

# CHICHESTER RUNNERS & AC

(Affiliated to England Athletics - URN 2665995)

## INFORMATION ABOUT THE CLUB

There are many activities offered by the club during the year ranging from road running, cross country and multi-terrain, plus track/field in the summer. Training sessions aimed for all abilities and aspirations are held during weekday evenings under the guidance of qualified leaders. In addition a group undertakes long runs on many Sunday mornings. The club also has access to the “j-track” in the summer at the Bishop Otter Campus of the Chichester University. Over the winter the club organises a handicap event on the first Thursday evening of each month and a XC Thrash on the last Sunday morning of each month.

The Club welcomes anyone completely new to running and has arrangements in place for them to integrate within the “Cake Run” Group. We also have a ten-year partnership arrangement with the Chichester College (see website for more details) where our winter training is primarily based.

From the last week in March until end of September members of the club take it in turn to lay a trail run on Wednesday evenings, many of which are on the South Downs. The club is a member of the West Sussex Fun Run League (WSFRL) where the 18 races throughout the year target all abilities and in particular are very suitable for new and developing runners. The club also competes in several Sussex based events and has a mixed track and field team in the SE 3 Division of the Southern Athletics League.

The club organises races throughout the year, comprising the Corporate Challenge series, the WSFRL Trundle 10k, the Midsummer 5-mile road race and XC events at Goodwood. We also have a very strong junior section. Remember, although not a part of the club, the free “parkruns” at various locations (including Oaklands Park, Chichester) on Saturday mornings and to register, plus review full details, follow the link on the club’s website.

The club provides regular news updates via email account [chichesterrunners@googlemail.com](mailto:chichesterrunners@googlemail.com). Contact the club via either email or the CONTACT US button on the club’s website. There is also a Chichester Runners Members social network Facebook forum, albeit not for formal club communication. Club vests and other merchandise are available for purchase.

If you compete in races, other than the WSFRL, as a Full Affiliated Club Member, athletes must be registered with England Athletics (EA). This covers insurance and also allows the discounted entry fee (usually £2) to races. The EA registration period runs between 1st April to 31<sup>st</sup> March. The club collects the fee, registers or renews the registration via the EA portal and sends a global remittance to them. Each person is allocated a unique reference number (URN) and is sent an annual membership card by EA.

Please note that your personal data will be safely secured electronically, only be used for the administration of the club and, if appropriate, shared for the purposes of registration with England Athletics and/or competition providers for entry into events. The secretary can provide a copy of the club’s Privacy Policy on request.

## CHICHESTER RUNNERS & AC COMMITTEE