

WESTBURY HARRIERS



CLUB HANDBOOK

President: Dave Perkins

Lady President: Patricia Gallagher

Mens Team:

South West Cross-Country Champions 2012
Gwent League Champions 2012
Midland 6 Stage Road Relay Bronze Medallists 2000
British Masters Cross-Country Bronze Medallists 2012
V35 Silver Medallists National 10k Championships

Ladies Team:

Midland Cross-Country Silver Medallist 2013
Midland 6 Stage Road Relay Champions 2012
Gwent League Champions: 2010/11, 2007/8, 2005/6
Midland Cross Country Bronze Medallists 2011
National Veteran 55s Relay Champions 2011

Team Championships

Midland Cross-Country Junior Women Gold Medallist 2013
National Road Relay Champions MV40 2000, WV45 2000, U15 Boys
2004, 2005
National Cross-Country Relay Champions U15 Boys 2004
Midland Counties U17 Cross-Country Champions 2006, 2008
Midland Counties U15 Cross-Country Champions 2005, 2006, 2007
Midland Counties U13 Cross-Country Champions 2001
Midland Counties U15 Road Relay Champions 2004, 2006
Midland Counties U17 Road Relay Champions 2006, 2007



PRESIDENT AND LADY PRESIDENT'S MESSAGE:

Welcome to Westbury Harriers' inaugural Club Handbook.

You are a member of one of the oldest and most successful running clubs in the South West of England.

It was as early as the 1920s that the villagers of Westbury on Trym began to meet on a field (which is now a car park) in order to run together. On 8th February 1924, Westbury Harriers was officially born.

The Westbury crest, which is worn proudly on all club vests was the crest of Bishop John Carpenter, a native of Westbury on Trym, who was elected See of Worcester in 1448. During his term of Office, Bishop Carpenter decreed that he would not only be Bishop of Worcester but also of Westbury!

The crest bears the words "Pari Passu" meaning "on equal footing", a spirit which we hope you will enjoy and share with your fellow clubmates and runners.

The club has grown to a current membership of over 500, including almost 100 juniors, competing across a multitude of events but always continuing the Westbury tradition of athletic equality and fraternity.

We look forward to you being part of the Westbury family.

DAVE PERKINS AND PAT GALLAGHER

CONTACTS: RACING

Ladies' Team Manager	Tamsin Chick	manager.women@westburyharriers.co.uk
Mens' Team Managers	Robin Phillips	manager.men@westburyharriers.co.uk
Ladies Veterans' Team Managers	Eithne Noonan Sarah Tucker	manager.vet.women@westburyharriers.co.uk
Mens' Veterans' Team Manager	Anthony Glover	manager.vet.men@westburyharriers.co.uk
Boys' Team Manager	Neil Miller	manager.boys@westburyharriers.co.uk
Girls' Team Manager	Simon Johnston	manager.girls@westburyharriers.co.uk

SOCIAL SCENE

After all the hard work of training and racing, it is important to enjoy the social opportunities that Westbury Harriers' offers.

Whether it is a picnic on the Downs, a cycle ride through Somerset, a training weekend in Wales, or even a Sunday night pub quiz, there is something to suit everyone.

Club Suppers are held on the first Monday of each month, after training. To book your meal, please speak with Sandra Bailey-Gard.

Another important event in any Westbury Harrier's diary is the Christmas Party (so called, even when it takes place in January!) The challenge will be whether you recognise your fellow athletes in civvy clothing!

Keep your eyes peeled on the Westbury Harriers blog (www.westburyharriers.co.uk) or on Facebook (search for Westbury Harriers Running Club) for up to date information.



MEMBERSHIP RENEWALS

You will be contacted in November / December of each year to remind you to renew your membership.

Subs are due at the beginning of January and early payment will ensure that you remain a member of the best running club in Bristol. Membership is made through the website www.westburyharriers.com.

You membership entitles you to discounts at:-

- Alex Prince Osteopathy alex@alexprinceosteopathy.co.uk £5 off standard charges. £45 initial consultation (usual price £50), £35 follow up consultations (usually £40).
- Zoe Van der Velden £5 discount off PT session. £35 per session (usual price for a single session is £40). 0781 5899 12. Operates from Active8 on Northview, Westbury Park.
- Vicky Tester sports massage, £5 off – £30 hour appointment (RRP £35)
- Johnson & Furze Optometrists 25% off prescription eyewear
- Energised Performance £5 off Sports Massage and Free Initial Consultation for Mental Strength Performance Coaching
- 10% off non sale items at Sweatshop
- 10% off non sale items at Easy Runner
- 10% off non sale items at Up and Running



CONTACTS: SOCIAL AND WELFARE

Pavilion Committee	pavilion@westburyharriers.co.uk
Club Championship	club.championship@westburyharriers.co.uk
Member of the Month	member.of.the.month@westburyharriers.co.uk
Welfare	welfare@westburyharriers.co.uk
Suggestions and Comments	secretary@westburyharriers.co.uk

CLUB WEBSITE AND FACEBOOK

www.westburyharriers.com

www.facebook.com/groups/westburyharriers

Keep an eye on the Club website and Facebook for the latest news and information about club activities.

