



Welcome to Handy Cross Runners



Introduction

This information pack has been put together to help you get the most out of your time as a member of Handy Cross Runners. In joining us you've made the right choice as we think that we're by far the best running club in the area. If you have any questions about anything in this pack or about running in general, please do not hesitate in asking any one of the committee members who will only be too pleased to help.

Meeting times and details

We meet in the bar at the Judo Centre on Tuesday, Wednesday and Thursday evenings at 7:00pm. On Sunday mornings, dependant on the racing calendar, runs take place from various venues. Information about these is normally posted on our club Facebook page and sent via email to all members.

Sessions at the Judo Centre commence with some short announcements about club member's results at recent events and information concerning forthcoming races and social occasions.

England Athletics Registration Card

You will receive an England Athletics Registration Card in the post shortly after joining. It also serves as your club membership card and should be carried with at all times when using the Judo Centre to qualify you for member's prices when using the bar. This card also enables you to obtain 10% discount on purchases at Runners' Retreat in Marlow, and Apex Sports in Farnham.

Club kit

Upon joining, you will be able to purchase club kit. We like to encourage people to wear club kit, as much as possible, because we feel that this helps to attract more new members by increasing our profile, thus making us a stronger and more diverse club. See the notice board for items of kit available and current prices

Club website

Our website www.handycrossrunners.co.uk contains a wealth of information about the club's activities. We also have a Facebook page https://www.facebook.com/groups/277196995667911/?ref=br_tf

Social activities

Our Social Secretary organises a full and varied programme of events throughout the year to encourage all our members to come together and meet socially. We welcome any suggestions of activities that you feel may appeal to others.

General

Committee

The management and running of the club is vested in a committee which is elected annually at the AGM. This committee comprises:-

- ⊗ Chairman
- ⊗ Secretary
- ⊗ Treasurer
- ⊗ Social Secretary
- ⊗ Membership Secretary
- ⊗ Communications Officer
- ⊗ Kit Officer

There are also a number of other officers of the club who have a specific responsibility for certain aspects such as the website and some non elected people may be invited to attend committee meetings to further reflect the views of the membership as and when deemed necessary.

Notice Board

The club notice board can be found just inside the entrance area on the left side wall facing the bar entrance door at the Judo Centre. This notice board is used to display photographs of club events, kit prices and other information.

Communications

The vast majority of communication within the club is done through email and on our facebook group page.

Club newsletter

This is emailed out regularly. It contains articles written by club members, details of past and forthcoming events, both running and social, as well as training tips and programmes. Our Communications Officer is happy to consider all contributions that you may feel would make interesting reading. If you have anything to put in the newsletter, email it to news@handycrossrunners.co.uk

Club facilities

Membership of Handy Cross Runners entitles you to make full use of the facilities at the Judo Centre. These include a bar where you can relax over a drink after running; male and female changing rooms with showers; and also a sauna. Despite entrance to the club building being restricted, we recommend that you do not leave any valuables in the changing rooms as there are no lockers.

Club Standards

The club has introduced a club standards scheme, details of which are enclosed later in this pack. The Standards Scheme is designed to encourage members to improve and recognises achievements relative to age, sex and distance. If you achieve a standard, drop membership@handycrossrunners.co.uk a message with the details of the race and a certificate will be sent out to you.

Club League Championship.

To encourage friendly competition and participation in events, certain races throughout the year have been selected for inclusion in our Club League Championship. Members are automatically registered to take part in the Championship and are awarded points for taking part in these selected races. Points can also be gained by carrying out marshalling duties at events we organise. Full details of the Championship may be found on the “Members” page of our website.

Sessions

Tuesday evenings

Structured training sessions are available, in the form of intervals/repetitions or hill training organised, by our club coach. These are suitable for all standards of runner and commence with a warm up, mobility and strength drills and finish with a warm down, followed by stretching exercises. Regular Time Trials are held to allow members to monitor their performance.

Alternatively runners can join in one of our group runs of varying lengths and pace. In summer we take the opportunity of getting off road as much as possible so we can explore some of the many public footpaths that we have in this area. In winter we have several routes along well-lit streets. As a newcomer to the club we will make sure you that you have good company to run with at a similar pace to your own, and over a distance that you feel you can handle. There are several people who are only too pleased to run with new members (as long as the pace is not too fast for them) until they get established within the club. These groups are very informal, and after a while you will soon get to know the people who are of a similar standard to your own.

Wednesday evenings

Different groups go out of varying lengths and pace. As with the Tuesday evenings in the summer we take the opportunity of getting off road as much as possible so we can explore some of the many public footpaths that we have in this area. In winter we have several routes along well-lit streets. As a newcomer to the club we will make sure you that you have good company to run with at a similar pace to your own, and over a distance that you feel you can handle. There are several people who are only too pleased to run with new members (as long as the pace is not too fast for them) until they get established within the club. These groups are very social, and after a while you will soon get to know the people who are of a similar standard to your own.

