



Members' Handbook

2018/2019



www.greenockglenparkharriers.com

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The Club

Greenock Glenpark Harriers was formed in 1895 and is one of the oldest clubs in Scotland. During our history we have produced numerous Scottish champions and internationalists as well as five Olympians.

Greenock Glenpark Harriers is affiliated to UK Athletics, Scottish Athletics, Triathlon Scotland, Sport Inverclyde and Inverclyde Leisure.

We view ourselves as a highly inclusive and accessible club; placing an emphasis on fun and participation for all. Membership is open to all adults and children (9+) and runners of all abilities are welcome.

Membership and fees

Membership fees for the 2018/19 season are payable from 1st October 2018. All **existing members must pay their fees by 30th November 2018**. The current annual fees are:

Seniors - £50

Juniors - £50

Second Junior - £30

Family - £100

A £5 discount will be applied to all fees paid before 31st October 2018.

All new members must complete a Membership/Registration form as soon as they start training with the club. You will not be a member until you have completed a form and paid your fees. Junior and adult membership forms can be completed online at the 'Join us' section of the website. Completed forms should be emailed to greenockglenparkharriers@gmail.com

Fees can be passed to any coach or existing committee member. They may be paid by cash, cheque or bank transfer. If you need account details to pay by bank transfer please send an email to greenockglenparkharriers@gmail.com . If you are paying by cash or cheque it will only be accepted if it is in a sealed envelope with the names of all members being paid for written clearly on the outside.

Failure to pay fees or contact us before the stated deadline will be treated as a resignation from the club and as such all membership rights and privileges will be lost.

Current Club Champions

Senior Champion	Chris Mooney
Senior Ladies Champion	Marian Monk
Handicap Champions	Duncan Anderson
Women's over 35 Champion	Marian Monk
Women's over 45 Champion	Marian Monk
Women's over 55 Champion	Lorna Coyle
Men's over 40 Champion	Andrew White
Men's over 50 Champion	Danny McLaughlin
Men's over 60 Champion	Graham McGrattan
Men's over 70 Champion	Eddie Devine

The Committee

President	Robert Dolan
Secretary	Stevie McCloone
Assistant Secretary	Alison King
Treasurer	Yvonne Prager
Membership Secretary	Steven Watson
Communications Secretary	Stephen Hanley
Social Convenor	Claire Melville
Social Assistants	Wenda Crawford, Graeme Crawford
Coaching Rep	Stevie McLoone
Mens Captain	John Stevenson
Ladies Captain	Marian Monk
Welfare Officer	Fiona Cushnaghan
Kit Manager (seniors)	Stephen Reid
Kit Manager (Juniors)	Wenda Crawford
Clubhouse Manager	Graham McGrattan
Ordinary Members	Lorna Coyle, Marianne McKay

The committee are here to oversee the running of the club and make sure that your experience as a member is as rewarding as possible. If you would like assistance from a particular section of the committee or if you have a point for the committee in general please feel free to approach us or send a message to: greenockglenparkharriers@gmail.com

Coaches

Our team of coaches are here to help you get the most out of your training and offer advice about training plans etc. For most of our sessions a coach should be on hand to help out and offer support. We are always on the look out for new coaches and coaching assistants so if you would like to get involved then please speak to our coaching rep or send us an email.

Coaching Rep: Stevie McLoone

Coaches: Stevie McLoone, Alan O'Rourke, Duncan MacNeill and Alison King.

Assistant Coaches: Terri Wall, Ross Neilson, Andy MacLean, Ian Hanley, Fiona Cushnaghan, Kirstin Arthur and Paul Monaghan.

Facilities

Our clubhouse is located at Orangefield in Greenock; opposite the Orangefield Café. The clubhouse is equipped with a rowing machine, spin bikes, free weights and various other fitness equipment. We also have separate male and female changing areas, showers and toilets. The club's facilities are available to senior members 24 hours a day, 7 days a week. All senior members are provided with a set of club keys on request and are encouraged to use the club training facilities at their leisure. If you would like a set of keys please ask a committee member.

Club kit

The club vest is light blue, with yellow and dark blue flashes and must be worn in every race. This includes club championship races and any other race at which you are representing the club. Vests are available in adult and junior sizes.

