



## Members Information

**Thame Runners is a friendly, mixed ability running club, offering regular structured training sessions, to help runners of all abilities to improve their running. Perfect if you're aiming to run further or faster, or simply looking to run with sociable company.**

### **Thame Runners. Est. 1983**

Our running club was established by local resident & runner, Leo Smale, in 1983 and Thame Runners (TR) was officially founded in 1984. At that time there were just 24 members, compared to the 160+ members that were celebrated at our 40<sup>th</sup> anniversary evening in 2023.

We have an even ratio of men & women members and whilst the majority of our runners are aged between 35-49, our youngest is 20 and our oldest is 82.

Thame Runners is managed by a small committee of volunteers who are supported by a wider community of our members. Together, we are able to offer safe, structured & inclusive run sessions, coaching, Couch to 5K (C25K) and Couch to 10K (C210K) programmes and other opportunities such as participation in the Chiltern League Cross Country (XC).

We also host the annual CPM Thame 10k race in June and have a small separate race committee that organises this event, with marshalling provided by TR members, their families & friends.

### **Membership & England Athletics (EA)**

Thame Runners is an [England Athletics](#) affiliated club. England Athletics is a 'not for profit' organisation that supports grassroots clubs and athletes with club standards, competition opportunities, development and training.

As a member of Thame Runners, you will be registered with England Athletics and be part of a nationwide community of athletes and runners. Our club Membership Secretary is responsible for registering you and you will receive a digital athlete registration pack from EA, which includes your registration card and personal unique registration number (URN).

Your EA registration not only benefits the sport as a whole but also gives you access to a range of [benefits and services](#).



Thame Runners membership runs from April to March each year, although you can join at any time. The fee for a solo member is £35. We also offer joint membership for £60. Part of your fee (currently £17) is used to register you as a 'competitive' athlete with EA. There is not an option to opt out of EA registration.

For members that have been with the club for 10 years or more and are no longer participating in races, we offer 'social' membership for £15. The reduced fee is in recognition that there is no EA payment for these members.

Each year, all athletics/running clubs affiliated to England Athletics will be eligible to apply for club entries for the [TCS London Marathon](#). The number of entries allocated to each club will be based on the number of members it has registered with England Athletics. Provided members have already applied for a place in the general ballot and been rejected, they can apply for one of these club places.

Members of TR that wish to apply for a club entry must qualify for the London Marathon Draw as described in Section 8 of the Club Rules [Club Rules – Thame Runners](#) and must notify the Club Secretary that they wish to enter the draw which takes place in November each year.

### **Training Sessions**

We offer a range of training sessions and run in small groups at a variety of paces, to ensure everyone has a good run that suits their ability. Each group has a Run Leader, who is a member of the club that leads the route, ensures the correct pace and makes sure no one gets left behind!

Our HQ & usual meeting point is Racquets Fitness Centre, North Street, OX9 3TH.

Our legendary SWET runs (Summer Wednesday Evening Training), start in April from a chosen village pub car park at 7.00 pm. Running route is ideally nearly all off-road and we return to the pub between 8.00 and 8.15 pm for a well earned drink

Day	Run Type	Start Location	Typical Start Time
Mon	Training Run (Various distances/paces)	Racquets, Thame	18.00 - 19:00
Wed	Winter Interval Session	Racquets, Thame	18:45
Wed	Winter Training Run	Racquets, Thame	19:00
Wed	Summer Cross Country Run (SWET)	Various	19:00
Thurs	Summer Interval/Technique Session	Racquets, Thame	18:45
Sun	Cross Country Run	Various	8:00

Group pace/distances for our training sessions are:

Group	Approx Pace min/mile (min/km)	Approx distance in miles (km)
Fast	<7:30 (<4:40 min/km)	7mi (11.2km)
Medium 1	8:00 to 8:30 min/mi (5:00-5:20 min/km)	6mi (9.6km)
Medium 2	9:00 to 9:30 min/mi (5:30-6:00 min/km)	6mi (9.6km)
Steady	9:30+ (6:00+ min/km)	5mi (8km)
Freshers	11:00 to 13.00+ (6:55- 8:00 min/km)	3.5-4.5mi (5.6-7.2km)

### Club Championships

Our Club Championship races offer everyone, regardless of pace, the opportunity to compete against other Thame Runners in a scored competition. The Club Championship runs for the full twelve months of a calendar year and consists of 12-16 events of varying distances and disciplines.



