



Motherwell Athletics Club

Road Runners' Welcome Information

If you are a new member to Motherwell Athletics Club (MAC), or are thinking of joining us, we hope the following information will be helpful.

Please have a look at our website www.motherwellac.com which is a mine of information and contains comprehensive details on the history and background of the club and coaches, plus current news and contact details.

We are a friendly club and welcome new members. We'd love to hear from you!

Club History

MAC was founded in 1991 when Bellshill YMCA Harriers and Motherwell YMCA Harriers joined forces. Since then MAC has catered for junior and senior athletes at a range of venues within the Motherwell, Wishaw and Bellshill areas. Many members travel from further afield to train with MAC.

MAC has carried on the proud athletic tradition of the harrier clubs. Some notable athletes have been past members, including Yvonne Murray MBE and Tom McKean.

MAC is affiliated to scottishathletics.

In 2009 the club achieved "Clubmark" accreditation from scottishathletics which signifies our commitment to being a safe, effective and child-friendly athletics club. The award is in recognition of the quality of MAC's coaching, management and safety procedures.

Coaches

MAC has a range of coaches who specialise in varying athletic disciplines and age groups. Each has qualifications from scottishathletics and is registered with uk:athletics and scottishathletics. Our coaches are very welcoming and approachable so do not hesitate to speak to them.

The Road Runners are led by John Hughes who is a Level 3 coach. He can be contacted on 01698 818952 or jh009d7454@blueyonder.co.uk.

Club Structure

Motherwell AC has two distinct sections – "Track & Field" and "Road Running".

The T&F section is for younger athletes (minimum age 9) and is active at athletic events across Scotland. More information can be found on the website.

The Road Running section caters mostly for adult members, with interest varying from general fitness to racing at a variety of events annually. There is around a 50/50 mix of male and female members with ages ranging from 18 to 60+.

You are welcome to come along to two or three training sessions before you decide whether you wish to become a club member.

MAC members enjoy subsidised rates for the Boathouse Fitness Club. Please ask at Reception for further details.

Will I be fit enough to run with MAC?

Often people are nervous of coming along to their first training session as they think they may not be fit enough or fast enough.

MAC members represent a mixture of abilities ranging from joggers to competitive athletes. As a rough guide, if you can complete a 10k in 60-65 minutes or less then there will be other runners of a similar standard you can train with. It may be useful to take part in one of our monthly Time Trials (more on these later) to gauge your pace and endurance capabilities.



Each MAC training run follows a pre-agreed route, but members divide themselves into unofficial ability groups to complete the run. It is vital that you set off with a group of runners of similar ability to yourself; it is not fair to hold someone back if you cannot keep up, nor will it be of personal benefit if you are much faster than the rest of your group.

On your first few sessions with MAC it is important you find out who else might run at an appropriate pace for you. Speak to the coach in charge (usually John Hughes) and he will match you up with a suitable group. It may be better to under-estimate your capability on introductory runs until you get to know where you fit in, and make a few “running buddies”. Talk to your fellow runners; they are a friendly bunch and you may be pleasantly surprised to discover you are not the slowest/oldest/most unfit!

MAC training group etiquette is strictly that **no-one should ever be left to run alone**. It is the responsibility of the second last member of a group to always wait for the last runner. If you feel you are being left behind, shout! Be aware of other runners around you and make sure nobody is being “dropped off the back”, which is not only demotivating but is a health and safety risk.

When and where?

Most sessions commence from The Boathouse Fitness Club at the Water Sports Centre in Strathclyde Country Park, but the times and locations below may occasionally be modified. Check the club noticeboard within The Boathouse (or www.motherwellac.com/training_schedules.shtml) where current monthly training schedules are displayed.

Within the foyer of The Boathouse, please respect other facility users and do not block doorways or obstruct the passageway to the fitness area.

	Summer (April to September)	Winter (October to March)
Tuesday	6.30pm Strathclyde Park	6.30pm Strathclyde Park
Thursday	6.30pm Strathclyde Park	6.30pm Strathclyde Park
Saturday	9.30am Wishaw Sports Centre	9.30am Strathclyde Park
Sunday	9.00am Strathclyde Park	9.30am Strathclyde Park

Tuesdays typically involve speed or hill work, whilst Thursdays are a steady run of 4-8 miles with a circuit or mobility session afterwards.

Saturdays in the winter involve stamina/endurance work on grass, whilst in the summer there are track sessions to build speed onto the endurance base.

Sundays are an informal longer run of 6-12 miles. It is wise to check who will be there and when, as different ability groups tend to make their own arrangements.

What to wear?

NB Many running shops provide a 10% discount on production of your membership card.

Footwear

Good running shoes are the most important piece of kit.

Cushioned, supportive shoes are recommended for basic training. It is generally accepted they should be replaced every 500 miles or so, before the cushioning becomes worn out.

If running on slippery grass or muddy trails, many members wear spikes or off-road trail shoes as they provide better grip.



When running on the track it may be advisable to wear running spikes (no greater than 6 or 7mm), particularly in wet conditions, thereby reducing the risk of injuries caused by slipping. Please remove them within the Wishaw Sports Centre building to avoid damaging the floors.

Sport shops specialising in running are excellent places to seek advice and your coach will also be happy to discuss your requirements.

