



Newbury Athletic Club

Joining Information – Senior Members

Newbury Athletic Club is very active and extremely successful in Track and Field athletics, Road Running and Cross Country Running. On the next pages, for each of the various aspects of Newbury Athletic Club, there is information on what the club gets involved in.

Our training programmes are shown below, although for the most up to date information please check the club website: www.newburyac.org.uk.

TO CONTACT ANYONE ON THE LIST BELOW, PLEASE EMAIL info@newburyac.org.uk.

Day	Time	Session	Venue	Contact Name
Tuesday	18.00-19.00	Speed Intervals	CCAT *	Sara Rudd
Tuesday	18.00-19.00	Horizontal Jumps	CCAT	Chris Plumb
Tuesday	18.00-19.00	Vertical jumps	CCAT	Sara Rudd
Tuesday	18.00-19.00	Hurdles	CCAT	Paul Trincas
Tuesday	19.00-20.00	Middle Distance Intervals	Winter: Henwick Worthy playing fields, 11 Calard Dr, Thatcham RG18 3BU Summer: CCAT	Andy Tuttle
Tuesday	18.00-20.00	Throws Session	CCAT	Bob Broadbridge
Tuesday	19.00	Road Run (with Kintbury Joggers)	Jubilee Centre, Kintbury	Dave Wright
Thursday	18.00-19.15	Young athletes (9 - 14)	Winter: St Bart's sports hall Summer: Brown's Meadow, Fifth Road	E-J Bailey
Thursday	19.00-20.30	Road Run	Winter: Newbury Rugby Club Summer: Brown's Meadow, Fifth Road	Conor McGrory
Thursday	19.00-20.00	Middle Distance Intervals	Winter: Newbury Rugby Club Summer: Brown's Meadow, Fifth Road	Karen Yewer
Thursday	18.00-19.00	Horizontal Jumps	CCAT	Chris Plumb
Thursday	18.00-19.00	Vertical jumps	CCAT	Sara Rudd
Thursday	18.00-19.30	Speed Session	CCAT	Sara Rudd
Thursday	19.00 - 20.00	Throws Session	CCAT	Bob Broadbridge
Sunday	10.30-12.00 (by arrangement only)	Sprint Session + Throws Session	CCAT	Sunday

* CCAT = Crookham Common Athletic Track, Crookham Hill, Thatcham RG19 8ET



Track & Field:

Newbury Athletic Club has excellent coaching available, covering all disciplines. The coaching sessions are designed to be challenging but fun, and the club has an excellent record of athlete development – as an example our young athletes have won English Schools Championship gold medals 7 times in recent years.

The club offers many competitive options throughout the summer (and winter), including league matches, open meetings and of course Championships – County, Regional, National (and sometimes International!).

Full competing members are always welcome to try a track session – you never know you might be good at, and what you might enjoy.

Cross country

Newbury Athletic Club regularly competes in the annual Oxford Mail cross country league which has 5 races from November to March:

- Free for fully paid up competing members. Members are required to wear their club vest.
- Caters for all abilities and all age groups (so you can arrive in time to watch the junior races or simply turn up for yours and then leave).
- There is always ample car parking, and directions are on the oxford mail website: www.oxonxc.org.
- On arrival look for the tents, ours is a green dome with the NAC flag outside – race numbers will be allocated in our tent.
- Contact Phil Marshall, our cross-country manager, for further details: philmarshall79@hotmail.com.

Road-Running:

Newbury Athletic Club's principal road-running session takes place on Thursday evenings at 7pm throughout the year. In summer we are based at our Brown's Meadow, Fifth Road site (RG14 6DN) and in the winter at Newbury Rugby Club, Monks Lane, RG14 7RW.

There are many additional activities /events that our road-runners can participate in during the year:

Internal Club Races:

Boxing Day & Easter Day handicaps – run over a 1.8 mile course from Northcroft. Any member or friend can participate for free.

Club organised/supported races:



These are: The ROC Newbury 10k, the Ollie Johnson Kintbury 5mile and the Highclere 10k.

- At Highclere there is a trophy for the best NAC debut runner.

- Club participation is strongly encouraged and there is usually a large number of club runners at each of the above events.

- Assistance in helping to organise any of these events, or to help on the day with marshaling, is always gratefully received and encouraged.

