

SINFIN RUNNING CLUB

FOUNDED 1984
AFFILIATED to ENGLAND ATHLETICS



NEW MEMBER WELCOME PACK



Club Committee

Chairman
Club Secretary
Membership Secretary & Vice Chair
Club Treasurer
Club Kit Person
Social Media Lead
Lead Welfare Officer
Welfare Officer
Club Run Organiser
Fell Run Captain
Marketing/Social
Vice Chair & run advice/support

Duncan Cowie
Brian Warner
David Lees
Jane Wade
Brendan Devlin
Robert Lane
Alyson Woodcock
Gary Lane
Martin Sower
Trevor Hibbert
Catherine Williams
Dennis Ceranic

sinfinrc.chairman@gmail.com
sinfinrc.committee@gmail.com
sinfinrc.membership@gmail.com

Men's Captain
Ladies Captain & Social Secretary

Brendan Devlin
Nicky Pochibko

The club committee meets at least once a month, please feel free to reach out to any committee member for further information or help on club matters. A copy of the club constitution is available on request.

Social Media

Web Site <https://www.sinfinrc.co.uk/>

Facebook Open Group:
<https://www.facebook.com/groups/SinfinRunningClub>

Members only Group:

<https://www.facebook.com/groups/148404002501422/>

STRAVA

Sinfin Running Club

<https://www.strava.com/clubs/SinfinRunningClub>

Membership Types

	First Claim	Second Claim	Family ¹	Social Non-Competing	Fell
England Athletics Registration	✓		✓		5
Fell Running Association (FRA) membership					6
Eligible to run for Club, compete in Club competitions and awards	✓	✓ ₃	✓	4	✓ ₃
Eligible to vote at Club meetings and serve on committee	✓		✓	✓ ₂	✓
Eligible for Club London Marathon ballot place	✓		✓		
Access to Club training activities	✓	✓	✓	✓	✓
Access to Club runs and social events	✓	✓	✓	✓	✓
Access to member-only social media	✓	✓	✓	✓	✓

¹ Family memberships are available to 2 adults joining as First Claim members and includes free social membership for children aged 12-17 where requested. Please notify the Membership Secretary of your circumstances so that you can be informed of the Club’s rules regarding the participation of minors or if you require English Athletics registration for them. The Club cannot be held responsible for their safety and the parent/guardian’s acknowledgement of this is confirmed in the signing of the application form.

² Assuming no 1st claim membership of another club

³ Second claim members or fell only members can take part in all Club competitions except certain cross-country events where leagues stipulate 1st claim membership, please check with the membership secretary for details. To accrue points in Sinfin competitions, second claim members must wear a club vest and register as Sinfin RC when entering races.

⁴ Social membership is intended for members who do not wish to compete. Members can however participate in and receive points in the Club’s parkrun challenge. Social members may also take part in fell championship races but will not accrue points unless the member is affiliated to the FRA.

⁵ Fell members must not be 1st claim members, in any club, due conflicts with XC competitions and club voting rights

⁶ Members must register themselves with the FRA and show evidence of membership to be eligible for this membership option.

The membership year runs from April 1st to March 31st. If you are joining mid-year, there may be discounts available, please speak to the club Membership Secretary

Sept 2024

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If you would like more information on any of the above, please ask

Membership Prices

Please see our web site <https://www.sinfinrc.co.uk/joinus> for the current prices or speak with the Membership Secretary. Upon completion of the membership form, new members will be setup on the England Athletics portal and sent an online link for payment via the England Athletics Stripe payment system.

New Member Buddies

We offer new members the opportunity to partner up with a more experienced and existing member of the club – this is particularly useful if you are new to running or would just like some additional help & guidance. Please speak with the Membership Secretary if you would like to do this.