Various other items of club kit are available including t-shirts, hats, and hoodies. All kit can be purchased from the club's kit managers:

Stephen Reid (Senior Kit Manager)

Wenda Crawford (Junior Kit Manager)

For senior kit please email Stephen at gghclubkit@gmail.com

For junior kit please send Wenda a text at **07952 513514**

Training

We have a number of organised training sessions going on throughout the week. We also have numerous less formal sessions which are often organised by members via Facebook etc. Check our website and Facebook group for the latest updates regarding current training sessions and additions to the training schedule. Please note that training may be subject to change or cancellation depending on adverse weather or other unforeseen circumstances. **Runners of all abilities are welcome to come along and try out training sessions.** Below is a list of some of our established training sessions.

Seniors

Monday, 6.15pm to 7.30pm, all adults, location changes throughout year - check website. Speed/Interval Session aimed at Endurance Runners.

Tuesday, 6pm, Notre Dame High School (Ladies Group)

Wednesday, 6.15pm to 7.30pm, all adults, location changes throughout year - check website. Speed/Interval Session aimed at Endurance Runners.

Thursday 5.30pm to 6.30pm, all adults, track session, Ravenscraig Stadium
Speed/Interval Session aimed at Endurance Runners.

Thursday, 6pm, Ravenscraig Stadium (Ladies Group)

Juniors (9yrs+)

Tuesday, 6pm to 7.15pm, Notre Dame High School (venue change during school holidays)
Run/Throw/Jump, Sprints, Endurance/Middle Distance

Thursday, 6pm to 7.15pm, Track session, Ravenscraig Stadium
Sprints & Endurance/Middle Distance

Saturday, 11am to 12.15pm, various venues – check website
Run/Throw/Jumps, Sprints, Endurance/Middle Distance

Club Championship

The club championship is made up of 11 races (10 for juniors) and runs from September to August. These races cover a variety of different distances and terrain. Every race on our calendar is open to all members and guests, and the entry fee for each race is £2 for seniors and £1 for juniors. The cost of entry for guests is £4 for Seniors and £2 for juniors. We are particularly keen to see new members take part in our events and the committee will be happy to offer any support you need to make your race day experience as enjoyable as possible.

For each race, trophies are presented to the male and female winners as well as the first finishers in various age group categories. Points are also awarded based on your finishing position and these will determine your place in the various championship categories at the end of the season. Ten points are awarded to the winner; 9 to the runner up; 8 to third place and so on down to two points for ninth place. All finishers outside the top nine will be awarded one point. Your final score tally for the season will be based on your best seven finishes.

Handicap Championship

Alongside the main championship we have a handicap championship. This means that for 6 of the 11 races you will be allocated a handicap time before the event. The idea of this is to even things up a bit and make sure that everyone has an equal chance of winning some silverware - the handicap winner at each race will be awarded a trophy.

Like the main championship categories, ten points are awarded to the winner; 9 to the runner up; 8 to third place and so on down to two points for ninth place. All finishers outside the top nine will be awarded one point. At the end of the season a trophy will be presented to the runner who has accrued the most points across the six handicap races.

There are two types of handicap race: **conceding** and **non-conceding**. If the race is a conceding handicap then runners are set off at intervals from the slowest to the quickest; first across the line wins the trophy. The starting order is determined by the handicap sub-committee and will be published in the days leading up to the race. In a non-conceding race all runners set off at the same time and the handicap winner is determined after the race based on the times allocated to each runner before the event.

Handicaps are determined by your recent performances in races and parkruns. The more you race, the more accurate your handicap should be. If you haven't raced in the months leading up to a club race then you may not be allocated a handicap. If this is the case and you intend to race, please let a member of the handicap committee know prior to race day and you will be assigned a handicap.

Handicap Committee: Stephen Hanley, Simon Hutton, Stephen Reid and Lorna Coyle.

Age Category Championships

There are also trophies for the winners in each of our various veteran age category championships. A member becomes entitled to compete in a particular age category as soon as they reach the required age. Members can compete in multiple age categories as appropriate, for example a 50 year old will compete in the *50 and over* as well as the *40 and over* and the main senior championship.

Age categories work as follows:

Female veteran championships – 35 and over, 45 and over, 55 and over

Male veteran championships – 40 and over, 50 and over, 60 and over

Club Championship Races

	1. JG Cameron Road Race (Road Race)
Date & Time	Saturday 22nd September 2018 - 2pm.
Handicap	No
Details	Short, flat race which acts as a springboard for the upcoming short relay season.
Senior Course	4km: Starts 500m from Greenock end of Esplanade, following pavement to middle gate of Battery Park. Enter park and follow path behind pavilion, exit 1st gate and return to start.
Junior Course	1km: Starts 500m from Greenock end of Esplanade, out and back.

