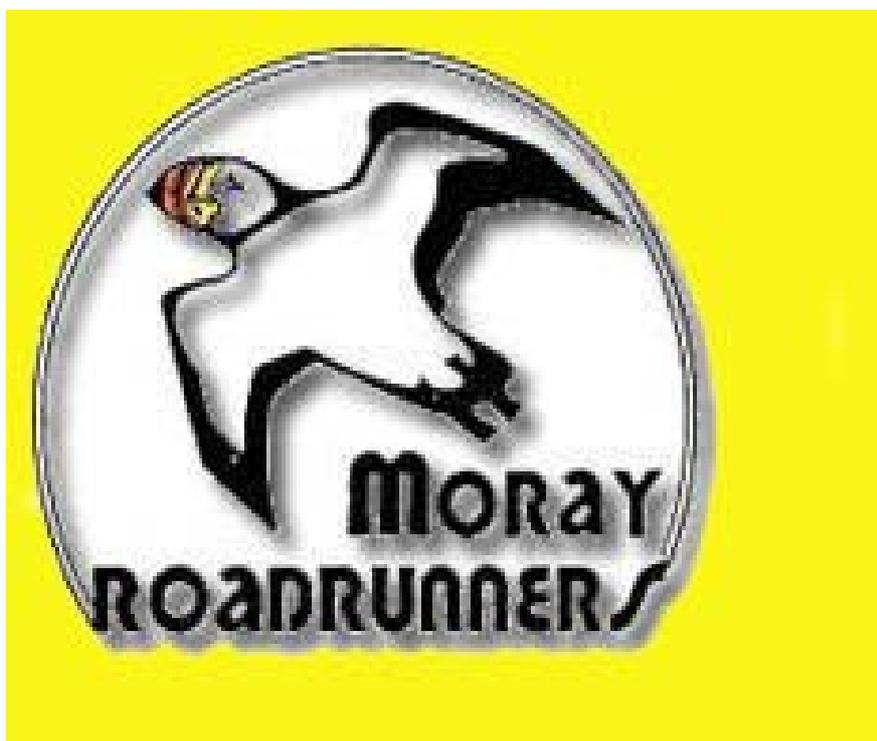


MORAY ROADRUNNERS



WELCOME PACK

(www.morayroadrunners.com)



RUN



JUMP



THROW

HOW IT ALL BEGAN

In April 1985 a seminar on running was held in a local hotel which culminated with a jog in the Oakwood. As this run was enjoyed by all taking part, it was suggested that the run be repeated and 10 days later the first meeting at Spynie Car Park took place.

Numbers rapidly escalated from the initial 10 and some of the venues, such as Millbuies, were just about overrun when 30-40 people turned up.

The social side of this group was also beginning to take off, with a beach run and barbeque being organised.

It was suggested that a more formal arrangement was required and at a public meeting in August, it was decided to form a club, and a steering committee was set up.

The first unofficial run of Moray Roadrunners took place on 1st September, with more than 20 people setting off for an 18 1/2 mile run round the Dallas loop from Glen Elliott's house in Pluscarden Road.

The steering committee's constitution was adopted, along with the club colours - gun metal grey with a V of French navy (some of the ladies who proposed this came to regret the seam positions of that V!) - and the club officially started on 1st October 1985.

In the early days, Moray Roadrunners was definitively a jogging club and there was a very strong emphasis on social events! It wasn't until 1988, at the inaugural Nairn 10K, that the club started to make an impact on the racing scene, with Mickey Flynn winning and Jim McWilliam as 1st Veteran.

The club continued to grow, and in 1990 the youth section was started and a lot of untapped talent was unearthed, a number of whom have gone on to represent Scotland.

INTRODUCTION

Welcome to Moray Roadrunners – a friendly running and athletics club based in Elgin. Club members range from beginners to elite runners from 9 years upwards. We participate as individuals and as a Club in a large number of cross country, road and track and field events organised in the north of Scotland as well as further afield. The Club organises a 10k road race and 3k fun run in March, the Lossiemouth Turkey Trot in December and the Kinloss to Lossiemouth Half Marathon in February. In winter the attention switches to the North District Cross-Country League with MRR organising the Elgin fixture.

The committee, who are all unpaid volunteers, manage the Club. All committee members are elected at the AGM which is held in October. New members are always welcome and are granted 2 sessions after which we are sure you will have made the decision to join.

WHAT CAN MRR OFFER YOU?

The opportunity to take part in a healthy, enjoyable and sociable sport.

The opportunity to improve your performance through regular training.

The opportunity to learn from other club members' experience and knowledge.

Junior coaching in a wide range of disciplines.

The opportunity to assist with race organisation.

Discounts at specialist running outlets.

Scottish Athletics (SAL) membership for all seniors entitling you to a £2 discount in many races (currently £18 per annum).

SAL membership for juniors who compete in SAL events (currently £5 per annum).

TRAINING NIGHTS

The table below outlines the usual Club Nights. In addition to Club Nights members usually make their own arrangements to meet at weekends for efforts / long run.

April through to Mid-October			
Day	Time	Location	Group
Tuesday	6 - 7pm	Elgin Academy	Juniors
Wednesday	6.30 - 8pm	Elgin Community Centre*	Seniors
Thursday	6 - 7pm	Elgin Academy	Juniors
Saturday	By arrangement		Seniors
Sunday	By arrangement		Seniors

*Outside from start of Forest Run series until end of summer school holidays.