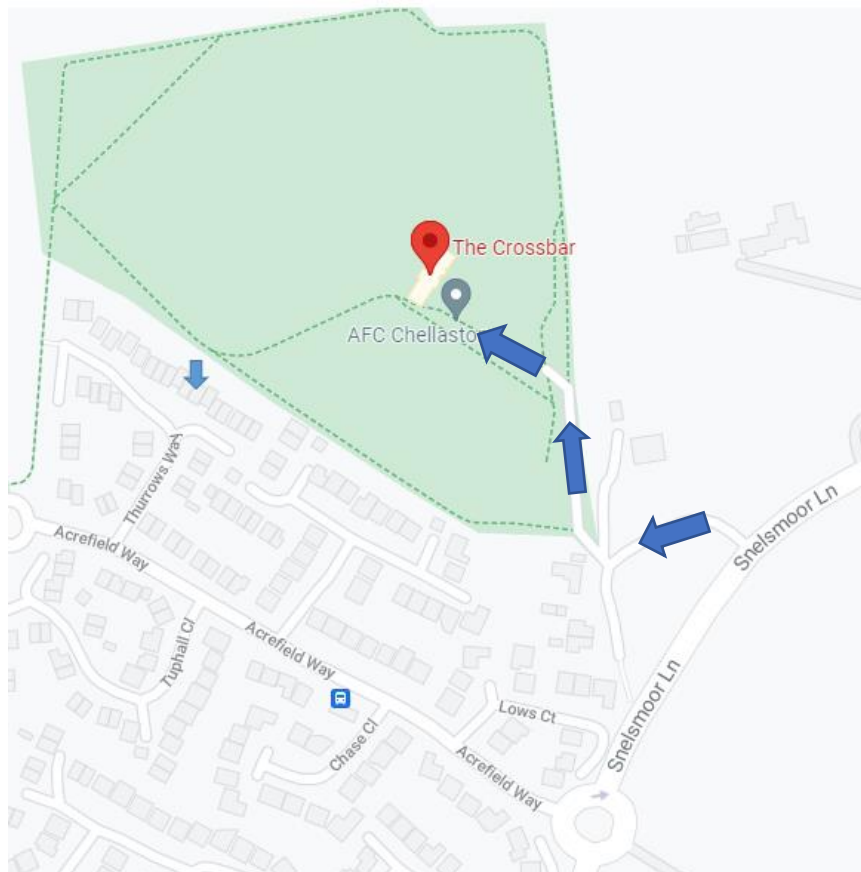
Club Night

Club night is on Wednesday each week at the Crossbar Pavilion, Chellaston Park (off Snelsmoor Lane). Members meet from around 18:15 and after the week's highlights have been announced the group is ready to run at 18:30.

Routes of varying pace & distance are organised and led by nominated Run Leaders. If you are new to the Club or uncertain about anything please let one of the team know so that we can give you the help you need. On the lighter evenings we encourage you to wear club colours but on dark nights please try and wear bright, reflective kit.

The first Wednesday of each month is our 'Club Run'. A more social, easy route is chosen and we run together as a group.

There are bar facilities in The Crossbar, plus changing rooms. So feel free to stay for a drink and chat with the other members.



Additional Training

In addition to Wednesday nights the club is also involved with structured sessions each week on Monday's at Moorways (on Moor Lane). These start at 6pm and consist of; a short warm-up followed by a set number of intervals at distances from 600 metres to 1 mile with recovery time in between and ending with a short cool down. These evenings are for runners of all abilities and aim to improve pace for both training and racing. Please see the Sinfin Running Club WhatsApp postings for details or contact Robert Lane for further information.

Other Events

We also arrange various other running events throughout the year such as trail and other off-road runs and longer routes at weekends. Many members can also usually be found at Alvaston Parkrun most Saturdays. Please check with other members/social media for further details.

Racing and Club Championships

As a club we participate in various types of racing; Road, Cross-Country and Fell Running. Many of these are local events but members also take part in races nationally and even internationally. **Please be aware, if you are competing on behalf of the club you will need to wear your club vest, t-shirt or top and it is your responsibility to make the Secretary aware of your result if you wish to be included in competitions and the results roundup.**

The club holds the following championships annually, many of which are age graded and run Jan-Dec:

Sinfin Grand Prix

We hold an annual Championship consisting of various races covering distances from 5 miles to a marathon. Full details can be found on our website:

<https://www.sinfinrc.co.uk/road>



Winter Cross-Country Championship

We participate in two local leagues:

1. The North Midlands Cross Country League
2. Team Derby Runner (TDR) League

Races take place on weekends between October and March. We also include the Derbyshire Championship race and usually organise a trip the national championship.