Clothing

It is important to dress appropriately for the weather conditions.

Several layers of clothes are best as they can be removed/replaced as necessary. In poor weather bring a lightweight waterproof jacket, hat and gloves.

It is a good idea to have a change of clothes and a towel in case you get soaked.

On dark nights, or if visibility is poor, wear something bright and reflective.

Apply suntan lotion on sunny days, when a skip cap and sunglasses might also be useful.

Food and Drink

Avoid large meals before running. A light snack 1-2 hours beforehand is adequate. Drink plenty of fluids to keep yourself hydrated both before and after training, and a nutritious snack consumed soon afterwards is beneficial.

How much does it cost?

Session fees

The cost of training is very reasonable at just £1 on Tuesdays and Thursdays. The money collected goes into club funds that are used to subsidise events and expenses throughout the year.

When training at Wishaw Sports Centre you should pay at reception for use of the track (currently £1.75 for adults).

Annual membership fees

Check www.motherwellac.com/club_membership.shtml for current subscription fees.

All MAC members pay an annual membership fee.

The membership year is from January 1 to December 31.

New members joining from October onwards are covered for membership of the following year.

Existing memberships will be deemed lapsed if not renewed by March 1.

New first-claim members receive a MAC vest in club colours which must be worn when competing in recognised Club Championship events.

A Family membership 25% discount is applied to the cost of each family member where there is a minimum of three first-claim members (this must include at least one Senior).

Standards of Behaviour

MAC insists on a certain standard of discipline from its members, and in applying for membership you are committing to comply with this. MAC has the right to expel members whose conduct is acceptable.

Please acquaint yourself with the "Codes of Conduct" and "Constitution" documents which are displayed on the club notice boards and on www.motherwellac.com/club_membership.shtml.



MAC Competitions

Time Trials

Time Trials take place on the first Tuesday of each month (except in December). This is a 4-mile (approx) MAC race with a staggered start where participants are set off according to their handicap time. Slower runners start first, followed by progressively faster athletes, the theory being that everyone should reach the finish line at roughly the same time.

Starting times are calculated from an athlete's best performance over their last three Time Trials. New members have their first finishing time used as a marker to create their handicap for the next race. (First-time runners need not worry about getting lost; they are paired with a club member of similar ability to take them round the course).

Each month the first male/female finisher receives a trophy, which they keep for a month before returning it for the next Time Trial. It is traditional for the returning winner to fill the trophy with sweets for the new winner to hand out.

Time Trials are an excellent way of recording your progress. They can also assist you in finding which of your fellow runners are of a similar ability and would therefore be appropriate to train with on group runs.

Championship

The Club Championship consists of a series of selected open races (from February through to October) where points are scored according to finishing times. Prizes are awarded at the Annual Prizegiving to the overall MAC champions.

Leagues

In addition to the Championship, members are divided into different ability leagues (using their Time Trial performances and/or race times). Again points are awarded according to finishing times within the same races used for the Championship, and prizes are awarded to League winners. The Leagues allow for competition amongst fellow members of a similar standard.

scottishathletics

scottishathletics is the governing body of the sport in Scotland.

MAC whole-heartedly supports scottishathletics and strongly encourages all club members to join.

If you intend to take part in any scottishathletics events then membership is a necessity.

Members enjoy a variety of benefits, including £2 discount on most race entry fees. If racing several times a year this quickly covers the cost of your membership. You also receive copies of the quarterly magazine PB (Personal Best).

Membership currently costs £15 for seniors and £8 for under-21s (first year's membership is free for youngsters up to the age of 21).

Contact www.scottishathletics.org.uk or 0131 476 7321.



Track and Field Etiquette

- The running direction of the track is anti-clockwise. The “fast” or “inside” lane is to the left. Lanes are numbered from the inside (Lane 1) through to the outside (Lane 8);
- Lanes 1 and 2 are reserved for fast work and distances greater than 100m. Sprinters generally use lanes 3, 4 and 5. Hurdles are usually in lanes 6, 7 and 8;
- Treat the track like a busy road. Look both ways before crossing;
- On finishing fast work, leave the inside lanes immediately. Do not stand on the track talking. Warm-up laps and recovery jogs should be done on the outer lanes (7 and 8) or on the grass and paths outside the track. Stretching and mobilisation should be done off the track;
- If you hear the warning shout “*TRACK!*” from behind, you are probably in the way of an approaching athlete who is likely to be travelling fast. Quickly get out of the way, to the inside of lane 1. They will pass you on the outside. Stay left and do not zigzag in the lanes;
- Similarly, if someone steps out in front of you, or changes direction abruptly while you are approaching fast from behind, shout “*TRACK!*”. Pass them on the outside, to their right;
- The grass area in the centre of the running track (the “infield”) can be a dangerous place. Do not cross the infield if throwing events are taking place, and always look out for danger. If you need to get to the opposite side of the track, jog around in lanes 7 or 8, or stay on the grass following the inside edge of the track;
- Run-up areas and landing areas for jumps and throws must be kept clear. Do not stand in the way of another athlete. Remove any sticks, stones or litter that you see. Never commence a jump or throw unless it is safe to do so.

And finally...

We hope you find all this information useful and that you enjoy running with MAC. If you have any questions, please don't hesitate to ask. Full contact details are on our website www.motherwellac.com.