



EST 2015

Netley Abbey Runners Handbook



In this document you will find.....

This document is designed to welcome all new members to the club and answer any questions you may have or feel too silly to ask, please let us know if you feel there is anything missing.

Please note anything that is underlined is an interactive link.

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Welcome From Your Club

Welcome to Netley Abbey Runners. Within the club you'll find runners of all ages, speeds and levels of experience from recent couch-to-5k graduates to those training for marathons and ultras.

You'll find details of our club runs below and you'll always find a crowd of NARs at Netley Abbey Parkrun (and drinking coffee afterwards!).

You'll also find plenty of opportunities to meet up with like minded NARs for social running throughout the week and have company at local races (as well as some further afield).

Keep an eye on our Facebook Members Group to keep up with what other NARs are up to and feel free to get in touch with any of the committee if you have any queries.

Gareth and the NAR committee.



Committee

Chair - Gareth Roberts

Secretary - Sarah Hughes

Treasurer - Edd Biddle

Membership - Ellis Crook

Run Coordinator - Alex Coe

Welfare Officer - Ruth Johnson

Welfare Officer - Claire Lockyer

Media & Social - Alex. Dunn

To contact any of our committee members via please select the person you want from this list.

Weekly run information

Our runs cater for all paces and abilities as long as you can run 5k you are welcome to come along, Facebook will have any last-minute changes to starting points or cancellations.

Monday 19:00 - Coached speed session
Pinnacle Performance Gym Hamble SO31 4NB
<https://w3w.co/surnames.rentals.boats>

Tuesday 19:15 - Group Run 4 miles/6.5K to 6 miles/10K
Abbey Hall Netley Abbey SO31 5FA
<https://w3w.co/damage.yours.custom>

Wednesday 9:00 - Shorter distance social run
Netley Abbey Train station SO31 5PT
<https://w3w.co/washed.noisy.crown>

Wednesday 19:15 - Development Run
Abbey Hall Netley Abbey SO31 5FA
<https://w3w.co/damage.yours.custom>

Thursday 19:30 - Coached Speed session
Location changes based on the session
Check Facebook

Saturday 9:00 Netley Abbey Parkrun - Royal Victoria Country Park SO31 5GA
<https://w3w.co/format.field.office>

Booking onto a run

In order to join a run you must book via Coacha (all runs except Parkrun)

Your Coacha account will have been set up in the joining process. It is important that you book sessions you are attending so our run leaders are aware of who is attending and that they have access to your emergency contacts.

You can book online via the Coacha website or download the app for Apple or Android phones.

Please click the youtube logo for a walk through in how to book a session on a desktop.



Please also see the Iphone App Walkthrough



Your Run Leaders

All of our run leaders have been trained by UK Athletics to be able to safely lead runs. They will aim be there to ensure the group's safety but will work with the abilities across the session. At least one of our run leaders will head up each planned group run.



Ian Booth (Coach)



Alex Coe (Coach)



Andy McGhee (Guest Coach)

Rachel Pritchard



Sarah Hughes



Rachel Rawlings



Edward Biddle



Claire Lockyer



Ruth Johnson



Jack Crook

Kit Ordering

The club usually has a stock of a range of sizes of Racing Vest and Racing T-Shirts. For club runs club shirts are not compulsory but can often help with spotting other NARs. In some of the leagues racers are required to wear club kit or colours to take part.



To order a club shirt or vest, please [click here](#) and fill in a request form.



For any other kit such as hoodies and training tops please keep a look out on the [Facebook](#) group and via your weekly email updates from the chair. These are ordered from a local supplier and requests go in at different times depending on the needs of the club.

Nars Online

We have a wide range of ways to stay up to date with club news and the NAR community. Please explore below by clicking on the logo or the underlined word.



Clubs Public Facebook page, sharing club achievements and encouraging others to join



NAR member group Facebook events with clubs key events



NARs in need. A Facebook group, a place to sell items, donate items and ask for help



The club's Instagram page



The club's website holds the most up to date club information and PB table



NARs Strava Group

Race Leagues

Netley Abbey Runners are involved in a number of local race leagues. The race leagues are open to all abilities and age groups. For further details click the titles to visit the league websites.

[HRRL](#) (Hampshire Road Race League)

A local road racing league with clubs from across Hampshire. With 12 races across the year with distances from 5 miles to 1/2 marathons.

Runners pay for these on a race-by-race basis. Runners representing the club do not need to wear NAR kit for this event (though many do) but just indicated when playing for the race that they belong to the club.

Club runner will accumulate points that support both the team and individual positions across the league

If you wish to find out more about HRRL reach out to our team captain Claire Lockyer.

[CC6](#)

Local winter cross-country league. There are 6 races across the winter. Each club runs in 5 and supports the facilitation of one of the events.

CC6 races are usually around 5 miles long and can get pretty muddy depending on the weather.

These events are FREE for club members to enter but you do need to wear a club shirt. Only people in club shirts will have their positions count toward a team and individuals result across the season.

If you wish to find out more about CC6 reach out to our team captain Tara Stannett.

[RR10](#)

Local summer cross-country league. There are 10 races across the summer. Each club runs in 9 and supports the facilitation of one of the events.

RR10 races are usually around 5 miles long and are run on a Wednesday evening.

These events are FREE for club members to enter but you do need to wear a club shirt. Only people in club shirts will have their positions count toward a team and individuals result across the season.

If you wish to find out more about RR10 reach out to our team captain Jack Crook.

FAQ

Am I too Slow? As long as you can run 5k consistently there are no pace requirements. Our run leaders will work with whoever is attending our session. There are runners of all paces in our club you will always have someone to run with.

Are there others my age? There is a wide spread of ages in the club, that's what makes our club special. You will find a friendly community that consists of people of all ages and life experiences.

What do I need to wear? Whatever you feel most comfortable in. We do ask that in winter you bring a head or body torch and in the summer consider bringing some water.

Are there toilets/ changing facilities? Sorry, we don't have access to toilets or changing facilities on our runs. We recommend you come ready to run.

Do you guys do anything other than run? YES! There is a range of social events throughout the year that includes running and other socials. Please keep an eye on the facebook group, calendar and weekly updates for more details as things get arranged.

What do you talk about while you are running? All sorts of topics! There's not a lot that's off the table.

When does the membership renew? Club memberships last from 1st April to the 31st March. You will get a reminder when it's time to renew.

What's the difference between a UK Athletics member and just a club membership? Just having a Netley membership allows you to join our runs and leagues but is cheaper. Uk Athletics memberships are a little more but give you access to discounted rates on races, special offers, extra insurance and the opportunity to enter the club ballot for a London Marathon place.

What if I have a question that's not listed? Please reach out to any of the committee or run leaders and we will make sure your questions are answered.