The club's Facebook page is a closed group for those connected with the Club. Please request to join!

TEAM MANAGERS' WELCOMES



I'm Robin Phillips and I am the mens' team manager. We hope to see you out running, and racing, and being part of successful Westbury Harriers teams. Our teams have been recent winners in Gwent League and South West cross country championships and have also been medallists on the road as well. It would be great to see as many people out running and joining in with the numerous social activities that Westbury has to offer during the year.



I am Tamsin Chick and am the ladies' Team Manager. I have been a member of Westbury Harriers since I was 11 years old and am very passionate both about running and the club. Whatever group you train with, whatever your ability, there are races available for you, being it cross country or road, 5k or half marathon! We have been extremely successful in recent years, coming in the top three in the Gwent Cross Country League for the last 10 years. I would love to see every lady in the club get involved in the cross country and in the relay events as well as local and national races. Why not take part in the Club Championship and have a go at the many types of different races whilst getting to know other club members. As a valued member of the ladies' squad, you will receive regular emails from me about upcoming team races, events and other issues. Please contact me with any questions or find me at training for a chat!

AWARDS' EVENING

Westbury Harriers never miss an opportunity to celebrate and the annual Awards Evening offers yet another chance to reflect upon athletic achievements throughout the year.

In a manner akin to the Oscars, the award recipients remain a closely guarded secret until the night itself. Come along and enjoy the gourmet buffet and give yourself and your fellow athletes a big pat on the back!



VOLUNTEERING

No event will take place without your help. We would encourage every member of the Club to volunteer at at least one event a year and to encourage other runners as they take part in events which Westbury Harriers put on. If you are able to assist with an event, please email Carol Fee at

volunteers@westburyharriers.co.uk

ANNUAL GENERAL MEETING

Westbury Harriers is your club and is literally and metaphorically run for you!

The Annual General Meeting is held in the early spring and offers an opportunity for you to help move the club forward. The meeting takes place following the usual Monday night run and a buffet is provided to ensure that your brain power remains high.

We need your input in order to ensure that the club remains proactive and meets your needs.

On occasions, you will be invited to attend Extraordinary General Meetings on key issues affecting the future of your Club.

Your Club needs YOU! Your input is essential to the Club's continued success.

COMMENTS AND SUGGESTIONS

At least one Club member runs every day of the year and in order to make your Club a 365 day a year success, we need your continued input and suggestions. A lot of work goes on behind the scenes in the organisation and running of the Club. The Committee would invite your comments at any point throughout the year:

secretary@westburyharriers.co.uk

VET TEAM MANAGERS' WELCOMES



I am Anthony Glover and I am the male Vets' Team Manager. If you are over the age of 35, then you are an athletics master! The British Masters' Athletic Federation (BMAF) website at www.bvaf.org.uk is the place to look for the yearly calendar. In the last couple of years, Westbury Harriers have been team bronze medallists in the men's national cross country championships, silver medallists in the national 10k road championships as well as grabbing a couple of individual titles for events as diverse as trail running and track running. Over the course of the coming year, it would be great to get as many teams out to the BMAF events as possible. Please email your details to allow me to keep you informed of upcoming events that we plan to attend. Keep running!



We are Eithne Noonan and Sarah Tucker and we are the managers of the ladies' Vets' Teams. We'd like to get as many - if not more - teams out as the men at as many events as possible and to show the amount of talent which the Westbury ladies have! Get in touch with us and let's get racing!

SENIOR TRAINING SESSIONS

Whatever your fitness level, there is a training group within every session to suit your needs. All sessions are led by qualified coaches.

Day	Time	Venue	Session Type
Monday	7 p.m.	Coombe Dingle (September - April) Blaise Castle (May - August)	Tempo Run Beginners' session also runs
Tuesday	7 p.m.	Yate Outdoor Sports Complex	Interval Track Session
Thursday	7 p.m.	Coombe Dingle	Speed / Hill Intervals
Saturday	9 a.m.	Water Tower, Bristol Downs	Long Run

All sessions, save for Saturday, will finish between 8 p.m. and 8.15 p.m.

Please speak with a Group Leader if you would like any information about the sessions or contact the coaching officer. Group Leaders welcome your feedback and any suggestions you may have.

