



Kimberley and District Striders



www.kadsrunning.co.uk



Kimberley & District Striders Running Club..... all about us..

Kimberley and District Striders are a small but friendly running club currently with around 55 members. We are affiliated to the Association of Running Clubs through our membership. Our ethos is to encourage and support our members whatever their ability or age to take part in our running and social events. We participate in local league races as well as bigger national events but racing is by no means compulsory. We contribute ourselves to the running calendar with our annual 'Goose Fair Gallop' race and help out with some of the league races. We pride ourselves in our social events and frequently arrange nights out, trips away, Christmas Parties etc. Once a year we have a meeting for all members when we discuss ways forward for the future of the club and give annual awards to deserving members who have contributed exceptionally to the club. There's no obligation to join up straight away and new runners are very welcome to try us out for a few weeks first.

The benefits of running with our club will be;

- Running with others of your own ability and making new running friends
- Our excellent social activities all year round
- Sharing advice about running (or anything else!)
- Wondering why you thought running clubs were for the 'elite'
- Free entry to all our road and cross country league races if you wish to race
- Keeping fit for very little cost
- Wearing your new club vest with pride!

Running Activities:



Our John Pymm five mile handicap series is run each year as part of our Wednesday evening programme. This forms part of our club ethos which gives all abilities an equal chance of winning.

Each year we are delighted to host the Goose Fair Gallop 10k race which is run over a scenic multi terrain route. All our members are asked to help marshall and support this event.

We enter mens and ladies teams for the local summer road races leagues and winter cross country leagues. Our ethos is the taking part and having team spirit rather than winning (although winning would be a huge bonus!). We previously won the Booth League Cross Country in 2000 and proudly made it into the national finals.



Where we meet:

Our main club night is every Wednesday evening when we meet at Kimberley Leisure Centre at around 7pm for our 7:15pm runs. Showers are available at the centre with refundable lockers (50p). A small charge of 70p is payable to the leisure centre's reception each week for use of the shower. Our runs vary each week and we normally do routes of 3, 5, 8 or 10 miles in small groups.

A longer run is also staged every Sunday morning. The distance of this varies from between 5 and 15 miles. The meeting place for Sunday morning is normally at Trough Road, at 8.30am. (at the B600 jn -near Queens Head, Watnall).

Social Activities:

The Club has an active social calendar and organises several events and trips each year some of which include camping weekends organized around a running event, trips to France for the Le Transbai race through the Somme Valley, nights out, quiz nights and Christmas events.

Web Site: www.kadsrunning.co.uk

The club has a web site which is kept fully updated with club news, results and lists of forthcoming local races.

Our Committee:

We have an elected committee of volunteers who organize our club and our grateful to the following people who make up our committee;

- Chairman:** Ray Johnson
- Secretary:** Paul Thompson
- Treasurer:** John Mitchell
- Mens Captain:** Rob Gooch
- Womens Captain:** Julie Langlands
- Social Secretary:** Paul Turville
- Goose Fair Gallop:** Dave James & Ian Hunter
- Club Kit:** Michelle Robinson
- Website updates:** Steve Beck



Contact emails for our committee members are on our website

Becoming a member:

Membership to our club annually costs £15 for individuals, £20 for family membership (same household) and £2 for unwaged, juniors (over 13 years only) or students. First year membership offers a £5 discount This is due every April. Membership application forms are available to download on our website by clicking on the 'about us' link and selecting the join us tab at the top or by asking any member of the committee to provide an application form. The rest is up to you.....!