



2017 Member's Booklet



Organisation

The Club is run by a Committee elected at the AGM which is held every April. Although the committee are primarily responsible for arranging events, everyone in the club is encouraged to get involved with helping the club organise fun runs, social events and generate new ideas to get members participating in activities. Many of the members organise Sunday Runs, social events and help with marshalling and so make the club very pro-active in achieving its status as one of the best running clubs in the county.

Currently the committee consists of:-

Phil Liberman (Chairman) philipliberman@talktalk.net

Sue Simmons (Secretary + Membership)

Fiona Clifton (Treasurer + Kit)

Paul Aylett (Horsham 10k organizer + Website)

Jenny Boyd (WSFRL)

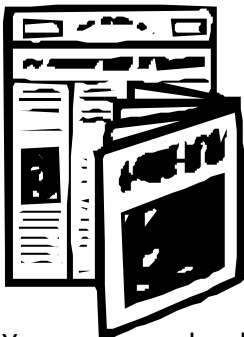
James Munden (Get Running / socials)

Kirsty Anstee-Brown (Get Running)

Paul Armer (Newsletter)

Sharon Gibson

Gemma Berrill



Horsham Joggers newsletter

There is a newsletter that is available to our members on our website. To get the notification of new posts by email enter your name and email address on the Home Page and click subscribe:-

On the Home Page enter your name and email address in the box provided and click the 'Subscribe' button.

You should then receive an email from 'hj' (i.e. Horsham Joggers) which will notify you of any new newsletters added to the website. Note that this email may go into your Junk folder and not your Inbox as it is from a new email address – just move it into your Inbox.

If you have any problems please send an email to the Joggers mailbox :-
info@horshamjoggers.co.uk

Welcome to HORSHAM JOGGERS

This booklet contains information about the club and our activities and the benefits available to Horsham Joggers. There are also details about our links with the German running club TG Lage. We have weekly Summer Pub Runs which begin in April and continue until September and during the Winter there are the Head Torch Runs.

As a club we compete in 2 competitions:- the Sussex Grand Prix (SGP) and the West Sussex Fun Run League (WSFRL). Every member entering these races gets points for the club as part of a league competition. Remember if you are competing you should wear official club kit (i.e. race vest or t-shirt), which can be purchased from "Up and Running", Queen Street, Horsham or online in our Member Zone shop. There are also club training t-shirts, jackets, caps and hoodies that can be used for training and these can be purchased from the online shop.

We have a Notice Board at Broadbridge Heath Leisure Centre which is located in the corridor to the 'Tube', and a Joggers Book with Race Entries that is kept behind the Reception desk at the leisure centre.

There is also a website www.horshamjoggers.co.uk with up-to-date details of the club's events and we have our Facebook page (www.facebook.com/horshamjoggers) which will give you details about track sessions, Sunday Runs and events coming up.

We wish you every success running with the club. If you have any questions or ideas, or are able to help with activities such as training, marshalling at races etc please speak to any of the members at club night or email info@horshamjoggers.co.uk

Sue

Sue Simmons
Membership Secretary

Note: Show your membership card when buying running shoes, reputable running shoe shops usually give discount.

ACTIVITIES

Horsham Joggers is a running club, founded in 1984. We have mixed groups to cater for all abilities, so whether you are a seasoned marathon veteran, just want to get in shape, training for your first 10k, or hate running on your own, you will be welcome at the club. We are based at Broadbridge Heath Leisure Centre and we meet there every Tuesday and Thursday evening at 7pm, come rain or shine!

Club Night

Tuesday evening is the main club night, and we take a few minutes before the run to pass on any club information and social notices. Runners join groups dependent on ability and each group is led by an agreed leader. Runs are generally between 5 and 8 miles and can last between 60 and 90 minutes. Winter runs take place on the town roads and summer runs are a mix of road and cross country trails.

Track Sessions

The club hires the athletics track on Thursdays from 18.30 - 20.00. To keep annual subscriptions low we charge £2 per session to cover the cost of the hire. This is payable on the evening on the track. DC Leisure members need not pay as the use of the track is included in their membership. Horsham Joggers currently has three Level 2 coaches (or equivalent) who give up their time to organise and run these sessions. We also have several members with a Leader in Running Fitness qualification.

These sessions are NOT just for the "faster" runners, they are a great way for every level of runner to improve their endurance and speed, all are welcome, meet on the track.

