

Lingfield Running Club

2018 Members' Handbook



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August 2018

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Welcome to Lingfield Running Club

This booklet contains information about the club, our activities and the benefits available to Lingfield runners. We have various friendly club competitions throughout the year, many of them handicaps, giving more runners the chance of crossing the line in first place! During the winter there are several Head Torch Runs.

Attempts to start a running club in Lingfield go back to June 1895 (when it was to be called the Lingfield Cycling and Athletics Club) and, in March 1902, the village even hosted the English National Cross-Country Championships. The current Club was founded in 1983, and now has almost 200 members, most of them also members of England Athletics*.

We are based at the Victoria Sports & Social Club on Lingfield High Street, and we meet there every Tuesday and Thursday evening at 7pm, and Saturday mornings (9am or 10am), whatever the weather!

The Club is run by a Committee elected at the AGM, which is held every April. The Committee is responsible for the organisation and running of the club, and arranges some events, but everyone in the club is encouraged to get involved by helping the club organise fun runs, social events and generate new ideas to get members participating in activities. Doing so helps to make you eligible for the annual ballot for the club's London Marathon place.

The 2018/19 Committee consists of:

Simon Mills (Chair)



Nicky Pumford (Membership Secretary)



Lisa Compton (Ladies' captain)



Graeme Bennett (Secretary)



Guy Wates (Treasurer)



Dave Nottidge (Men's captain)



President (Sue Garner)
Not a committee position



We add the minutes of Committee and Annual General meetings to our website, so you can keep up to date on club developments, and raise matters with committee members if you need to. If you have any ideas or concerns, please email: - secretary@lingfieldrunningclub.co.uk.

We also have a separate committee responsible for organising the annual Lingfield 10 mile and 10k multi-terrain races (previously known as the Dry Hill 10 and Greathed Gallop). Many members organise Sunday and midweek runs, social events and help with parkrun marshalling. It is a growing club and one of the friendliest in Surrey.

As a club we compete in several competitions throughout the year including the Surrey Cross Country League (men and women's teams) and Surrey Summer Road League. Every member entering these races gets points for the club as part of a league competition. Remember if you are competing for Lingfield in an event under UKA rules, you should also be a member of England Athletics and wear official club kit (i.e. race vest or t-shirt). You can buy these by emailing vests@lingfieldrunningclub.co.uk. There are also club hoodies which you can buy direct from paul@pbteamwear.co.uk or on 01709 519101.



As a club, we receive guaranteed club places each year in the London and the Brighton marathons which are placed in a ballot for members who did not get a place in the events. The criteria for entering the ballot are on the club's website, and noticeboard, which is located in the front entrance lobby of the Victoria Club.

We also have a website www.lingfieldrunningclub.co.uk with up-to-date details of the club's events and also a Facebook page [Friends of Lingfield Running Club](#) with a link to the Race calendar, where you will find a list of the most popular events in the area, details about track sessions, coaching sessions and other events coming up.

Lingfield Running Club newsletter

We send all members a newsletter every Wednesday. We add your email address to the mailing list when we accept your membership application.

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 enquiry@lingfieldrunningclub.co.uk.

Nicky Pumford,

Membership Secretary

****Please note;*** when you become a member of or renew your membership with Lingfield Running Club we register your details with England Athletics (EA) as a club member, even if you choose not to join EA itself. We will provide EA with your personal data which they will use to enable access to an online portal for you (called myAthletics). EA will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with EA, please contact dataprotection@englandathletics.org.

Activities

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 5k, or hate running on your own, you will be welcome at the club.

Club Nights

Tuesday and Thursday evenings are the main club nights. Runners join groups dependent on ability and each group decides where it wants to go, and at what pace. Runs are generally between 5 and 8 miles and can last between 60 and 90 minutes. Winter runs take place on the village roads and summer runs are a mix of road and cross country trails.

We have several members with Leader and/or Coach in Running Fitness qualifications from England Athletics. They will, from time to time organise more structured hill or speedwork sessions. 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, and all are welcome.

Most Monday evenings also see shorter, speedwork sessions run winter and summer on a well-lit and quiet road near the village.

