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# Eastbourne Rovers AC Road Runners

## Further Information & Rules

### Membership and Renewals

Annual Membership runs from April to March. We recommend you include UKA affiliation.  
**£53.00pa** includes £16\* UKA membership (\*from April 2020).

**£37.00pa** – non UKA membership. Second claim athletes are also welcome, pro-rata amounts will go live throughout the year.

Please go to the online membership section to complete or renew your membership. This can be found on the website under **About Us > Membership**. You can come along and try up to 4 sessions before committing, although you will not be covered by insurance until you have joined.

If you are on a low income, please speak to Zoe or Russell about concessionary fees (proof of low income may be required).

### Insurance

You are only covered by insurance if you are a paid up member. This means if you are taking part in the 4 session trial period, or your membership has lapsed, you are **NOT** covered by the clubs insurance.

Only runs on the timetable are covered by the clubs insurance. Other runs may be organised by members and leaders, however these are **NOT** covered by the clubs insurance.

### Road Runners Annual Awards

There will be a number of awards presented at the Annual Awards evening which usually takes place each February. These will be specifically for the road running section and will be given for various achievements both at races and during club runs. Awards will be given over a number of different distances from the mile to the ultra. (as a general rule of thumb more than one award will not be given to the same athlete to ensure fairness throughout the club). Preference will be given to those that show commitment to the club by training a minimum of twice a month, or to those that assist in the running of the club. (The Road Running section is run entirely by volunteers, without which, the club would not exist).

### London Marathon Club Place

1. There will be a ballot for all those who wish to be considered.
2. You must be a first claim member of Eastbourne Rovers Athletic Club with an up to date UKA affiliation. (£16 per year on top of annual membership)   
   The rationale for UKA members only is because London Marathon base the number of places allocated on UKA Adult members only).
3. You must have tried to get a place via the public ballot and submit your rejection slip if unsuccessful to be put forward for the club ballot.
4. If you have won the London Marathon place through the club, then you will be ineligible to apply for the club place for the following two years, to allow all members the opportunity to be successful in the ballot.
5. You still need to pay for your place.

Please note: the ballot for London Marathon opens within a week of the last race completion – it is only open for a very short time (until full), this is a matter of hours, you need to be quick.

### Brighton Marathon Club Places

There may also be Brighton Marathon Club places – these will be offered to UKA members first in a ballot if required and then offered to non UKA members in a ballot if required. You still need to pay for your place. There are no other prerequisites for these places.

### **UKA Membership**

If you have taken UKA membership you will get a card in the post from UKA. These are distributed once per month. The card is a lifetime card, so unless you change your name/details, you need to keep it. Towards the end of the year they stop distributing cards until April – you may need to call them to get your name on the mailing list if your card does not arrive. The number is: 0121 347 6543 or 0121 713 8400.

The UKA card is like a credit card type card, with your number/club etc. printed on it.

### Benefits

1. Insurance (check UKA website for details)
2. Discount on races with UKA number (usually £2 per race)
3. Discount at sports shops (usually 10% off full price items) such as Tempo, The Tri-Store and Sweatshop.
4. Power of 10 profile

Other Eastbourne Rovers benefits not exclusive to a UKA membership are:

1. 10% Discount at [*Sportswise*](http://www.sportswise.org.uk/) clinic

Power of 10 (UKA members only) you will have an athlete profile on the power of 10 – if all your races/details do not appear there you should go to this website: <http://www.thepowerof10.info/>

### **Points Competition (yearly) – Handicap Races**

Open **to all first claim ERAC** runners over 18. This runs from January to December. Dates will be confirmed throughout the year on the timetable.

Rules: There are 5 races, you must run at least 3, made up from the following.

|  |  |  |
| --- | --- | --- |
| 1 | Eastbourne parkrun\* | TBC |
| 2 | Eastbourne parkrun course | TBC |
| 3 | Whitbread Hollow | TBC |
| 4 | Friston Forest | TBC |
| 5 | Eastbourne Seafront | TBC |
| 6 | Arlington Reservoir | TBC |

Handicaps are calculated using a standard formula, and based on recent performances. The idea is people start at staggered times and finish at a similar time.

\*You will run Eastbourne parkrun as normal, your handicap result will be given later.

### **Sussex Grand Prix**

We also take part in the Sussex Road Racing Grand Prix – more can be found out about this here: <http://www.sussexgrandprix.co.uk>.

### **Social Events**

Social events are regularly organised through our members’ only [Facebook group](https://www.facebook.com/groups/443925259036516/).

### Cross County

We take park in the East Sussex Sunday Cross County League and we welcome all abilities to take part. This is generally a set of six races between October and March, approximately 5 miles for each. <http://www.eastsussexcrosscountry.co.uk/>

### Children

The minimum age to run with the road runners is 18.

### Risk Assessment

Please read the risk assessment here: [Risk Assessment](https://static.wixstatic.com/ugd/d36705_eac4efe184ae4673b5db5fab178e4e8d.docx)

### Incident and Accident Form

Please note, in the event of any accident, it is your responsibility to complete this form (within 7 days of the incident or accident) and return it to eastbourneroversroadrunners@outlook.com: [Incident and Accident Form](https://static.wixstatic.com/ugd/d36705_42e4370321394473ab987c996234b2d1.doc)