Pub Runs

In addition to the club runs and track sessions we also organise summer and winter pub runs, starting and finishing at a nominated pub in the surrounding area.

Sunday Runs

As well as the two evening runs, there are often Sunday morning runs (starting at 9 am) organised by various club members. These runs give an opportunity to enjoy the countryside around Horsham and, weather permitting, make use of footpaths and cross country tracks.

Marathon Training

Marathon training usually begins on the first Sunday in January every year. This consists of organised Sunday morning runs, increasing in distance from 10 to 21 miles with maps, water stops and back up vehicles. As a club we receive club places each year which are placed in a ballot for members who have not got a place in the London Marathon or the Brighton Marathon. The rules for entering this ballot are on the noticeboard and in the Race Book.

Sussex Grand Prix

Horsham Joggers is a member of The Sussex Road Racing Grand Prix. This is a series of road races held within Sussex during the calendar year. These races are not just for the faster runners! Anyone can take part and there are runners of all levels at the races. As part of the Sussex Grand Prix racing programme we organise our own Horsham 10k road race held in May every year.

In the overall team competition for 2013 Horsham Joggers finished in 2nd place out of 20 Sussex Clubs. To recognise the contribution of everyone who completes 8 or more qualifying races, Horsham Joggers presents awards to all HJ members who fulfil these requirements.

For more information about the Sussex Grand Prix - www.sussexgrandprix.co.uk.

West Sussex Fun Run League

Horsham Joggers also belongs to the West Sussex Fun Run League. Races are organised by local running clubs and take place at locations all over the county. The emphasis is on the fun run element in all races!

These races are also not just for the faster runners! Anyone can take part in the fun! The original idea was to make races accessible to all levels of runner. For more information see the WSFRL website www.westsussexfunrunleague.org.uk.

Horsham Joggers organise the Valentine's Race within the WSFRL, held early in February every year.

Night Runs

From October throughout the winter months there are 'headtorch runs' every Thursday at 7pm from a different pub each week. This is a steady run of about 1 to 1½ hours running together in a single group. Headtorch and reflective clothing essential. Contact Mike de Frateschi for more details - m.defrateschi@zen.co.uk

Socials

Horsham Joggers also has a very active social side, with several events taking place throughout the year. These have included ten pin bowling, brewery trips, go-karting, pasta parties and finishing the year with the Christmas party.

Twinning

Horsham Joggers is twinned with a running club in Lage, Germany (T.G.Lage) and also with a running club in Deurne in Holland (LopersGroep Deurne). There is an open invitation for Horsham Joggers to take part in any running event in Lage or Deurne.

Running Gear

Up and Running is Horsham's independent specialist running shop, run by a Horsham Jogger, by the way, which purports to sell everything that the runner needs. Check out their website www.upandrunning.co.uk/shops/horsham.

Junior Section

At present the club does not have a junior section.

Showers

After club runs on a Tuesday night showers at the Broadbridge Heath Leisure Centre are free for members to use. This facility is included in the annual membership fee.

Contact Details

If you would like further details about our club, or if you are a beginner and want to know how to become involved, you can email us at info@horshamjoggers.co.uk.

Alternatively come along on a club night to the Broadbridge Heath Sports Centre and speak to any of our members.



West Sussex Fun Run League 2017

Race Diary

NOTE: THESE DATES ARE SUBJECT TO CHANGE. CHECK THE WEBSITE FOR LATEST INFORMATION.

