

# Welcome to

carn   
*runners*







# Welcome !



Thank you for deciding to join us. We hope you will enjoy being part of one of Cornwall's friendliest running clubs. We have a steadily growing membership of male and female runners of all ages and abilities. New members are always very welcome.

You are invited to join us for up to 4 club nights free of charge, to see if the club is for you. Annual membership from April 2018 is £30. Once you are a member of the club you will need to purchase an official club vest if you wish to enter races at discounted rates, as an affiliated athlete.

## Information about the club

Carn Runners was formed in 1991, and has an average membership of around 150 men and women, with age ranges from 20 to "over pension age". We cater for all abilities, whether you are a serious runner looking to become part of a successful team or a social runner wanting to enjoy the benefits of running with a group of like-minded people. Our members compete successfully at races, both within the county and further afield. The Cornish Grand Prix Road and Off Road racing series are good incentives to compete in the local races. Each year we organise two races which form part of the Cornish Grand Prix circuit. In January "The Storm Force 10" which usually attracts in the region of 600 runners and in partnership with Tri-logic we also organise "An Res Hellys" which takes place in March. Both are 10 mile races.



## Club Activities

Our main club night is on Wednesdays when we meet at The Planets Cafe at Camborne School, Cranberry Road. We meet at 6.45pm for a 7.00pm start. We have the choice of several different Groups which run at a range of paces. Each Group is usually led by a qualified coach or leader. Most runs take up to 50 minutes to an hour, but this can vary. There is usually an opportunity for those wishing to do less, to "take a short cut home", nobody is left behind. There are toilet facilities available and after the run there are refreshments available (hot or cold drinks and biscuits).

To join our Wednesday club runs you need to be able to run at least 3 miles without stopping and at a minimum pace of 12.30 per mile i.e. approximately 38 minutes for a 3 mile run.

During summer months, we also meet on Monday (Tehidy Woods) and Friday (Gwithian Dunes) evenings for shorter runs. Track sessions are organised by our coaches during the winter months. Yoga classes are also available. At weekends, groups often meet for longer runs of varying distances and pace.

We have a Facebook page (Carn Runners) and this is used by all club members to advertise their runs. We also email to all club members details of social runs and races outside of the GP circuit, and of course, we have our website with news ([www.carnrunners.co.uk](http://www.carnrunners.co.uk)) and updates posted regularly. As part of the club there are weekly emails from our Club Secretary and Captain(s).

## Racing with Carn Runners

As a club we participate in a variety of races in and outside of the county. Our two main events throughout the year are the on and off road GP.

The **2018 Grand Prix** comprises 15 races as listed:

	Race	Date	Distance	Organisers
1	Storm Force 10	21 Jan	10 miles	Carn Runners
2	Newquay	4 Feb	10k	Newquay Road Runners
3	Looe	25 Feb	10 miles	Looe Pioneers
4	Falmouth Half Marathon	18 March	Half marathon	Falmouth Road Runners
5	An Res Hellys	25 March	10 miles	Carn Runners / Tri-logic
6	Trevornick Trotter	13 May	10k	Newquay Road Runners
7	Cubert	5 June	5 miles	Newquay Road Runners
8	Sticker	23 June	5 miles	St Austell Running Club
9	Turkey Trot	4 July	4 miles	Cornwall AC
10	Magnificent 7	21 July	7 miles	Tamar Trotters
11	Indian Queens Half	5 August	Half marathon	Newquay Road Runners
12	St Levan	10 August	10k	Mounts Bay Harriers
13	Treggy 7	2 Sept	7 miles	Launceston Road Runners
14	Truro Half Marathon	16 Sept	Half marathon	Truro Runners
15	Cornish Marathon	4 Nov	Marathon	East Cornwall Harriers

The races are open to all; for individuals to be included in the Grand Prix tables they must be a member of one of the affiliated Cornish Running Clubs and wear the club colours during the competition. To achieve a Grand prix completion award the competitor must have completed 8 out of the 15 races, two of which must have been a distance of 10 miles or over.





The Cornish Multi Terrain Series is also a popular series.

This series runs from July til June the following year

The **2017 / 18 Multi Terrain Race Series** comprises 9 races below are the remaining 4

	Race	Date	Distance	Organisers
6	Imerys Half	13 May	13.1 miles	St Austell Running Club
7	Bude Lifeboat Run	13 June	6 miles	Bude Rats
8	Meet Your Max	20 June	7 miles	Truro Running Club
9	Boconnoc	26 June	5 miles	St Austell Running Club

The **2018 / 19 Multi Terrain Race Series** comprises 5 races below are the first 4

	Race	Date	Distance	Organisers
1	Tywardreath Trotter	28 July	7 miles	Tywardreath Trotters
2	Bude Pirate Run	9 Sept	8 Miles	Bude Rats
3	Lanhydrock	6 Oct	10 miles	National Trust
4	Remembrance Run	11 Nov	4 miles	Mounts Bay Harriers
5	Race for Wildlife	2 Dec	7.5 miles	Mounts Bay Harriers



## Information

The races are open to all. Members of affiliated running clubs must wear their club colours during the competition.

