

Worcester Athletic Club

About us and membership information

If you are thinking of joining our athletic community - please read on:

A SHORT HISTORY - There have been athletic and running clubs in Worcester since the 1880's but our current history starts in **1937** with a running club known as **Worcester Harriers**. It was a male only club that participated mainly in cross-country and road and track racing. It had use of a cinder track at the College for the Blind until 1966 when the ground was sold, precipitating several splits in the membership. An ex-Harrier and Christopher Whitehead School teacher, Mr Davies was running schools' athletics as Worcester A.C. at the time, and a number of Harriers joined that group. The club 'colours' were a yellow vest with red and black diagonal bands.

The nomadic Harriers returned in the mid 1970's which ensured that the City's track & field athletics, cross-country, road running and race walking was united again as **Worcester Athletic Club** – the club we know today.

In 1976 local farmer John Bennett donated land at Slingpool Walk, St. John's where a six-lane cinder track with field event facilities was built. The club thrived providing training and competition for young athletes in all disciplines. The 80's running boom saw the club membership expand again with enthusiastic senior runners who initiated various road races in the area. On the track, Worcester helped pioneer Veteran's track and field competition in the Midlands by hosting midweek competitions on their beautiful but old-fashioned cinder surface.

The City Council had proposed building an all-weather track for a number of years and in the autumn of 1994 the club moved home to the new athletics facility at Nunnery Wood Sports Centre. The Track was officially opened by Olympic heptathlete Denise Lewis in May 1995.

The facility is owned and managed by Worcester City Council (operated by Freedom Leisure) and Worcester Sixth Form College and Nunnery Wood High School.

ABOUT US - We are a family club, composed of over 400 members ranging in age from 10 to 90. We cater for all athletic abilities, boys and girls, men and women both competitive and non-competing. Our members are able to participate in all athletic disciplines - Road Running, Track & Field, Cross Country, Race Walking, Sports Hall and Disabled Athletics.

We are England Athletics **Clubmark** accredited and are affiliated to England Athletics, Worcestershire County Athletics Association and Midland Counties Athletic Association. We are currently working towards the new England Athletics Club Standard award. Our governing body is UKAthletics.

Our athletes can compete as team members in the following leagues:

UK Young Athletes (lower age group) **League**

Heart of England League

Hereford & Worcester Sportshall League

Midland Track & Field League (U17 and senior men/women)

Midland Veterans Track & Field League

Birmingham & District Cross Country League

Midland Women's Cross Country League

Based at the **Nunnery Wood Sports Centre, Worcester** we welcome runners and athletes of all standards; our qualified coaches and members are only too willing to give advice and pass on their experience to beginners or aspiring top class athletes alike. The title 'Athletic Club' may suggest we are a track & field club only, this is far from the truth; you may choose to compete on the track, on the road, cross-country or just enjoy training with a regular group. We are proud of our 'Harrier' roots and Worcester Athletic Club has a great deal to offer runners, whatever their preference. Enjoy the camaraderie of running with others; or improve on a PB. These are the benefits of being a member of an affiliated athletic club.

The club is administered by a committee (elected annually at our A.G.M.) on which all interest groups have representation. The current President is John Brook.

With a large and diverse membership, we believe our members' and club interests are best served when we take a full and active role in local and regional athletics organisation; club officers currently serve on County and Midland area committees. We generally host a league meeting every season for each of the track and field leagues that we participate in. In the past the club has founded and organised many road and cross country races and we are currently the proud custodians of the oldest surviving foot race in the county – the annual Worcestershire Beacon Race, and the Pitchcroft 10K has been organised for nearly 30 years. Our coaches and officials help and serve athletes at county, regional and national level.

MEMBERSHIP - The best way to find out if you want to join us is to come along to a club night or run. You don't have to subscribe immediately to come running or training with us. Join us for a taster session or two, to see if you like it? Unfortunately, we have a **waiting list for athletes under 16 years of age (details below)** but for seniors the training details are as follows:

- The club meets regularly at Nunnery Wood Sports Centre (see Google maps) on Tuesday and Thursday evening at 7pm and Saturday morning at 9.30am.
- A mixture of different ability groups train, so there is something to cater for everyone's needs. Some training groups also do a long run work on a Sunday morning, but this is a more informal arrangement with those runners and coaches.

Meet at the trackside control tower and ask for **Joan Turner** and she will point you towards an appropriate group; or use the contact details below.

JUNIOR MEMBERSHIP

Worcester AC has a thriving youth section. We welcome young athletes, male and female of all abilities, from age 10 and upwards. Our aim is to introduce athletics to young people in a fun and safe environment. Qualified coaches lead the training sessions, which provide gradual progression in the development of a wide range of skills, including running, jumping and throwing. Training sessions are held on Tuesdays and Thursdays throughout the year at Nunnery Wood track.

