



Ackworth Road Runners

Members Information 2025/26



Ackworth Road Runners

Ackworth Cricket Club
Wakefield Road
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Chair

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Treasurer

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Lead Welfare Officer

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Cover Photo © 2025 VSP Images
Will Walker, ARR Winter Handicap, January 2025

Introduction and Welcome

Welcome to Ackworth Road Runners. We pride ourselves on being one of the most inclusive running clubs in the area. Our growing membership of over 300 includes runners of all abilities who all contribute to creating a supportive environment for new members.

New and prospective members generally have a number of questions about the club and this guide attempts to address most of the more common ones.

Your annual membership fee includes your registration with England Athletics. One of the benefits of this is a £2 discount of most race entry fees. It also includes twice weekly club training sessions. We also arrange a subsidised Presentation and Awards Evening annually and provide subsidised coach travel to selected Grand Prix races.

Apart from training, our members regularly compete in races across the country at all distances from 5k to marathon and ultra-marathon. They're also to be seen on Saturday mornings at parkruns all over the UK and even overseas.

Having spent a few years based at Carr Bridge Pavilion on Barnsley Road, in July 2018, we moved to our current base at Ackworth Cricket Club behind the Boot and Shoe pub on Wakefield Road at Ackworth.

Hopefully you will find everything you need to know here but if you have any other questions, don't hesitate to ask any of the Coaches, Run Leaders or Committee Members.

Dawn Sketchley
Ackworth Road Runners Secretary
ackworthroadrunnerssec@outlook.com

Training

Training sessions are held on Tuesdays and Thursdays at 6.30pm (arrive from 6.15pm) and start at the Cricket Club. On both nights we offer training groups at various paces including run/walk (Jeffing) and technical training sessions led by qualified coaches and run leaders and other experienced club members. Training schedules are published weekly on the Members Area Facebook page and on our [website](#).

Attendance at training sessions is included in your membership fee but attendance is optional. Members also often arrange training runs independently over various distances. Details are often shared on the Members Area Facebook page.

Disclaimer:

We always endeavour to ensure our club training sessions and groups are led by EA qualified Leaders in Running Fitness (LiRF) or Coaches in Running Fitness (CiRF). On occasions where this is not possible, running groups will be led by an experienced club member who will lead the group as directed by one of our qualified coaches.

Members and prospective members are responsible for ensuring they are fit enough to take part in their chosen session or group and always participate at their own risk.



Photo © 2025 Ackworth Road Runners

EA Qualified Coaches and Run Leaders



Ian Hill



**Mark
Leadbeater**



Stewart Haigh



Joe Worthington



Ruth Walker



Dave Hughes



**Debbie
Worthington**



Emma Bird



Rose James



Nicola Thomson



Sarah Longfield



Paul Bernardo



Steph Field



Lesley Needham



Jess Hall



Chris Field



Ben Tanguay

Mental Health Champion



Emma Flanagan

Disability and Inclusion Co-ordinator



Millie Watson

Official Photographer



**Graham Beardsley
(VSP Images)**

Club Structure

Committee

The club is managed through a committee elected annually at the Annual General Meeting. It has overall responsibility for managing income and expenditure, ensuring we operate in accordance with our constitution, organising races and social events, provision of effective communication with members and generally ensuring the club meets the needs of the membership.

The club's strength is ultimately dependent upon the time and effort provided by committee members. Membership of the committee is open to all members regardless of their length of time with the club. The committee meet in the first week of each month to discuss relevant issues and organise forthcoming events. A summary of the minutes is published each month on the [Latest News](#) page of the website.

The Committee for 2025/26 comprises of:



Paul Bernardo
Treasurer



Stewart Haigh
Chair



Dawn Sketchley
Secretary



Dave Hughes
Men's Captain



Joe Worthington
Trails Lead



Mark Leadbeater
Membership Secretary



Lucy Vamplew
Ladies' Captain



Ruth Walker
Training and Coaching Co-ordinator



Emma Flanagan
Lead Welfare Officer



Cate Allan
Kit Co-ordinator



Stephen Berry
Social Media, Website & Policy Officer

Our Club Constitution can be found [here](#).

Membership

Membership fees are payable on the 1st of January each year. The fees for 2025 are as follows:

1 st claim Senior Members:	£36 including EA registration fee
2 nd claim Senior Members:	£25
Concessionary Members:	£28 including EA registration fee (over 60 with 10 years continuous membership)
Social Membership	£6 (no longer an active runner)
Members aged 15 to 17 years	£10 (plus £20 EA registration fee if required)

Members who use the cricket club premises should also join Ackworth Cricket Club (£2 a year subs) to comply with the terms of their licence.

What is 1st Claim and 2nd Claim?