| | | |
|----------------------------------------------------------------------------|--------------------------------|--------------------------------|
| Sunday Jan 1st (11.30 am) | Hangover Five | Goring Road Runners |
| Sun April 17th (11.15 am) | Lewis Easter Monday 10k | Lewis AC |
| Sun May 7th (11.00 am) | Hedgehoppers 5m | Portslade Hedgehoppers |
| Wed May 17th (7.30 pm) | Trundle Hill Run | Chichester Runners |
| Sun June 11th (11 am) | Hove Park 5k | Arena 80 AC |
| Sat June 24th (12.30 pm) | Downland Dash | Burgess Hill Runners |
| Wed July 5th (19.30 pm) | Roundhill Romp | Steyping AC |
| Wed July 12th (7.30 pm) | Beach Run | Arunners |
| Sun July 23rd (11 am) | Seven Stiles | Henfield Joggers |
| Wed Aug 2nd (7.30 pm) <i>(date to be confirmed)</i> | Highdown Hike | Worthing Striders |
| Sun Aug 9th (7.15 pm) | Windlesham House 4 | Worthing Harriers |
| Sun Aug 20th (11 am) | Hornets' Stinger | Hove Hornets |
| Sun Sept 3rd (11.00 am) | Fittleworth 5 | Fittleworth Flyers |
| Sun Sep 24th (11.00 am) <i>(date to be confirmed)</i> | Tilgate Forest | Saints & Sinners |
| Sun Oct 8th (11 am) | Hickstead Gallop 8k | Haywards Heath Harriers |
| Sun Oct 29th (11.00 am) | Steepdown Challenge 5m | Lancing Eagles |
| Sun Nov 5th (11 am) | Gunpowder Trot | Horsham Joggers |

What is the West Sussex Fun Run League?

The League was set up in 1982 to promote fun running for everyone, from juniors to vets, male or female, regardless of ability. One of its objectives is to encourage runners to join clubs in the League

There is a scoring system reflecting participation as well as winning, and the key principle that events should be cheap to enter (£3 per runner) to attract as many runners as possible.

Entry to these races can be done through our online shop. Events are staged over 5km to 10km with spot prizes as opposed to prizes for excellence.

For more information visit the website www.westsussexfunrunleague.org.uk or contact our WFSRL co-ordinator Jenny Boyd at t.boyd@virgin.net

Sussex Grand Prix Calendar 2017

This is a competition between Sussex Clubs for points gained in the challenging 20 race series. In 2007 Horsham Joggers won the Sussex Road Racing Grand Prix title and in 2013 we came 2nd in the overall team prize. The aim this year is to get back our title!

All members entering the races get points awarded to the club so its not just the winners that score any points. The first man and the first woman will both score 500 points, the second man and woman will both score 499 points, and so on, down to the 500th man and woman, who will both score 1 point. After each race, the points that you score are recorded and kept as a cumulative total. To be eligible for prizes you must score in at least eight races (if you score in more than eight, then your best eight scores will count), two of which must be of 10 miles or more. Give it a go and help us to win the title!

| Race | Date |
|---------------------------------------------|------------------------------------------------------------------|
| 5 th March | Eastbourne Half |
| 19 th March | Hastings Half |
| 30 th April | Haywards Heath 10m (part of "Go Mid Sussex Marathon Weekend") |
| 7 th May | Hastings 5m |
| 21 st May | Horsham 10k |
| 28 th May | Rye 10m |
| 4 th June | Worthing 10k |
| 26 th June (to be confirmed) | Heathfield Mid Summer 10k |
| 2 nd July | 18 th Bewl 15 |
| 12 th July (Wed) | Phoenix 10k |
| 26 th July (Wed) | Bexhill 5k |
| 28 th August (to be confirmed) | Will Page 10k |
| 10 th September | Hellingly 10k |
| 24 th September | Barns Green Half |
| 1 st October | Lewes Downland 10 mile |
| 29 th October | Hove Prom 10k |
| 27 th November (to be confirmed) | Crowborough 10k |

Note: These dates are subject to change. Check the website www.sussexgrandprix.co.uk first.

Note

1. Will Page 10k is conditional as an SGP race for the race entry to show a cut-off time
2. Those showing as 'to be confirmed', may have their race one day earlier than the 2017 date shown above

SUMMER PUB RUN PROGRAMME 2017 (Version 1)