Couch to 5K Courses

For people new to running we organise C25K courses which are open to new and returning runners of all fitness levels. This LRC course will train members from absolutely nothing to 5 km over 10 weeks, and finish with encouraging all the runners to participate in a 5k parkrun. They are run by our trained coaches.

For more details look on the LRC website.

parkrun

In addition to the above, we also recognise the popularity of Saturday morning parkruns, and Lingfield runners can be found far and wide, with all their results reported in the club's weekly newsletter. Several Lingfield runners also volunteer at the East Grinstead parkrun each week, and the club 'takes over' the organisation of one parkrun each year. Until 2017, this was at Tilgate Park in Crawley but will, in future, be the East Grinstead event at East Court.

Impromptu runs

As well as the regular club runs, there are often others organised by other club members via our Facebook page, and open to all. These runs give an opportunity to enjoy the countryside around Lingfield, East Grinstead and the Ashdown Forest (sometimes all three in one run) making use of footpaths and cross country tracks.

Races we organise

For many years, Lingfield Running Club has organised annual 10 mile and 5 mile races, run concurrently, known as the Dry Hill 10 and the Greathed Gallop 5, held early in September every year. These races attract between 100-200 runners, but numbers have declined recently.

In 2018, we have changed this format to a 10 mile and a 10k event, starting from Lingfield College, on St Piers Lane. We rely on club members (and family) helping out either by marshalling, making cakes or assisting at the start and finish.

Social events

Lingfield Running Club has a very active social side, with various events taking place throughout the year. These have included country dancing, pasta parties, curry nights and a monthly team entry in the local pub quiz.

Junior Section

At present the club does not have a junior section.

Showers and changing

At present the club does not have access to showers. There is a disabled toilet in the Victoria Club, which runners are allowed to use for changing before and after each run, if needed.

NB: Membership of the Victoria Club is not included in the running club annual membership fee, so we encourage members to join the Victoria Club (£15pa in 2018), if they intend to use the club facilities (including the car park and bar) on a regular basis.

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 enquiry@lingfieldrunningclub.co.uk

Alternatively, come along to the Victoria Club on a club night, and speak to any of our members.



Club Trophy Races

There are 15 club trophies available, which are awarded annually.



10k Championship Trophy

A trophy each for Men and Ladies which is awarded to the first Lingfield Runners across the line at the Brighton 10k in November.

2017 winners; Dan Oppe and Liz Webster

Open Grand Prix Trophy

A trophy each for Men and Ladies.

The best of 10 chosen from 15 events each calendar year (see following pages for race details).

The points are added up and the runner with the most points wins! 1st home 20 points, 2nd 19 points, 3rd 18 points etc. Every runner receives one point. Exact dates for each year can be found on the club calendar of races, on the club website, and later in this pack.

2017 winners; Liz Webster and Simon Mills

Trevor's Handicap Grand Prix Trophy

A trophy each for Men and Ladies.

Accumulate the most points from the following four events:

- Handicap 5m Road race (in July)
- 4.5m XC event using the May race 2 route (in July)
- Handicap 5k Road race (in July)
- Dennis Crowhurst Memorial Event (in November)

2017 winners; Paul McManus and Alison Slater

Dennis Crowhurst Memorial Trophy

One trophy ONLY

This five mile handicap race takes place each year, usually November, on the quiet roads around Itchingwood Common. It is won by whoever finishes first, not fastest!

2017 winner; Nikki Robson

Surrey Summer Road League Trophy

A trophy each for Men and Ladies.

Surrey Athletics organises seven races and the Lingfield runner who gains the most points wins!

- Richmond HM
- Sutton 10K
- Dorking 10 mile
- Richmond 10K
- Elmore 7m
- Elmbridge 10K
- Wimbledon 5K

2017 winners; Nicky Pumford and David Nottidge

Cross Country Trophy

A trophy each for Men and Ladies.

Gained by accumulating points from the following eight XC fixtures.

The first four races (Surrey League XC) score 20 points downwards, as they are Premier races.

The latter four races score 10 points downwards.

Premier: all four Surrey XC League races - usually October, November, January, February.

