
Anita Hall
Shelley Townley
Mark Hamilton
Daniel Cheetham
Mark Fillingham
Jenny Appleton
Nigel Herbert
Paul Dowdle
Jackie Dobson
Karen Harrison
Jo Herriott
Lesley McGrail
Jackie Ellis
Kieran Allen
Elizabeth Eccles
Daniel Stephen Merrick
Paul Brown
Jo Moss
John Barr

Strider Training 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 Ruskin Sports Village for those who do not wish to attend the track sessions.

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

There are several competitions open to all club members throughout the year. Some of these are internal Striders only competitions available to all which run throughout the year. Others are external competitions which all members are entitled, and encouraged, to participate in if they so desire.

Below are the current competitions open to members. Each is briefly described but more detailed information is available on the club website or will be provided by the committee or individual organiser as and when required.

Internal Competitions

Summer handicap

A one off race in the summer months for all members over a set distance with the completion times being adjusted in line with the athletes current performance. So the first past the finishing line on the day may not be the eventual winner.

Christmas handicap

Identical to the summer handicap but held in December.

Grand Prix

Requires 4 races- a 5 mile, 10k, 10 mile and half marathon. This competition naturally rewards the faster runners but to a degree this is leveled as it requires runners to perform well over arrange of distances and, as we know those who are better at shorter distances can be challenged by the longer distances and vice versa. There is also an Age Graded Grand Prix. In this competition performances across the 4 Grand Prix race distances are adjusted using 'Age Graded Tables and the age of the competitor. The highest % is the winner.

Races must all be ran in the same year and submitted by the end of November. Fastest combined times win.

Mini Prix

Similar to the Grand Prix but comprises a selection of 3 races held over a whole year a 5k, 5 mile and 10k race.

Races must all be ran in the same year and submitted by the end of November. Fastest combined times win.

Tour de Striders

This competition is aimed to encourage members to attend and support local races, which are selected by the incumbent committee at the beginning of the year. There are a total of 9 available races. Members who complete at least 5 of the 9 races are eligible for a main prize at the end of the year. The winner will be drawn at random in the case that there are multiple members who have completed 5 or more of the 9.

External Competitions

Merseyside Grand Prix

The Grand Prix is open to members of affiliated clubs in Merseyside. It consists of a number of races within Merseyside, with the first 6 men and the first 4 women from each club to count in the team event in each race. There are trophies for the overall first 3 men and women (based on best 5 results), the first 3 Men's and Women's teams (based on best 6 results) and the winners in each of the Men's and Women's vet categories (based on best 5 results).

Northern Cross Country Championships

St Helens Striders take part in the North West Cross Country League (NWCCL) over the winter months.

The concept of the league is to provide cross country races over the winter, encourage participation and provide a sociable environment for runners. Runners of all abilities are encouraged to run.

Merseyside Cross Country Championships

Similar to the North Cross Country championships but organized through Merseyside

North West Relays

Organised by Northern Athletics this team competition is open to all. There are set guidelines for team sizes but multiple teams can enter. Details are made available prior to the events.

Northern Relays

These take place in Spring around March Men are 12 stage and Women 6 stage and comprise of a large amount of teams from all over the North of England. Usually covering different legs of approx 5km and 10km. Autumn Northern Relays take place in September and are 4 women and 6 men usually held at sport city Manchester of 4-6k legs.

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 wellbeing. All members 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.

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.

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 Members Representative. 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 3 separate pages on Facebook which shall be managed and moderated by officers/appointed persons of the club.

The first of these pages is the official club page, St Helens Striders, which is a closed group for members and runners who are registered with the club. This page will be predominantly utilized to discuss all official club business with members and committee.

The second page is, Strider Social, which again is a closed group for members only but is to be used for general club and member banter way from the official club page above.

The third page is, Striders Buy, Sell, Swap page whereby any member wanting advertise an item to buy sell or swap may do so.

All club members can use the Facebook pages.

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.

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 or Members Representative.