	2. Colin Shields (Road Race)
Date & Time	Saturday 3rd November 2018 - 2pm.
Handicap	No
Details	An unusual race where the runners are set off in pairs at 30 second intervals. Running order is determined by the handicap committee.
Senior Course	4.5 miles: Start at top of Dunlop street, follow pavement to walkover at Branchton railway station. Cross walkover and continue uphill past Inverclyde Hospital then down to shop at cross-roads. Turn left along Larkfield road past Gourrock cemetery, then continue down Cumberland road. Cross over the flyover and return to top of Dunlop street.
Junior Course	1 mile: Start at top of Dunlop street, follow pavement downhill for 0.5 miles then return back to start.

	3. Wilson Trophy (Trail Race)
Date & Time	Saturday 15th December 2018 - 2pm.
Handicap	Yes (conceding)
Details	First race on the calendar to be run on and around the hills and trails behind Greenock. This race is usually followed by our annual Christmas pub crawl later in the evening.
Senior Course	4.5 miles: Along the trails connecting the Greenock reservoirs.
Junior Course	1 mile: Out and back course.

	4. Harris Trophy (Trail Race)
Date & Time	Saturday 5th January 2019 – 2pm.
Handicap	Yes (non-conceding)
Details	First race of the new year. Ran around the scenic reservoirs across from Inverclyde Royal Hospital.
Senior Course	5.5 miles: Starts across from Inverclyde Hospital, and follows the gravel path anti-clockwise around the lower Coves reservoir. Covers four laps of the 1.4 mile trail.
Junior Course	1.5 miles: Under 13's (1 lap) 3 miles: Under 15's & 17's (2 laps)

	5. Willow Bowl (Trail Race)
Date & Time	Saturday 16th February 2019 – 2pm.
Handicap	Yes (conceding)
Details	Trail race around the Greenock Cut.
Senior Course	7.5 miles: Start at the Long Dam, turn left and uphill at Waterman's Cottage follow the trail over the hill, and down past the compensation reservoir to the Cornalees visitor centre. Go through gates, down steps onto the Cut. Follow the Cut for 5 miles back to the Waterman's Cottage then back to "Long Dam".
Junior Course	No Junior race.

	6. Docherty Cup (Road Race)
Date & Time	Saturday 13th April 2019 – 2pm.
Handicap	Yes (conceding)
Details	Long, flat, out-and-back race. Ideal preparation for upcoming half marathons.
Senior Course	10 miles: Starts at Gourrock outdoor pool and heads along Cloch Road, turning just before Inverkip roundabout and coming back to start.
Junior Course	1.2 km: Under 13's (1 lap) 2.4 km: Under 15's & 17's (2 laps) Junior course is a loop of the Gourrock promenade.

	7. Willie Jukes Trophy (Road Race)
Date & Time	Saturday 4th May 2019 – 2pm.
Handicap	Yes (non-conceding)
Details	The Willie Jukes Trophies for the first Glenpark man and Lady were presented to the Harriers by Willie's wife Betty and family in memory of the long time member and vice-president in 2006. The Race takes place in Willie's home town of Dunoon and is usually followed by results ceremony, accompanied by food and refreshments, at a local venue.
Senior Course	5 miles: Out and back course start and finish at West Bay Pavilion along the coastal pavement to Innellan.
Junior Course	1 mile: Under 13's 2 miles: Under 15's & 17's

	8. Chilsolm Mile (Road Race)
Date & Time	Tuesday 28th May 2019 – 7.30pm.
Handicap	No
Details	A one mile point to point dash. Shortest race on the club calendar and a chance for both juniors and seniors to test themselves at an unusual and challenging distance.
Senior Course	1 mile: From one end of the Greenock Esplanade to the other. Whether the race starts at the West end or the East end is decided on the day depending on the direction of the wind, which will be at the runners backs.
Junior Course	1 mile: Same as the senior course. Juniors and seniors run at the same time.

	9. Cornalees Cup (Hill Race)
Date & Time	Saturday 22nd June 2019 – 2pm.
Handicap	No
Details	The only dedicated hill race on the club calendar.
Senior Course	5miles/900feet ascent: Starts at Woodstock road and climbs to Hillside Hill (above the Cornalees visitors centre).
Junior Course	800m: Uphill course from Woodstock Road to the Cut.