- 5m Lloyd Park (East Surrey league) in October
- 5m Wimbledon (East Surrey league) in December
- Reigate Priory Relays (November)
- Parliament Hill (2018 - venue will vary every year)

2017 winners; Vernon Given and Wendy Smith

Men's and Ladies' Captains' trophies

Awarded by the team captains to the runners who the captains feel have made a significant contribution to the club in a variety of ways during the past year. This may be through representing the club by regular participation in races, it may be through organising club events, through achieving something particularly significant or through raising the profile of the club externally.

2017/18 winners; Fiona Champness and David Watkins

Christmas handicap trophy

From 2018 the first across the line in the Christmas Handicap will receive a trophy in memory of Matt Bennett (1998-2018).

The President's trophy

Awarded annually at the President's discretion.

Lingfield Grand Prix Calendar 2018

This is an internal club competition for points gained in the 15 race series.

All members entering the races get points awarded so it's not just the winners that score any points. The first man and the first woman both score 20 points, the second man and woman both score 19 points, and so on, down to the 20th man and woman, who 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 ten races (if you score in more than ten, then your best ten scores will count). Give it a go!

| Race | Date |
|------------------------|-----------------------|
| East Grinstead parkrun | Saturday 6th January |
| Tunbridge Wells Half | Sunday 18th February |
| Mel's Milers 10k | Sunday 25th March |
| Hartfield 10k | Sunday 8th April |
| Horsham 10k | Sunday 20th May |
| Dorking 10 mile | Sunday 3rd June |
| Reigate 10k | Wed 4th July |
| Kings Head 5k | Monday 27th August |
| Reigate Half marathon | Sunday 16th September |
| East Grinstead 10k | Sunday 30th September |
| 1st XC | Saturday 13th October |
| Reigate Priory relays | Saturday 3rd November |
| Brighton 10k | Sunday 18th November |
| Crowborough 10k | Sunday 2nd December |
| Turner's Hill 4.4m | Wed 26th December |

Note: These dates may be subject to change.

Guidelines for safe running

From time to time, even the most experienced runners can get lost, lose touch with their group or fall and injure themselves.

As a club, we try to welcome new members to any club sessions and (thanks to Trevor in particular) ensure they go out with runners of a similar ability, who know the routes well enough to get them home safely. So, if you are with new runners, please ensure they don't get left behind or (and it has happened) go so far off in front of you that they take the wrong route.

But the England Athletes code of conduct reminds us that we should all anticipate and be responsible for our own needs ... including being organised, having the appropriate equipment (and being on time).

So, what would your running partners do if you did faint or trip? How would they know who to contact in case of emergency (apart from the ambulance, of course)? Well, you could carry identification. The Road Runners Club of America suggests you write your name, phone number, and blood type on the inside sole of your running shoe, as well as any medical information. Make others aware in a brief chat at the start of the run.

This is all advice, we can't force you to do anything you don't want to, but please try to;

- Ensure your group has at least one mobile phone with it, particularly if running alone or in pairs.
- Carry an ID tag of some sort with emergency (ICE) contact details.
- Give other runners at the club a rough idea of the route you expect to run.

We have done some research around the web. There are many ID tags and wristbands available, and the cheapest we found was; <http://www.sosarmband.co.uk/id4runners-sport/179-id4runners-red.html> (7.95 euro in 2017).

If you are registered with parkrun they have some very competitive prices, which will of course also display your bar code for your actual parkruns.

<http://www.parkrun-barcode.org.uk/parkrun-wristbands-ra3.aspx> £13.98

<https://www.parkrun-barcode.org.uk/parkrun-barcodes-ra1.aspx> £4.26

parkrun also has credit card sized IDs for £3.96 (get one combined with the 3 pack above for £6.96. All parkrun prices include VAT and delivery).

parkrun Barcode Dual Pack

- parkrun TAG and Card barcode ID Pack
- Printed ICE Telephone Number
- Printed Information including Specific Medical

£6.96 includes VAT & UK delivery

[View Product](#) >



Other safe running and good practice tips

Although many of our sessions are led by run leaders, please bear in mind that all members declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury that may affect their running. Ensure you wear the correct clothing for the running conditions, and take care when running on roads.

