

**Cleethorpes Athletics Club**

**Road Running and Cross Country**

Welcome to Cleethorpes Athletics Club and thank you for joining our Club. We look forward to running with you as you either begin or recommence your running journey with us.

We pride ourselves at being one of the premier clubs in North East Lincolnshire.

**Club Captains**

Your Club Captains and members are here to offer help, support, advice and assistance.

Sarah Coleman – Captain

Mel Portlock – Vice Captain

Andrew Ely – Captain

Howard Justice – Vice Captain

**Training nights**

Our training nights are held on a Tuesday and Thursday at 6.00 pm at Cleethorpes Leisure Centre. There are a few groups that meet on these evenings with each one having their own training plan and training pace. The distance varies from 5 – 7 miles.

We also have a beginners/improvers training night every Friday at 6.00 pm meeting at Cleethorpes Leisure Centre. We aim to leave the Leisure Centre by 6.15 pm. This group caters for all abilities. The distance varies between 2 – 5 miles but nobody gets left behind.

The Club Captains will ensure that you are placed in a group suitable for your pace and ability.

The club has a number of qualified Run Leaders who will lead groups of runners on training nights.

There are a variety of training sessions including speed, hills and longer endurance runs. Training plans are also available upon request for 10K and half marathon progression.

**Membership**

We welcome anyone to come and join us for a 2 week trial, after which we would ask that you then join the Club to become a member.

Road running is for senior members and veterans of the club who are aged 18 or over.

There are 2 types of road membership available.

**Road/Non Track Member**

This membership will register you with England Athletics and you will be given an UKA membership number. This will give you a discount on most race prices when you enter your England Athletics number.

**Social Member**

This membership is for anyone who wishes to just train with us, but this does not include England Athletics registration.

Fees run annually from 1st March 2022 to 28 February 2023.

**Road League**

Cleethorpes Athletics Club have a road league for all its members. This consists of a number of road or cross country races where members can enter these to gain points towards the road league.

Males & females compete in separate leagues with first place being awarded 50 points, second 49 points, third 48 points etc. In addition to this there are separate age categories; first place is awarded 20 points, second 19 points, third 18 points etc.

There are currently a total of 15 league races and 6 of these races need to be completed to qualify for the road league. At the end of the year, your best 8 events will count towards your total. We celebrate everyone’s running achievements at a Club Presentation night at the end of the year.

To be a part of the senior road league you must be least 17 years of age. The separate age categories for the league are as follows:

* Senior
* 30-34
* 35-39
* 40-44
* 45-49
* 50-54
* 55-59
* 60-64
* 65-69
* 70+

Awards are also given for the best marathon and half marathon times throughout the year. The minimum age to be in the Half Marathon League is 17. The minimum age for the Marathon League is 18. You can complete as many half marathons and marathons as you wish but only your fastest time will be considered.

Club vests must be worn to be awarded points. The only exceptions to this are as follows:

* a 4 week grace period for new members.
* If you complete a race (of whatever distance) for a charity and wear a charity vest.
* when you complete Cleethorpes parkrun (to keep your attempts at scoring big points top secret!)

**Club clothing**

We have a selection of running clothing available for you to purchase so you can wear these during your training and during your races. These are all available at Simply Running, which is in St Peters Avenue, Cleethorpes. The store is run by Karl Holmes, who also stocks lots of other running attire, which you will also receive a discount on.

Prices for Club clothing as of July 2022 is:

* Club Vest £15.00
* Club Training t shirts £8.00
* Club Hoodies £18.00

**Welfare Officers**

Cleethorpes Athletics Club takes welfare matters very seriously. Should you have any issues relating to the welfare of any club member, please contact a Welfare Officer.

**Margaret Saville**Email: m.saville@ntlworld.com

**Andrew Gristwood**Email: andrew@gristwood22.plus.com

Karl Holmes

Email: holmes.karlebtopenworld.com

**Policy Documents**

The following Policy documents are available on our website. These serve to protect and safeguard the members of Cleethorpes Athletics club and ensure that they have the opportunity to enjoy the sport to the full extent.

[Cleethorpes AC Constitution](https://cleethorpesac.co.uk/wp-content/uploads/2022/02/Cleethorpes-AC-Constitution-.docx)

[Welcome Pack inc. Code of Conducts](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/Welcome_Pack.docx)

[UKA Welfare Policy](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/UKA_Welfare_Policy_Nov_16th_2004_final_draft.doc)

[UKA Safeguarding and Protecting Children in Athletics](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/Safeguarding_children_Welfare_Policy_2013._Board_Approveddoc.pdf)

[UKA Safeguarding and Protecting Vulnerable Adults Policy](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/Safeguarding_Vulnerable_adults.pdf)

[UKA Anti-Bullying](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/Anti-bullying.pdf)

[Social Media Policy](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/socialmediapolicy.pdf)

[Use of Photographic and Video Images](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/Use_of_Photographic___Video_Images.docx)

[Inclusion Policy](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/England_Athletics_Inclusion_Policy.docx)

[Conditions of Carriage](https://cleethorpesac.co.uk/wp-content/uploads/2017/09/CAC_Conditions_of_Carriage.docx)

We hope you enjoy running with us and we look forward to seeing you progress and achieve your goals.