RACING ON THE TRACK

In addition to the chance to train on the track each Tuesday, all members of Westbury Harriers are also automatically members of Yate and District Athletics Club.

If you fancy being a speed demon on the rubber surface, then why not take the opportunity of running one of the shorter distances. You never know, you may even like it!

Leagues run regularly throughout the summer months and there are many events held locally as well as open meetings, where you can just turn up and run.

For more information, please email track@westburyharriers.co.uk.



WESTBURY WIPEOUT

As July breaks, so comes the juniors' opportunity to plough through the mud and steam up the hills of Blaise Castle. On the way, they will find barriers and beasts to overcome in a challenging but fun race.



BLAISE CASTLE GWENT LEAGUE

Hundreds of runners experience the beauty of Blaise Castle when we host an annual Gwent League event.

Club members are encouraged both to participate and to assist with organising the races. There is time to do both and we need all hands on deck to make this the most successful of the Gwent League races.

JUNIOR ATHLETES

Why not make the most of the club's family membership and get the kids involved too? Children aged 7 and up are actively encouraged to train with the Club's fully qualified coaches and to make the most of the opportunities to compete (and to get their kid muddy especially for mums).

With the younger athletes led by Paul Smith, Warren Pickles and Jason Michael and the older junior athletes led by Pat Gallagher, Neil Miller and Nick Elliot, the needs of the aspiring junior athlete are catered for.

Junior training is varied but always fun. The committee want to encourage junior athletes to become senior athletes and juniors aged 16 and 17 are welcome - subject to discussion with their Coach - to join with the adult groups on Monday nights.

Training for the younger athletes takes a break during school holiday periods but always speak with your child's coach as other opportunities may be available.



JUNIOR ATHLETES: TRAINING SESSIONS

Age Group	Training	Venue
Reception Age 7-11	Monday (7 p.m.)	Coombe Dingle (Winter) Blaise Castle (Summer)
Teenage Athletes (Neil Miller/Pat Gallagher) Age 12-19	Monday (7 p.m.)	Coombe Dingle (Winter) Blaise Castle (Summer)
Teenage Athletes (Neil Miller/Pat Gallagher)	Tuesday (7 p.m.)	Yate Outdoor Sports Complex
Teenage Athletes (Neil Miller/Pat Gallagher) Age 12-19	Thursday (7 p.m.)	Coombe Dingle



BLAISE BLAZER

The Blaise Blazer series. A legend unto itself. Four undulating (runner speak for "hilly") miles through Blaise Castle on the first Monday of each month between June and August. Races start at 7.15 p.m.

There will be no normal training run on Blazer evenings and all Harriers are encouraged to take part in the Blazer instead.

For those of you who are less eager to experience the endorphin rush of having run up to the Folly, why not volunteer to marshall the event? Whether it's directing and supporting runners, assisting with entries or post race refreshments, your assistance will be valuable.



GWENT LEAGUE

Established in 1962, the Gwent League is one of the oldest and largest cross country leagues not only in the United Kingdom but also in Europe.

All events are within travelling distance of Bristol and athletes are encouraged to share transport. On arrival at the venue, you will find a Club tent - no central heating so warm clothing required - and your enthusiastic Team Manager awaiting you.

Each race costs £4 Seniors/ £1 Juniors and all that is asked is that you inform your Team Manager, prior to the day of the race, whether or not you would like to run.

Every athlete counts in ensuring the Club's success in the League. At the end of the season, there are individual and team awards for athletes in all age categories. The Club has been highly successful in recent years:

	Men	Ladies
2012/13	4th	2nd
2011/12	1st	2nd
2010/11	4th	1st
2009/10	5th	2nd
2008/09	5th	3rd
2007/08	8th	1st

For full race details, go to www.gwent-league.org.uk

Why not put these dates in your diary now and help make Westbury Harriers the Kings and Queens of the Gwent League?

ROAD RUNNING

Are you a tarmac King or Queen? Do you relish the chance to P.B. at every opportunity?

There are hundreds, if not thousands, of road races held every year in the U.K. and here in Bristol, we are fortunate in having a wide selection of events to suit all standards of runner which are held throughout the year.

It's fair to say that you will usually find at least one Westbury vest at most events in the South West area. Why not ask other members of your group what events they're planning to do?

Monday night training is the ideal chance to include a tempo run into your weekly schedule. The Coaching Team would encourage all members to move between training groups and not to be afraid to try out a faster group. Positive Mental Attitudes are the Westbury way.