Many of our club sessions take place on the streets of Lingfield used by members of the public. We ask members to bear this in mind at all times, and to give priority to pedestrians. We also want to ensure the club has no negative impact on the local area, which means never leaving litter behind and ensuring we don't cause any damage or nuisance during our training sessions.

Running on the track

'Track etiquette' is mostly common sense and awareness, but here are a few do's and don'ts when training on the track (or elsewhere)!

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 ones 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. Don't stop suddenly

When running, never stop suddenly, except in dire emergency, otherwise a faster runner behind 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, so get out of their way carefully. Always pay attention to runners around you when you are starting and stopping.

3. Passing runners

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.

4. Can I run with an iPod?

Please do not run with an iPod (or other similar devices) – the use of any headphones will stop you from hearing other track (or road/trail) users, and put you in danger of injuring other runners as well as yourself.

Thank you and run safely, but have fun.



I'M SMASHING THE SOUTH DOWNS WAY

England Athletics Affiliation



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 Lingfield RC. 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 LRC members are sent there.

Why affiliate?

As an EA registered athlete you are able to access a number of benefits:

- **Entry** to events **exclusively** available to registered athletes - under UKA Rules for Competition many competitions are only open to registered athletes*.
 - **Entry discounts** (minimum £2) on UKA licensed road and multi-terrain events. For example if you entered our Dry Hill 10 race the entry fee for affiliated members is £13 and for all unattached runners it is £15.
 - **ebulletins** including key information on the sport and **exclusive registered athlete offers**. You can ensure your email address and mailing preferences are up to date at www.englandathletics.org/registered-athlete
 - The ability to **have a say** on how the sport is run and funded in a way that reflects your fundamental importance to the sport
 - **Opportunities** for you, (and at times your club or your school) to get involved in exclusive events and experiences in association with British Athletics
 - Your registration fee helps **make a difference** to many areas of the sport
 - **Exclusive offers** - EA works with partners including **New Balance, InterContinental Hotels Group, and AfterShokz** to provide registered athletes with exclusive offers and vouchers for money off.
Some of these can be accessed via the benefits page at www.englandathletics.org/registered-athlete. Others are sent by email so ensure your contact details are up to date and you have opted to receive information!
 - Entry in the **Great Run Club Challenge** competition in the Great Run Events
 - Running clubs receive guaranteed London and Brighton Marathon entries depending on the number of EA registered athletes they have.
- * *for competitive races, all Clubs and Runners must be registered with England Athletics.*

EA Training Courses

England Athletics organises numerous athletic courses, 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 seven Lingfield members qualified to provide coaching in the club.

Lingfield Running Club Constitution (effective from 11 January 2017)

1. Name

The club will be called Lingfield Running Club and will be affiliated to UK Athletics.

2. Aims and objectives

The aims and objectives of the club will be:

- To promote and enjoy amateur athletics, principally running, in a friendly and informal manner
- To promote the club and its objectives within the local community

3. Headquarters

The headquarters of the club are at Lingfield Victoria Sports & Social Club, Lingfield, Surrey RH7 6AA. Running club members who wish to use the facilities at the headquarters, including the car park, must join the Lingfield Victoria Club as social members and pay those membership fees separately to that club.

4. Membership

Application for membership shall be made to the membership secretary on the club's approved application form.

All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and any other codes of practice that the club has adopted.

5. Membership fees

Membership fees will be determined at the annual general meeting and should be paid to the membership secretary by a date to be decided at each AGM. The fees comprise two elements - the club membership fee and the affiliation fee to England Athletics. This affiliation is not mandatory and need only be paid if the member wishes to represent the club in official races. Membership will cease if payment has not been made by the due date.

6. Officers of the club and management committee

The officers and management committee of the club will be:

- Chairperson
- Secretary
- Treasurer
- Membership secretary
- The ladies' and men's captains
- Any further committee members as agreed at the AGM.

All officers and other members of the committee will be elected annually at the AGM and shall serve for no more than three consecutive years. After a minimum of one year has elapsed since serving on the committee, a member of the club will be eligible for re-appointment.

