



Members Guide 2022

Welcome

Welcome to Running Somewhere Else running club - we want your time as a member of the club to be enjoyable, fulfilling and fun!

Contained in this member's pack is lots of useful information to help you get the very best out of being a member and make your running experience as rewarding as possible.

This is by no means an exhaustive document, merely a guide and a few pointers to aid you in finding your feet in the club. If there is any other information you would like which you cannot find here, then please do not hesitate to ask.

Happy running!



Pauline Tilbury

Chair
Running Somewhere Else



Nadine Brown

Vice Chair
Running Somewhere Else

Membership

Firstly, thank you for joining Running Somewhere Else! Your membership entitles you to attend our training sessions, social events and includes England Athletics membership allowing you to enter races under our club name.

As an England Athletics registered athlete, you are part of a nationwide community of athletes and runners whilst also supporting Running Somewhere Else and the sport we all love. Your registration fee not only benefits the sport as a whole but also gives you access to a range of benefits and services; for more details head to <https://www.englandathletics.org/athletics-and-running/athlete-registration/benefits-of-registration/>



"You should receive confirmation of your England Athletics membership in the post, including your membership number which gives you money off EA affiliated races"

Tracey Pitts – Membership Secretary

Club Kit

As part of your first-claim membership you will receive an RSE Club Vest - please speak to Tracey or Nadine to arrange this. Vests are offered in a variety of sizes (Unisex S – XXXL; Ladies 8 - 18). If RSE is your second-claim club or you require an additional vest, these can be purchased for £18.

You can also purchase additional kit from D&J Sports in Cirencester; find them on Cricklade Street. <https://djsports.co.uk/>

Safety

Running is easy, right? It is just a case of putting one foot in front of the other, but we want all of our athletes to stay safe and avoid any and all unnecessary risks whilst running.

Here are a few simple suggestions to ensure you keep yourself safe.

- ✓ Always wear appropriate clothing – this includes the correct trainers, appropriate clothing for wet, cold or even hot weather.
- ✓ Hi-Viz running clothes makes you easier to spot by other road users – especially during the darker winter evenings, but all year round is recommended.
- ✓ Always try and run with someone else. It's more enjoyable and safer. If you have to run on your own, try and tell someone your route and what time you expect to finish/return.
- ✓ If you are running on roads without pavements, try and avoid wearing headphones so you can hear traffic approaching.
- ✓ Be courteous to other road users and pedestrians (I always put my hand up to drivers who move over when they are passing me!).
- ✓ Take your mobile with you. Hopefully you won't need it for an emergency so you can just take a selfie or two!
- ✓ Always take a drink and fuel with you if you are planning on running a longer run – even if it's winter, but especially when it's hot.

"We also have members on hand who are first aid trained and organise training courses whenever required to keep up their training"
Sarah Reynolds – Club Secretary



Coaching Sessions

The club meets at the Somewhere Else bar in Cirencester on Mondays and Wednesdays at 6.30pm.

Monday sessions are normally a longer run of between 5 and 7 miles. We advertise the routes on our website, under the calendar section. We pride ourselves on our sessions being inclusive, enjoyable, and supportive, and are very lucky to have a dedicated team of coaches who are here to look after your training needs.

The Wednesday session is based around helping your technique, using speed, hills, or intervals to improve your cardio fitness and strength. Each week we use the warm up to jog to that night's location as a group.

We occasionally run Beginners Courses and race-specific training sessions throughout the year - details of these are advertised on our social media channels.

Booking Sessions

To attend a session you must book on via the RunTogether App – a free app available on IOS or Android platforms. Just search 'RunTogether Runner'.



RSE Coaches

Lead Coaches:



Kevin Joynes-Creed



Carol Sworn



Dave Witnall

The Coaching Team:



Elaine Chapman



Gareth Roberts



Nadine Brown



Ollie Hazel



Paul Coates

Our coaching team is on hand to offer advice and support to members during sessions, via WhatsApp or by email: coach@runningsomewhereelse.com

Welfare

As a club, Running Somewhere Else upholds the welfare of its members as one of its main principals.

As well as appointing a dedicated Welfare Officer (Caroline Terry), we have also adopted the best codes of practise as used by UK Athletics:

- Adopt national welfare policies and procedures, adhere to the codes of conduct and respond to any suspected breaches in accordance with the Welfare Procedures.
- Ensure that coaches, technical officials, and club officers attend recommended training in welfare and safeguarding and protecting athletes as appropriate.
- Ensure that club officers and volunteers always act responsibly and set an example to others, including younger members.
- Respect the rights, dignity and worth of every club member and others involved in athletics and treat everyone equally.
- Consistently promote positive aspects of the sport, such as fair play, and never condone rule violations or the use of prohibited or age-inappropriate substances.
- Challenge inappropriate behaviour and language by others.
- Place the welfare and safety of the athlete above other considerations, including the development of performance.
- Report any suspected misconduct by club officials, coaches, technical officials, or other people involved in athletics to the Club, Regional, National or UKA welfare officer as soon as possible.

