

City of Salisbury
Athletics & Running Club
New Athlete Pack

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Welcome...

...to City of Salisbury Athletics & Running Club, affectionately known as CoSARC

We are a friendly club open to athletes of all abilities and supportive of those with disabilities.

We are pleased to be a UKA club affiliated to the England Athletics membership organisation.

As such we have adopted the UKA policy guidance & code of practice and details of all of these policies can be found here www.uka.org.uk/governance

Your Membership

The club has three distinct areas:

- **Track & Field Athletics**
- **Road Running**
- **Cross Country**



Your membership provides you with access to all areas of the club (age permitting) as well as affiliated status with UK Athletics.

Having paid your membership fee, you (and / or your child / family) will receive an email from England Athletics (EA) with details of your membership & your URN number.

Confirmation of your EA registration and an EA membership card will follow in the post. (This can take up to two months to arrive.)

Make a note of your England Athletics URN as you will need it to get your affiliated runner discount when entering UKA affiliated races.

Safeguarding / Welfare

The club's safeguarding policy can be found here: www.salisbury-arc.org/safeguarding

A copy of this, along with the anti-bullying policy, is located in the clubhouse.

The club has a welfare officer **Lisa Milner**

If you would like to speak to Lisa, please email welfare@salisbury-arc.org

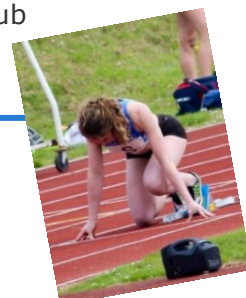


Press & Photography

We regularly report on event results and sometimes display photos in support of this.

These photos could be used in print or on the club website.

If you do not wish for your results or your photo to be used, please inform the club immediately by contacting secretary@salisbury-arc.org



Volunteering

The club is run completely by volunteers.

'Many hands make light work' so if you have a little spare time, do consider helping out.

Roles vary from club officers, coaching assistants, run leaders, team manager, T&F officials, event helpers and many more.

Social

The club has a very active social element.

Several social events are organised throughout the year by our active social committee. This can range from 'pub runs' to quiz nights to pasta parties to annual awards dinners and many seasonal events.

All events are advertised on our website as well as our active "member's only" Facebook page and other Social Media platforms which can be accessed upon joining the club.

Club Kit

Club kit is only available for purchase to club members

A free club 'Vest' is included with Junior membership. This is given to your child when they first compete for the club whether it is at a track event or at a cross country event.



Club kit can otherwise be purchased through the Club Shop on our website.

A club vest is a 'requirement' when attending the Hampshire Cross Country League Races (HCCL) and at track matches.

Some items in the club shop are pre-order only. Your patience is appreciated whilst we receive sufficient

requests to order stock.

Track & Field

This area of the club offers specialist coaching for juniors aged 8 (year 4) and above to adults. Athletes with disabilities are welcome.

Our volunteer coaches are able to coach athletes from beginner to elite level covering the following disciplines:

- **Endurance**
- **Middle distance**
- **Sprints**
- **Hurdles**
- **Long & Triple Jump**
- **High Jump**
- **All throws**
- **Multi events**
- **Quad kids (Yrs 4 & 5)**



Training sessions are on Monday, Tuesday and Thursday evenings as well as weekend mornings.

Training session times are on the club website www.salisbury-arc.org/training

All track and field sessions are held at the Salisbury Athletics track. Free parking is available at the Five River's Leisure Centre and access to the track is off the car park.



Athletics Leagues

All athletes are encouraged to take part and represent the club in the seasonal league matches.

There is **no charge** to enter any of these events.

Full details are available on the club website: www.salisbury-arc.org/tf-fixtures

The club is part of three athletics leagues:

- **Wessex Young Athlete League:** athletes aged 9-16
- **Southern Athletics League:** veterans, seniors, U20, U17
- **Youth Development League:** athletes aged U17 and U20



The club also takes part in:

- **Wiltshire Track and Field Championships**
- **South West Championships**
- **Various national indoor and outdoor events**



Keep an eye on the club website and social media pages for seasonal dates for these events.

The clubs' Track & Field records are available to view on the website. See how much quicker, higher, further you need to go to become a CoSARC Legend!

Road Running

Road running training is **every Wednesday at 1830**. These runs are available for free for those 18 years and older

All runs start and finish at Salisbury Athletics Track. Free parking is available at the Five River's Leisure Centre and access to the track is off the car park.

Weekly Running Groups

- Group 1:** 3.5 miles @ 12-13 min/mile
- Group 2:** 4-4.5 miles @ 11:30 min/mile
- Group 3:** 5-5.5mm @ 11 min/mile
- Group 4:** 5-5.5 miles @ 10:30 min/mile
- Group 4.5:** 5 to 6 miles at 10 min/mile
- Group 5:** 6.5-7 miles @ 9:30 min/mile
- Group 6:** 6.5-7 miles @ 9 min/mile
- Group 6.5:** 6-7 miles @ 8:30 min/mile
- Group 7:** 7.5-8 miles @ 8 min/mile



All group runs are led by a qualified England Athletics 'Leader in Running Fitness' (LiRF) runner. These "Run Leaders" will know the route they will be taking their group, will be carrying mobile phones and will ensure that the group is looked after and keeps together.

The running sessions can be treated either as part of your own training plan, as part of one of the clubs' mesocycle's (downloadable from the website), or purely for social benefit

Group 8 Coached Session

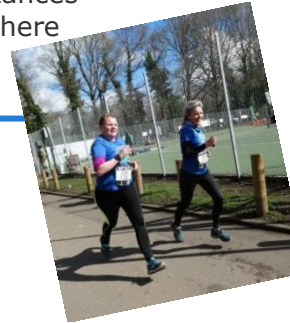
A coached session to include drills and mixed intervals, led by one of the Club's qualified England Athletics 'Coach in Running Fitness' (CiRF)

This group is suitable for all abilities.

Members can attend **qualified coached track training sessions** on the athletics track. (£2.35 per session)

These are held on **Tuesday evenings at 1830**. A full monthly session plan is available here www.salisbury-arc.org/schedules-mesocycles

Members have access to downloadable generic Mesocycles (training plans) for distances from 5km to Half-Marathon distance designed by our coaches. They can be found here www.salisbury-arc.org/schedules-mesocycles



Road Race Leagues

The club competes in the Hampshire Road Race League (HRRL).

Your membership entitles you to £2 off the entry price of all HRRL races and numerous national races registered with UK Athletics.

Most races (and all HRRL) are for senior athletes only.

There are 12 league races in the HRRL season which runs from September to June each year.

They are not 'elite exclusive' events and all road runners of all abilities are encouraged to participate with the club.

See the website for the current HRRL season fixtures and league tables
www.salisbury-arc.org/road-xc-fixtures

Cross Country

The club competes in the Hampshire Cross Country League (HCCL)

Your membership entitles you to **FREE** entry to all five of the HCCL races of which can be attended by athletes U13 and upward. No pre-registration is required. You simply turn up in a club vest and run

Most events also have an U11 race for athletes aged 9 & 10 but this does not form part of the Hampshire League. Parents have to register on the day for this age group

Race dates are advertised on the club website and social media pages.

Additionally, athletes can enter

- Wiltshire XC Championships
- South West Championships



Contacts

Membership	membership@salisbury-arc.org
Road Running	roadrunning@salisbury-arc.org
Safeguarding	welfare@salisbury-arc.org
General enquiries	secretary@salisbury-arc.org
Club website	www.salisbury-arc.org

