

Lothian Running Club



New Members Welcome Pack

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Welcome

Welcome

On behalf of the Committee of Lothian Running Club, welcome to the Club.

The Committee are elected annually to manage the Club and our aim is to provide a friendly and successful Club with the primary aim of encouraging the enjoyment of athletics by runners of all ages and standards. The Committee acknowledge all of the hard work that the coaches, volunteers and Club members put in. We could not run the Club without volunteers and their help is very much appreciated.

We are based in Livingston, West Lothian and cater for all ages and abilities from 8 to 80, competing in track, road, trail, hill and cross country events. We have a number of excellent, qualified coaches to assist athletes of all abilities to achieve their individual goals and reach their full potential.

Our training groups are small enough to give each athlete individual attention yet big enough for athletes of similar strengths and abilities to work together.

We believe in a hands on approach, and if there is anything that you would like to discuss, please don't hesitate to get in touch with any of the Committee members – see <http://www.lothianrunningclub.co.uk/about/contact-us/>

The Club is here for all Members and all those involved in their development.

We hope that you find this welcome pack useful.

Regards

Lothian Running Club Committee

[Email: secretary@lothianrunningclub.co.uk](mailto:secretary@lothianrunningclub.co.uk)

Club History & Affiliations

Lothian Running Club was founded in 2000, and is still developing. We have members throughout Scotland, but most are in the West Lothian and Edinburgh areas.

Our members include Scottish and British champions, but we welcome runners of any standard. We strongly believe that running clubs are not just for the elite (although we will let fast people join too).

We have a very active junior section and welcome youngsters aged from 6 up (children under 8 must be accompanied). We rely on the parents of young children to assist the coaches.

We cater for all branches of athletics: track & field, road, cross-country, ultra-running and hill running. In spite of our name, junior athletes are exposed to jump and throws events as well as running. We also have a number of enthusiastic orienteers and triathletes amongst our members.

The club is affiliated to **scottishathletics** (Scottish Athletics Ltd), the National Governing Body for Athletics in Scotland. **scottishathletics** is affiliated to UK Athletics, which is in turn affiliated to the International Association of Athletics Federation (IAAF).



Membership & Subscriptions

To offer Members the opportunity to train and compete regularly there are a number of pre-defined financial commitments that we must meet on an annual basis. These include track hire costs, league fees, **scottishathletics** affiliation and insurance costs, etc.

We cover these costs by asking Members to pay an Annual Membership Fee and Subscriptions when they train.

Details of the current Annual Membership Fees can be found via the link below.

<http://www.lothianrunningclub.co.uk/about/membership/>

We would ask that new Athletes apply for membership as soon as possible after attending a couple of trial training sessions.

Membership Renewals – membership year runs annually from 1 January. Members are expected to renew their membership by the end of January each year. You can rejoin using the q-Buster link (or download the LRC Membership Form in Word or PDF format. Please note, existing members are asked to complete a membership form each year as the information we require may have changed.

Failure to register as a member may mean that an Athlete is not covered by the Club Insurance Policy and cannot compete in competitions as a member.

Once registered, members are able to vote at the AGM or apply to join the committee.

The Club Constitution explains, amongst others, your rights as a member in more detail – this is available to view via the following link.

<http://www.lothianrunningclub.co.uk/constitution/>

Track fees for Thursday night training (£2 per person or £5 for a family) can be paid in cash each week 'pay-as-you-go' or quarterly in advance throughout the year. Please speak to the Club Treasurer for more information on quarterly advance payments. No charge is made for training sessions on Tuesday or Sunday – see information on Training.

Finally, Members are able to join **scottishathletics**, which allows Members to enjoy reduced fees for races and competitions, amongst other benefits. If you wish to run for the Club at **scottishathletic** events, e.g. National Championships events, road relays, Cross Country, etc., you need to be a member of **scottishathletics**.

<https://www.scottishathletics.org.uk/membership/>

Next Steps & Essential Information

There are a number of things that a new Member needs to be aware of and to do; and in the case of Junior Members, there are also a number of things the parent or guardian has to be aware of and do. This is all aimed at ensuring that the Club can make the environment safe and legal for all its members but particularly its junior members.

