

INTRODUCTION TO CHINEHAM PARK RUNNING CLUB

A BRIEF HISTORY

Chineham Park Running Club (CPRC) was established in the summer of 2009 by a small group of locally-based runners. Through the enthusiasm and commitment of its founding members, the club rapidly increased in membership and developed a structured member training programme and race calendar.

The Club's main vision is to encourage and promote the development of individual running fitness to members of mixed abilities (that are of 18 years and above) in a safe, supportive and friendly training environment. The club's motto is "*You never have to run alone again*"; as the club is committed to encouraging new members to take up and run with existing members of a similar ability, make new friends and encourage each other to meet their running fitness goals. In 2012, CPRC became an affiliated club with England Athletics (Membership no. 7692269).

WHO ARE WE?

We have a membership of over 70 adults of mixed ages and abilities from across Basingstoke and North Hampshire, representing all sections of society. The club has always had a strong female membership. Each individual has their own reason for being a member of 'CPRC'. Some are highly motivated and competitive, but the majority wish to develop their own level of running fitness in an enjoyable, supportive and friendly environment.

WHEN AND WHERE DO WE MEET?

The club offers members 3-4 sessions per week including a mix of coached evening sessions and a weekend group run when availability permits. The main 'clubnight' is held every Wednesday at 7pm meeting often at the Basingstoke Fitness First Gym, Stag Oak Lane, Chineham Business Park, Basingstoke. During the year, the club also trains at other locations in the Basingstoke area (including regular use of the running track at Down Grange Sports Complex).

Club evenings and events include regular paced-group road and trail runs, time trials, sprints, intervals, hills, performance (track) and fartlek (speed-play) sessions. All the training that runners should be doing to increase speed, strength and endurance, but don't like to do alone! At weekends, we arrange long group runs and during the week have an easy-paced group run, which is ideal for increasing running mileage in a supportive and structured way.

HOW MUCH DOES IT COST TO BE A MEMBER?

We don't expect prospective members to pay straight away. This is so that you can try out a few group 'taster' sessions and make up your mind whether to join the club (we do hope you will!).

Members are required to pay £30 individual annual membership, which is due in April of each year. The club is a non-profit distributing organisation; with all surplus income being reinvested into the club and used to pay operational costs and to maintain and improve the club's coaching facilities.

WHAT ELSE DO WE DO?

Members of the club regularly take part in local running events and some overseas events; including 5km (Basingstoke parkrun), 10km, 10mile, half marathon, full and ultra marathon distances. Group members are currently training towards building their running fitness to take part in the Fleet, Reading and Basingstoke Half Marathons; and Virgin London, Brighton and Snowdonia Marathons, for the fun of the challenge.

CPRC has a fully elected committee that regularly meet to discuss the operation and development of the club. General meetings for members are held three times a year, with additional organised social events and guest speaker presentations.

In March of 2016, the club was represented at the prestigious Basingstoke Sports Awards and was a finalist in the 'Club of the Year' category. CPRC are active members of Basingstoke Sports Council, whom work with other amateur sport clubs to improve the access and network of sporting facilities to schools, colleges and residents in Basingstoke.

I WOULD LIKE TO JOIN!

We ask all prospective new members to [first contact us](#) (using the details below) and arrange to attend a coached session. This is so that we can expect your arrival and make you feel welcome; undertake a short health check, complete the club's membership form; and introduce you to the other members of the club.

CLUB CONTACT DETAILS:

Email membership@chinehamparkrunningclub.com

Web: www.chinehamparkrunningclub.com

ENQUIRIES TO:

Russ Jarvis
Membership Officer
07919 921271

CHINEHAM PARK RUNNING CLUB

Membership Form / Information Update Form

Please complete this form and return it to:

Membership Officer c/o
Chineham Park Running Club (CPRC)
Email: membership@chinehamparkrunningclub.com

Annual membership of £30 is payable on 1st April each year. England Athletics Membership is additional at £15 per annum and is due in April.

Name in Full: _____ Date of Birth: _____
Address: _____
_____ Post Code: _____

Contact Nos. (Home): _____ (Mobile): _____
Email: _____
Emergency Contact (Full name and number):

If you are a member of other athletic/running club(s), please state which and advise whether it is 'First Claim' or 'Second Claim' membership:

Please advise if you have any medical condition or disability, which could be relevant to your participation in club activities.

I hereby declare that I wish to apply for membership of CPRC and agree to abide by its Constitution and Club Rules and the UKA/ARC rules for competition.

I understand that I undertake all physical activities at my own personal risk and that CPRC does not accept responsibility for any loss or injury incurred throughout my participation in the activities of the club.

Name: _____ Signature of Applicant: _____

Date: _____

When you become a member or renew your membership with CPRC you can also choose to be registered as a member of England Athletics (you have to be registered if competing for the club under the UKA rulebook). If you tick the box below we will provide EA with your personal data which they will use to enable access to an online portal for you (called myAthletics). EA will contact you to invite you to sign into and update your MyAthletics portal (allowing you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with EA, please contact dataprotection@englandathletics.org. If you do not tick the box below and then decide to compete for the club, we will need to register you with EA and will inform you at the time.

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