To achieve a Series completion award the competitor must have completed 6 out of the 9 races.

**Other racing** in the county includes a 5k series (DAN) that is good for newer runners or for more experienced runners that want to improve their speed.



There are also two club places a year for the Virgin London Marathon. These are given on a ballot basis held at the Annual General Meeting (November).

## Park Runs



Parkrun/walk organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; and running with dogs and prams.

There are currently 4 parkrun locations within Cornwall, all starting at 9am on Saturdays.

Penrose - [www.parkrun.org.uk/penrose](http://www.parkrun.org.uk/penrose)

Trelissick- [www.parkrun.org.uk/trelissick](http://www.parkrun.org.uk/trelissick)

Eden - [www.parkrun.org.uk/edenproject](http://www.parkrun.org.uk/edenproject)

Lanhydrock - [www.parkrun.org.uk/lanhydrock](http://www.parkrun.org.uk/lanhydrock)

Heartlands - [www.parkrun.org.uk/heartlands](http://www.parkrun.org.uk/heartlands)

You will need a bar code to get your results recorded, and get an email and/or text of your runs. To register go to [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register)

However you can run without a barcode but you won't get a time/result.

The same bar code is used for any park run event. You don't need to register to run at a specific parkrun, just turn up and run.



There are plenty of other races and fun runs throughout the year so keep a close eye on all the local running club websites and club emails for fixtures.





# Club Training

The club has a varied training schedule throughout the year to cover all aspects of running and different running abilities. Below is what is available to you on an average week with the time of year that it takes place.

Monday - Woods run	April to October
Monday - Morrison's/road (5 miles social pace)	October to April
Wednesday - Main Club night	Usually 5-8 miles all year
Thursday - Yoga sessions	All year according to demand (£5 approx)
Friday - Track sessions	October to March (£3 approx)
Friday - Dunes run	April to September (weekly)
Saturday and Sunday	Various Groups meet for long runs

For more information on where and what time these sessions are, use the contact list at the back and check the website, Facebook, your email and club notice board on a regular basis.









# Club Competitions

Our club runs a **Club Handicap** and an inner club competition called **Show the Best**.

**Club Handicap (fun run).** We have a club handicap twice a year - the winter one is scheduled between the Christmas and New Year period and the summer one is on a Wednesday club night in late August. Both are held at Tehidy Woods and involve a 4 mile route.



Participants in this "race" are set off from the start at timed intervals which are based on results from 3 recent races. The intervals are set to allow for a good sprint finish (hopefully) and with the aim of everyone finishing together.

## SHOW THE BEST

This is a competition open to all Club members on a voluntary basis. It will comprise a league table but based on results adjusted to take account of age and gender to give everyone an equal chance of winning. The only requirement for members to participate will be to complete a race at each of any four distances from the list below during the competition year. All first claim club members will be included in the competition unless they wish to opt out. The results are collated by Barry Drew.

The winner will be declared at the end of the year based on the average of the best performances by an individual member over four different distances which will be adjusted to a percentage based on grading tables.

The performances to count for the year will be those between 1 November and the following 31 October, with the age used being the age at the commencement of the competition year, i.e. 1 November.

In order to promote interest in the competition throughout the year interim results will be published on a quarterly basis. It will not be necessary to have completed races over four distances in the early stages so that everyone has an opportunity to participate from the beginning.

Interim results will be published as follows:

1. For the first quarter to 31 January which will require performances over two distances.
2. For the second quarter to 30 April which will require performances over three distances.
3. For the third quarter to 31 July by which time performances will be required over four distances.

Anyone who has not completed races at two different distances by 31 January, three different distances by 30 April or four different distances by 31 July can still be ranked in a later quarter provided they have complied with the requirements for the end of that later quarter. Everyone must have completed four qualifying distances by 31 October to be eligible for inclusion in the final league table.

Performances over the following distances will qualify for inclusion in the competition:

- 5 km
- 4 miles
- 5 miles
- 10 km
- 7 miles
- 10 miles
- Half Marathon
- Full Marathon

## Couch to 5K



**carn runners**

Fancy taking on a new fitness challenge?