All Members (and in the case of Junior Members their parents/guardians) should:

1. Read the appropriate Code of Conduct(s) on the web site
<http://www.lothianrunningclub.co.uk/about/code-of-conduct/>
2. Advise the Club of any change in their details (addresses, emergency telephone, medical details etc. as they occur).
3. All Members (and in the case of juniors their parent/guardian) should know:-
 - Where and when to check-in for training registration?
<http://www.lothianrunningclub.co.uk/training/>
 - Where to assemble just prior and after training?
 - Who their coach/coaches for a training session are?
 - Contact Details for the coach/coaches in case of emergencies and to keep in touch regarding events?
 - Who the Club Welfare Officer is and who the deputies are?
<http://www.lothianrunningclub.co.uk/about/welfare-resources/>
 - Who the Club First-Aiders are?
 - What the Club track and field etiquette is – see section on Track Etiquette below.

If in doubt please ask a member of the Committee at the Club at any time.

Latest News & Information

During the year there are lots of events and activities to tell members about.

We use a number of methods to ensure that members, athletes, volunteers and parents are kept informed and get involved.

- The club website is the main source of information for all Club information, news, etc. — <http://www.lothianrunningclub.co.uk/>
- Facebook — Lothian Running Club
- Follow us on Twitter — @LothianRC

From time to time, Newsletters will also be circulated to all Members – ‘Up & Running’ is our regular Newsletter, keeping all club members up to date with what’s been going on and what’s coming next!

If you haven’t done so already, we encourage you to sign up to the newsletter to stay informed –

<http://www.lothianrunningclub.co.uk/about/contact-us/club-email-news-letter/>

Members are encouraged to submit news, articles, features, etc., for the Up and Running section.

Training

The Club runs the following coached training sessions every week

Tuesdays – Various locations around Livingston dependent on time of year (see Facebook for details) (suitable for age 13+). 6:45pm warm up for 7pm start.

Thursday – Track sessions (suitable for age 8+), Craigswood Sports Centre. 6:45pm warm up for 7pm start.

Sunday – Kids only session (suitable for age 6+, under 8 with Parent), Dechmont Law, meet-up behind Deans Community High School at 10:00am.

All sessions suitable for juniors aged 8+ (age 6+ are accepted at Sunday sessions, however 6+ must be accompanied by an adult). All sessions are adapted for age and ability.

Training takes place in all weather conditions, please dress appropriately for the conditions. Consider bringing dry/warm clothing to change into after training.

In adverse weather training sessions may be cancelled at short notice, monitor the club website and Facebook site for cancellation information.

Training Terminology

Reps – Number of efforts to be completed, e.g. **5** x 200m.

Sets – The groups of reps to be complete, e.g. **3 sets** of 5 x 200m. Therefore, throughout the entire training session you will run 15 x 200m, broken down into 3 separate groups of 5.

Target Pace – Aim to run the set distance at a specific pace, e.g. 5 x 1K at 5K pace = for a 25 minute 5K runner, they should aim to run the 1K reps in 5 minutes each.

Strides – 50 to 150m fast, but controlled runs used as part of warm up or session.

Jog Recovery – Easy pace to recover between **Reps**.

Float Recovery – Moderate/steady pace quicker active recovery between **Reps**.

Standing Recovery – Stationary or slow walk back to start in time for next rep/set.

Track Etiquette

- Warm up and cool down – run clockwise direction. Don't run in the inside (lanes 1 & 2) of the track when warming up and cooling down.
- Training/Racing – run anti-clockwise direction.
- Keep to the inside lane.
- Overtake on the right hand side.
- Avoid stopping suddenly, especially in lane 1 & 2 during the session.
- Try to keep the track clear for other runners during recovery.
- Be polite and courteous to other users.
- When crossing the track check both ways for runners.

Monthly Fiddlers Handicap Race

- First Tuesday of every month – 'Fiddlers Handicap'.
- Friendly club race – you against the clock, staggered start based on estimated finish time.
- Traffic free route.
- Junior option available.
- Foodbank donation: bring a donation as your entry fee to the handicap.

<http://www.lothianrunningclub.co.uk/fiddlers/>

Events

Events for all ages and abilities take place throughout the year (including winter).

As a Club, we encourage all Members to compete in both individual and team competitions, but it's entirely at each Members discretion whether they do or not.

If you're interested in representing the Club at an event, please speak to any of the Coaches or Committee members who can point you in the right direction in terms of upcoming events and related administration, e.g. for certain events, you need to be a current member of **scottishathletics**, etc.

Club coaches/Team Managers accompany junior members to all events where the Club is competing.

