



2020 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)
- Sue Simmons (Secretary + Membership)
- Iain Campbell (Treasurer)
- Paul Aylett (Website)
- Fiona Clifton (Training)
- Jenny Boyd (WSFRL)
- Margaret Wadman (Gunpowder Trot)
- Mark Aylmore (Mental Wellbeing)
- Stephen Entecott (Kit)
- Miranda Huisman (Calendar)
- Martyn Newton (Social Media)

Committee associates

- Marathon training schedule / socials - James Munden
- Sussex Grand Prix league - Mal Thornton
- Challenge Trophy - Steve Wilson
- Horsham 10k organisers - Geoff Parker and Lin Whiting



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 :-

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 Wordpress 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



formally constituted April 1984
affiliated to UK Athletics SEAA, SCAA

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 league 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 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 Joggers Book with Race Entries that is kept behind the Reception desk at the Broadbridge Heath 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 uses the athletics track on Thursdays from 18.30 - 20.00. To keep annual subscriptions low we charge a minimum rate 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 multiple 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 Gunpowder Trot race within the WSFRL, held early in November 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 Christmas celebrations.

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.

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 2020/21 Race Diary

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

	Wed Jan 1 (11.30 am)	Hangover 5 (BN14 9QB)	Goring Road Runners
Sun Feb 16 th (11.00 am)	Run Your Heart Out 8k (RH11 9BQ)	Crawley Run Crew	
Mon April 13 (11.00 am)	Lewis Easter Monday Races (BN7 2XG)	Lewis AC	
Sun May 10 (11.00 am)	Hedgehoppers 5m (BN41 2WS)	Portslade Hedgehoppers	
Wed May 20 (19.30 pm)	Trundle View 5m (PO18 0PS)	Chichester Runners	
Sun June 14 (11.00 pm)	Hove Park 5 km (BN3 6LY)	Arena 80 AC	
Sun June 20 (12.30 am)	Downland Dash (BN6 8LP)	Burgess Hill Runners	
Wed June 24 (19.30 pm)	Arunners Beach Run (BN17 5LH)	Arunners	
Wed July 1 (19.30 pm)	Roundhill Romp (BN44 3LE)	Steyning AC	
Sun July 12 (11.00 am)	Hornets Stinger (BN1 8YR)	Hove Hornets	
Sun Jul 26 (11.00 am)	Seven Stiles (BN5 9QB)	Henfield Joggers	
Wed Aug 5 (19.30 pm)	Highdown Hike (BN13 3RT)	Worthing Striders	
Sun Aug 23 (11.00 am)	Windlesham House 4 (RH20 4DG)	Worthing Harriers	
Sun Sept 6 (11.00 am)	Fittleworth 5 (RH20 1JB)	Fittleworth Flyers	
Sun Sep 13 (11.00 am)	Tilgate Forest (RH11 9BQ)	Saints & Sinners	
Sun Oct 11 (11.00 am)	Great Walstead 5 (RH16 2QL)	Haywards Heath Harriers	
Sun Oct 25 (11.00 am)	Steepdown Challenge 5m (BN15 0PH)	Lancing Eagles	
Sun Nov 15 (10.30 am)	Gunpowder Trot (RH12 1JL)	Horsham Joggers	
Fri 1 Jan 2021 (11.30 am)	Hangover 5 (BN14 9QB)	Goring Road Runners	

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 WSFRL co-ordinator Jenny Boyd at t.boyd@virgin.net

Sussex Grand Prix Calendar 2020

This is a competition between Sussex Clubs for points gained in the challenging races listed below. All members entering the races get points awarded to the club so it's not just the winners that score points. To be eligible for prizes you must score in at least 6 races (if you score in more than 6 then your best 6 scores will count). Give it a go and help us win the title!

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

	Race	Date
1.	29 th March	Hastings Half
2.	3 rd May	Rye 10 mile
3.	17 th May	Horsham 10k
4.	24 th May	Haywards Heath 10 mile
5.	21 st June	Heathfield 10k
6.	5 th July	Bewl 15
7.	15 th July (Wednesday)	Phoenix 10k
8.	29 th July (Wednesday)	Bexhill 5k
9.	13 th September	Hellingly 10k
10.	4 th October	Lewes Downland 10 mile
11.	18 th October	Hove Prom 10k
12.	22 nd November	Crowborough 10k

Changes

At the 2017 Annual General Meeting discussion centred on improvements to the Sussex Grand Prix. Specifically making it more inclusive, fair, and engaging. Consequently, the following changes have been made:-

