

# Carrick-on-Suir AC Road Runners Newsletter

January 2017

## 'SuperValu' Spring League 2017

Welcome to our first newsletter of 2017. Our main method of issuing club notes is via whatsapp / web site / Facebook page.

### Club Committee

Chairman: Tom Egan  
Secretary: Susan Collins  
Treasurer: Barry Torpey  
P.R.O. : Mark Connolly  
Other Committee Members: James Fox, Alan Treacy, Catherine O'Donovan, Mags Power, Sinead Dunne, Brian Nugent, Jackie Dunne, Patrick Roche, Brian Graham

Note that these positions may change at the club AGM which is being held on Monday 16<sup>th</sup> January.

Firstly, thanks to all who attended and helped out at the club organised events during 2016 - we completed our tenth Summer Series which included five races at Faugheen, Portlawn, Carrick, Rathgormack and Piltown during the months of April to August. We were also pleased with the increased number of club runners attending running events which hopefully can continue to 2017.

We decided late in 2016 that rather than have another Winter League which was traditionally the case in recent years, we would move to a Spring League at the start of 2017 and we are very grateful to SuperValu Carrick-on-Suir (PJ Guinan) for their continued support of the club. We also decided to start this league with three weeks of 3K runs in Carrick followed by three 5K runs in Kildalton (the club is also grateful to Kildalton College for allowing us access to their facilities for these weeks of the league).

The format for each week is largely similar as follows:

- All register at the registration area (upstairs in Cusacks Bar for weeks 1-3 in Carrick (thanks to James Sullivan for facilitating this) and inside Kildalton College for weeks 4-6 before each run. Most people have paid the full registration fee for the six weeks (€10) on week one but do register and remember to predict your time for each week before you start.
- A mass start will take place each week to avoid people having to wait around at a potentially cold time of year and all are asked to wear high viz vests if possible for each run. Do also display the number that you were given at registration for each of the runs.
- The club will record your finish time after each run and this will be posted (along with your predicted time) on our website ([www.carrickroadrunners.ie](http://www.carrickroadrunners.ie)) by the Wednesday following each run.
- We typically award prizes at the end of each league and will have a short prizegiving with refreshments after the last run (Tuesday 7<sup>th</sup> February) at Piltown National School (close to Kildalton College) where all are invited.

For the 2017 Spring League, we have decided to award prizes based on the performance of teams of three people where the performance of the best two in each group counts each week.

- Note that you don't have to have a team to take part in the league - we will randomly assign people to teams at the end of week two if we have not received notice that you wish to be part of a certain team. You don't even have to have any discussion with your team members - just run your race each night and we will analyse the performance of each team.
- The winning team will be the team that gets as close as possible to its predicted times - so for example if three people on a team come 20 seconds, 40 seconds, and 2 minutes away from their predicted time, we will count the two lowest scores (20 seconds and 40 seconds) and give this team a total score of 1 minute for that week. Times for each team will be posted at the start of week three and for each week up to the end of the league, and the overall winners will be the team with the lowest total gap from their predicted time over the six weeks.
- While the prizes are nice to win, we would stress that the league is all about helping all to get fit at the start of 2017 in a fun environment and we would hope that many of the newcomers to running in the league would consider joining the club for its training sessions (usually on Tuesday evenings at 7 pm) - further details will follow on this towards the end of the league.
- Note also that the club does reserve the right to disqualify anyone found to be deliberately using watches to ensure that they arrive home at their predicted time.
- If you don't turn up on a particular night, your team score is based on the performance of the other two members of the team. If all three people are absent, a time of 5 minutes is allocated to each person, meaning that a total time of 10 minutes (best two) is given to the team for that week.
- New entrants are welcome to come along at any stage and the entrance fee will reduce in line with the number of races that the person is eligible to compete in.