- Tuesday & Thursday 6.00 - 7.00 pm: Children in school year 5
- Tuesday & Thursday 6.00 - 7.00 pm: Children in school years 6, 7 & 8
- Tuesday & Thursday 7.00 - 8.00 pm: Children in school years 9 - 12

Additionally, there are specialised training groups for sprinting, endurance running, race walking, long jump and circuit training for young athletes (usually Under 15's and above) who are committed and ready for further development. Young athletes are given ample opportunity and are encouraged to compete in track and field, race walking, indoor Sportshall athletics, road relays and cross country.

For further information or to place your child's name on the waiting list contact Gill Stewart email youngathletes@worcester-ac.co.uk

BENEFITS of CLUB MEMBERSHIP

1. Safe training environment. All coaches and club officials are qualified and licensed by our sports' governing body **UK Athletics**
2. Discounts on running shoes and clothing. Club members get 10% (England Athletics competition licence) at **The Active Foot Company** and various discounts up to 25% off various **England Athletics** partners
3. Discounts on races. Worcester Athletic Club is affiliated to England Athletics. Club members therefore do not pay the "unattached" levy when entering UKA licensed races
4. Free public liability insurance when taking part in club organised training or events
5. Access to national quality club coaches for training advice and coaching
6. Access to competition - track and field leagues, cross country leagues, road relays, County, Regional and National events and Sportshall Athletics

7. Annual club track & field and cross-country championships
8. Camaraderie from training with like-minded companions
9. No Sports Centre track hire charges
10. Use of Nunnery Wood Sports Centre changing facilities during training sessions

ENGLAND ATHLETICS REGISTRATION – All our Club membership types apart from U11 and Associate membership require registration with our regional association to whom we are affiliated. This registration has it's own benefits and allows members to participate in competitions

MEMBERSHIP BENEFITS FOR ATHLETES



Strategic Priority	Benefit	Athletes Track & Field	Athletes Off-Track	Athletes Under 11
Competition 	• Competition eligibility to enter a range of competitions held under UKA rules	✓		
	• England Track & Field Championships from U15 to Senior, indoor and outdoor	✓		
	• England Road Running Competitions & Championships		✓	
	• £2 discount on entry fees for all licensed road and multi-terrain events		✓	
	• Entry into TCS London Marathon ballot	✓	✓	
	• Other event entry discounts e.g. Manchester Marathon		✓	
	• Access to Power of 10 profile to track your own performances	✓	✓	
Coaches & Officials 	• Up to 50% discount on education courses to become a coach/ leader	✓	✓	
	• Free official course for all parents of U11 registered athletes			✓
	• Free place on Coaching Assistant course for every 30 U11 registered athletes			✓
Participation 	• Access to RunTogether for entry level running programmes		✓	
	• Access to funetics for run, jump, throw programme for 4-11 year olds			✓
	• Support of the Personal Best Foundation	✓	✓	✓
	• Access to PB Awards scheme	✓		✓
	• Mental Health Support including #RunAndTalk and Mental Health Champions	✓	✓	✓
Talent 	• Eligibility to be selected on the England Athletics Talent Pathway	✓	✓	
	• Eligibility to be selected on the England Teams	✓	✓	
	• Eligibility to be selected on the Masters programme		✓	
Leadership 	• Commitment to safety through insurance, safeguarding and welfare support	✓	✓	✓
	• Commitment to lobby government on behalf of Athletes and Runners	✓	✓	✓
	• Commitment to inclusivity and diversity	✓	✓	✓
	• Commitment to sustainability	✓	✓	✓
Engagement 	• Consultation: opportunities for your views to help shape the sport's future	✓	✓	✓
	• Designated Membership Engagement Team to help you with any queries	✓	✓	✓
	• Designated newsletter for athletes	✓	✓	✓
	• Access to facebook and Instagram communities	✓	✓	✓
Digital 	• Access to myAthletics Portal	✓	✓	✓
	• Digital Registration Pack containing your digital registration card	✓	✓	✓
	• Access to RunEvents* Online Entry System for road/multi-terrain events		✓	
Commercial 	• Exclusive offers and discounts from commercial partners including:			
	• Kukri kit discount	✓	✓	✓
	• Sportshoes.com discount	✓	✓	✓
	• SIS Nutrition discount	✓	✓	✓
	• Marathon Tours and Travel UK discount	✓	✓	✓
	• KT Tape 25% discount	✓	✓	✓
	• Pressio 15% discount	✓	✓	✓
	• Goodr 10% discount	✓	✓	✓
	• Shokz discount	✓	✓	✓
	• Enertor discount	✓	✓	✓
	• Notch 10% discount	✓	✓	✓
	• Product trials	✓	✓	✓
	• Athlete offers and promotions	✓	✓	✓
	• Early bird ticket access to major events via British Athletics	✓	✓	✓
	• Ambassador opportunities	✓	✓	✓
• The Edge ecomms with monthly partner offers and opportunities	✓	✓	✓	

*Formerly runbritain