



IRVINE RUNNING CLUB

Welcome Pack

Welcome from our Club President

Dear Member,

I'd like to wish you a warm welcome to Irvine Running Club. It is the aim of the club to be open to runners of all abilities and provide a friendly setting where we can all enjoy the mental and physical benefits of running with others. Whether you are looking to train to take part in races, run a new distance, exercise to build fitness or run with others to help with motivation, we hope that we can offer you that and also the chance to meet new friends along the way and take part in the club's social activities.

All the best,

Mark

About the club

Irvine running club started out as Irvine YMCA harriers in 1924 and has been through many iterations throughout the years, seeing the club being renamed as Irvine Athletic Club in 1972 and amalgamating with other Ayrshire clubs to become Ayrshire A.C. in 1974. In early 1976, Irvine A.C. resigned from Ayrshire A.C and in 2015 changed its name to Irvine Running Club.

The club is affiliated to Irvine Community Sports Club based at Marress and we have full access to the club facilities including the grass running track. Currently the club has around 80 Members and caters for all standards of runner, whether you want to compete in races or just want to improve your fitness.

We are affiliated to Scottish Athletics, the governing body of running in Scotland, and compete in road, cross-country and hill races throughout the year.

Our committee members, coaches and jog leaders are all volunteers and work very hard to make our club a fun, safe and inclusive environment for our members, old and new.

Membership

Currently membership fees are £60 per year, and this can be paid as a one-off payment or as a monthly standing order. The fees give you membership of both the Running and the Sports club and for an additional cost you can also get a gym membership.

We encourage our members to get a Scottish Athletics (SA) membership which shows support for the governing body of which we are affiliated. The current membership fee is £22, and this gives you various benefits including being able to run in SA championship events, a reduction in many road race fees and a quarterly magazine.

Access to the club is by a swipe card and you will be provided with one once your membership has been authorised.

Training Nights

The standard training nights are Tuesday and Thursday, meeting at the Sports Club for a 7pm start. Tuesday nights can be a bit different as certain groups use the track to build up on their speed. However, there are also groups who prefer to go for a run and that is also catered for.

We have Scottish Athletics qualified coaches and jog leaders who set up the training sessions and who can also offer advice on topics such as training programs for specific races and preparation.

Currently we cater for seniors aged over 16 years of age but are currently in the process of resurrecting our junior section which will be for ages eight to 16.

Being a club member also gives you access to the sports club toilets, changing rooms and showers.

Our Events

Races

We currently organise four races throughout the year which are:

- The Jim Young 10K which is a road race held in August.
- The Chic Forbes Memorial race which is a two miles handicapped race around the paths of Irvine Moor and which gives everyone a chance of winning the trophy. The race is held at the beginning of November and the runners come from our club and Ron's Runners with a few invited guests.
- The Cyclists versus Harriers 5 miles cross-country around the sports club playing fields and Irvine Moor. The race is normally run the Sunday before Christmas and is a unique event having been run for 61 years by the club.
- The 2.8 miles Christmas Handicap which is similar to the Chic Forbes race where everyone has a chance of winning and is run a few days after Christmas.

Club members are encouraged to take part in the races but if not are asked to volunteer with the running of the events. The only exception to this is the Jim Young 10K where the priority is for volunteers as this is a road race which requires extra marshalling. For all events there will be an appointed race director who will organise the required volunteer

positions which includes such tasks as timekeeping, catering, and marshalling.

Club Championships

We run a summer and winter club championship which encourages members to enter the many races throughout Scotland and beyond and also to encourage participation in local races around Ayrshire. Information is provided on the format in the club newsletter and scoring league tables are sent out monthly which lets you see which position you are in.

Communication

We like to keep our members updated with matters relating to the club and we have various forms of communication including the following:

- A club website which holds both current and historical information relating to the club. The site also holds relevant documents such as Club Constitution, Code of Conduct, Privacy Statement and Generic Risk Assessment. The web address is:
www.irvinerunningclub.co.uk
- A monthly newsletter which is e-mailed out.
- Newspaper reports
- A club Facebook Irvine Running Club group page
- WhatsApp groups which are used for training and race information.

Club Clothing

The club colours are red vest with black trim and black shorts. There are various items of club clothing available, and these can be viewed on the club website.

Club Committee

The current club committee is made up of the following members:

Club President	Mark Livingstone	Mark.livingstone@irvinerunningclub.com
Secretary	Jennie Jackson	Info@irvinerunningclub.com
Treasurer	Mike Flinn	Mike.Flinn@irvinerunningclub.com
Membership Secretary	Susan Rhodes	Susan.Rhodes@irvinerunningclub.com
Male Captain	Stuart Moffat	Stuart.Moffat@irvinerunningclub.com
Female Captain	Layna Thompson	
Social Media Manager	Amy Rhodes	
Couch to 5K Co-ordinator	Janet Robertson	Janet.Robertson@irvinerunningclub.com
Ayrshire Harriers Rep	Dave Campbell	
Committee Member	Karen Figgins	

Further Information

If you have any questions regarding any of the content of the Welcome Pack or on a subject not mentioned, then contact any of the committee members who will be able to provide the necessary information or guide you to the relevant person.