If you have any concerns regarding the welfare of yourself or other members of the club then please contact the Welfare Officer who will deal with your concerns.



"As Welfare Officer and one of the Mental Health Champions within the club, I am here if anyone wants company on their run, walk or just to chat. Feel free to text, phone or email to touch base"

Caroline Terry – Welfare Officer

Communication

Running Somewhere Else tries very hard to ensure we let you know what is happening in the club on a day-to-day basis and also when special events happen from time to time.

We use a number of different methods to do this, predominantly via electronic communication and social media.

Website – there is a lot of information on the website, ranging from training runs and races in the calendar, standings in the club championship, special events taking place and how to contact the coaches or committee.

Facebook – we use an open Facebook page which anyone can view and also a Members-Only Facebook page to communicate internally to our members. If you would like to join this group, please let us know and we can add you.

WhatsApp – We have two channels we use on WhatsApp: RSE INFO ONLY is used by the committee and coaches to communicate important and relevant information to members; we recommend you to be added to this group. We also have a general WhatsApp group where all group members can post comments, information, good luck messages, etc.

(We would ask all club members to communicate respectfully and appropriately when using any of the club's communication channels – please refer to the enclosed social media policy.)

Each week we produce a weekly race report to highlight the achievements of our members whilst taking part in races and other events. This is published on the website and is pushed out through Facebook also. To ensure all of our runners get the accolade they rightly deserve, please send your race results to the communications officer (Ellie Taylor) via a private WhatsApp message by 5pm on Sunday so your results can be included in the weekly report. Especially let her know if you have achieved a PB or ran your first ever race at that distance etc!

“We love to hear about your race achievements - send me a message via WhatsApp detailing which race, your time and your personal thoughts on the events. Feel free to include a photo too!”

Ellie Taylor – Communications Officer





Running Somewhere Else Social Media Moderation Policy.

The Committee of Running Somewhere Else value the accomplishments and contribution of all members. We aim for the club to be a friendly and supportive place where everyone, regardless of age, gender, ability or experience can enjoy running and improve.

The Committee have adopted the website www.runningsomewhereelse.com as the principal method of internal communication. This page is only to be used for managing information relevant to club activity and administration.

This website is publicly accessible however the ability to add or alter this website is restricted to committee members.

The club have also adopted the Facebook account Running Somewhere Else and a WhatsApp group Running Somewhere Else. The WhatsApp account is available for members to utilise for talk and is not restricted to club or running content.

These accounts are accessible to all club members who have paid their subscription in accordance with current membership rules. All non-members will have access denied.

Dialogue, debate and questions are encouraged on competition, training and other matters relevant to club activity.

Please avoid:

- Swearing and using sexist, racist, abusive or homophobic language. Remember your idea of banter or a joke may be offensive to others.
- Posting irrelevant links.
- Personal communication or personal information sharing.
- Unnecessary or irrelevant clutter that is likely to bury important information or communication.
- Advertising, unless relevant to club activity or development.
- Behaviour that could be considered bullying or coercive.

It is recommended that additional WhatsApp groups are created for specific events requiring communication between smaller groups.



A further WhatsApp group RSE INFO ONLY has been created. This account is only used to pass on information that is specifically related to the running club or events. Although all members will have access to read these messages, the ability to post on this group is restricted to committee members only. If you feel that there is information that needs to be put on this group then contact a committee member who will be able to decide if it is relevant.

Failure to agree or comply with this policy may result in offending posts being deleted or moderated.

Moderation decisions are final. If you wish to complain about a moderation decision, please contact the Committee Chairperson directly. Do not post your complaint.

Championship

Each year club members can take part in a series of chosen races we call 'club races'. Within these races, points can be earned and will contribute towards the club championship standings. The idea is to encourage competition, team bonding and support local events.

Whilst we do encourage our members to take part in these races and the club championship, it is not compulsory, and just coming along and running for fun is as equally encouraged. There's usually fantastic support, car shares organised and club camaraderie aplenty.

Running Somewhere Else Club Championship Rules 2022

It is the responsibility of each runner to be aware of, and comply with the current Club Championship rules at the start of each season.

1	There will be a Ladies and a Mens Club Championships.
2	There are 2 separate parts of the championship. Short stuff specialist and Endurance Expert. There is an Overall Club Champion, who has to compete in at least 4 races in both categories to qualify. Club members can do either parts, or both.
3	Club Championship points will be awarded based on finishing position: 1 st 10 points; 2 nd 9 points; 3 rd 8 points; 4 th 7 points; 5 th 6 points; 6 th 5 points; 7 th 4 points; 8 th 3 points; 9 th 2 points; 10 th and all other positions 1 point. Every qualifying runner who completes the race will receive at least 1 Club Championship point.
4	To receive Club Championship points, runners must enter under the Running Somewhere Else Club name.
5	To receive Club Championship points, runners must have a valid membership of Running Somewhere Else.
6	Runners who are registered as a first claim runners at another club and who are also members of Running Somewhere Else as a second claim runner are eligible to score points. But they must follow the same rules as first claim athletes. (club vest, etc)
7	To receive Club Championship points runners must compete under their own name. If a runner takes someone else's number, the runner must get the name formally changed.
8	To receive Club Championship points runners must wear official club running vest. This is a vest with a yellow body, with black, green and red vertical stripes under arms with a red logo and black "Running Somewhere Else" logo text on front.

