



SILSON

Senior Welcome Pack

A Guide for Silson AC Members

2019/2020



Who are we?

Silson AC was established as a Silverstone based running club in the late 1970's, attracting members from the local area who had a shared interest in road and cross country running. The club was formed by the Silverstone village Doctor and a few other residents as a result of the then running boom.

Today, the club continues to grow in size, as more and more people are realising the benefits that running can bring to a healthy lifestyle. We now have a wide range of runners from committed marathon runners to people embarking on a program of fitness for the first time.

Our Junior section has also grown rapidly in the last few years, and is now a very important part of the club as the young athletes regularly compete in a variety of events, and we also have many of the Junior parents joining in with the Senior training and events as well.

We are a very friendly and sociable club, and new runners are always welcome and will be well looked after, especially on their first few club visits.

If members are happy to enter races (and most do), whether it is on the road or cross-country, local or far away, we do encourage members to race in the club colours. There are plenty of local and national events to choose from and while it is excellent for the individual's progress, it also helps foster a great sense of team spirit within the club.

Training

We have lots of UKA Coaches and UKA Leaders in Running Fitness within the club who work together to plan each training session carefully, and then lead it safely to ensure everyone gets what they want from the session.

In September, the season begins with sessions taking place on a Wednesday at 6.30pm in woods just outside Silverstone. Then from October until April the sessions are held at 6.30pm at Silverstone Circuit. Our Wednesday sessions are a structured training session, usually consisting of intervals, speed-work or hills. Members are split into ability groups, so that the session is as challenging as they want it to be, and you will be working with others of a similar ability.

From April onwards, we switch to training on an athletics track at Stowe School where we train on Fridays at 6.30pm. There is a small additional charge for these sessions. Training continues up to just before the start of the school holidays, with a number of adhoc training sessions being held during August.

As well as the weekly training sessions, throughout the year, the club members host a weekly social run on a Sunday morning. These are friendly, relaxed and fun group runs, which cover of a variety of distances from 5 miles upwards



and generally end with well-earned refreshments. For up to date details of all of our training and Sunday runs, please see the Training page or the Silson AC Facebook page.

Running Events

As a club we participate in a number of competitive events throughout the year:

- During the autumn/winter months, the club competes in Chiltern Cross Country League where each runner has a chance to score points for the club. We also hold an interclub points based challenge each year which requires the individuals to beat their own personal best times over a variety of distances.
- During the spring/summer months, the club partakes in the NAA Road Running Series and the East Midlands Grand Prix road running series.
- Throughout the year Silson AC also enter a variety of local and national races both as a team and as individuals.
- Silson host the 10K race at the track each year and as a member of the club we request that you do not participate in the race but support us by helping out, there are plenty of different tasks to be done on the night and a great club atmosphere.

New to Running?

Not a problem. Our coaches construct the sessions to suit all abilities and there are already a wide range of ages and abilities. The joy of running is you only ever have to compete against yourself. If you're not sure that a running club is right for you, please come along for a couple of sessions to see what we're all about. Whichever session(s) you attend, no-one is ever left behind, whatever their ability. The emphasis is definitely on enjoyment and making friends whilst getting/keeping fit. Please see the Silson AC website for details on Training sessions and let the Membership secretary silsonmembership@gmail.com know that you are going to come along for a visit.

Communications

You can find details of all Silson training and events on the Silson AC website and on the Silson AC Facebook page.



Club Committee

The Committee is made up of members from the club and consists of various positions, such as Club Chairman, Secretary, Treasurer Membership Secretary, Welfare Officer, Publicity Officer, Kit Co-ordinator, Men & Ladies Team Captains, and Head Coach. New Committee Members are always very welcome! These roles are generally awarded via an election at our AGM, to anyone wishing to take on any of these roles.

You can read the Club Constitution and other important documents such as our Code of Practice, and Equity Policy Statement on the About Silson AC page of our website.

If you ever had a concern over any matters in connection with the club or individuals, then the Club Welfare Officer, Julie Long (email: welfare@silsonac.org.uk) should be your first point of contact, or any other senior club official or coach, who will then speedily deal with the issue with absolute discretion.

Coaching

Our coaching team (UKA qualified Coaches, and Leaders in Running Fitness) will be present at all sessions and will be available to answer any questions that you may have. The members of the coaching team draw up a regular monthly training schedule, which is published in advance. This will assist in planning your own training around that of the club and can be found on the Training page of the Silson AC website.

Social Events

As well running we also have regular social gatherings when we get a chance to chat over a few drinks and some food, and get to know each other better (definitely not in sweaty running kit!).

Club Kit

A Silson AC green and gold vest/t-shirt is the only required piece of kit that you need if you are racing in an event representing the club. Please contact our Kit lady, Sonia (silsonkit@gmail.com) for ordering, prices and sizes etc.

What else should I Know?

Please talk to any club member if you have any queries. If they do not know the answer, then they will find someone who does. Enjoy your time with us, and don't be daunted if you feel that you are not at a good enough standard. We have all improved our fitness and our performance since we joined the club! And improvement will come to you as well – it might come slowly, but it will come if you stick with it and you will have lots of fun along the way!



Membership

To join the club please complete the Senior Membership Form which can be downloaded from the **Join Us** - www.silsonac.org.uk/join-silson/ page of the Silson AC website.

Our 2019/20 Membership fees (which are inclusive of £15 UK Athletics affiliation costs) are:

- Senior Member £26.00
- Junior Member £21.00

Membership runs from your joining date until the 31 March each year in line with English Athletics Membership.