Road/multi terrain races: These are mostly advertised on the [Runners World](#) and/or [Run Britain](#) websites. The club maintains a list of local races on our website under the [road-running section](#). At local races the club will often have enough participants to create a team and routinely win a number of prizes. Members need to enter the race as being affiliated to Newbury Athletic Club and to wear their Newbury Athletic Club vest.

Group attended races:

- Grizzly 20 mile off road race takes place annually in March in Seaton, Devon – the club will usually organise a weekend trip away.

- London Marathon – the club organises group travel to London and a hotel near the start. Following the event, the Dave Clark marathon shield is awarded to the most deserving candidate.

- Ridgeway Relay – The club enters 2 teams of 10 runners for this annual race held in June.

- A fell running trip is organised throughout the year.

Road league tables:

- The league tables are explained on the club website but in overview: There are 3 mens' leagues and 2 ladies leagues. The more events and distances that club members take part in, the more points they are likely to obtain. The fastest runner at a distance obtains the highest number of points. Personal Best results (your fastest time as a member of Newbury Athletic Club– debut runs do not count) & new age-graded records are awarded an additional 3 points each. To ensure all results are included, particularly for non-local races, please e-mail them to the club via the link on the website.

Club age graded records:

These details are available on the website – if members set any new records, they should inform the club to ensure the results are verified and recorded.

Presentation evening:

Awards for the winner of each league and for the most improved runner are presented at the annual presentation evening (often held jointly as a social event over the Christmas holidays) for all sections of the club.

And last but not least, the club Social aspect:



A group of runners usually meet after the Thursday runs for a drink.

-The winter venue for this informal social gathering is Newbury Rugby club bar where there is food available for £3/2 (whatever's going).

-The summer venue is The Lamb Inn on the Enborne Road.

New runners – Answers to Frequently Asked Questions

Q: I enjoy jogging, but I'm worried that I'm not fast / serious / thin enough to join an athletic club. Will I be left behind?

A: No! Newbury Athletic Club welcomes runners of all abilities from the complete beginner to the international athlete, and most club runners are towards the lower end of this scale. If you can run 4 or more miles, then why not try the main road running session.

Newbury Athletic Club has members of all ages and shapes and sizes and from all walks of life. With 5k times between 16 and 30 minutes (see the road league tables for more details), as well as lots of runners who prefer not to compete.

Q: What happens at the Thursday session?

A: Club members meet at 6:50pm before heading off for a run at 7pm. There are two sessions to choose from – a middle distance session on the field and either; a road run in the Winter, or a multi terrain run in the summer months (when we take advantage of the day-light by running off-road to explore many of the local public footpaths). The road run is on safe and well-lit streets and footpaths around the Newbury area. Members generally set off as a group and then split into two or more groups covering different distances and speeds. Available routes vary between 4 and 11 miles with 8 miles being the most popular distance. Changing facilities and showers are available, or you can arrive in your running kit if you prefer.

Q: What should I wear?

A: What you like really. Most members will wear shorts and a t-shirt in the summer. Road shoes are fine for most of our routes. In winter people tend to wear leggings and long tops, maybe with a t-shirt or something on top of that if it's cold. Most people like gloves too and a hat as well especially on very cold nights. The winter routes are mainly on the pavement, but wear something bright and / or high viz if you have it.

Q: How does trial membership work?

A: Newbury Athletic Club welcomes any prospective new members to come and try us out for a few sessions for free before deciding if you'd like to join or not.

Q: The membership fee is a lot cheaper than the gym - how do you keep it so low?

A: The club is managed by a committee of unpaid volunteers who work hard to keep costs low. Club funds are boosted by entry fees from the races we organise and the club receives occasional grants.

Q: Why should I join Newbury Athletic Club?

A: There are lots of benefits:



- Running in a group is much more fun and safer than running on your own; it's easier to keep motivated, particularly in the winter.
- Newbury Athletic Club is a resource of experienced runners. Club members know about all the best places to run in the area, have competed in a wide range of the races and someone has probably had whatever ache or pain you're having too and can advise you who you should see or what you should do.
- The opportunity to participate in our many varied training sessions, led by our experienced coaches.
- Newbury Athletic Club is affiliated to UK Athletics, which means that members qualify for discounted entries for road races (normally at least £2 less – provided you pay the individual England Athletics affiliation fee (currently £15 p.a.) as well.
- Members who have been rejected for general entry to the London Marathon ballot can enter into a club ballot for one of the two club London Marathon entries.