Management committee meetings will be convened by the secretary of the club and held no less than six times per year.

The quorum required at management committee meetings will be three.

The management committee will be responsible for the organisation and running of the club. It will have powers to appoint both sub-committees and also advisers. It will also be responsible

for disciplinary hearings of members who infringe the club rules/regulations/ constitution and for taking any disciplinary action including termination of membership.

7. President

The club will elect a president at each annual general meeting who will assist with the smooth and effective running of the club by acting as an ambassador. The president will chair annual and extraordinary general meetings and may attend committee meetings. The president will serve for no more than three consecutive years.

8. Finance

The club treasurer will be responsible for the finances of the club.

All club monies will be banked in an account held in the name of the club. Funds received for specific purposes will be held in separate, designated accounts.

No sum shall be expended from the Club Account except by cheque signed by two of the designated signatories (the treasurer, the secretary, the membership secretary and the chair) or by electronic transfer approved by at least one of the designated signatories subject to a maximum amount fixed by the Committee.

All monies payable to the Club shall be received by the officers and members of the committee and deposited in the Club Account as soon as is reasonably practicable.

The Club's financial year shall end on 31 March each year or such other date as the Committee may determine from time to time provided that no financial year shall be shortened to less than nine months or extended to more than fifteen months.

The annual accounts comprising an income and expenditure account and balance sheet will be presented by the treasurer at the annual general meeting.

9. Annual general meeting

Notice of the annual general meeting (AGM) will be given by the club secretary. The meeting will be held between 1 and 30 April. Not less than 21 clear days' notice must be given to all members by posting the date and the agenda on the club's notice board.

All members have the right to vote at the AGM.

Nominations for officers of the club, members of the management committee and the president must be sent to the secretary no later than seven days prior to the AGM. Details of items to be included in any other business should also be notified in this manner.

The agenda for the AGM will be the following:

- Acceptance of minutes of the preceding AGM
- Chair's report
- Secretary's report
- Treasurer's report and adoption of the annual accounts
- Membership secretary's report
- Elections of officers, committee members and president for the forthcoming year
- Setting of the membership fee for the forthcoming year
- Any other business

The quorum for the AGM will be 25% of the membership.

10. Extraordinary general meetings

The management committee has the right to call extraordinary general meetings of the members (EGMs). An EGM may also be called by 10 per cent of the membership at that time. Not less than 14 days' clear notice must be given for an EGM. All other procedures for EGMs will be the same as for the AGM.

11. Discipline and appeals

All complaints regarding the behaviour of members should be submitted in writing to the Secretary.

The management committee will meet to hear complaints within fourteen days of a complaint being lodged. The committee has the power to take appropriate disciplinary action including termination of membership.

12. Club colours

The colours of the club vests to be worn in official races can only be changed by the adoption of a resolution at an annual or extraordinary general meeting. Other merchandise must be approved by the management committee before being offered for sale to members.

13. Dissolution

A resolution to dissolve the club can only be passed at an AGM or EGM by majority vote of the membership.

In the event of dissolution, any assets of the club that remain will be sold and distributed amongst the membership at that time.

14. Amendments to the constitution

The constitution will only be changed through agreement by majority vote at an AGM or EGM.
Declaration

Lingfield Running Club adopted and accepted this constitution as a current operating guide regulating the actions of members, and it was approved at an annual general meeting of the club held on 10 January 2017.

Lingfield Running Club Privacy Policy

Lingfield Running Club (the Club) is committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your membership, LRC is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way.

What personal data we hold on you

You may give us information about you by filling in forms at an event or online, or by corresponding with us by phone, e-mail or otherwise. This includes information you provide when you register with the Club, subscribe to our newsletter, or participate in discussion boards on our website. The information you give us may include your name, date of birth, address, e-mail address, phone number, name of the EA affiliated Clubs with which you are registered and gender (Athletics Data).

Why we need your personal data

The reason we need your Athletics Data is to be able to administer your membership, and provide the membership services you are signing up to when you register with the club. Our lawful basis for processing your personal data is that we have a contractual obligation to you as a member to provide the services you are registering for.