| | | | |
|---------|---------|----------------------------------------------------------------------------------|-------|
| 27-Apr | 7.00 pm | The Dragon, Colgate RH12 4SY | SN/PN |
| 04-May | 7.00 pm | Blacksmith Arms, Adversane RH14 9JH | AP |
| 11-May | 7.00 pm | The Foresters Arms, Kirdford RH14 OND | RA |
| 18-May | 7.15 pm | The Inn on the Green, Ockley RH5 5TD (park in car park just north of the pub) | CA |
| 25-May | 7.15 pm | The Wheatsheaf Inn, Cuckfield RH17 5DW | PH |
| 01-June | 7.15 pm | The Stephan Langton, Friday St, Abinger Common, Dorking RH5 6JR | AM |
| 08-June | 7.15pm | The Shepard and Dog, Fulking BN20 9LU | PD |
| 15-June | 7.15pm | The Punch Bowl, Okewood Hill RH5 5PU | CA |
| 22-June | 7.15pm | The Bull, Mockbridge BN5 9AL - PIZZA night (A281 north of Henfield) | PD |
| 29-June | 7.15pm | The White Hart, Stopham Road, Pulborough RH20 1DS | CAS |
| 06-July | 7.15pm | The Wooton Hatch, Wooton, Dorking RH5 6QQ | SG |
| 13-July | 7.15pm | The Sussex Oak, Warnham RH12 3QW - B-B-Q | MdeF |
| 20-July | 7.15pm | The Surrey Oaks, Newdigate RH5 5DZ | PB/MB |
| 27-July | 7.15pm | The Partridge, Partridge Green RH13 8GW | SN/PN |
| 03-Aug | 7.15pm | The George and Dragon, Dragons Green RH13 8GE | JP |
| 10-Aug | 7.00pm | The Onslow Arms, Loxwood RH14 ORD | VM/NM |
| 17-Aug | 7.00pm | The Queen's Head, Barns Green RH13 OPS | AP |
| 24-Aug | 7.00pm | The Red Lyon, Slinfold RH13 ORR | MdeF |
| 31-Aug | 7.00pm | END OF SEASON MEAL | OH |

What are the Pub Runs / Walks

The Summer Runs take place every Thursday evening from different pubs in the area. The runs are predominantly off road and are approximately 6 - 8 miles in length. Walkers are also welcome and will cover a route of about 5 miles. The aim is to be back at the pub for a drink and possibly a meal.

Organisers:

AM: Andy Malpress; AP: Alan Pettit; CA: Christobel Avery; CAS: Colin Ashby; PB/MB: Phil/Martine Burke; JP: John Preston; MdF: Mike de Frateschi; OH: Olive Hobbs; PD: Peter Dudman; PH: Peter Helliwell;; RA: Ray Ageros; SN/PN: Sue\Peter Noad; VM/NM: Val/Neil McLachlan; SG: Sue Gallagher;

Please Note:

Every venue has both running and walking routes. We will try to leave spare maps on a car windscreen for latecomers. Please share cars where possible to reduce demand on the pub car parks.

Further information: Contact Peter Dudman 01403 252319 evenings/weekend .

Runners and Walkers take part at their own risk. The organisers and route planners take no responsibility for injury or loss.

Internal Club events

Challenge Trophy

This is a competition for members of the club to see who is the fastest (within age categories) over a 10k distance, 10 mile distance and a half marathon distance. The selected races for members to compete in will change each year. For 2016 the races are:-

- Chichester 10k (5th February)
- Haywards Heath 10 mile (30th April)
- Barns Green Half Marathon (24th September)
- Steepdown Challenge 5m (29th October)

The fastest male and female overall will be awarded the Challenge Trophy and there will be awards for each age category winner (including the CT winners) for male and female.

Itchingfield Time Trials

This is a competition to find out the most improved runner using 3 timed races (over the same course) during a 4 month period.

This is an individual timed circuit around Itchingfield. These are held over 4 Tuesday club nights in the light evenings of summer. Members can run all 4 Trials but only 3 count (the three that show most improvement). The distance is approximately 5k and starts and finishes at Itchingfield school. The winner is not necessarily the fastest runner but the person whose time over this distance has improved the most.

Handicap Race

This is a 5 mile route usually around Horsham where the slowest runners will be starting first and the faster runners chasing to catch up. All participants provide their 10k time and this is used to stagger the start of everyone entering. If the calculations are accurate then everyone should be finishing together. In the last few years it has been the slower runners who have beaten the faster runners! There are currently two handicap races held each year, one in summer (June) and one in winter (November).

West Sussex Fun Run League Competition for HJ members

This is a new competition open to all new runners who have been with the club less than 2 years. All members entering the races get points awarded and to be eligible for prizes you must score in at least 8 races (in total there are 18 races). The distances for these races are between 3 and 6 miles and are organised by local Sussex Running Clubs for the 'fun' runner.

Running on the Track

"TRACK "ETIQUETTE" is mostly common sense and awareness, but here are a few do's and don'ts when track training.



1. Be aware of other runners

Don't be intimidated by runners who are quicker than you or seem to think they are better than you. You have just as much right to be there. On the other hand, other runners, especially quicker guys will get frustrated if you don't pay attention and show consideration to everybody else. Also if you are crossing the track look both ways!