A full race calendar is available on the Club website at www.westburyharriers.co.uk

The key local events include (but not limited to!):-

- 10ks:
 - Bristol 10k;
 - Clevedon 10k;
 - Nailsea 10k;
 - Frampton 10k;
 - Tyntesfield 10k.
- Half Marathons:
 - Bath Half Marathon;
 - Bristol Half Marathon;
 - Stroud Half Marathon;
 - Forest of Dean Half Marathon.
- Other distances:-
 - Pomphrey Sports 5k series;
 - Bitton 5k series;
 - Oldbury 10;
 - Weston Prom series.

CLUB CHAMPIONSHIP

The Club Championship is your opportunity to compete against your fellow Harriers and to spread the Westbury word.

The events are specifically identified so as to offer every member the opportunity to shine. If you don't like road running, then why not try one of the off road or cross country races instead? If you're training for a marathon, then perhaps you could incorporate one of the long distance events into your training? Within the Club Championship calendar, you will find an event to suit every runner.

So how does it work? You will be awarded points based upon your finishing position (starting with 35 points for the first Westbury man and 30 points for the first Westbury lady) and at the end of the Championship season, your best 8 performances will count. There is no need to enter the events as specific Championship events. Simply enter as usual and the Club Championship Committee will identify your participation (provided you have entered as a member of Westbury Harriers) and record your performance.

The prize list is extensive. The awards are presented at the Club Supper held in September. Will it be you?

The Club Championship Committee select the Championship races in August of each year but are always looking for new races to challenge and amuse. If you have favourite events which you would like to feature on the Club Championship calendar, then email your suggestions to:

Club.championship@westburyharriers.co.uk



CROSS COUNTRY RUNNING

Many people associate the words "cross country" with memories of running around the school field in the cold. Whilst we cannot deny that there are fields involved and that it can, occasionally, be cold, cross country Westbury-style is a far more enjoyable event!

We compete in two principal cross country leagues, the Gwent League and the Gloucester League, both of which cater for all ages and standards of athlete. Cross country is very much a team event and offers an opportunity to compete both against and with your fellow Club members.

In addition to the league events, athletes have competed successfully in regional and national competitions, including the Avon, South West, Midland and National Cross Country Championships.

For the veteran athletes, there are also opportunities to compete in the British Masters' Cross Country Championships.



RELAY EVENTS

The principal relay events are:

AUTUMN 4 STAGE (LADIES) AND 6 STAGES RELAYS (MEN)

MIDLAND RELAYS: SEPTEMBER

NATIONAL RELAYS: OCTOBER

SPRING 6 STAGE (LADIES) AND 12 STAGE RELAYS (MEN)

MIDLAND RELAYS: MARCH

NATIONAL RELAYS: APRIL

MASTERS' NATIONAL RELAYS: MAY

WELSH CASTLES RELAYS: JUNE

**NORTH SOMERSET 4 STAGE ROAD RELAY CHAMPIONSHIPS:
SEPTEMBER**



MEMBERS OF THE MONTH

Without you, Westbury Harriers would not be the friendly and successful club which it is today. It is in recognition of the importance of each individual member of the Club that every month, the Committee selects a Club member from both the senior and junior ranks to be Member of the Month.

The recipients will receive vouchers to spend on that essential new running gadget or the latest must have item of their choice.

The Member of the Month award does not demand that you run under 3 hours for a marathon or that you volunteer at every opportunity! It is an award reflecting commitment to the Club and your fellow athletes and recalls the Westbury motto of being equal.

If you would like to nominate a fellow Harrier, why not send your nomination to:

member.of.the.month@westburyharriers.co.uk

MORE ROAD RUNNING

LONDON MARATHON BALLOT

Obtaining a place in the London Marathon is a race in itself. If you were one of the unlucky ones (and this depends on your interpretation of whether running 26.2 miles can be described as lucky), then keep your rejection slip and you will be eligible to win one of a number of Club places which are awarded to Westbury Harriers annually.

The draw takes place at Christmas and priority entry is given to members who have been rejected in the official ballot.

All you need to do is retain your rejection slip and keep your eyes and ears peeled for information about entering into the ballot. For more information, contact your Team Manager, group leader or the Club Secretary.

Make sure you make the ballot start line if you want to make the start in Greenwich!



RELAY OPPORTUNITIES

Many people regard running as an individual sport. Westbury Harriers would disagree. Why not join your clubmates and take part in one of the many relay events which Westbury compete in? Whether you are a junior, senior or a vet, there is a relay for you!

Relay events take place in September and October and March and April each year. Each leg is generally less than 4 miles (for the ladies) or 5 miles (for the men) and there are often several Westbury teams participating.



For the Master runners, there is even a special category for you. In recent years, Westbury has placed highly in this event, including winning a national title!

If you fancy having a go, speak to your Team Manager or Group Leader.