Thursday evenings

We have several ten week long courses for beginners and improvers starting throughout the year that take place on Thursdays.

As with Wednesday evenings we also have various running groups go out of different abilities.

Sunday mornings

When people are not taking part in races, we meet up for long steady social runs when we take the opportunity to get off road as much as possible and explore the beautiful countryside that exists on our doorstep. This is usually the longest run of the week and lasts around two hours. If people find that they are struggling to keep up, then the faster runners either take advantage of a rest break until the rest catch up, or they turn round and run back to rejoin the following group.

Events other than open races

Summer 5k series

These are by far the most popular events in the clubs calendar. The distance is short enough to be handled by the newest converts to the sport of running (and their families), and at the same time is testing enough for the “speed merchants” and others, whatever their ability, who enjoy competing against their rivals. Many people enjoy them purely as social occasions when they get to meet up with old friends from other local clubs.

Seven local clubs takes it in turn to host an event, including Handy Cross. After the race the host club also provide food and refreshment, and there is usually more effort put into trying to out-do each other on the size and quality of the spread, than there is by those taking part in the race. Our event takes place on The Rye and all members are encouraged to supply sandwiches and other items of food, and also to help out either with refreshments or marking out the course and marshalling duties.

Winter Cross Country

The club participates in two winter cross country leagues:

The Chiltern League races are held on Saturday afternoons. This is a team event and although we have some talented runners who figure highly in the finishing positions, they rely on the support of their team members to make up the rest of the club’s scoring points. The men’s team needs at least eight runners to be able to score fully, and the women’s team, four. The distance competed over is normally around six miles for the men, and three miles for the women. All members whatever their ability, will be welcomed as part of the team. The number of runners taking part influences the points available to the scoring members, so the more members involved, the better our chances of winning. This type of running will make you a better and stronger runner.

The Thames Valley Cross Country League races are held on Sunday mornings, and are in many ways similar to the 5k Series, in that each club hosts an event and food is provided afterwards. The distance of these races is around five to six miles, and men and women compete at the same time over the same distance. Our event is staged in the woods below the RAF base at Walters Ash. Again members are encouraged to help out, by supplying items of food, and by assisting with marshalling duties etc.

Fun events organised by club members

Some of our members get great fun out of thinking up events to test the resolve of their fellow members. Runners’ Retreat host “Treasure Hunt” type runs where people set off in pairs to visit locations marked on a map, or a “Scrabble” run. We organise “Pub Runs” roughly monthly throughout the year. These are sociable events starting and finishing at a local pub. Anybody who wishes to organise one can, they are generally a long fast run of about 7 miles, a shorter slower run of 6 miles and a walk of about 4 miles and then back to the pub for food and well-earned drink. If you have any novel ideas that could be used in designing a run of this nature, please put them forward to a member of the committee.

Other benefits of membership

Cheaper race entry fees

Our club is affiliated to England Athletics and the South of England Athletics Association. This means you can enter as an “attached” runner saving at least £2.00 on entry fees when entering most races.

Email address

If you have anything to would like to discuss with the committee, anything for the newsletter or any race results, we have dedicated email address for this:-

committee@handycrossrunners.co.uk

news@handycrossrunners.co.uk

results@handycrossrunners.co.uk

chairman@handycrossrunners.co.uk

info@handycrossrunner.co.uk

Club Standards

When members notify us of their race results, if these meet the standards shown below a certificate is awarded to recognise the hard work of the individual concerned.

MEN - Age 18-39						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:12:59	00:21:19	00:26:43	00:44:00	00:58:23	02:02:57
Platinum (+20%)	00:15:35	00:25:35	00:32:04	00:52:48	01:10:04	02:27:32
Gold (+40%)	00:18:11	00:29:51	00:37:24	01:01:36	01:21:44	02:52:08
Silver (+60%)	00:20:46	00:34:06	00:42:45	01:10:24	01:33:25	03:16:43
Bronze (+80%)	00:23:22	00:38:22	00:48:05	01:19:12	01:45:05	03:41:19
Copper (+100%)	00:25:58	00:42:38	00:53:26	01:28:30	01:56:46	04:05:54