2. Run in the right direction.

The typical direction for most tracks is counterclockwise, but it can vary. Look for posted signs indicating which direction to run or follow the lead of others runners if you're not sure. Often runners will do their warm ups in a clockwise direction (i.e. opposite to training sessions) so that it clearly identifies them as just warming up/down.

3. What distance is the track

Each lane has a staggered starting line because you are going farther when you are outside of the first lane. Generally each lap is 400m, and 1 mile (1600m) will be approximately 4 circuits around the track. Each 400m lap is clearly marked with the 100m stages.

4. Run in the correct lane.

If you are running the faster parts of your interval training (e.g. 6x800m with 200m recovery jogs), you are entitled to work in lane one and quicker pace runners should pass outside you. Don't, though, run more than 2 abreast because this forces them to pass very wide and encounter problems with people warming up or down in the outside lanes. Do your recovery jog on the outside lanes, not too many abreast, and keep alert for sprinters coming from behind - they sometimes use outside lanes because the inside has too much traffic!

5. Don't stop suddenly

When running, never stop suddenly, except in dire emergency, otherwise a fast runner behind you may crash into you. When you cross the finish line take a few metres to slow down and be aware that runners following might be continuing another lap, so carefully get out of their way. Always pay attention to runners around you when you are starting and stopping

6. Don't stand and chat on the track

Never stand chatting on the track. Just step off onto the grass or on the outside and chat there.

7. Passing runners on the track

If you are in front of a fast runner and you hear them approaching from behind, DO NOT try to get out of their way. Doing this will end up with you moving directly into their path and you will collide. They can see you; you can't see them. Just hold your line and they will go around. As long as you just hold your line. Sometimes they will yell things like "on the left" or "on the right" or "passing" or "track" to indicate they are about to pass. Just hold your line and let them get around you.

8. Can I run with an ipod?

Please do not run with an ipod - the use of ipods will stop you from hearing other track users and put you in danger of injuring other runners as well as yourself.

The continental side of Horsham Joggers

The twinning of Horsham with Lage in Germany started in 1984 when Paul Brant, from the Brighton Road Baptist Church, took a football team over to Lage. From those early days, the twinning has really taken off with many schools and sporting exchanges and many life long friendships being formed.

Horsham Joggers received an invitation from the running club TG Lage back in 1988. We were invited to take part in their Horsterberg-lauf half marathon. Seven members from HJ took up the challenge and have never looked back. In 2010 17 members from TG Lage came over to run in the Barns Green Half Marathon which they have been taking part in since 1993.

The most memorable events have been the international relay runs. They are normally run over 6 days, covering around 700 km. TG Lage invited runners from Horsham to join them in their relays to Cressier (Switzerland), St Johann (Austria), Prague (Czech Republic) and St Maxient (France). The relay round Holland was a truly international event with 16 runners from Horsham, 12 from Deurne (Holland) and 4 from TG Lage. The last relay was in 2005 when HJ, together with TG Lage, ran from Lage to Horsham to celebrate 21 years of twinning.

Below is a picture of the clubhouse that TG Lage own. It caters for all sports as well as running. Next door is a hostel where people can stay at very reasonable rates. Most of the runs are in the nearby Teutoburg Forest. The town is very similar to Horsham with a market every Saturday. Speaking German is not essential because everyone over there speaks English and is very friendly.

Dave Maurice is our twinning representative who can provide details of when the next races are organised. If you are interested in some continental running in very scenic mountains, along woodland trails contact Dave (David.maurice46@gmail.com) for more information or visit the official website www2.lage.de (which is in German but has some pretty pictures of the countryside, market and town hall). Their main races are the Hermannslauf (33km) run in April and the Horsterberg-lauf half marathon and 10k run in May each year.





What is Affiliation?

The sport of athletics has a central body called UK Athletics who set the rules and standards for all affiliated athletic bodies including running clubs such as Horsham Joggers. It ensures that minimum standards are set for the organisation, safety and medical cover at road races. Their headquarters are in Birmingham and all the affiliation fees for Horsham Jogger members are sent there.

We work closely with the South Eastern area representatives of England Athletics who provide access to running coaches, speakers and also give us grants for the club to train their members.

Why affiliate?

