



IRVINE RUNNING CLUB

Dear member,

Irvine Running Club Committee would like to welcome you to our 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 take part in races, exercise to build fitness or run with others for 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.

About the 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 70 senior and 30 junior members and caters for all standards of runner.

We are affiliated to Scottish Athletics, the governing body of running in Scotland, and compete in road, cross-country, track & field 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 £96 per year with reductions for retired member's. 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.

Being a club member also gives you access to the sports club toilets, changing rooms and showers. In addition, members can request free hire of the Sports Club for functions etc.

We encourage our members to get a Scottish Athletics (SA) membership which shows support for the governing body of which we are affiliated. The benefits include 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 key fob and you will be provided with further details once your membership has been authorised.

Training Nights - Seniors

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 this 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 over 16 years of age.

Training Nights - Juniors

The standard training nights are Tuesday and Thursday, meeting at the Sports Club grass track for a 6pm start. Juniors are aged from 8-16 and we have established groups, coached by our Scottish Athletics coaches. We have a good selection of field equipment including high jump mats and give all the younger members a chance to try all athletics disciplines which include runs, jumps and throws. For those wanting to compete we provide information on various suitable races, however there are many who come along for the company and to enjoy the healthy lifestyle athletics provides. Fees can be paid as a one-off £43 payment for the year or £1 weekly which covers both training nights.

Our Events

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.
- The festive Cyclists versus Harriers 5 miles cross-country around the sports club playing fields and Irvine Moor.
- The 2.8 miles Christmas handicap.

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.

We run a summer club championship which encourages members to enter the many races throughout Scotland and beyond and also to encourage participation in local races around Ayrshire.

Communication

We like to keep 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. The web address is: www.irvinerunningclub.co.uk
- An Irvine Running club members Facebook page
- A public Facebook page.
- A club WhatsApp group which is used for training and race information
- Regular e-mails from the membership secretary

The membership secretary should be e-mailed if you wish to be added to the Facebook or WhatsApp group.

We also like to keep notified if any of our members are unable to come along to the club due to long term injuries or other factors. If this is the case then you should contact the club captains on the e-mail addresses on the welcome pack letting them know why you can't attend..

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.

Irvine Running Club Committee Members

Treasurer	Mike Flinn	
Club and Membership Secretary	Mary Miller	info@irvinerunningclub.co.uk
President	David Morrison	dgmorrison1@irvinerunningclub.co.uk
Ayrshire Harriers Rep	Dave Campbell	
Ladies Club Captain	Karen Figgins	femalecaptain@irvinerunningclub.co.uk
Men's Club Captain	Willie Morgan	malecaptain@irvinerunningclub.co.uk
Junior Section Representative	Colin Miller	Colin.Miller@irvinerunningclub.co.uk
Committee member	Jim Galloway	

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