England Athletics (EA) define the rules of competition for athletics clubs generally and running clubs in particular. Most, but not all, road races in England are run under the England Athletics rules.

Under the rules an athlete may compete for up to two clubs. One of these is known as the First Claim Club and the other optional club is the Second Claim Club. Your First Claim Club is the one you joined first. Most of our members are First Claim. Only the athlete's First Claim Club can pay the athlete's affiliation fee to England Athletics.

You can only have a Second Claim Club if you are affiliated by your First Claim Club. If you compete in a race in which your First and Second Claim Clubs are in contention for a team prize, then you should represent your First Claim Club. If the competition does not offer a team prize, then you may compete for either club.

Annual General Meeting

The Annual General Meeting takes place in February each year. All members are welcome and are encouraged to attend with the promise of free chip butties. Reports are presented from the Chair, Treasurer, Ladies and Men's Captains and Junior Section representative.

Nominations for Committee positions are made by members in January and voted on at the AGM.

ARR Web Site - <https://www.ackworthroadrunners.club>

Latest club news, results, statistics, event information, photographs and a host of other information is available on our web site which is updated regularly.



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A Village Club whose reputation extends across the Wakefield Metropolitan area and well beyond

Our HQ
Ackworth Cricket Club
Wakefield Road
Ackworth
Pontefract
WF7 7AB

- 2025 will see the Club celebrate its 40th Anniversary.
- We are affiliated to England Athletics and operate in accordance with their rules and regulations.
- Training and advice is provided by our E.A qualified coaching team (for Seniors and Juniors).



Club Kit

ARR kit can be ordered through the club online shop at <https://tuffswear.co.uk/ackworth-road-runners-1275-c.asp>

Search for products

Free Delivery to UK Mainland* on Orders Over £100

Home / Club Shops / Athletics / ACKWORTH ROAD RUNNERS

ACKWORTH ROAD RUNNERS

- RACE RANGE
- TEAMWEAR
- BASELAYERS
- HI VIS RANGE

ARR Facebook Pages

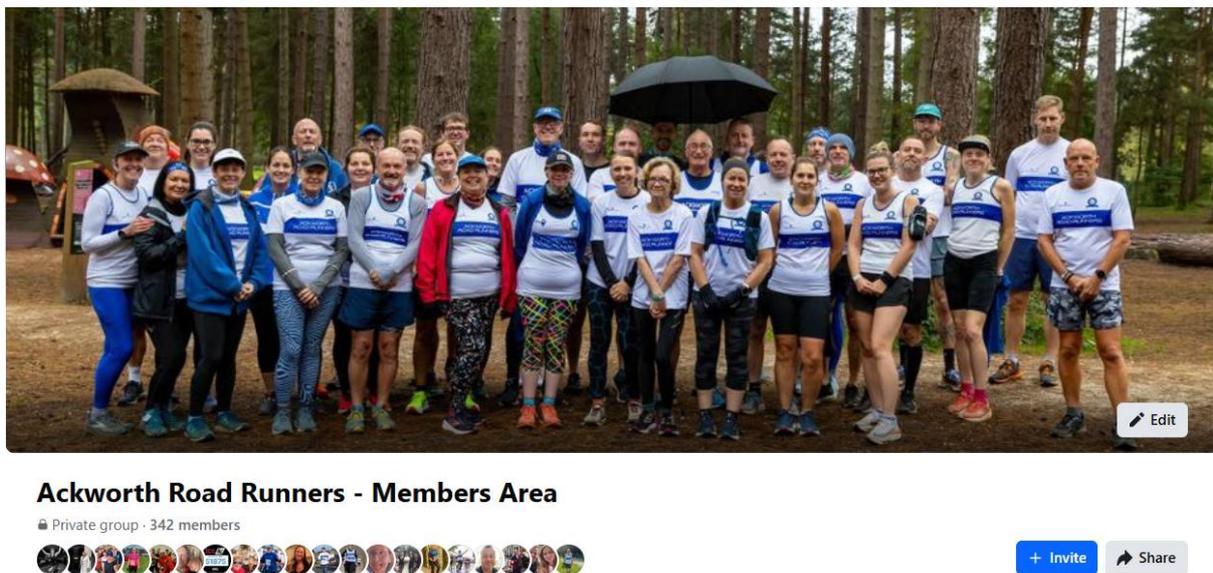
We currently have two distinct club Facebook pages. The first is an open page simply called "[Ackworth Road Runners](#)":

This page is available to anyone and is used to post photos and general information to publicise our activities.



The second is a closed group and is available only to paid up club members. It's called "[Ackworth Road Runners – Members Area](#)":

This page contains news, photos, social events and detailed information on forthcoming club activities and offers members the chance to discuss relevant issues and request advice.