On an individual basis one of the main advantages of membership to England Athletics is the reduced entry fees to races.

Member registration ensures that members receive a competition licence which reduces the fees charged by race organisers. For example if you entered the Horsham 10k race the entry fee for affiliated members is £12 and for all unattached runners it is £14.

Who is our EA representative?

The England Athletic representative for Sussex and Kent is Elspeth Turner who is based at Broadbridge Heath Leisure Centre. Her role is to support the development of clubs and coaches and will look to provide greater investment and support at a local level. See the website for further information - www.englandathletics.org

EA Training Courses

There are numerous athletic courses organised by England Athletics including the first level training course 'Leadership in Running Fitness'. Further coaching courses are also available for those who want to progress the qualifications to a higher level. Currently there are 15 members qualified to provide coaching in the club.

'Get Running' Courses

For people new to running we organise 'Get Running' Courses which is open to all ages and fitness levels. This Horsham Joggers course will train members from absolutely nothing to 5 km over 10 weeks. They are run by our trained coaches.

There is also a follow on course taking the new runner from 5k to 10k.

For more details look on the Horsham Joggers website (www.horshamjoggers.co.uk)

HORSHAM JOGGERS - CLUB RULES

1. TITLE

The name of the Club is **HORSHAM JOGGERS.**

2. HEADQUARTERS

The Headquarters of the Club is Broadbridge Heath Sports Centre, Broadbridge Heath, Horsham.

3. OBJECT

The object of the Club is the promotion of road, cross country, track running, jogging and social activities.

4. MANAGEMENT

The management of the Club is vested in a Committee consisting of a CHAIRPERSON, HONORARY TREASURER, HONORARY SECRETARY, SOCIAL SECRETARY and minimum of 3 other members, all to be elected annually: 5 to form a quorum. A maximum number on the committee to be set at 11 members. The Committee has the power to fill any vacancy which may arise.

5. CLUB NIGHT

The main club night is Tuesday, when members meet at 7pm at Broadbridge Heath Centre.

6. MEMBERSHIP

There shall be two classes of members. Full members shall be those aged 16 years and over on 1st April, and Junior Members shall be those aged less than 16 years. Junior Members will not be entitled to vote at any annual general meeting or special meeting of the club, nor be entitled to call a special meeting as referred to in club rule 12. Honorary membership may be granted to those members who have reached the age of 65 years and who have been full Club members for at least the previous 10 years. Honorary membership is at the discretion of the committee and may be awarded to recognize significant service to the club over the years. Honorary members shall be entitled to vote at any annual general meeting or special general meeting of the Club, and be entitled to call a special meeting as referred to in Club rule 12.

A candidate for Membership must apply in writing on a form provided for the purpose, and must be proposed by one Member and seconded by another Member, and elected by ballot at the next ensuing Committee Meeting. New members already belonging to AAA affiliated club are to declare their first-claim allegiance at the time of joining.

7. CLUB COLOURS

Club vest colours are white with maroon inserts. Club vests must be worn at all Sussex Grand Prix, West Sussex Fun Run League or any other competition in which the club participates.

8. SUBSCRIPTION

On first becoming a member, all adult and family memberships shall pay an initial joining fee. There is no joining fee for junior memberships. The fee is not applicable in subsequent years of unbroken membership. Memberships that have expired or been cancelled for more than 90 days are subject to paying the joining fee to reinstate or renew a membership.

8. SUBSCRIPTION contd

The annual subscription shall be fixed by the Committee each year prior to 1st April. Junior Members shall pay a reduced subscription. It shall not exceed £25 for each full member. The Annual Subscription of the club is payable on election and subsequently on the 1st April each year.

(a)The Committee shall have the power to expel any member whose subscription is three months in arrears provided a months notice in writing shall have been sent to such a Member, addressed to their last known address, informing them of the proposed action of the Committee.

No member whose subscription is in arrears is eligible to take part in any event promoted by the Club.

9. RESIGNATION

A Member intending to withdraw from the Club shall give notice in writing to the Honorary Secretary and their membership terminates on the date of that notice unless they are financially indebted to the Club, in which case, the committee may withhold acceptance of the resignation until they have discharged their liability. A Member not having renewed their subscription within 6 months from April 30th of any year shall be deemed to have resigned their membership.