9	Runners must complete at least 5 events in each category for their total points to count in the final calculation of Short Stuff Specialist and Endurance Expert Championship positions and to receive a prize, and must complete 4 from each category to qualify for Overall Championship for a total of 8 races to receive a prize.
10	Runners may enter all of the Club Championship races; however, the best 5 results from each runner will count towards the Short stuff specialist and Endurance Expert, and best 8 results (must have 4 from each category) for the final total for the Overall Club Championship.
11	At the end of season prize giving event, trophies will be awarded to 1 st , 2 nd & 3 rd position runners in both Overall Club Championships, assuming there are 3 runners who have completed the requirements. 1st, 2nd and 3rd place prizes will also be presented to Short Stuff Specialist and Endurance expert categories, again assuming enough runners have met the criterion.
12	In the overall championship, there will also be a Masters trophy presented to the highest ranking none placed veteran. We will follow the same criteria as Glos AAA for veteran classification, age on the 1st January, age 35 and over for ladies, age 40 and over for Men.
13	In the event of a tie for points for the top 3 places, the club captains and committee will decide whether to honour the tie or use the head-to-head race performances to determine final Club Championship positions. It will be likely that with the nature of the championship, a tie would be honoured for the overall championship, and head to head for the individual categories.
14	Each year one race in each category will be nominated as the Championship handicap race. The handicap will be calculated from the average of club championship races at that distance. If suitable times are not available, they are given a handicap of the time they race on the day. Club Championship points are awarded based on the final position after the handicap is applied and not finishing position with the club on the day.
15	In both Endurance Expert and Short Stuff Specialist Categories, there is an ongoing element, the marathon and 5km respectively. Runners can complete these any time between 01/01/2022 and 31/10/2022. It is the runners responsibility to inform club captains if they have a result they want to count towards this. They will need to provide proof they have that result. The Club captains cannot be expected to keep track of every marathon and 5km result for the year. In the case of the 5km, a park run can be counted, but again proof must be provided of this time.
16	Any queries must be discussed with the club captains or other committee members if they are not available.



“Club Championship races are advertised usually in Nov/December for the following year, allowing you plenty of time to plan your racing calendar!

If you have any questions, please don't hesitate to speak to Dave or I”

Elaine Chapman – Ladies Club Captain

“Please keep an eye on our website and social media channels for the latest news regarding the Club Championships.”

Dave Witnall – Men's Club Captain



Check out <http://www.runningsomewhereelse.com/championship/> for the latest Championship information.

Social Events

Throughout the year Running Somewhere Else arranges various social events and also participates in a number of running based events to bring members together and have a more relaxing and less tiring way of getting to know each other.

Some of these events include –

- Annual Xmas Party & Awards Night
- Summer Barbeque
- Cotswold Way Relay (multi-legged relay event)
- Hope 24 (24-hour team relay event)
- Scavenger Hunt
- Halloween Social Run
- Away Days (alternative venue/route for a change of scenery)

Details of these events and others as they are arranged will be communicated via the WA Info group, website and announcements at club runs.

“If you would like further information in the meantime, please ask, or if you have any ideas for social events, please do let us know!”

Linda Edwards – Social Secretary



Fundraising

We raise funds for charities through social events, our club race – the Fairford 10k – and through donations when legitimately having someone else's race number.

This year we are supporting **The Great Western Air Ambulance**

[GWAAC](#) provide emergency care to people who are in a state so critical that they require the specialist skills of their team at the scene of the accident or medical incident. Though they are part of the regional 999 response service and work closely with NHS hospitals, they are a charity entirely funded by local people just like you.

GWAAC saves lives across Bristol, Bath and North East Somerset, South Gloucestershire, Gloucestershire, North Somerset and parts of Wiltshire.

"We choose a new charity every year - voted for by the members"
Sarah Page - Fundraising Officer



"Members of Running Somewhere Else have raised over £9,000 in the past 5 years through Club fundraising opportunities!"
Martin Sheriff – Club Treasurer





Any Other Questions?

We pride ourselves on being a very friendly bunch - if you cannot find the information here, please ask a member of the committee or coaching team who will be more than happy to help.

Useful Links:

Running Somewhere Else Club Website

www.runningsomewhereelse.com

RSE on Facebook

www.facebook.com/RSECirencester

RSE Members Only – Facebook Page

www.facebook.com/groups/6643737332

RSE Private Strava Club

<https://www.strava.com/clubs/998670/members> (click on club and request to join)

RSE on Instagram

Search @RSECirencester

England Athletics

www.englandathletics.org

Gloucestershire Amateur Athletics Association

www.athletics4u.co.uk/

Useful Contacts:

Pauline Tilbury

Chair@runningsomewhereelse.com

Kevin Joynes-Creed

Coach@runningsomewhereelse.com

Caroline Terry- Welfare

runandtalk@runningsomewhereelse.com