

New members' information sheet

what's what and who's who at Abingdon Amblers AC

Welcome to Abingdon Amblers. We meet in the bar at Tilsley Park on Tuesday evenings for our weekly club run (6.40pm). This is a great way of meeting others who enjoy the same sport and sharing experiences. You can choose from the short, medium or long run (approximately 3 miles, 5 miles and 7 miles respectively), and whilst you are new to the Club we will find you a 'running buddy' who runs at your speed so that you don't go out alone. You will soon establish your pace and then migrate towards those you feel you can comfortably run with. The routes are varied and well-lit – around town during the dark evenings, and taking advantage of the lighter summer evenings, venturing into the countryside, through surrounding villages or along by the river.

For those who want extra training, there is a track session on Thursday evenings, meeting by the small hut, inside the track, near the finish line (7 till 8pm). This gives members the opportunity to test their pace with a series of programmes designed to increase speed and stamina.

Racing events

On the table each Tuesday evening you will find a folder containing a selection of entry forms to various local races. The Club Championship consists of a calendar of events with a range of distances and terrains, beginning with Cross Country in January and ending with the Club's own 'Christmas Pud Run' half marathon in December. Points are awarded depending on your time and position and the number of fellow Amblers in the race. There are prizes for age categories and overall winners at the end of the year. Races are entirely optional - not everyone wants to participate. However, competing does generate great team spirit and most events are a lot of fun. For the Club Championship events you will need to be seen wearing your club vest to receive your hard-earned points. See 'Kit' below for details.

The Club also enters the Oxford Mail Cross Country League during the winter – great if you enjoy the challenge of running knee-deep in mud and water – and the spring/summer Motivation series which consists of 5 runs of approximately 4 miles. There are also the track and field athletics events – the Southern Women's League, Southern Men's League, and the Vets' League – which may seem daunting if you are not used to running on the track or can't remember the last time you threw a discus, but in reality they are all friendly, inclusive and very encouraging.

Kit

The team colours are yellow and black – yellow vest, black shorts. Running vests can be ordered from the kit officer, Paul Fernandez. Email: pmf@radley.org.uk for details. We are in the process of researching some new kit items so look out for news of this in due course.

Social

Most of our social events are coupled with a run or a walk or some other activity. The Hendred Handicap, for example, gives everyone the chance to win and have the satisfaction of beating some of the fastest runners in the club! Starting and finishing at The Plough, it is traditionally followed by a drink and meal in the pub. 'Away runs', once again using village pubs as a base, are other excellent opportunities (excuses) to sample the local hostelry. In October, there is a half marathon in Argentan, France - the autumn highlight and extended social long-weekend away. And when we can, we fit in a summer barbecue or a cycle ride and picnic. At the end of the year the annual Pud Run wouldn't be complete without mulled wine and Christmas Pudding. And finally, the Awards Night celebrates achievements of Amblers of all ages - juniors, seniors, vets and beyond.

Keeping in touch

The prime source of information is the website: www.abingdonamblers.co.uk which provides up to date – up to the minute in many cases – information about forthcoming events, news, results and much more. In addition to this, look out for *Runaround*, the Club Newsletter which appears on the website every 2-3 months. Printed copies are also available. The club folders containing running routes, race entry forms and other information are put out on the table each Tuesday club night, so take a look and see if there is anything that interests you. There is also a notice board on the back wall of the spectators' stand on the track where events, results and other information is displayed. And on Tuesday evenings there is a news round-up and announcements from 6.40 before we go for our run.

Joining the club

You are welcome to come along to a couple of sessions to 'test the water' before you commit yourself. Once you have decided that Abingdon Amblers is for you, membership forms can be downloaded from the website – click on the 'information' tab at the top of the home page. Alternatively contact Andrew Garner or Judy Howard (see below) who will be happy to put one in the post to you.

Who's who

The website 'contacts' page provides a list of all the committee members, coaches and officials, along with their roles within the Club. But for your reference, the Committee is listed below:

James Wigmore (Chairman)

Judy Howard (Secretary) – judyhoward@mac.com - 01865 858503

Tracey Prior (Treasurer)

David Berger (Vice Chairman and Vets' League Men) – davidberger@tiscali.co.uk

Andrew Garner (Membership Secretary and Webmaster) – agnb@mail.com

Noel Blatchford (Minutes Secretary)

Lizzie Purbrick (Coaching Coordinator)

Marie Carrick (Junior Administrator)

Paul Fernandez (Kit Officer) – pmf@radley.org.uk

Pete Stepney (Welfare Officer)

Sarah Matthews (Vets' League Women)

Trish Wilson (Press Officer)

Kent Dixon (Social Secretary)

Sam Egerton (Club folders and Argentan)

Thornton Greenland (Thursday evening coaching sessions)



Having made the first step towards joining the club, we want you to enjoy it and feel at home with us. We hope this information sheet has helped answer many of your questions – please get in touch if there is anything further you wish to know. Otherwise, we look forward to meeting you and running with you, and hope you will enjoy life as an Abingdon Ambler.

The Committee

JH June/October 2008