



Ackworth Road Runners

Members Information 2024/25





Ackworth Road Runners

Ackworth Cricket Club
Wakefield Road
Ackworth
West Yorkshire
WF7 7DF

Chair

Chris Taylor
chris.c.taylor1951@gmail.com

Treasurer

Stewart Haigh
stewarthaigh@sky.com

Secretary

Dawn Sketchley
ackworthroadrunnerssec@outlook.com

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Cover Photo © 2023 VSP Images
Dave and Duke Allison, Priory 10k, July 2023

Introduction and Welcome

Welcome to Ackworth Road Runners. We pride ourselves on being one of the most inclusive running clubs in the area. Our growing membership of over 300 includes runners of all abilities who all contribute to creating a supportive environment for new members.

New and prospective members generally have a number of questions about the club and this guide attempts to address most of the more common ones.

Your annual membership fee includes your registration with England Athletics. One of the benefits of this is a £2 discount of most race entry fees. It also includes twice weekly club training sessions. We also arrange a subsidised Presentation and Awards Evening annually and provide subsidised coach travel to selected Grand Prix races.

Apart from training, our members regularly compete in races across the country at all distances from 5k to marathon and ultra-marathon. They're also to be seen on Saturday mornings at parkruns all over the UK and even overseas.

Having spent a few years based at Carr Bridge Pavilion on Barnsley Road, in July 2018, we moved to our current base at Ackworth Cricket Club behind the Boot and Shoe pub on Wakefield Road at Ackworth.

Hopefully you will find everything you need to know here but if you have any other questions, don't hesitate to ask any of the Coaches, Run Leaders or Committee Members.

Dawn Sketchley
Ackworth Road Runners Secretary
ackworthroadrunnerssec@outlook.com

Training

Training sessions are held on Tuesdays and Thursdays at 6.15pm, 6.30pm and 7pm and start at the Cricket Club. There is a warm up led by a qualified coach or run leader at 6pm for all abilities. On both nights we offer training groups at various paces including run/walk (Jeffing) and technical training sessions led by qualified coaches and run leaders and other experienced club members. Training schedules are published weekly on the Members Area Facebook page and on our [website](#).

Attendance at training sessions is included in your membership fee but attendance is optional. Members also often arrange training runs independently over various distances. Details are often shared on the Members Area Facebook page.

In February 2024 we started our first Couch to 5k (C25k) course for non members led by our qualified coaches and leaders in running fitness.



ARR Training Group – January 2024
Photo © 2024 Ackworth Road Runners

Disclaimer:

We always endeavour to ensure our club training sessions and groups are led by EA qualified Leaders in Running Fitness (LiRF) or Coaches in Running Fitness (CiRF). On occasions where this is not possible, running groups will be led by an experienced club member who will lead the group as directed by one of our qualified coaches.

Members and prospective members are responsible for ensuring they are fit enough to take part in their chosen session or group and always participate at their own risk.

Coaches and Run Leaders



Ian Hill



Adam Callow
Coaching Co-ordinator



Stewart Haigh



Joe Worthington



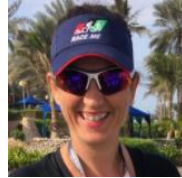
Ruth Walker



Dave Hughes



Debbie Worthington



Emma Flanagan



Rose James



Nicola Thomson



Chris Field



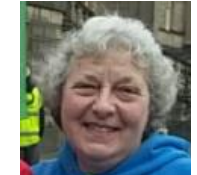
Denise Clark



Mark Leadbeater



Steph Field



Patricia Wood



Millie Watson



Gail Wrangles



Lesley Needham

Mental Health Champion



Sarah Jayne Rose

Disability and Inclusion Co-ordinator



Millie Watson

Official Photographer



Graham Beardsley
(VSP Images)

Club Structure

Committee

The club is managed through a committee elected annually at the Annual General Meeting. It has overall responsibility for managing income and expenditure, ensuring we operate in accordance with our constitution, organising races and social events, provision of effective communication with members and generally ensuring the club meets the needs of the membership.

The club's strength is ultimately dependent upon the time and effort provided by committee members. Membership of the committee is open to all members regardless of their length of time with the club. The committee meet in the first week of each month to discuss relevant issues and organise forthcoming events. A summary of the minutes is published each month on the [Latest News](#) page of the website.

