



Welcome to

Rhayader Running Club



Welcome to Rhayader Running Club, we're so happy you joined!

Club runs take place on Tuesday evenings, Thursday evenings and Sunday mornings with details of the upcoming week's runs sent out in our weekly email and on our Facebook page.

We're a friendly bunch who love a chat so please do join our members only WhatsApp group.

We also have an RRC Strava Club where you can check out our recent routes and cheer each other on.



## Here's what your membership with RRC gets you

- Discounted RRC Kit
- An invitation to our annual presentation evening and social events
- The opportunity to join the club on our annual European running trip
- A weekly email with details of the upcoming week's activities
- Reduced entry fees for RRC race events

If you have chosen to become a Welsh Athletics affiliated member then the following also applies:

- Entry to the club ballot for a place at London Marathon (rules apply)
- £10 discount on entry fees to Cardiff Half Marathon plus discounts on race entry fees across a number of licensed road race events
- An individual athlete profile linked to Run Britain/Power of 10
- Discounts at a number of retailers, plus more. See Member Benefits for details.



## This is our committee

Chair - Dee Davies

Vice Chair - Cath Ealey-Fitzgerald

Secretary - Dee Davies (Interim)

Membership Secretary - Helen Jenkins

Treasurer - Angela Davies

Kit Organiser - Suzanne Kendrick

Race Director - Derek Price

Safeguarding/Welfare Officers - Ray Sharratt/Dee Davies

To contact a member of the committee please email

[rhayaderrunningclub@gmail.com](mailto:rhayaderrunningclub@gmail.com)

It takes a lot to run a club and we're always on the look out for volunteers at events, so if you think you could help out do let us know!



## Club Rules

By becoming a member of the club, you are automatically agreeing to the codes of practice as stated by Welsh Athletics - this relates to codes of conduct, to the rules of UK Athletics and to adhere to all anti-doping rules and regulations.

We expect our members to be courteous and respectful of one another.

When running off road, please ensure you follow the **Countryside Code**, making sure you use the appropriate rights of way, and ensure all gates are closed behind you.

When running on road, please follow some simple rules to keep yourself safe and seen.

You run at your own risk and are responsible for your own safety.



## Runs

Our runs are sociable, and there is no formal coaching element.

We take it in turns to suggest routes for our club runs so if you have a route you'd like to share with us, do let us know.



Happy  
Running!