**Couch 2 5k Beginners running group**

no expensive kit needed, just a pair of trainers and comfy clothes

**Starts 10th May 6pm**

**9 week course - £5**

Those with any health concerns should consult their GP before commencing any new exercise program

Meet at club house @ Planets Cafe, Camborne Science & International Academy, Cranberry Road, Camborne. TR14 7PP

For the past 2 years our club has hosted a very successful Couch 2 5K beginners running group. This is a 9 week course with the aim to complete the Penrose 5k Park run. The programme is led by our run leaders taking small groups of similar abilities runners. Many of the participants have joined Carn Runners and progressed to complete 10Ks and half marathons.





# Training Programmes

We hope the following Training Programmes will help new runners in building up their mileage and pace over the coming weeks and months.

## Beginners - 5k (3 miles) Training Programme

<b>Mon</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Tues</b>	Run 1 minute, walk 2 minutes – repeat 6 times	Run 2 minutes, walk 2-4 minutes – repeat 5 times	Run 3 minutes, walk 3 minutes – repeat 4 times	Run 5 minutes, walk 3 minutes – repeat 3 times	Run 7 minutes, walk 2 minutes – repeat 3 times	Run 8 minutes, walk 2 minutes – repeat 3 times	Run 12 minutes, walk 2 minutes – repeat 2 times	Run 15 minutes, walk 1 to 3 minutes – repeat 2 times
<b>Wed</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Thurs</b>	Run 1 minute, walk 2 minutes – repeat 6 times	Run 1 minute, walk 1 minutes – repeat 10 times	Run 3 minutes, walk 3 minutes – repeat 4 times	Run 5 minutes, walk 3 minutes – repeat 3 times	Run 7 minutes, walk 2 minutes – repeat 3 times	Run 10 minutes, walk 2 minutes – repeat 2 times	Run 12 minutes, walk 2 minutes – repeat 2 times	Run 15 minutes, walk 1 to 3 minutes – repeat 2 times
<b>Fri</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Sat</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Sun</b>	Run 1 minute, walk 1 minutes – repeat 10 times	Run/walk 1 mile. Record your time here:	Run 3 minutes, walk 1 to 3 minutes – repeat 5 times	Run/walk 1 mile, and try to repeat. Record your time here:	Run 8 minutes, walk 2 minutes – repeat 3 times	Run 1 mile, then walk/run 1 mile. Record your time here:	Run 2 miles. Record your time here:	Run 2 miles, then 1 mile walk/run or 5km race.

## Intermediate - 5k (3 miles) Training Programme

<b>Mon</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Tues</b>	2 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy	3 miles easy	3 miles easy	2 miles easy
<b>Wed</b>	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	30 minutes tempo	30 minutes tempo
<b>Thurs</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Fri</b>	20 minutes speed	20 minutes speed	20 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	20 minutes speed	2 miles easy
<b>Sat</b>	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
<b>Sun</b>	3 miles	4 miles	4 miles	5 miles	5 miles	5 miles	5 miles	5km

## Beginners - 10k (6 miles) Training Programme

Mon	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
Tues	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
Wed	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
Thurs	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Fri	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	3 miles easy
Sat	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Sun	2 miles	2.5 miles	3 miles	3.5 miles	4 miles	5 miles	6 miles	10km race

## Intermediate - 10k (6 miles) Training Programme

Mon	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Tues	2 miles easy	2 miles easy	3 miles easy	3 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy
Wed	30 minutes tempo	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	50 minutes tempo	50 minutes tempo	5km race-pace run
Thurs	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Fri	30 minutes easy	30 minutes easy	30 minutes easy	30 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	3 miles easy
Sat	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
Sun	3 miles	5 miles	6 miles	7 miles	8 miles	8 miles	6 miles	10km race

For any club member wishing to train for races of greater distances, please do not hesitate to contact one of the Committee Members or Coaches for advice.

# Social Calendar

We pride ourselves on having an excellent social calendar - whether this be just ad hoc social evenings during the year, such as bowling and meals out, to the more formal (!!)

Christmas Party!

We are always keen for our social calendar to have more bookings though. Having breakfast after a run is popular.





## Christmas Runs



## Useful Contacts

Club email address: [carnrunners@hotmail.co.uk](mailto:carnrunners@hotmail.co.uk)

Web: [www.carnrunners.co.uk](http://www.carnrunners.co.uk)

Facebook: carn runners

### Committee Members:

Chairman / Coach

**Barrie Cardew**

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Vice Chairman

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Club Captains

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Kit Officers

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Social secretary

**Lisa Uren**

Mobile: 07909 878687

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Committee members

Barry Drew

Faye Gibson

Kat Marsh (also Press Officer)