How Events are organised

Although athletics is largely an individual sport, the Club enters a number of regional leagues and competitions each year and competes against others clubs as a team.

Competition is largely focused on Track & Field events during the summer and autumn. In spring and winter competition move off track and more emphasis is placed on Cross Country and Indoor Competition.

Club membership includes entry to the local cross country league.

Events are organised in age groups starting at Under 11's and progressing to Under 13's, Under 15's, Under 17's, Under 20's and then Seniors and Veterans.

As events are scheduled throughout the year Members should regularly check the Club web site, Facebook and Twitter feeds to identify races and competitions that may suit.

Useful links:

<http://www.lothianrunningclub.co.uk/fixtures-events/>

<http://events.scottishathletics.org.uk/events>

<https://www.scottishathletics.org.uk/events/championship-events/>

<https://www.entrycentral.com/>

<https://scottishrunningguide.com/races/01/2019>

Coaches

The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. All Club coaches have as a minimum a Level 1 Coaching Assistant qualification.

In addition the Club insists that all its coaches and volunteers, particularly those who work with children, have undergone the appropriate PVG Checks.

Volunteering

Volunteers are the cornerstone to modern day society and club sport is no different – Club athletics relies heavily on volunteers to coach the athletes and manage events, etc.

As the Club is run entirely by volunteers, members and the parents/guardians of junior members are expected to assist those volunteers in some capacity each year.

The Club operates a rota to cover the Club's quota of officials at league matches and to provide officials for Club events.

At track events, the officiating duties are usually as simple as raking the sand in a long jump pit or collecting shots/javelins. Previous experience of athletics is not required and is not expected. The events are managed by qualified officials and full guidance is always given.

It is the responsibility of the parent/guardian to find a replacement or someone willing to switch dates if you're not available on the allocated date.

A rota for the summer season is published in March, and the winter rota is published in October and is available on the Club website.

In addition to informal support, it is vital that we recruit volunteer coaches so that we can offer the best possible support to our athletes, particularly our junior members. Coaching volunteers don't need any experience of athletics to begin with; many have no experience at all and come to the Club just as parents of young athletes. The coaches are all encouraged to develop their technical and coaching skills by attending courses arranged by **scottishathletics** and other bodies. The costs of most courses are normally paid for the Club.

Volunteering FAQs

Why do we need volunteers?

The club relies solely on volunteers to deliver our services to our members.

Who can volunteer?

In short, anyone over the age of 16 can volunteer. (Those younger can also help but would need parent supervision as well.) Most of our volunteers are club members, or a member of their family, but we also welcome volunteers from the wider community as well. All volunteers dealing with those under 18 must undergo a PVG check at no personal cost.

What opportunities are available?

The main areas we engage our volunteers are administration, social event co-ordination, competitions and coaching. Please speak to any of the Committee members if you are able to offer support to the Club on a formal or informal basis.

How much time does it take?

This varies widely, for some roles such as coaching it is a serious time commitment, but other roles only take up an hour per month. Whatever time you have to offer we can find something for you to do.

Who supports me?

This will usually be a more experienced volunteer such as a Committee member or a qualified coach.

How do I learn?

Mostly by shadowing existing volunteers, attending workshops or formal training courses. If after a short period of time you aren't enjoying the role, you can switch to try another. Subject to some criteria the Club will refund any training costs incurred. Please speak to a Committee member before enrolling on any training course/incurring any expenses on behalf of the Club.

How should I conduct myself?

In line with our Codes of Conduct signed when joining the Club.

<http://www.lothianrunningclub.co.uk/about/code-of-conduct/>

Those directly volunteering with children under 18 will be required to go through a PVG check.

What will I get out of it?

When this was asked to some of our volunteers to describe it in three words some of the comments were

- Make a Difference
- Meet New People
- Learn New Skills
- Watch Athletes Develop
- Give Something Back.

For more information regarding volunteering, please speak to the Chairman, Secretary or Coaching Coordinator.

Club Fundraising

Help raise funds for Lothian Running Club whenever you shop online!

Use easyfundraising to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis and ASOS – when you shop, you'll raise a free donation for Lothian Running Club every time, it's that easy!

Please see link below to register & subscribe.

<https://www.easyfundraising.org.uk/causes/lothianrc/>

Club Kit

In partnership with JOMA and football nation the club operate an online shop which carries a range of club kit.

<https://www.thefootballnation.co.uk/lothian-running-club-shop>

Club Vests are currently available at the track.



Rectangular Snip