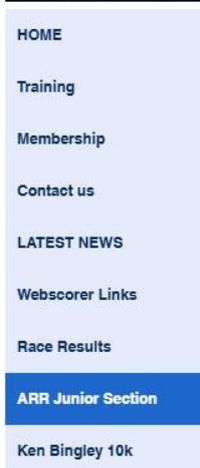
Junior Section

The Junior section of the club caters for 4 to 14 year olds. A variety of activities and training are offered by qualified coaches and run leaders with the emphasis on fun.



Photo © 2022 Ackworth Road Runners Juniors

Up to date information on the Junior Section can be found on their private Facebook page which is accessible to Juniors parents by invitation. The [Junior Section](#) also has its own page on our web site:



Racing With ARR



Some of the ARR contingent at the Barcelona Half Marathon – February 2025
Photo © 2025 VSP Images

Our members enter races all over the country (and abroad) at all distances from 5k to Ultra Marathon. Links to online entry for many races are posted on the Members Area Facebook page.

When representing ARR at races, members should wear club kit (blue band on white background) if possible and abide by the rules of the event. For example, it is now EA policy not to allow the wearing of headphones/ear-phones at races (unless of the bone conducting variety) which include roads open to traffic on the route. Even at races on closed roads/routes, the final decision lies with the race organisers.

Races also have differing rules with regard to transferring your race number to another member. Members should ensure they are familiar with our number swapping policy which can be found [here](#).

We enter team events such as the PECO Cross Country Series and the Leeds Country Way Relay Race. These are open to all abilities. Further details are available from the Club Captains. The Yorkshire Veterans Athletics Association (YVAA) also run a series of events for veterans (35 and over). Visit <https://www.ackworthroadrunners.club/yorks-vets> for more information.

The club publish members race results on the web site.

Club Events

Handicap Series



ARR 2025 Winter Handicap
Photo © 2025 VSP Images

There are 4 Handicap races each year, one for each season to provide a variety of conditions. They are open to all club members and the handicap system allows everyone to compete on a "level playing field".

Our handicapper analyses weekly race results and any other available data to determine the current 10k race pace of all members. This is then used to calculate target race times for each of the 4 seasonal events which vary in distance from around 5-10 miles. The Spring and Summer Handicaps are held jointly with our friends at Goole Viking Striders on a home and away basis.

Trophies are awarded for each event to the first man and first woman performing the best relative to their target time. In addition, the best performance overall in the Winter event will hold the Phil Ryder Memorial Shield for a year and the multi-terrain winner, the Alan Richardson Memorial Shield. Points are awarded with the person performing best against their handicap time receiving 50 points, the next 49 etc. The minimum score will be 10 points.

Grand Prix Series 2025

This is a competition for all members to participate in. The club nominates specific races or club events spread throughout the year. We generally select local races over distances ranging from 5k - half marathon, but not always.

More often than not, we will have one of the largest, if not largest turnouts and we run in club vests/t shirts which helps us spot each other on the course. Members are divided into 6 leagues, plus female league, female vets and male vets leagues.

Trophies are awarded to the top 3 in each league at the Annual Awards in February.

Event Scoring - Open Leagues

This year we have reverted to the main leagues being based on pace but with an amended scoring system. This year points will be calculated by a combination of your finish time compared to others in your league only, plus pace points for how quickly you ran compared to that of our first finisher.

1. The fastest in each league will receive 10 points based on finish time, 2nd 9, 3rd 8 etc with a minimum of 1 point. Where two or more have the same finish time, they will receive the average of the total points for their positions. For example, the 3rd and 4th have the same time therefore their points are calculated as $8+7 = 15 \text{ points} / 2 = 7.5$ each. The 5th person would receive 6 points etc.
2. In addition, the overall fastest club member will receive 10 pace points with all other finishers (irrespective of league) receiving a percentage of 10 points based on how well they ran compared to the fastest club member.

Examples:

- Runner A finished 4th in their league and their speed was 95% of our first finisher. They would receive 7 points for being 4th in their league and 9.5 pace points. Total points 16.5.
- Runner B finished 1st in their league and their speed was 70% of our first finisher, they would receive 10 points plus 7.0 pace points. Total points 17.
- Runner C finished 10th in their league and their speed was 48.5% of the overall fastest, they would receive 1 point plus 4.85 pace points. Total points 5.85

Advantages of the dual scoring:

1. Encourages running as quickly as possible to maximise points and not ease back because you can't improve your finish place.
2. Encourages racing amongst those who would only receive the minimum of 1 point.
3. Overall, it will enable leagues to be more competitive by reducing the points difference for each finish position.

Event Scoring - Females League, Male and Female Vets Leagues

The scoring for these leagues will be as existing. The fastest will receive 50 points with each subsequent place receiving 50 points less $40/\text{number of participants}$. This means that the slowest will always receive just over 10 points.