More details with race dates and locations can be found on our website:

<https://www.sinfinrc.co.uk/crosscountry>



Fell Running Championship

Sinfin also has a thriving fell running community. The club championship includes races across Derbyshire and a few beyond. Race entries are cheap, the views are beautiful and a pint at the local village afterwards is a welcome reward.

Full details on our website under the following link:

<https://www.sinfinrc.co.uk/fellrunning>

Parkrun Challenge

The club organises a parkrun Challenge with Robert Lane collating the results and posting regular updates on Saturday afternoons on our Facebook page: <https://www.facebook.com/SinfinRunningClub/> Members also volunteer at events regularly and the club participates in parkrun takeovers.

So, members' results are automatically picked up, please ensure you add "Sinfin RC" to your parkrun groups. This can be done in your parkrun profile via this link: <https://www.parkrun.com/signin/> (use your parkrun A number and password to log in).

There is also a parkrun volunteer challenge in which points are awarded for the various volunteering roles. Please ensure you notify the club with a message on the Whatsapp Members group (ideally) either before or immediately after you volunteer. Where you volunteered and what role you did must be made known or awarding of your points may be delayed.

Run Derby Race Series

Finally, we are also participants in Run Derby Road Race series, which consists of several races held throughout the year.

<http://www.runderby.co.uk/race-series/>

We organise our own 5-mile race usually held in May each year

<https://www.sinfinrc.co.uk/sinfin5> and this is a part of the Run Derby series.



Results

The club publishes regular updates on social media of members race results and to be included in these you should inform the club social media and results lead – Robert Lane or ensure the results are visible on the SRC Members Forum WhatsApp group. It is important to raise awareness of what you have done if you want to be included in the club results processing and also if you have gained a personal best or any other significant information that should be included.

Team Green Running Merchandise

We have a selection of Sinfin Running Club gear that you can purchase from our Club Kit Person listed in the committee section of this pack. Please ask for current prices:

Hoodie



Running Vest



**Running T-Shirt
& Long sleeve Hi-Viz version**



Other items are available, please speak with the club kit person for further information

Club Communications

The club uses email for its formal communications, so if your details change, please let the Membership Secretary know. However, most of the other club communication happens on our recognised WhatsApp groups through our **Sinfin RC Community** group.

Within this are a number of groups that you can see and some that you can request to join (note this can change and you may see more /less than indicated below). If you wish to be added to groups, please speak to the group owners. Whichever groups you decide to take part in, please be mindful of what you are posting, that it is courteous, brief and appropriate to the group, remembering that all groups are monitored and moderated.

Announcements – This is a section that will update members with forthcoming events and other official posts such as what our members have achieved

Sinfin RC Social – Optional group for informal club chat and socialising.

SRC Members Forum – Optional group for running conversation only.

Sinfin Fell Race Info – Optional group focused on the Club's Fell Running and other off-road activities.

Sinfin Fell Social – Optional group for informal Fell chat and socialising.

SRC Fell Support Crew – Optional group for those members who organise the Fell League

SRC Run Leaders – Group for those leading / tailing the Wednesday night club meeting routes

SRC Committee – Group for Committee members and discussions,

SRC Online Coaching Forum – for those who want specific training programmes – this group is limited to numbers permitted / numbers coached.

SRC Official News & Info – This group is archived and replaced by the Announcements group but was our original

Awards Night

Finally, to celebrate the success of all our runners and their achievements throughout the previous year we hold a dinner-dance presentation evening each January.

Notable performances across all abilities are honoured and awards are presented to the winners of our championships, along with 2nd and 3rd third place trophies. Awards are also given out for best performance, best newcomer, and the club person of the year.

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Our Hall of Fame on our website celebrates those who have been awarded trophies in the past. Maybe your name will appear there in the future! :) <https://www.sinfinrc.co.uk/halloffame>

We wish you a warm welcome to our club and hope that you enjoy participating and engaging with the existing club members. Please remember that we are here to help and encourage you and welcome any feedback that you may have.

Best Regards,
David Lees
Membership Secretary, Sinfin Running Club
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