



Les Croupiers Running Club

**Cardiff
Caerdydd**

FAQs for new members

Version 1.1

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WHO ARE WE?

Les Croupiers Running Club was founded in 1980. It took the name, and a sponsorship deal, of the company of one of its founder members. Les Croupiers Running Club is still fortunate enough to enjoy generous sponsorship from this source on an annual basis. We are possibly the largest running club in Wales with around 250 members.

WHO ARE THE MEMBERS?

Les Croupiers Running Club has a genuinely broad spectrum of runners. We have beginners through to elite competitive runners and we all mix in together. There may be differences in pace but what all members share is a commitment to the Club. We would like you to be an integral part of Les Croupiers Running Club and continue as a member; and hope you will make an input into the Club.

AM I A MEMBER?

Yes if you've paid your subscription due on the 1st April every year. The subscription consists of two elements, the Club subscription and an affiliation fee to Welsh Athletics Ltd (WAL), the governing body. Members are expected to pay subscriptions promptly and not involve the membership secretary in unnecessary chasing of debt.

WHERE & WHEN DO WE MEET?

Les Croupiers Running Club meets every Thursday evening at Llandaff Rugby Club (located on Western Avenue next to UWIC), with training runs commencing from 7:00 p.m. with a mass start. If it your first session it is advisable to turn up at 6:45 p.m. to introduce yourself and find some suitably paced members to run with.

The purpose of Club Night is to train in company through the 'Club Run', and afterwards to socialise and obtain information in the club lounge and bar. The Club places great emphasis on members regularly participating in both of these elements. Many members meet at other times of the week on a regular basis for other training sessions. Details of these sessions can be found on the Club website <http://www.lescroupiersrunningclub.org> and by socialising on a Thursday evening.

THE CLUB RUN.

It's all very simple. Basically we want as many members to run together as possible, and we want everyone getting back safely to the club. If you want to run different routes, run in a smaller group, depart or get back at different times, then there are four other weekday evenings and all weekend to organise your own thing. Thursday evening is the 'Club Run'.

Les Croupiers Running Club has a winter route, and a summer route (from when the clocks go forward to around mid September) for its Club Run. Winter and Summer routes are approximately 7 miles and can be extended to 10 miles or cut short to 5 miles when necessary.

We depart from the rugby club en masse at 7 pm, the aim being for all to stick together for at least the first mile. Various paced groups will then form and naturally separate but we will never leave anyone to run on their own unless they feel a particular wish to be solitary.

OTHER TRAINING.

MONDAY HILL/SPEED REPS:

These are held near Roath Park during the Winter months and on the 'measured mile' in Sofia Gardens during the Summer. These vary week to week, full timetables can be found on the Club website.

TRACK SPEED SESSIONS:

Many members find these a useful part of their training and utilise the Cardiff International Sports Stadium at Leckwith. These are much easier and more fun if undertaken in a group, ask around the Club to find if there is a suitable group training at a convenient time for you.

PARKRUN:

This is a National free 5k timed run available to all. Club members helped found the Cardiff parkrun and many assist and take part every week. The run takes place every Saturday at 9 am. Further details can be found on their website <http://www.parkrun.org.uk/cardiff>

SUNDAY RUN:

Many members use Sundays as their 'long' run of the week. This can vary in distance depending on what events people are training for. Regular runs are made on a Sunday morning usually pre-arranged through the online forum to agree a start time and distances.

CHANGING FACILITIES.

Les Croupiers Running Club uses the basic changing facilities of the rugby club. All Ladies use the changing rooms on the left. All Men use the changing rooms on the right, and from September – April, (more often than not) have to cohabit with the rugby players who also train on a Thursday evening. There should be enough hot water for all. To ensure this, any one using the showers before 7.45 p.m. must use the electric showers (two in each changing

room). Any problems with cold showers please inform a member of the Club Committee who will endeavour to put things right.

HOW DO I GET A VEST?

Once you have paid your subscription you need to complete 3 races as Les Croupiers Running Club to earn your vest. There is no charge for this, but replacement vests and other Club kit is available to purchase.

KEEPING INFORMED.

One of the main strengths of the Club is communication. There is no excuse for any member not to know what races, training sessions, or other events, are coming up in the next few months. So keep informed, it's no good being a member of the Club if you don't know what's happening:

1. In depth news, announcements, and information are always made around 9.00 p.m. every Thursday evening after the 'Club Run'.
2. The Club website is always evolving and contains a lively forum and news sections: <http://lescroupiersrunningclub.org> We are always looking for expertise and items to keep it as dynamic as possible.
3. Ace, our quarterly newsletter which has been regularly produced since the Club's inception is now electronically available, and available to all.
4. E-mail newsletters will also occasionally be sent to you ensuring that you don't feel left out.

CLUB CHAMPIONSHIPS

The Club organises three championship race series each year. There are trophies for up to the first four in each age/gender category depending on the number taking part. Members are encouraged to especially support these events.

LONG COURSE CHAMPIONSHIP:

Normally from distances from five miles to marathon. You need to run at least 6 races from 12 events. The events selected are all held on weekends and are spread across the year. The format may vary slightly year to year.

