



IRVINE RUNNING CLUB

Newsletter – April / 2021

A note for your diary will be the club AGM which we are hoping to hold in July. Further details will be sent out once a date has been confirmed.

Membership forms have now been sent out and these should be completed and sent back to Susan. It's important to fill in the form as it keeps our membership database up to date with relevant information such as current contact details.

The Irvine Committee for 2020/21 is as follow:

President: Mark Livingstone

Treasurer: Mike Flinn

Membership Secretary: Susan Rhodes

Secretary: Jennie Jackson

Website and IT Manager: Amy Rhodes

Male Club Captain: Stuart Moffat

Female Club Captain: Layna Thomson

Ayrshire Harriers Rep: Dave Campbell

Publicity Officer: Colin Miller

Committee Member: Janet Robertson

Committee Member: Colin Paterson

Committee Member: Gordon Thomson

Training

Coaching courses

The Scottish Athletics coaching courses are well underway with the following members currently on the Coaching Assistant course, Peter Taylor, Michael Rimicans, Shaun Allison, Rachel McGarry and Colin Miller. The first stage which consisted of four two hour zoom meetings has been completed and the final stage is the practical day at Crownpoint. A few are booked in for the 26th April session and once attended will have completed the course and will have the official title of Coaching Assistant. In order to coach children a PVG form will also be completed by each coach.

In addition to the Assistant Coaches we also have Stuart Moffat and Joyce Stewart participating in the Leaders in Fitness course and Janet Robertson, Layna Thomson and Jennie Jackson in the Coach in Running Fitness course. There are no dates for the latter course due to Covid restrictions but this should be resolved fairly soon.

Senior Section

As mentioned in the last newsletter we can now meet back at the club but the **Covid Club Procedures** form must be complete prior to turning up. We are currently looking at setting up track sessions for the summer months and these will go on the website by the end of this month.

Could we ask that all members make it a priority to turn up at the club and participate in the training with their fellow members rather than train solo or in groups away from the club. The Covid pandemic has caused obvious problems with group training but as it starts to ease then let's all start to train together especially as some effort will be put into creating training sessions.

Junior Section

More information will follow once the coaching structure is in place.

Club Website

www.IrvineRuningClub.co.uk

For information both current and historic on the club and where documents such as membership and Covid club attendance can be accessed.

Summer Championship

We will be going ahead with the new format as described in a previous newsletter. The main points are:

- The championship will run from 01/04 to 30/09 and events in that time period will be included in the scoring.
- Races can either be actual and virtual with virtual races being organised races only.
- Points are calculated on all athletics events including track&field and road.
- For local races (excluding parkruns) the organisers will process the published results to get the Irvine results.
- For any other races and as soon as times are available then they should be forwarded to the organisers.
- In the first instance any non-local results should be forwarded to Stuart Moffat (men) and Layna Thompson (Ladies).
- A monthly scoring table will be attached to the newsletter.

Events

Upcoming Events

Marymass 2021

It was discussed whether to hold the Marymass 10K this year. It is not certain whether other events in the festival will go ahead. The committee have decided to postpone the decision until next month, but the proposed date is Wed 18th Aug 7.30pm.

Results

Five teams took part in the 50K virtual relay with the winning team consisting of Colin Patterson, Stuart Moffat, Alison Gartland and Michael Rimicans posting a cumulative time of 3 hours 43 minutes and 12 seconds. Full write-up has been submitted to the local papers and the club website News page.

An update from the committee

It has been a strange year, but in spite of the running club activities being 'on hold' for much of the time, the committee has continued to 'meet' via Zoom once a month. Here is a wee update on what we have been doing since the AGM last August.

We started off by agreeing a mission statement for the club, which is below. From this, we produced a plan outlining a few key objectives. These were:

1. Increase the number of adult members.
2. Increase the number of junior members
3. Improve participation and performance in races

4. Stabilise club finances.

Due to the pandemic, and cancellation of most events, we have struggled with the 3rd objective, but here is an update on what we have been trying to do to increase adult membership. An update on the other objectives will follow in another newsletter.

Increasing Adult Membership

At the AGM in August, we had 56 members (2/3 male, and very few less than 40 years old). To try and build numbers, improve the gender ratio, and lower the average age, we have been focussing on a few different strategies.

Firstly, in order to retain current members, we have been trying to communicate with members more often, by resurrection of the monthly newsletter, and also posting on the private Facebook site more often. We hope this has helped to maintain a sense of community during the times when we have not been able to meet up as a club. The website has also been updated to provide members, and potential new members, with an accurate source of information about the club and its activities. We have also arranged a few races (real and virtual) to try and make up for the lack of the usual competitions.

To attract new members, we have been trying to increase the visibility of the club by raising our social media profile (Instagram/ Twitter/ Facebook). IRC posts are now frequently picked up by Scottish Athletics, and therefore seen by many in the running community and beyond. We have also sent race reports to the local press.

A successful way of attracting new members has been by providing 'Couch to 5k' groups, and retaining the graduates from these by offering a follow on 'Novice Runners' group when they join the club.

Adult membership is now 73 adult members (an increase of about 30%), with 43 men and 30 women.

Mission Statement

It is our mission to encourage participation in running and racing:

- **For all ages.**
- **For all abilities.**
- **At all distances.**
- **In all disciplines: track, road, cross- country and hills.**

We aim to help members improve and enjoy running by providing motivation and a supportive network, thus promoting both good physical and mental health and a sense of community.

From the Archives

The Amsterdam Trip



Around the late eighties the club organised a couple of overseas trips to coincide with races in France and Holland. The picture above is of some of the members leaving from the club to compete at the Amsterdam Half Marathon. The bus travelled to Hull to catch the overnight ferry to the Hook of Holland then onto Amsterdam. Up until that point the largest ferries I had been on were the CalMac ones to Arran, Mull and Lewis but these ferries were something else. Approaching the docks at night the ferries were all sitting there side by side and all lit up in spectacular fashion. Travelling on overnight ferries is a great experience especially if you are a 'party animal' but as we were all serious athletes it was an early night (I think not!). The trips were organised by Frank Hannan and the actual race was accompanied by various excursions including a bulb field tour, a diamond factory tour and the red light district (very cultural). We all had our t-shirts and tartan shorts which I still have but as they've shrunk I don't think it's appropriate to wear them.

In addition to these trips Frank also organised the yearly Ship Inn night out for the male veterans which brought together past and present members. This was a great night out and Frank alternated the entertainment between a quiz and the 'feely' bags (surprising some of the stuff he managed to get in them).

Contact the committee if there is anything in the newsletter you might want more information on or if there is anything you would like us to include in future issues