MEN - Age 40-44						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:13:43	00:22:15	00:27:43	00:45:23	01:00:02	02:06:26
Platinum (+20%)	00:16:28	00:26:42	00:33:16	00:54:28	01:12:02	02:31:43
Gold (+40%)	00:19:12	00:31:09	00:38:48	01:03:32	01:24:03	02:57:00
Silver (+60%)	00:21:57	00:35:36	00:44:21	01:12:37	01:36:03	03:22:18
Bronze (+80%)	00:24:41	00:40:03	00:49:53	01:21:41	01:48:04	03:47:35
Copper (+100%)	00:27:26	00:44:30	00:55:26	01:30:46	02:00:04	04:12:52

MEN - Age 50-54						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:45	00:24:04	00:30:03	00:49:15	01:05:09	02:17:12
Platinum (+20%)	00:17:42	00:28:53	00:36:04	00:59:06	01:18:11	02:44:38
Gold (+40%)	00:20:39	00:33:42	00:42:04	01:08:57	01:31:13	03:12:05
Silver (+60%)	00:23:36	00:38:30	00:48:05	01:18:48	01:44:14	03:39:31
Bronze (+80%)	00:26:33	00:43:19	00:54:05	01:28:39	01:57:16	04:06:58
Copper (+100%)	00:29:30	00:48:08	01:00:06	01:38:30	02:10:18	04:34:24

MEN - Age 55-59						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:20	00:25:05	00:31:22	00:51:27	01:08:07	02:23:26
Platinum (+20%)	00:18:24	00:30:06	00:37:38	01:01:44	01:21:44	02:52:07
Gold (+40%)	00:21:28	00:35:07	00:43:55	01:12:02	01:35:22	03:20:48
Silver (+60%)	00:24:32	00:40:08	00:50:11	01:22:19	01:48:59	03:49:30
Bronze (+80%)	00:27:36	00:45:09	00:56:28	01:32:37	02:02:37	04:18:11
Copper (+100%)	00:30:40	00:50:10	01:02:44	01:42:54	02:16:14	04:46:52

MEN - Age 60-64						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:58	00:26:12	00:32:48	00:53:52	01:11:21	02:30:15
Platinum (+20%)	00:19:10	00:31:26	00:39:22	01:04:38	01:25:37	03:00:18
Gold (+40%)	00:22:21	00:36:41	00:45:55	01:15:25	01:39:53	03:30:21
Silver (+60%)	00:25:33	00:41:55	00:52:29	01:26:11	01:54:10	04:00:24
Bronze (+80%)	00:28:44	00:47:10	00:59:02	01:36:58	02:08:26	04:30:27
Copper (+100%)	00:31:56	00:52:24	01:05:36	01:47:44	02:22:42	05:00:30

MEN - Age 65-69						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:16:39	00:27:25	00:34:23	00:56:31	01:14:54	02:37:45
Platinum (+20%)	00:19:59	00:32:54	00:41:16	01:07:49	01:29:53	03:09:18

Gold (+40%)	00:23:19	00:38:23	00:48:08	01:19:07	01:44:52	03:40:51
Silver (+60%)	00:26:38	00:43:52	00:55:01	01:30:26	01:59:50	04:12:24
Bronze (+80%)	00:29:58	00:49:21	01:01:53	01:41:44	02:14:49	04:43:57
Copper (+100%)	00:33:18	00:54:50	01:08:46	01:53:02	02:29:48	05:15:30

MEN - Age 70+						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:17:28	00:28:48	00:36:09	00:59:27	01:18:51	02:46:02
Platinum (+20%)	00:20:58	00:34:34	00:43:23	01:11:20	01:34:37	03:19:14
Gold (+40%)	00:24:27	00:40:19	00:50:37	01:23:14	01:50:23	03:52:27
Silver (+60%)	00:27:57	00:46:05	00:57:50	01:35:07	02:06:10	04:25:39
Bronze (+80%)	00:31:26	00:51:50	01:05:04	01:47:01	02:21:56	04:58:52
Copper (+100%)	00:34:56	00:57:36	01:12:18	01:58:54	02:37:42	05:32:04

LADIES - Age 18-34						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:46	00:24:12	00:30:20	00:49:21	01:05:42	02:15:25
Platinum (+20%)	00:17:43	00:29:02	00:36:24	00:59:13	01:18:50	02:42:30
Gold (+40%)	00:20:40	00:33:53	00:42:28	01:09:05	01:31:59	03:09:35
Silver (+60%)	00:23:38	00:38:43	00:48:32	01:18:58	01:45:07	03:36:40
Bronze (+80%)	00:26:35	00:43:34	00:54:36	01:28:50	01:58:16	04:03:45
Copper (+100%)	00:29:32	00:48:24	01:00:40	01:38:42	02:11:24	04:30:50