- The decision was taken to cut the number of races in any given year from 17 to 12.
- The decision was taken to cut the number of scoring races in any given year from 8 to 6
- There is no requirement to include long runs (10miles+) within those 6.
- Points allocation remains the same: 1st-500, 2nd-499, etc.
- Genders scored separately.
- Clubs will be scored on their best 9 races from 10. This is so that small clubs are not penalised at their own races when many club members are often assisting with marshalling duties.
- Team leagues will now be compiled on a race-by-race basis, with points awarded for each clubs' performance at every race. Points will be carried forward to the next race, producing an ongoing total throughout the year.
- For more information on the changes see the website www.sussexgrandprix.co.uk

Winter Head Torch Runs

Head torch runs have now effectively taken over from our traditional winter pub run on Thursday nights and run from October through to April at which point we then revert to the Summer pub runs.



With a different start point each week and including a walking group option as well, these start at 7.00 pm and are organised as single group sessions for safety. Generally, the runs are planned over a 6-8 mile distance (75' - 90') with the walk at half of that distance. We instruct everyone to bring a decent head torch and something hi-viz. Start/Finish point is from a pub so that anyone who so wishes can rehydrate as appropriate (!) afterwards.

Anyone interested in joining us should provide their email details, which they should send to :-

horsham@upandrrunning.co.uk

and they will be added to the weekly email that goes out to everyone advising of the following weeks meeting point details.

We currently have in excess of 50 names on our weekly mail out which is growing by the month as 'off-road' running/walking takes on a greater level of interest.

Summer Pub Runs / Walks

The Summer Pub Runs take place every Thursday evening from different pubs in the Sussex area. The first one will be in April and they will finish at the end of August. The schedule of runs will be issued in March/April.

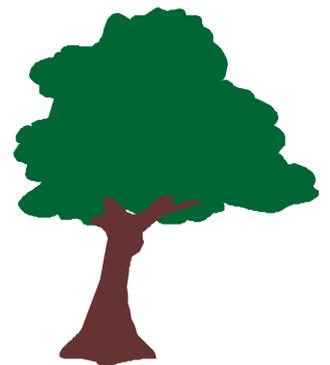
The runs are predominantly off road and are approximately 6 - 8 miles in length. Walkers are also welcome and will cover a route of about 5 miles. The aim is to be back at the pub for a drink and possibly a meal.

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, 10 mile and a half marathon distance. There is also a West Sussex Fun Run Race included in the competition where the distance can be between 3 and 5 miles. The selected races for members to compete in will change each year. The 4 races for 2020 are:-

Run Your Heart Out 8k (WSFRL) - 16/2/2020

Haywards Heath 10 miles - 24/5/2020

Henfield Half - 16/8/2020

Littlehampton 10k - 6/9/2020

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/December).

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 10 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 as they will go around your line. Sometimes they will yell things like "on your left" or "on your right" or "passing" or "track" to indicate they are about to pass. Just hold your line and let them get around you.

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 is Sarah Gardiner (sgardiner@englandathletics.org). 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.

'5k to 10k' Courses

For people new to running a follow on course is available training new runners from 5k to 10k. This follows the 'Learn To Run' courses organised by local fitness clubs and organisations which train new runners from absolutely nothing to 5 km over 10 weeks.

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 RH12 3YS
3. **OBJECT**
The main purposes of the club are to provide facilities for and to promote participation in the amateur sports of road, cross country and track running, and social activities for club members, in the Horsham area.
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**
Membership of the club shall be open to anyone interested in the sport on application, regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs, except as a necessary consequence of the requirements of running. The club will keep subscriptions at levels that will not pose a significant obstacle to people participating. The club committee may refuse membership, or remove it, only for good cause such as conduct or character likely to bring the club or sport into disrepute. Appeal against refusal or removal may be made to the members.
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, New members already belonging to an 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.
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.

8. SUBSCRIPTION contd

(a)The Committee shall have the power to expel any member whose subscription is three months in arrears provided a month's 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 them 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.

15. SURPLUS INCOME OR PROFITS

All surplus income or profits are to be reinvested in the club. No surpluses or assets will be distributed to members or third parties. (Note that this does not prevent the club from making donations to registered charities.)

16. APPLICATION OF ASSETS ON DISSOLUTION

Upon dissolution of the club any remaining assets shall be given or transferred to another registered CASC, a registered charity or the sport's governing body for use by them in related community sports.

Horsham Joggers

Code of Conduct

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

Peak Performance	www.peakendurancesport.com
Sports Injury Clinic	www.sportsinjuryclinic.net

Running shops

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

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

Various

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.