



Royston Runners Constitution Aims

Our Club is governed by our Club Constitution which aims to: –

1. Encourage members of all abilities to enjoy and to have fun through running,
2. Promote the health and fitness of Members through running,
3. Promote competition in running,
4. Provide social activities for Members of the Club, their families and friends,
5. Foster friendship through running,
6. Encourage all Members to support the organisers of any sponsored events.

To facilitate this we are affiliated with England Athletics (EA) the regional body of UK Athletics, the national governing body for athletics. It provides us with

Royston Runners Membership Benefits

- o **Training.** Access a range of training programmes to support their running goals and achieve their personal bests.
 1. Monday Circuits Training to improve running and body fitness facilitated by our Senior Club Coach,
 2. Tuesday Club Runs with dedicated road and off road pace times facilitated by trained and licenced Group Run Leaders,
 3. Monthly Wednesday Track Training Sessions at an approved race track facilitated by our Senior Club Coach,
 4. Thursday Training Sessions centered on members personal development and training programmes, facilitated by our Senior Club Coach and Club coaches,
 5. Club Monthly Training Plans offering best in class training sessions and activities.
- o **Advice and Support** from Club Coaches, Club Captains and Group Leaders.
- o **Professional Development** with access to personal development courses provided by EA including Leader in Running Fitness (LiRF) and Coach in Running Fitness (CiRF) programmes.
- o **Entry to UKA Competitions/Championships** including County XC Championships and National Championships.
- o Access to **Club App** to book training sessions, buy Club kit and other ticketed items and keep in contact with Club members.
- o **Exclusive** offers through **CmC** to their events and merchandise partners.
- o **Access** to a enviable list of subsidised fun and family focused **Social Committee** organised running events and social gatherings.
- o **Raise monies** for our nominated **Charity** 'Royston and District Community Transport' <https://www.roytrans.co.uk/>
- o **Subsidised Transport** to selected sporting events such as Mid Week Leagues and Sunday Cross Country.
- o Allocated **Club Ballot Place(s)** in the London Marathon (two places if we have over 190 EA individual members).
- o **Training and Education** including professional speaker presentations.
- o **Active and informative** private and moderated Social Media site to share experiences and develop healthy running friendships.
- o Opportunities to buy non profit making **Club branded Kit**.
- o **Under 17s** running division for younger runners **The Crows** facilitated by licenced coaches.
- o **Exclusive Member Offers and Discounts** at running shops and associated sports specialties such as physiotherapy.
- o **Volunteering Opportunities** to support events in the annual calendar and to 'give back ' to benefit their member colleagues.
- o **Trained Welfare Officers** who ensure we operate adult and younger person Safeguarding and welfare compliance.
- o **Governance** by a Committee run Club which aims to ensure we provide the best possible experience for our members and operate compliantly within England Athletics policies and procedures.