LADIES - Age 35-39						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:14:52	00:24:22	00:30:33	00:49:51	01:05:51	02:16:26
Platinum (+20%)	00:17:50	00:29:14	00:36:40	00:59:49	01:19:01	02:43:43
Gold (+40%)	00:20:49	00:34:07	00:42:46	01:09:47	01:32:11	03:11:00
Silver (+60%)	00:23:47	00:38:59	00:48:53	01:19:46	01:45:22	03:38:18
Bronze (+80%)	00:26:46	00:43:52	00:54:59	01:29:44	01:58:32	04:05:35
Copper (+100%)	00:29:44	00:48:44	01:01:06	01:39:42	02:11:42	04:32:52

LADIES - Age 40-44						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:10	00:24:54	00:31:14	00:51:03	01:07:27	02:19:37
Platinum (+20%)	00:18:12	00:29:53	00:37:29	01:01:16	01:20:56	02:47:32
Gold (+40%)	00:21:14	00:34:52	00:43:44	01:11:28	01:34:26	03:15:28
Silver (+60%)	00:24:16	00:39:50	00:49:58	01:21:41	01:47:55	03:43:23
Bronze (+80%)	00:27:18	00:44:49	00:56:13	01:31:53	02:01:25	04:11:19
Copper (+100%)	00:30:20	00:49:48	01:02:28	01:42:06	02:14:54	04:39:14

LADIES - Age 45-49						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:15:43	00:25:51	00:32:27	00:53:06	01:10:10	02:25:20
Platinum (+20%)	00:18:52	00:31:01	00:38:56	01:03:43	01:24:12	02:54:24
Gold (+40%)	00:22:00	00:36:11	00:45:26	01:14:20	01:38:14	03:23:28
Silver (+60%)	00:25:09	00:41:22	00:51:55	01:24:58	01:52:16	03:52:32
Bronze (+80%)	00:28:17	00:46:32	00:58:25	01:35:35	02:06:18	04:21:36
Copper (+100%)	00:31:26	00:51:42	01:04:54	01:46:12	02:20:20	04:50:40

LADIES - Age 50-54						

	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:16:31	00:27:16	00:34:16	00:56:07	01:14:09	02:33:57
Platinum (+20%)	00:19:49	00:32:43	00:41:07	01:07:20	01:28:59	03:04:44
Gold (+40%)	00:23:07	00:38:10	00:47:58	01:18:34	01:43:49	03:35:32
Silver (+60%)	00:26:26	00:43:38	00:54:50	01:29:47	01:58:38	04:06:19
Bronze (+80%)	00:29:44	00:49:05	01:01:41	01:41:01	02:13:28	04:37:07
Copper (+100%)	00:33:02	00:54:32	01:08:32	01:52:14	02:28:18	05:07:54

LADIES - Age 55-59						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:17:28	00:28:56	00:36:26	00:59:41	01:18:51	02:44:13
Platinum (+20%)	00:20:58	00:34:43	00:43:43	01:11:37	01:34:37	03:17:04
Gold (+40%)	00:24:27	00:40:30	00:51:00	01:23:33	01:50:23	03:49:54
Silver (+60%)	00:27:57	00:46:18	00:58:18	01:35:30	02:06:10	04:22:45
Bronze (+80%)	00:31:26	00:52:05	01:05:35	01:47:26	02:21:56	04:55:35
Copper (+100%)	00:34:56	00:57:52	01:12:52	01:59:22	02:37:42	05:28:26

LADIES - Age 60-64						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:18:32	00:30:49	00:38:53	01:03:44	01:24:12	02:55:57
Platinum (+20%)	00:22:14	00:36:59	00:46:40	01:16:29	01:41:02	03:31:08
Gold (+40%)	00:25:57	00:43:09	00:54:26	01:29:14	01:57:53	04:06:20
Silver (+60%)	00:29:39	00:49:18	01:02:13	01:41:58	02:14:43	04:41:31
Bronze (+80%)	00:33:22	00:55:28	01:09:59	01:54:43	02:31:34	05:16:43
Copper (+100%)	00:37:04	01:01:38	01:17:46	02:07:28	02:48:24	05:51:54

LADIES - Age 65+						
	5k	5m	10k	10m	13.1m	26.2m
World Standard	00:19:44	00:32:58	00:41:42	01:08:22	01:30:20	03:09:30
Platinum (+20%)	00:23:41	00:39:34	00:50:02	01:22:02	01:48:24	03:47:24
Gold (+40%)	00:27:38	00:46:09	00:58:23	01:35:43	02:06:28	04:25:18
Silver (+60%)	00:31:34	00:52:45	01:06:43	01:49:23	02:24:32	05:03:12
Bronze (+80%)	00:35:31	00:59:20	01:15:04	02:03:04	02:42:36	05:41:06
Copper (+100%)	00:39:28	01:05:56	01:23:24	02:16:44	03:00:40	06:19:00