The Committee for 2024/25 comprises of:



Chris Taylor
Chair



Stewart Haigh
Treasurer/
Welfare
Officer



Dawn Sketchley
Secretary



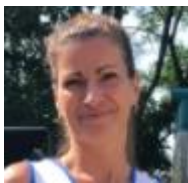
Dave Hughes
Men's
Captain



Vicky Burch
Ladies Captain



Stephen Berry
DBS
Verifier/Policy
and Procedure



Nicola Thomson
Ladies Vice
Captain



Joe Worthington
Men's Vice
Captain



Helen Wainwright
Training
Schedules



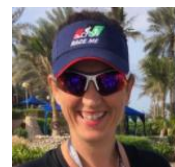
Dave Allison
Club Kit



Cate Allan



Ruth Walker
ARR Juniors
rep.



Emma Flanagan
Lead Welfare
Officer



Mark Leadbeater



Mel Owen



Adam Callow
Coaching Co-
ordinator

Our Club Constitution can be found [here](#).

Membership

Membership fees are payable on the 1st of January each year. The fees for 2024 are as follows:

1 st claim Senior Members:	£35 including EA registration fee
2 nd claim Senior Members:	£24
Concessionary Members:	£24 including EA registration fee <i>(over 60 with 10 years continuous membership)</i>
Social Membership	£6 <i>(no longer an active runner)</i>
Members aged 15 to 17 years	£6 (plus £19 EA registration fee if required)

Members who use the cricket club premises are also asked to join Ackworth Cricket Club (£1 a year subs) to comply with the terms of their license.

What is 1st Claim and 2nd Claim?

England Athletics (EA) define the rules of competition for athletics clubs generally and running clubs in particular. Most, but not all, road races in England are run under the England Athletics rules.

Under the rules an athlete may compete for up to two clubs. One of these is known as the First Claim Club and the other optional club is the Second Claim Club. Your First Claim Club is the one you joined first. Most of our members are First Claim. Only the athlete's First Claim Club can pay the athlete's affiliation fee to England Athletics.

You can only have a Second Claim Club if you are affiliated by your First Claim Club. If you compete in a race in which your First and Second Claim Clubs are in contention for a team prize, then you should represent your First Claim Club. If the competition does not offer a team prize, then you may compete for either club.

Annual General Meeting

The Annual General Meeting takes place in February each year. All members are welcome and are encouraged to attend with the promise of free chip butties. Reports are presented from the Chair, Treasurer, Ladies and Men's Captains and Junior Section representative.

Nominations for Committee positions are made by members in January and voted on at the AGM.

ARR Web Site - <https://www.ackworthroadrunners.club>

Latest club news, results, statistics, event information, photographs and a host of other information is available on our web site which is updated regularly.



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- Race Results

A Village Club whose reputation extends across the Wakefield Metropolitan area and well beyond


Our HQ
Ackworth Cricket Club
Wakefield Road
Ackworth
Pontefract
WF7 7AB

- 2020 saw the Club celebrate its 35th Anniversary.
- We are affiliated to England Athletics and operate in accordance with their rules and regulations.
- Training and advice is provided by our E.A qualified




Club Kit

ARR kit can be ordered through Dave Allison at dave_allison@btconnect.com. See <https://www.ackworthroadrunners.club/kit> to see what's available. Options for making kit available online are currently being explored.




Club Kit available through Dave Allison except where indicated


[Click to email Dave](mailto:dave_allison@btconnect.com)



Standard Club Vest £13.50
Male/Female sizes



Bufs £5



Hoodies
(Email Chris Taylor for details)

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ARR Facebook Pages

We currently have two distinct club Facebook pages. The first is an open page simply called "[Ackworth Road Runners](#)":

This page is available to anyone and is used to post photos and general information to publicise our activities.



The second is a closed group and is available only to paid up club members. It's called "[Ackworth Road Runners – Members Area](#)":

This page contains news, photos, social events and detailed information on forthcoming club activities and offers members the chance to discuss relevant issues and request advice.



Junior Section

The Junior section of the club caters for 4 to 14 year olds. A variety of activities and training are offered by qualified coaches and run leaders with the emphasis on fun.



Photo © 2022 Ackworth Road Runners Juniors

Up to date information on the Junior Section can be found on their private Facebook page which is accessible to Juniors parents by invitation. The [Junior Section](#) also has its own page on our web site:

The screenshot shows the Ackworth Road Runners website. At the top is a banner image featuring several people, including a woman in a blue hoodie and a man in a white shirt with 'ACKWORTH ROAD RUNNERS' on it. Below the banner is a navigation menu with the following items: HOME, Training, Membership, Contact us, LATEST NEWS, Race Results, Priory 10k, 2023 Grand Prix, Handicap Series, Peco XC League, Yorks Vets, and ARR Junior Section (highlighted in blue). To the right of the menu is a large group photo of the Junior Section members, identical to the one above. Below the photo is a 'WELCOME' section with the text: 'Ackworth Road Runners Junior Section caters for children aged 4 to 14. All activities are supported by qualified coaches and assistants who are all DBS verified.' A small image of a boy running is visible in the bottom right corner of the screenshot.