There are a wide variety of races that make up the Club Championship in order to encourage runners of all abilities to participate, experience different types of events and improve their race times.

Runners do not need to participate in every race, but to win the title the victor must compete in at least one shorter distance event (5K, 10K or 5-miler) and at least one longer distance event (10-miler or half marathon) so that the resulting champion is a true specialist of all the distances.

We have two Mens Divisions and two Ladies Divisions – the winner of each division is determined by the highest number of points scored, with bonus points available for personal bests, encouraging and enabling everyone to have a bash at the title! Overall club championship title is won by the athlete who has the highest total score. [Club Championship Rules – Thame Runners](#)

In 2022, we launched our Freshers Club Championships, aimed at encouraging new members and improvers to participate in a blend of Parkruns, 5k & 10k races. Scoring is based on individual improvement vs competition

Scoring
7 pts for each timed 5k run or race
3 pts for each 5k personal best
10 pts for each 10k race completed
5 pts for each 10k personal best
5 bonus points for participating in 8 events or more

### Chiltern Cross Country League (XC)

With nearly 900 athletes taking part across all age ranges, the Chiltern League is England's largest cross country competition, bringing together clubs from Bedfordshire, Berkshire, Buckinghamshire, Hertfordshire, Middlesex, Northamptonshire & Oxfordshire

This challenging but fun series of cross country races is hosted across 5 months and 5 venues, with courses being typically 4-5 miles.

We enter a ladies and a mens team, who run in separate races. This is a great opportunity to challenge yourself, but also one of the few chances that you will get to run as a team as the first few crossing the line score points.

Details of the league can be found at <http://www.chilterncl.co.uk/results.htm>

### Race Hub

We like to share & celebrate each other! Our Race Hub is the place to let each other know the challenges we are taking on. Whether it's a first 5k, a great 10k result, or a marathon or ultra-marathon, Race Hub information will be posted periodically and reports can be found in Club Documents in the the ConnectMyClub app



## Staying Connected

The 'ConnectMyClub' App is the main way to access club information, book on training runs, renew membership, share announcements and news.

Members are added to our list of runners, invited to download the app and add personal contact & emergency contact (ICE) details.

Our website provides further club information including our Social Events, Club Records & Kit: [Thame Runners – Friendly, mixed ability running club](#)

Thame Runners has a public facing [Facebook page](#) and [Instagram account](#). For members, we also have a private Facebook group and WhatsApp group for social chat.



## Meet the Committee

Our committee consists of 8 volunteers, each of whom take on a specific role and are voted in annually at our AGM. Details of the committee can be found on the website at [Committee – Thame Runners](#) and also in the ConnectMyClub app at Meet the Committee on the Ready, Steady homepage.

## Partners & Discounts

**Running Kit & Shoes** – Runners Retreat in Marlow will assess your running and help you choose the right running shoes. They give a 10% discount on full price items to Thame Runners

**Gym Membership:** Racquets offer discounted membership of £440 per annum or £44 per month

**Personal Training/Strength & Conditioning:** Aaron is our Head of Coaching and runs a PT business, LAMBSFitness. [www.lambsfitness.com](http://www.lambsfitness.com)

**Sports Massage & Soft Tissue Treatment:** Kirsten is our membership secretary and operates Optimal Performance. Thame Runners receive a 10% discount on all injury assessments, rehab and sports massage treatments. [www.opsofttissuetherapy.com](http://www.opsofttissuetherapy.com)

## Useful Contacts

Club Chair: [contact@thamerunners.club](mailto:contact@thamerunners.club)

Club Secretary: [Secretary@thamerunners.club](mailto:Secretary@thamerunners.club)

Membership Secretary: [membership@thamerunners.club](mailto:membership@thamerunners.club)

Treasurer: [treasurer@thamerunners.club](mailto:treasurer@thamerunners.club)

Coach: [coach@thamerunners.club](mailto:coach@thamerunners.club)

Welfare Officer: [welfare@thamerunners.club](mailto:welfare@thamerunners.club)

Social Media: [media@thamerunners.club](mailto:media@thamerunners.club)

Social Secretary: [social@thamerunners.club](mailto:social@thamerunners.club)

Kit Secretary: John Gulliver

Race Hub: Steph Cook

Cross Country: Charlie Pughe

Thame 10k Marshalling: David Finch