SHORT COURSE CHAMPIONSHIP:

Normally from distances from two to five miles. You need to run at least 5 races from 10 events. The events selected are all (usually) held in the evening throughout the summer months. The format may vary slightly year to year.

OFF-ROAD CHAMPIONSHIP:

Normally distances from 4 miles to 16 miles, mainly shorter than 10 miles. You need to run at least 5 from about 13 races. The events selected are all held from January to December, at locations from west Wales to the west of England. Varied terrain, but nothing too seriously difficult. The format may vary slightly year to year.

CROSS-COUNTRY

Between October and March the Club participates in the Gwent Cross-Country League Championship Series (covering a catchment area of South Wales and the South-West of England) which consists of five fixtures each season. The Club has an excellent record in this League, is heavily involved in the administration, and regularly has the largest turn-out of any Club at a fixture. All members, of whatever standard, are encouraged to turn out for fixtures. If you've never run cross-country before take time to ask other members what you need to bring and wear for these events.

Please let the Club Captains know, as soon as possible before the fixtures if you wish to take part.

RACES THAT WE ORGANISE

Les Croupiers Running Club organises six events during the year. As a member of the Club it is asked that you participate, or assist in officiating, in as many of these events as possible.

JANUARY. HANDICAP 10 MILES.

Club members only. In most races you all start together and the fastest return home first and the slowest last. In this race you are given a starting time based on your performances from the previous year (e.g. Someone expected to take 75 minutes starts at 8.45 a.m., a 60 minute runner at 9.00 a.m.) And in theory everyone finishes at 10 o'clock. Afterwards we hold our Club AGM which we encourage people to attend. (Note our AGM's normally have around one hundred people attend and are not boring and stuffy. We also present the trophies for the Road Race and Off Road Championships).

MARCH. BARRY 40 MILES.

Held at Jenner Park, Barry, 161 laps of the track in total. Fortunately we request members to assist in lap-counting for this event rather than run. However, every year a few brave souls do race for 4,5,6 hours or more. Mick McGeoch would be delighted to tell you more about this event, or see the section about it on the web site.

JUNE. THE CASTLES RELAY.

Our flagship event and like no other event in the British Isles. Don't miss it! 50+ teams of 20 runners, 20 stages of approximately 10 miles from Caernarfon to Cardiff over one weekend. We race a Men's, Ladies', and Veterans' team in the event, plus provide a formidable army of organisers, marshals, timekeepers, start and finish crews. Everyone in the Club should be (and is needed) to be involved in this event in some way.

AUGUST. 5 KILOMETRES TIME TRIAL.

Club members only. Held on the paths around Pontcanna Fields. Runners set off at 30 second intervals. It's you against the clock in the 'race of truth'.

AUGUST. SUMMER SIZZLER.

This is a relatively new event started in 2010. A Wednesday evening late summer 5k utilising the parkrun course followed by a BBQ at Llandaff Rugby Club.

DECEMBER/JANUARY. OLD FATHER TIME 5 MILES.

A veterans only event, held on the paths around Pontcanna Fields. (Men & Ladies over 35 years old).

WHAT ELSE DO WE DO?

PRESENTATION EVENING

(often referred to as the Dinner Dance). This is very much an informal event; don't be fooled by its title. Held in May each year this gives you the chance to enjoy a five course meal for very reasonable price (The Club heavily subsidises this event) and have a bop. We also present the Club Person and Veteran of the Year trophies, the most

improved runner, the most competitive runner (the person who ran the most championship races in all three competitions and didn't win anything), and the cross-country championship trophies. Over a hundred people attend.

MULTISPORT SECTION.

For those who find that running is not enough for them we have a healthy multisport section, that organises some triathlon/duathlon training in the forms of swimming sessions (pool and open water), cycling and anything else that could be covered under the term multisport.

TRACK & FIELD.

A growing number of members exploit their speedwork sessions (or their natural talent in field events) and compete at both indoor and outdoor events throughout the year.

BENEVOLENT FUND.

Every Thursday evening we pass around a pint glass into which you are encouraged to place at least 20p. This contributes to Club funds and miscellaneous items, such as flowers for hospitalised Club members etc.

WHO ARE THE CLUB COMMITTEE.

The Club Committee organise and administer Les Croupiers Running Club. A new constitution was agreed at the last AGM and can be on the Club web site. Les Croupiers Running Club committee consists of 6 nominated roles together with 6 general members. The current roles are:

- Chairman
- Deputy chairman
- Secretary
- Treasurer
- Membership secretary
- Club Captain
- General members x6

There are many others who assist in the running of the Club and act as advisors to the committee. Assistance is always sought to help with the day to day running of the Club.

WHAT WE EXPECT OF YOU.

Les Croupiers Running Club is nothing more, and nothing less, than the total sum of the efforts of all its members. The Club is a success due to the active participation in all aspects of the sport by its members. If every member races regularly, comes down the Club on a Thursday evening whenever they can, and once or twice a year assists in some task or other, then Les Croupiers Running Club will continue to be a success. We hope that you will do your part to make Les Croupiers Running Club a continuing success.