For example, if there are 35 finishers. Then each place difference is $40/35 = 1.14$ points

The qualifying age for the Male Vets league is 40 and Female Vets 35 determined at 1/1/24. For clarity if you reach these ages after 1/1/24 you will not be eligible until 1/1/25.

The list of events for 2025 can be found [here](#) but is subject to change in the event of race cancellations.

London Marathon Ballot

As an affiliated England Athletics club, we are normally allocated a number of guaranteed places in the London Marathon each year. The number of these is dependent on the number of active 1st claim members that we have registered at the date pre-determined by EA.

Of the 2 places available, the first is reserved for 1st claim members who have never participated in the London Marathon previously, whether as a club member or not. Once that has been drawn, the names of all other qualifying 1st claim members are added. Ballot winners need to confirm and pay for their places by the date set by the organisers.

Eligibility for inclusion in the club's London Marathon Ballot is as follows:

- Must have paid 2 years 1st claim subscriptions
- Must be able to produce evidence of being unsuccessful in the public ballot for that year.



Adam Brown
2025 London Marathon Club Ballot Winner
Photos © 2024 and 2025 VSP Images



James Davey

In order to give as many members as possible a chance of obtaining a place, members who are awarded places in the London Marathon via the club ballot are not eligible to take part in future ballots for a period of 5 paid up years of membership.

To clarify, this means that those members who obtained places in the ballot for the 2022 London Marathon (assuming they remained paid up members for the next 5 years) will not be eligible for inclusion in any such future ballot until the one held for the 2027 event.

Club Races

Priory 10k

The Priory 10k takes place in mid-July each year in the grounds of Nostell Priory and Parklands in partnership with the National Trust. The club derives much of its income from organising this England Athletics licensed event each year. Staging such events is very labour intensive and a large number of volunteers are required for marshalling and other roles.



Priory 10k: Photo © 2023 VSP Images



Priory 10k: Photo © 2023 VSP Images

319 runners completed the 2024 event. It'll be back again in 2025 and will again include a junior race organised by ARR Juniors.

Ken Bingley Memorial 10k

The first Ken Bingley Memorial 10k took place on 18th August 2022 with profits going to charity. Ken, who passed away in January 2022, was a real inspiration to many of our members for over 30 years, from people he ran with and others who mainly knew him from his volunteering.

He was with the club for over 30 years, both as a runner and volunteer and he was always a friendly supportive figure offering his help and advice to everyone, often with great stories from his life. He regularly volunteered at Pontefract parkrun at Ken's corner, as well as at Frickley Country parkrun and many Ackworth Road Runners club races over recent years.

The race will take place again in August at Frickley Country Park.



Photo © Ackworth Road Runners



Photo © Pontefract parkrun



Photo © Pontefract parkrun

ARR at parkrun



Pontefract parkrun: Photo © 2024 Pontefract parkrun

parkrun® organise free, weekly, 5k timed runs around the world. They are open to everyone, are free and are safe and easy to take part in. ARR members take part in parkruns all over the country every Saturday morning either as runners, volunteers or organising team members. Our nearest ones are Nostell, Pontefract, Frickley Country and Wakefield Thornes.

The club includes parkrun results in our race statistics so make sure your parkrun profile shows your club as Ackworth Road Runners to ensure your results are included in our statistics.

The club encourages members to wear club colours at parkrun on the first Saturday of each month to raise awareness of the club.

ARR Club Discounts

ARR members enjoy a 10% discount and free delivery for orders over £50 from <https://www.sportsshoes.com/> and also a 10% discount from <https://startfitness.co.uk/>.

Discount codes are required for both and are available on request from Membership Secretary [Mark Leadbeater](#).

Social Activities

Numerous social events are organised by the club and various members. A few of our members are known to be partial to the occasional half pint of beer! These are generally publicised on the Members Area Facebook page.



ARR 2024 Christmas Pub Run
Photo © 2024 Ackworth Road Runners

Annual Presentation Awards

Our annual Awards and Presentation night takes place every February at Burntwood Court Hotel. Apart from the presentations, the evening includes a subsidised 3 course meal and music and dancing. This is always a popular event and has traditionally featured the infamous Chris and Stewart comedy duo! Maybe they can be persuaded to reform for 2026.



2024 Ladies Captain's Award winner, Carol Middleton
Photo © 2025 VSP Images

Policy and Procedure Documents

Like all clubs and organisations, we have a number of Policy and Procedural documents which members should be aware of:

- Privacy Statement and Policy
- Race Number Swapping
- Risk Assessment and Health & Safety
- Social Media Policy
- Inclusion Policy.

These can all be found at <https://www.ackworthroadrunners.club/downloads>



Click the image to open the document

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