Mid October through to March			
Day	Time	Location	Group
Tuesday	6 - 7pm	Elgin Academy	Juniors
Wednesday	6.30 - 8pm	Elgin Community Centre	Seniors
Thursday	6 - 7pm	Elgin Academy	Juniors
Saturday	By arrangement		Seniors
Sunday	By arrangement		Seniors

SENIORS

Wednesday night is the usual club night with sessions ranging from 'social runs' to efforts, handicap races and tempo runs of various distances through the streets and countryside around Elgin. Senior members of all standards are welcome to the Club with many enjoying the motivational benefits of running with like-minded people as well as the challenges of competing in events throughout the racing calendar. These include road races from 3k – Marathons, Ultra Distance Races and Forest Runs. Club members also benefit from being able to compete in the North District Cross Country League throughout the winter season and, if a member of Scottish Athletics, the North District Championship races. Event information, along with useful links, is readily available on the Club website, www.morayroadrunners.com.

JUNIORS

Juniors are welcome from 9 years upward. The children are put into groups and given training appropriate to their needs and ability. For example, the younger group (age 9 - 12) follow a multi-event resource pack from Scottish Athletics that focuses upon skills development and conditioning. The next group are expected to do longer runs of up to 3 miles, hill reps, fartlek sessions, conditioning exercises and further development of track and field events. The advanced athletes undertake specialised training appropriate to their chosen discipline. Progress within the group, or into another group, is as a result of the efforts and determination of the athlete and the coaches.

Juniors have the opportunity to compete in a variety of events. The Club competes in the North District Cross Country League and the Petrofac League (Track and Field). There are also many opportunities to compete locally with events throughout the year ranging from junior races, fun runs and forest runs.

ATHLETICS WELFARE POLICY AND PROCEDURES

Code of Conduct for Athletes

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics:

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)

- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

Code of Conduct for Coaches

As a responsible athletics Coach you will:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- Place the welfare and safety of the athlete above the development of performance
- Be appropriately qualified including obtaining CRB/Disclosure Scotland clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- At the outset clarify with athletes (and where appropriate, with parents or carers) exactly what it is that is expected of them and what athletes are entitled to expect from you
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching. If approached by an athlete receiving coaching refer immediately to the coach currently providing coaching support.
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with another coach/coaching assistant.
- Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Encourage and guide athletes to accept responsibility for their own performance and behaviour

- Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
- Do not exert undue influence to obtain personal benefit or reward
- A coach MUST strictly maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes. Relationship with athletes can cause significant problems for other team members, raising concerns of favouritism and/or victimisation should the relationship later end.
- In particular, you MUST NOT allow an intimate personal relationship to develop between yourself and any athlete aged under 18 years. Any violation of this could result in a coach licence being withdrawn. It may also be a criminal offence to conduct a relationship with an athlete aged under 16 years. It may also be a violation of your coaching licence to form an intimate personal relationship with vulnerable adults.

As a responsible coach, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

In addition, coaches should follow these guidelines on best coaching practice, in particular with young athletes or with vulnerable adults:

- Avoid critical language or actions, such as sarcasm which could undermine an athlete's self esteem.
- Avoid spending time alone with young athletes unless clearly in the view of others to protect both yourself and the young athlete. In special circumstances, for example when coaching elite young athletes, one to one coaching sessions may form part of the required training schedule. In this circumstance, parental/guardian consent must be sought and obtained prior to sessions taking place. The coach must inform the parent/guardian of the venue for training and an emergency contact number should be provided by both the coach and parent/guardian.

- Avoid taking young athletes alone in your car
- Never invite a young athlete alone into your home
- Never share a bedroom with a child
- Always explain why and ask for consent before touching an athlete
- Ensure that parents/carers know and have given consent before taking a young athlete away from the usual training venue
- Work in same-sex pairs if supervising changing areas
- Respect the right of young athletes to an independent life outside of athletics
- Report any accidental injury, distress, misunderstanding or misinterpretation to the parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by other coaches or other people involved in athletics to the Club, Regional, National or UKA welfare officer as soon as possible

Code of Conduct for parents/people with parental responsibility

As a responsible parent/person with parental responsibility you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Never place undue pressure on children to perform, participate or compete
- Check out the qualifications and licences of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice.
- Take an active interest in your child's participation
- Attend training or competitions whenever possible
- Know exactly where your child will be and who they will be with at all times
- Never make assumptions about your child's safety
- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance
- Provide any necessary medication that your child needs for the duration of trips
- Assume responsibility for safe transportation to and from training and competition

- Return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before your child goes to any away events or trips
- Report any concerns you have about your child's or any other child's welfare to the Club Welfare Officer, Regional, National or UKA Welfare Officers. (This does not affect your right to contact your local social services or the police if you feel it is necessary)

As a responsible parent/person with parental responsibility for a young athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes
- Avoid destructive behaviour and leave athletics venues as you find them
- Never engage in any inappropriate or illegal behaviour
- Not carry or consume alcohol to excess and/or illegal substances.
- Not carry any items that can be dangerous to yourself or to others excluding athletics equipment used in the course of your child's athletics activity.

CLUB MEMBERSHIP

There are several categories of membership based upon age and personal circumstances. Club membership is renewed annually and membership fees are due in January each year. You can become a member by filling in our online membership form which is on the Club website at www.morayroadrunners.com.

CONTACTS

Chairperson:	Gareth Jenkins	01343 559342 / 07925 180113
Secretary:	Jenni Coelho	01343 552819 / 07887 785874
Treasurer:	David Ingleby	david.ingleby@mypostoffice.co.uk
Juniors' Contact:	Keith McArthur Gareth Jenkins	07546 382348 01343 559342 / 07925 180113
Men's Captain:	Colin Green	01343 551763
Ladies Captain:	Karen Norvell	07588 964078
Welfare Officer:	Ally Campbell	07968 320141
Merchandise:	Sally Bruce	01343 556255 / 07825 545352
Webmaster:	Robert Bruce	robert.bruce737@btinternet.com