Racing With ARR



Priory 10k
Photo © 2023 VSP Images

Our members enter races all over the country at all distances from 5k to Ultra Marathon. Links to online entry for many races are posted on the Members Area Facebook page.

When representing ARR at races, members should wear club kit (blue band on white background) if possible and abide by the rules of the event. For example, it is now EA policy not to allow the wearing of headphones/ear-phones at races (unless of the bone conducting variety) which include roads open to traffic on the route. Even at races on closed roads/routes, the final decision lies with the race organisers.

Races also have differing rules with regard to transferring your race number to another member. Members should ensure they are familiar with our number swapping policy which can be found [here](#).

We enter team events such as the PECO Cross Country Series and the Leeds Country Way Relay Race. These are open to all abilities. Further details are available from the Club Captains. The Yorkshire Veterans Athletics Association (YVAA) also run a series of events for veterans (35 and over). Visit <https://www.ackworthroadrunners.club/yorks-vets> for more information.

The club publish members race results on the web site. If your result doesn't appear there, email Stewart Haigh at stewarthaigh@sky.com with the details.

Club Events

Handicap Series



ARR 2024 Winter Handicap
Photo © 2024 Ackworth Road Runners

There are 4 Handicap races each year, one for each season to provide a variety of conditions. They are open to all club members and the handicap system allows everyone to compete on a "level playing field".

Our handicapper analyses weekly race results and any other available data to determine the current 10k race pace of all members. This is then used to calculate target race times for each of the 4 seasonal events which vary in distance from around 5-10 miles. The Spring and Summer Handicaps are held jointly with our friends at Goole Viking Striders on a home and away basis.

Trophies are awarded for each event to the first man and first woman performing the best relative to their target time. In addition, the best performance overall in the Winter event will hold the Phil Ryder Memorial Shield for a year and the multi-terrain winner, the Alan Richardson Memorial Shield

Points are awarded with the person performing best against their handicap time receiving 50 points, the next 49 etc. The minimum score will be 10 points. There are separate Male/Female Tables. A points table is published on the web site after each run and trophies are awarded for each League.

Grand Prix Series 2024

This is a competition for all members to participate in. The club nominates specific races or club events spread throughout the year. We generally select local races over distances ranging from 5k - half marathon, but not always.

More often than not, we will have one of the largest, if not largest turnouts and we run in club vests/t shirts which helps us spot each other on the course. Members are divided into 6 leagues, plus female league, female vets and male vets leagues.

Trophies are awarded to the top 3 in each league at the Annual Awards in February.

Event Scoring - Open Leagues

This year we have reverted to the main leagues being based on pace but with an amended scoring system. This year points will be calculated by a combination of your finish time compared to others in your league only, plus pace points for how quickly you ran compared to that of our first finisher.

1. The fastest in each league will receive 10 points based on finish time, 2nd 9, 3rd 8 etc with a minimum of 1 point. Where two or more have the same finish time, they will receive the average of the total points for their positions. For example, the 3rd and 4th have the same time therefore their points are calculated as $8+7 = 15 \text{ points} / 2 = 7.5$ each. The 5th person would receive 6 points etc.
2. In addition, the overall fastest club member will receive 10 pace points with all other finishers (irrespective of league) receiving a percentage of 10 points based on how well they ran compared to the fastest club member.

Examples:

- Runner A finished 4th in their league and their speed was 95% of our first finisher. They would receive 7 points for being 4th in their league and 9.5 pace points. Total points 16.5.
- Runner B finished 1st in their league and their speed was 70% of our first finisher, they would receive 10 points plus 7.0 pace points. Total points 17.
- Runner C finished 10th in their league and their speed was 48.5% of the overall fastest, they would receive 1 point plus 4.85 pace points. Total points 5.85

Advantages of the dual scoring:

1. Encourages running as quickly as possible to maximise points and not ease back because you can't improve your finish place.
2. Encourages racing amongst those who would only receive the minimum of 1 point.
3. Overall, it will enable leagues to be more competitive by reducing the points difference for each finish position.

Event Scoring - Females League, Male and Female Vets Leagues

The scoring for these leagues will be as existing. The fastest will receive 50 points with each subsequent place receiving 50 points less 40/number of participants. This means that the slowest will always receive just over 10 points.

For example, if there are 35 finishers. Then each place difference is $40/35 = 1.14$ points

The qualifying age for the Male Vets league is 40 and Female Vets 35 determined at 1/1/24. For clarity if you reach these ages after 1/1/24 you will not be eligible until 1/1/25.