10. ANNUAL GENERAL MEETING

A General Meeting shall be held during the month of April in every year to receive the Committee's report and financial statement, elect Officers and Committee and deal with any other matter specified on the agenda. The Honorary Secretary shall give 21 days' notice of the Meeting, and notice of any business which it is desired to place on the agenda must be given in writing to the Honorary Secretary at least 7 days prior to the Meeting. Nominations for club officers must be given in writing on the special form (available from the Honorary Secretary) no later than 14 days prior to the Meeting. Nominations may be accepted on the night at the Chairman's discretion. An audited copy of the accounts will be presented at the AGM.

11. AUDITOR

An auditor shall be appointed by a General Meeting of the club. The appointment will continue until the resignation of the auditor or a new appointment is made by a General Meeting. Any suitably qualified person who is not a member of the Committee may be appointed as auditor. The duties of the auditor are to review the annual accounts of the club prepared by the Honorary Treasurer, and to certify whether or not these give a true and fair view of the clubs' financial affairs, and that adequate records have been kept.

12. SPECIAL GENERAL MEETING

A Special General Meeting must be called by the Honorary Secretary within 14 days of the receipt by him of a requisition in writing signed by 20 fully paid-up Members of the Club, stating the business to be brought before such a Meeting. The Honorary Secretary shall give at least 7 days' notice of the time and place of any Special General Meeting and the business to be dealt with, and no other business shall be dealt with at any such meeting.

13. ALTERATION IN RULES

No alteration or addition may be made to the Rules except by an Annual General Meeting or a Special General Meeting called for the purpose. Notice of any proposed amendment must be given as provided in Rules 10 and 12.

14. CODE OF CONDUCT

As part of the application to join Horsham Joggers new members will agree to abide to the Club's Code of Conduct. This Code of Conduct is defined in the New Members Booklet as well as on the website (www.horshamjoggers.co.uk) and Club Noticeboard.

Horsham Joggers

Code of Conduct (28 04 15 v2)

The aim of this code of conduct is to ensure that our members are able to enjoy their running.

As a responsible club we expect our members will:-

- Respect the rights, dignity and worth of every runner and others involved and treat everyone equally
- Consistently promote the positive aspects of running such as fair play, and never condone rule violations or the use of prohibited substances
- Promote the same values of sportsmanship on and off the field
- Encourage all athletes to accept responsibility for their own performance and behaviour
- Challenge inappropriate behaviour and language by others
- Place the welfare and safety of our runners above other considerations including personal performance
- Adhere to national guidelines as appropriate (see www.englandathletics.org)
- Try to resolve any disputes or grievances informally. Where this is not possible or not appropriate the chair or secretary should be informed at the earliest opportunity

Grievance and disciplinary matters

- In the case of complaints or grievances, in the first instance informal approaches should be tried, perhaps with the support of a neutral third party.
- Should this be insufficient the matter should be brought to the attention of the chair or secretary with an outline of the issue and what attempts to resolve have already been tried.
- If this is still insufficient to resolve the matter then the issue will be brought to the committee
- The committee's decision on the matter will be final.
- Any disciplinary matters arising will be brought to the committee who will have the following options open to them:
 - Verbal warning
 - Written warning
 - Suspension or withdrawal of membership

Useful websites

Finding races

| | |
|----------------------------|------------------------------------------------------------------------------------------|
| Sussex Grand Prix | www.sussexgrandprix.co.uk |
| West Sussex Fun Run League | www.westsussexfunrunleague.org.uk |
| Runners World | www.runnersworld.co.uk |
| Sussex Races | www.sussexraces.co.uk |

Athletic advice

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| Peak Performance | www.pponline.co.uk |
| Sports Injury Clinic | www.sportsinjuryclinic.net |

Running shops

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| Up and Running, Horsham | www.upandrrunning.co.uk |
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Organisations

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| England Athletics | www.englandathletics.org |
| South of England Athletic Association | www.seaa.org.uk |
| Sussex County Athletics Association | www.sussexathletics.org.uk |

Various

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|------------------------------|--------------------------------------------------------------------------------|
| Running routes | www.mapmyrun.com |
| Marathon tips | www.marathontalk.com |
| Running magazine | www.southernrunningguide.com |
| Running logs, route planning | www.goodrunguide.co.uk |

Note: Horsham Joggers have a login and password for the *Good Run Guide*. Contact any committee member for this information.