

# QUAKERS RUNNING CLUB

[www.quakersrunningclub.org.uk](http://www.quakersrunningclub.org.uk)



## Introduction

Quakers Running Club has developed a reputation as being one of the friendliest clubs in the North-East of England and is more than happy to welcome all abilities into the sport, let's face it, we all had to start somewhere and you don't need to be an Olympic athlete to get enjoyment out of running and athletics.

Whether you just want to start running for the sake of fitness, or you're just about to do your First 10k road race or your 25<sup>th</sup> London Marathon, we can help you get through it.

Our runners participate in a variety of events which include road running, cross-country, fell running and track and field. In addition we are also experienced in orienteering, trail running and ultra distance running.

Perhaps the most important benefit of being a club member however, is the advantage of being able to train and compete with people who enjoy the same activity as you.

Training sessions are held at and around the clubs base at Carmel RC College just off The Headlands on the west side of Darlington. The sessions are held on Tuesday and Thursday evenings from 6:30pm until 8:00pm and are open to all; non members are actively encouraged to come along see what the club has to offer. No charge is made for attending these sessions, our hope is that you will enjoy running and training with us, will keep coming back and will eventually join the club.

The training sessions themselves are deliberately set in a way that runners of all ages and abilities can use them. They basically comprise of an initial warm up followed by the next part of the session which revolves around 'quality work' this will normally consist of some form of interval or repetition session.

All of the clubs members train together as a group irrespective of ability, the fitter members tending to do more reps or running them at a faster pace than those members who are not quite so experienced, we have found that this type of approach allows club members to help and encourage each other during the session and assists in developing a friendly and relaxed club atmosphere.

In addition to these structured sessions, 'steady runs' through the local countryside or the town often take place on club nights, these steady runs are usually arranged just before setting off, details of the route therefore will not be found on our website.

The club also has a thriving women's section, the female members of the club competing in all of the same disciplines as the male members, track and field, cross-country, road and fell.

No pressure is ever placed on any member to compete and has many members, both male and female, who just run with the club purely for fitness and enjoyment of the sport.

In addition to its athletic activities, the club has a very active social side. Members organise a full range of social events ranging from quiz nights and presentation evenings. In addition, the club offers members each year a trip to into Europe to compete, Belgium, Holland and France being recent examples (see our image gallery for pictures) where ever possible the trip is organised around a venue that offers at least a 10k and both half and full marathons on the same day thereby allowing members to choose their preferred event.

Since 2002 Quakers has been responsible for the marshalling of Cancer Research UK's 'Race for Life' held in Darlington's South Park. To date the clubs members have with their support and encouragement helped over 26,000 women raise in excess of £1,200,000 to fund much needed research into cures for cancer. In recognition of this, in 2005 the club was 'Highly Commended' for its outstanding support for 'Race for Life' at an awards ceremony held in London.

The club is also recognised by the Virgin London Marathon for it's commitment to helping beginners into the sport and is the only club in County Durham to receive the accolade of being appointed a 'Virgin London Marathon Running Partner' with the clubs details appearing on the London Marathon website

## **History**

Quakers Running Club was formed in May 1995 with a membership of just six. The club was formed to promote participation in all disciplines of athletics.

The club currently of a pool of 24 qualified coaches, with this level undergoing constant expansion and improvement as members are actively encouraged to undertake coaching courses. An annual budget is set aside for coaching recruitment and development.

The club is registered with England Athletics and the North of England Athletic Association (NoEAA) for the following disciplines:

Road Running  
Cross-country  
Fell and Hill Running  
Track and Field

## Our Coaches



Harry



Wayne



Ian



Jeff



Graham



Steve



Dawn



Sally



Mel



Rob



Dave



Diane



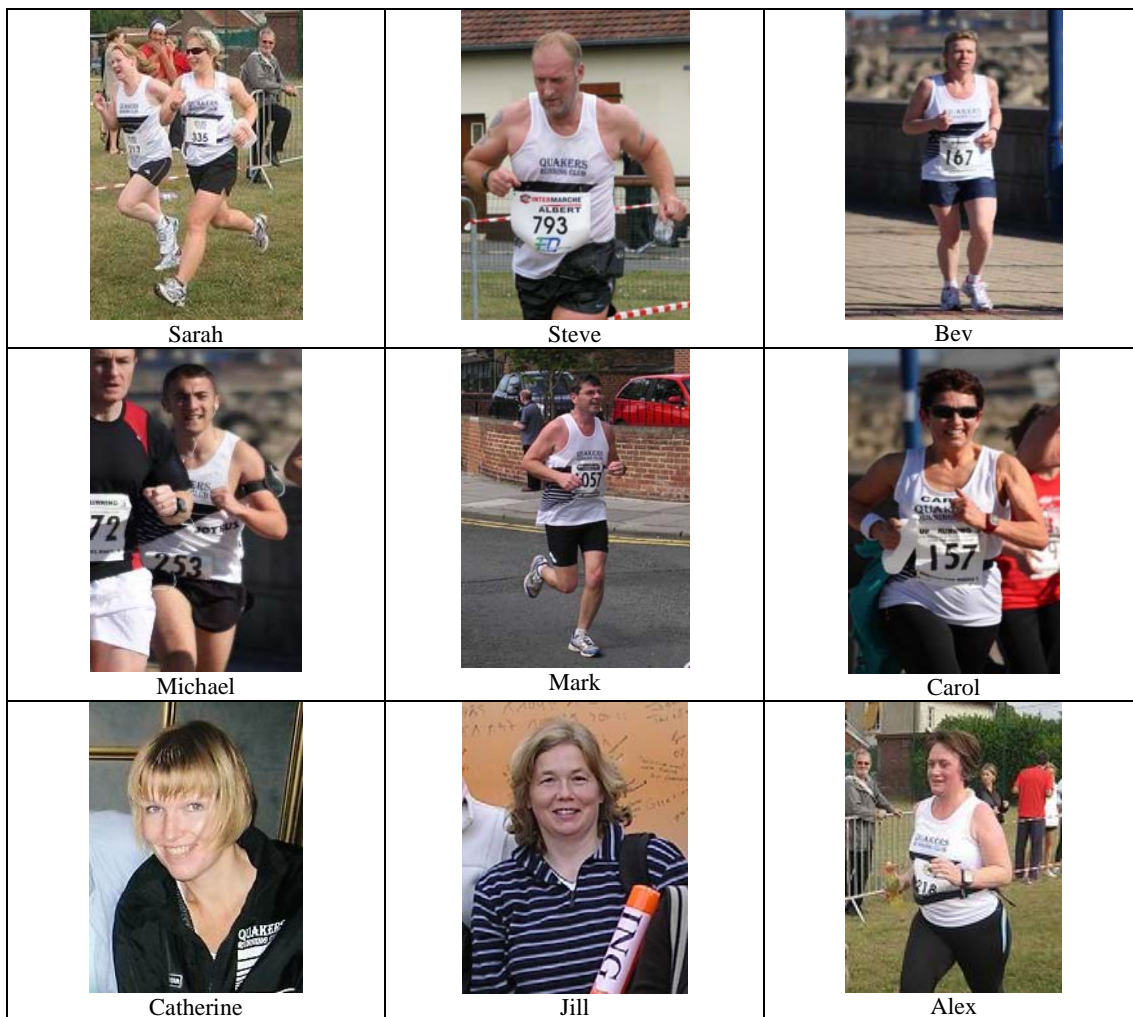
Julie



Wendy



Mike



### The Clubs Officers - 2010

<b>Chairman</b>	Mike Horan
<b>Club Secretary</b>	Wayne Bramley
<b>Treasurer</b>	Dawn Bramley
<b>Membership Secretary</b>	Dave Thompson
<b>Webmaster</b>	Paul Dunn Michael Joyeux
<b>Press Secretary</b>	Julie Jefferies
<b>Cross Country Team Managers</b>	Steve Snook Diane Adkins
<b>Coaching Coordinator</b>	Sarah Beadle
<b>Ladies Team Captain</b>	Bev Snook
<b>Men's Team Captain</b>	Graham Park
<b>Club Development Officer</b>	Peter Rowley
<b>Statistician</b>	Anthony Corbett
<b>Race Development Committee</b>	Anthony Corbett Stuart Hardcastle Richard Payne Wendy Colling Andrew Knox
<b>Social Committee</b>	Sarah Beadle Ian Hammond

## Club Clothing

*Club Vest - Mens	S, M, L, XL, XXL	£17.50
*Club Vest - Womens	12, 14, 16	£17.50
*Club Team Jacket	S, M, L, XL	£36.00
*T-Shirt	S-36, M-40, L-44, XL-48	POA
*Polo Shirt	XS-36, S-38, M-40, L-42/44, XL-46	POA
*Sweatshirt	XS-36, S-38, M-40, L-42/44, XL-46	POA
*Fleece (half zip)	XS-36, S-38, M-40, L-42/44, XL-46	POA
*Fleece (full zip)	XS-36, S-38, M-40, L-42/44, XL-46	POA
*Fleece (ladies fitted)	XS-34, S-36, M-38, L-40, XL-42	POA
Reflective Bibs	N/A	£7.00

\* Prices include printed/embroidered club logo (dependent on material type) clothing can be personalised with own name if required for an additional charge of £3.00