Reasons we need to process your data include:

For training and competition entry

- sharing personal data with club coaches or officials to administer training sessions;
- sharing personal data with club team managers to enter events; and
- sharing personal data with leagues, county associations and other competition providers for entry in events.

For funding and reporting purposes

- sharing anonymised data with a funding partner as condition of grant funding e.g. Local Authority;
- analysing anonymised data to monitor club trends; and
- sending an annual club survey to improve your experience as a club member.

For membership and club management

- processing of membership forms and payments;
- sharing data with committee members to provide information about club activities, membership renewals or invitation to social events;
- club newsletter promoting club activity; and
- publishing of club race and competition results, including age band rankings.

Marketing and communications (where separate consent is provided)

- sending information about promotions and offers from sponsors;
- sending information about selling club kit, merchandise or fundraising.

We do not currently collect any special category health data.

On occasion we may collect personal data from non-members (e.g. such as any non-member participant who fills in a health disclaimer or form at a taster event). This information will be stored for 30 days after an event and then destroyed securely. In this instance, our lawful basis for processing data is consent. Therefore, we will need explicit consent from non-members to process this data, which we will ask for at the point of collecting it.

The club has the following social media pages - Facebook. All members are free to join these pages. If you join one of the Social Media pages, please note that provider of the social media platform(s) have their own privacy policies and that the club do not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data on the club social media pages.

Who we share your personal data with

When you become a member of or renew your membership with Lingfield Running Club we register your details with England Athletics (EA) as a club member, even if you choose not to join EA itself. We will provide England Athletics Limited with your Athletics Data which they will use to enable access to the MyAthletics portal. England Athletics Limited will contact you to invite you to sign into and update your MyAthletics portal. You can set and amend your privacy settings from the MyAthletics portal. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics Limited, please contact dataprotection@englandathletics.org.

Email Sending Provider (ESP)

We may use a third-party provider to deliver our monthly e-newsletter. If you consent to us sending you our weekly e-newsletter, we will let you know who the third-party provider is at that time. We gather statistics around email opening and clicks using industry standard technologies including clear images to help us monitor and improve our e-newsletter.

The Club does not supply any personal data it holds for this purpose to any other third party.

How long we hold your personal data

You should keep your personal data up to date on your MyAthletics portal at England Athletics. Any personal data we hold on you will be securely destroyed after four years of inactivity on that member's account, in line with England Athletics Limited's retention policy. Your data is not processed for any further purposes other than those detailed in this policy.

Your rights regarding your personal data

As a data subject you may have the right at any time to request access to, rectification or erasure of your personal data; to restrict or object to certain kinds of processing of your personal data, including direct marketing; to the portability of your personal data and to complain to the UK's data protection supervisory authority, the Information Commissioner's Office about the processing of your personal data.

As a data subject you are not obliged to share your personal data with the Club. If you choose not to share your personal data with us we will not be able to register or administer your membership.

Useful websites

Finding races

Southern running guide www.southernrunningguide.com

West Sussex Fun Run League www.westsussexfunrunleague.org.uk

Runners World www.runnersworld.co.uk

Sussex Races www.sussexraces.co.uk

Surrey road league and XC races www.surreyathletics.org.uk

Run Britain www.runbritain.com/races

Athletic advice

Peak Performance www.peakendurancesport.com

Sports Injury Clinic www.sportsinjuryclinic.net

Running shops

Intersport Herbert Sports, East Grinstead www.herbertsports.co.uk

Up and Running, Horsham www.upandrunning.co.uk

Decathlon, Crawley www.decathlon.co.uk

The Jog Shop, Brighton <http://www.jogshoponline.co.uk/>

Runners Need, Bluewater www.runnersneed.com

Organisations

England Athletics www.englandathletics.org

South of England Athletic Association www.seaa.org.uk

Surrey Athletics <https://www.surreyathletics.org.uk/>

Sussex County Athletics Association www.sussexathletics.org.uk

Power of 10 www.powerof10.info

parkrun www.parkrun.org.uk

Various

Running routes www.mapmyrun.com

Marathon tips www.marathontalk.com

Running routes www.walkjoqrun.net

