



## Member Information

(Membership year ending 31st March 2019)

Elmbridge Road Runners is a friendly local running club catering for runners of all abilities. We have around 100 members of mixed ability, both men and women and we are affiliated to England Athletics. Our primary location is the 1<sup>st</sup> floor are based at Elmbridge Canoe Club, Walton Lane, Weybridge. Each Wednesday we meet at the track in the Xcel Sports Hub (<http://www.elmbridge.gov.uk/EasySiteWeb/GatewayLink.aspx?allId=3544>).

The club produces a regular running diary that can be found on our website [www.elmbridgeroadrunners.co.uk](http://www.elmbridgeroadrunners.co.uk). We share updates with members using emails and on our [Facebook](#) page.

### Regular events

Our running varies from jogging around local roads, river towpath, running track and trails; these vary between relaxed friendly runs to speed 'interval' sessions.

During the *winter*, both club nights are held at the Canoe Club and training runs are typically between 5 and 9 miles.

During the *summer*, our Thursday evening venue is at Winterdown Road, West End, Esher (next to the Prince of Wales pub), running on trails in the woods. Our Tuesday night sessions can be intervals, a relay session, or a run along the towpath.

Day	What	When	Where
Tuesday	Main club night - inc C25K	@ 19:00	@ Canoe Club
Wednesday	Speed endurance night	@ 19:00	@ Xcel Sports Hub
Thursday	Additional club night	@ 19:00	@ Canoe Club (winter) @ West End (summer)
Sunday	Longer run	timings & venue vary (please see website)	

### Pace groups

On the Tuesday main club night we use a number of pace groups, varying from 6.5 mins per mile to 11-12 mins per mile. We accommodate the pace of all new members who can run 6 km / 4 miles. An existing member will be responsible for each pacing group. The route and distance run by each pace group will depend on the makeup of the group on the night.

### Club kit

Running kit is available through the club, which includes vests, short & long sleeve tops, trousers and hoodies.

For *club vests*, please contact Camilla Hulf ([camilla.hulf@gmail.com](mailto:camilla.hulf@gmail.com)).

For *all other club kit*, please go to the following website <http://www.iprosports.co.uk/club-zone/elmbridge-running-club/>. You can see sample items (all mediums) on a club night at the Canoe Club. Orders above £25 are delivered free, so if you only want one item then try to order together and avoid a postage charge.

### Social events

We hold a number of social events during the year, including inpromptu pub meals, post Elmbridge 10k barbecue, curry evenings and the Christmas dinner (which includes our annual quiz and trophy presentations). We also have a soft spot for tea & cakes after our weekend runs. **We hope to see you at our next event!!**

## Social media

Join us on:



We find Facebook a great place for our runners to find out what's on and share their comments and pictures. Our main Facebook group is: <https://www.facebook.com/groups/7060391875/>  
Our couch of 5k group is: <https://en-gb.facebook.com/WeybridgeCouch/>



Our twitter feed is @ElmbridgeRR, where we tweet about our club



You can join our 'Elmbridge Road Runners' club on Strava ([www.strava.com](http://www.strava.com)) where many of our runners upload their runs.

## Team events

- During the *winter* we participate in the Surrey Cross Country League.
- During the *summer* we participate in the Surrey Road League and various local team relay races.

## In house competitions

The **Trophy Series** is our main club competition that is designed to encourage members to compete together in local races. To qualify for the competition results you need to turn up in at least 5 of the 11 nominated races (on weekends spread throughout the year) and try to beat all of the other Elmbridge runners. There are separate prizes for

- the *fastest men and ladies*,
- an *age graded* trophy which enables runners of all ages and genders to compete on an even footing, and
- the *most improved* trophy.

The **Handicap Series** consists of several races (on Tuesday evenings during May to August) over a 5.5 mile course along the Thames river towpath. Each race has a staggered start, reflecting the participants' previous performances in the series. The winner of the competition is the runner with the best *progressive improvement* over the summer.

## Club 10k

We stage our own 10k race in July each year. Our race has a good reputation, is part of the Surrey Road League and is our main fund raising event in the year. We ask members not to run but instead help with the organisation and marshalling of the event. Although we select a handful of our runners to represent us in the Surrey Road League.

## Benefits of membership

Alongside joining our organised training sessions, your annual membership payment enables you to:

- Use Elmbridge Canoe Club and Xcel Sports Hub on relevant club nights;
- Free entry to various team events, such as local team relays in the summer and the Surrey Cross Country League in the winter; and
- Affiliation with [England Athletics](http://www.englandathletics.org), which enables you to enter running events at the discounted affiliated rates (min £2). Other benefits and offers are available, see <http://www.englandathletics.org/england-athletics/athlete-registration#Benefits>.

## Our AGM & our Committee

Please join us at our Annual General Meeting (AGM), which happens every May. All members will be notified of the date in advance and we hope to see you there for the reports from the committee and for you to play your part helping us to make important decisions for our club.

During the AGM we elect the committee for the upcoming year, our current committee members are:

Position	Who	Email	Phone Number
Chairman	Katherine Ind	katherineind@yahoo.co.uk	01932 224013
Men's Captain	Chris Davidson	ElmbridgeRRC.menscaptain@hotmail.com	07976 168661
Ladies' Captain	Paula Hewitt	paula@rangeofmotion.co.uk	07885 220783
Secretary	Brian Corbett	bpcorbett@hotmail.co.uk	01932 428959
Treasurer	Brian Corbett	bpcorbett@hotmail.co.uk	01932 428959
Membership	Andy Moreton	errmembership@hotmail.com	07905 147965
Social	John Farrington	john-farrington@hotmail.co.uk	07747 547749
General	Mike Bruce	mike@elmbridgeroadrunners.co.uk	01372 462923
General	Camilla Hulf	camilla.hulf@gmail.com	07974 368773
General	Oren Paynton	oren@blacksheep.dk	07968 064024