The list of events for 2024 is subject to change in the event of race cancellations.

The latest list is available on our website at:
<https://www.ackworthroadrunners.club/grand-prix>.

London Marathon Ballot

As an affiliated England Athletics club, we are normally allocated a number of guaranteed places in the London Marathon each year. The number of these is dependent on the number of active 1st claim members that we have registered at the at a date pre-determined by EA.

Of the 2 places available, the first is reserved for members who have never participated in the London Marathon previously, whether as a club member or not. Once that has been drawn, the names of all other qualifying members are added. Ballot winners need to confirm and pay for their places by the date set by the organisers.

Eligibility for inclusion in the club's London Marathon Ballot is as follows:

- Must have paid 2 years subscriptions
- Must be able to produce evidence of being unsuccessful in the public ballot for that year.



Dave Hughes
2024 London Marathon Club Ballot Winner
Photos © 2024 Ackworth Road Runners



Sally Hayward

In order to give as many members as possible a chance of obtaining a place, members who are awarded places in the London Marathon via the club ballot are not eligible to take part in future ballots for a period of 5 paid up years of membership.

To clarify, this means that those members who obtained places in the ballot for the 2020 London Marathon (assuming they remained paid up members for the next 5 years) will not be eligible for inclusion in any such future ballot until the one held for the 2025 event.

Club Races

Priory 10k

The Priory 10k takes place in mid-July each year in the grounds of Nostell Priory and Parklands in partnership with the National Trust. The club derives much of its income from organising this England Athletics licensed event each year. Staging such events is very labour intensive and a large number of volunteers are required for marshalling and other roles.



Priory 10k: Photo © 2023 VSP Images



Priory 10k: Photo © 2023 VSP Images

352 runners completed the 2023 event. It's back again in 2024 and will include a junior race organised by ARR Juniors.

Ken Bingley Memorial 10k

The first Ken Bingley Memorial 10k took place on 18th August 2022 with profits going to charity. Ken, who passed away in January 2022, was a real inspiration to many of our members for over 30 years, from people he ran with and others who mainly knew him from his volunteering.

He was with the club for over 30 years, both as a runner and volunteer and he was always a friendly supportive figure offering his help and advice to everyone, often with great stories from his life. He regularly volunteered at Pontefract parkrun at Ken's corner, as well as at Frickley Country parkrun and many Ackworth Road Runners club races over recent years.

The race will take place again in August 2024 at Frickley Country Park.



Photo © Ackworth Road Runners



Photo © Pontefract parkrun



Photo © Pontefract parkrun

ARR at parkrun



Pontefract parkrun: Photo © 2024 VSP Images

parkrun® organise free, weekly, 5k timed runs around the world. They are open to everyone, are free and are safe and easy to take part in. ARR members take part in parkruns all over the country every Saturday morning either as runners, volunteers or organising team members. Our nearest ones are Nostell, Pontefract, Frickley Country and Wakefield Thorns.

The club includes parkrun results in our race statistics so make sure your parkrun profile shows your club as Ackworth Road Runners to ensure your results are included in our statistics.

The club encourages members to wear club colours at parkrun on the first Saturday of each month to raise awareness of the club.

ARR Club Discounts

ARR members are entitled to 10% off and free delivery from <https://www.sportshoes.com/> and also 10% off from <https://startfitness.co.uk/>.

Discount codes are required for both and are available on request from committee member Mark Leadbeater.

Social Activities

Numerous social events are organised by the club and various members. A few of our members are known to be partial to the occasional half pint of beer! These are generally publicised on the Members Area Facebook page.



ARR Curry and Music Night
Photo © 2023 Ackworth Road Runners



ARR 2023 Pub Run
Photo © 2023 Ackworth Road Runners

Annual Presentation Awards

Our annual Awards and Presentation night takes place every February at Burn wood Court Hotel. Apart from the presentations, the evening includes a subsidised 3 course meal and music and dancing. This is always a popular event and also features the infamous Chris and Stewart comedy duo!



2024 10k Winter Handicap Winner, Gayle Hargrave and male winner Steve Berry
Photo © 2024 Ackworth Road Runners

Policy and Procedure Documents

Like all clubs and organisations, we have a number of Policy and Procedural documents which members should be aware of:

- Privacy Statement and Policy
- Race Number Swapping
- Risk Assessment and Health & Safety
- Social Media Policy
- Inclusion Policy.

These can all be found at <https://www.ackworthroadrunners.club/downloads>



Click the image to open the document

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ARR 35th Anniversary



Race Number Swapping



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Inclusion Policy