	10. Singlehurst Trophy (Trail Race)
Date & Time	6th July 2019
Handicap	No
Details	In recent years this has been hosted by Shaun Lyon at Kingarth, Argyll and Bute. Please check website nearer the time for this year's venue.
Senior Course	See website.
Junior Course	See website.

	11. Bill Elder Trophy (Road Race)
Date & Time	Tuesday 6th August 2019 – 7.30pm.
Handicap	Yes (non-conceding)
Details	Final race in the club calendar and a chance to use the season's training to get a pb at very popular distance. A fast, flat out-and-back race that often determines the winner of the handicap championship.
Senior Course	10km: Start in Battery Park at middle gate run in clockwise direction, behind Pavilion and leave park at road exit. Turn left and follow cycle path along to Esplanade and container way. Turning point is around the clock tower at Customhouse quay.
Junior Course	2km: 2 laps of the Battery Park.

Times listed are when the race starts. Please arrive well before this time. On the day of each race you will need to register before you run. The registration process may change slightly from race to race so please check club website for full details closer to each event.

Please note that all races may be subject to change or cancellation as a result of adverse weather or other unforeseen circumstances.

Other Races

In addition to our own championship there are numerous opportunities to represent the club in county, district and national competitions. The club will cover the entry fee for all members who wish to participate in these races and often transport will be arranged to and from these events if they are held outside Inverclyde.

The club encourages all members to participate in all events from club races right up to national championships, no matter how fast or slow you think you are. Where team selection is required for Relays this will be done by the club captains.

Volunteer Opportunities

Our club is run solely by volunteers and without them we wouldn't have a club. We understand the time commitments of members and parents but we would be delighted to hear from you if you are interested in providing support; no matter how small.

You can give a helping hand by doing any of the following: volunteering at races (numerous ways you can assist on race day – just ask), driving junior athletes to events, assisting at training sessions and helping with fundraising. This list is far from exhaustive; we can always find something for you to do so if you're interested in giving some of your time please send us an email or speak to a member of the committee.

Triathlon Section

The club is affiliated to Triathlon Scotland and members of the club regularly compete in Triathlons and Duathlons around the country. As well as the regular running training sessions, we hold our own informal 5k/20k/5k Duathlon series in Gourock. We also arrange open water swims in the Clyde, and compete in *Inverclyde Velo* Time Trials. To get involved with the triathlon section or to find out more about competing in triathlons or duathlons please send us an email or come and speak to a committee member.

Social events & fundraising

We like to think of ourselves as a very friendly club and this is added to by the numerous social gatherings that we organise throughout the year. Some of these are aimed at raising funds for the club, others are simply a chance to get together after a hard race or a busy training schedule. The regular events on the social calendar include the Christmas pub crawl, the annual prize giving and a live band night. Your attendance at these is encouraged as they provide an excellent opportunity to get to know your fellow harriers while raising much needed revenue for the club.

Communications

We make every effort to keep our members up to date with what is going on in and around the club. We have a regularly updated website, a twitter account and a public Facebook page, all of which are excellent places to check out the latest comings and goings. In addition we have a closed Facebook page for members and parents of junior members. All new members can join this by request.

When using any of our social media pages remember that these can be viewed by a wide audience so please think carefully before adding any content and always post in the considered and respectful manner that would be expected of a Greenock Glenpark Harrier.

Website: greenockglenparkharriers.com

Email address: greenockglenparkharriers@gmail.com

Club kit enquiries: gghclubkit@gmail.com

Twitter: [@ggharriers](https://twitter.com/ggharriers)

We regularly send race reports to the local media (Greenock Telegraph and www.inverclydenow.com). We encourage all members to help out with race reports when possible. If you are involved in a race and would like to write up a report, please email it to the club and we will publish it on our website.

Your contact details

It is very important that we have up to date contact and emergency information for all members. This season only new members will be asked to complete a form but please let us know if any of your details change throughout the season. The club privacy statement, which has full details about how we handle your data, can be found on our website.

Policies

The club complies with the rules, regulations and policies of the governing body 'UK Athletics'. These policies are replicated at club level and must be adhered to by all club members. These include;

UKA Welfare Policy

UKA Equality Policy

Physical Contact Policy

Anti Bullying Policy

Accident Reporting Policy

Health and Safety Policy

All athletes are also expected to adhere to our own code of conduct and club constitution, both of which can be found on the club website.