

# Carrick-on-Suir AC Road Runners Newsletter

October 2013  
Issue 2 2013

Welcome to our second newsletter of 2013. Our main method of issuing club notes is via local newspapers / web site / Facebook page - however, we are continuing a trend from last year of issuing all Winter League participants with a newsletter at the start of the annual Winter League to outline the dates /rules for the upcoming weeks.

## Committee 2013

Chairman: Susan Collins

Secretary: Catherine O'Donovan

Treasurer  
& Web Officer: Tom Egan

P.R.O. : Mark Connolly

Other Committee Members:  
Barry Torpey  
Alan Treacy  
James Fox  
Mags Power  
Sinead Dunne  
Brian Nugent  
Jackie Dunne  
Patrick Roche

Visit our website for club notes, winter league results, & photos @ [www.Carrickroadrunners.ie](http://www.Carrickroadrunners.ie)



**Facebook**

We are now on Facebook (search Carrick Roadrunners AC) .

Please visit and click Like - it's a great place to keep updated and also to organise trainings runs, etc,



## 'SuperValu' Winter League 2013

Firstly, thanks to all who attended and helped out at the club organised events during 2013 - we had an excellent Summer Series with five races at Faugheen, Portlawn, Carrick, Rathgormack and Piltown during the months of April to August. In addition, we just completed the 'My Dress' sponsored one mile challenge in Carrick in recent weeks and the prizewinners (shown on our website) will be given their prizes at the start of the winter league on Tuesday 8<sup>th</sup> October.

Once again, the Winter League league has been very kindly sponsored by SuperValu and the club is also very grateful to Kildalton College for allowing us access to their facilities for each week of the winter league. It is not too late to register as committee members will be on hand each Tuesday from 6:30 pm to accept new and existing entries. The event is open to club members and non-members and feel free to encourage friends who may be interested to come along for this enjoyable series of organised runs.

### Dates for Winter League

The format for 2013 is largely the same as that used in 2012 i.e. an initial registration night on Tuesday 1<sup>st</sup> October followed by ten consecutive runs from Tuesday 8<sup>th</sup> October to Tuesday 10<sup>th</sup> December as follows:

Tuesday 8<sup>th</sup> October  
Tuesday 15<sup>th</sup> October  
Tuesday 22<sup>nd</sup> October  
Tuesday 29<sup>th</sup> October  
Tuesday 5<sup>th</sup> November  
Tuesday 12<sup>th</sup> November  
Tuesday 19<sup>th</sup> November  
Tuesday 26<sup>th</sup> November  
Tuesday 3<sup>rd</sup> December  
Tuesday 10<sup>th</sup> December

### Rules for Winter League

- On the first timed run (Tuesday 8<sup>th</sup> October), there is a mass start at 7 pm, and points are awarded based on each person's finishing position (first place = 1 point, second place = 2 points)
- For each subsequent night, there will be interval starts (and each person's start time will be posted in advance on the club website and be displayed in Kildalton each Tuesday) - so if your

start time states 10 minutes, it means you will start 10 minutes after the clock (at the start position) has started (the clock will start at 7 pm).

- Points are awarded for weeks two to ten based on one's rate of improvement (not on one's finishing position) so the person with the best rate of improvement = 1 point, next best = 2 points etc).

- Note that if you don't turn up on a particular night, you are awarded the points of the lowest finisher (in terms of points) +1 - for example, if you fail to show on a night when 50 people are present, you are awarded 51 points for that night.

- The overall prizes which are given out after the ten weeks are based on a person's best eight performances - this means that each person can afford to miss two nights and not be disadvantaged. The initiative is to facilitate those that are involved in stewarding (remember runs would not take place without them) to also partake in the runs, and to this end, it is hoped that as many as possible will steward on at least one of the ten nights to facilitate others (including members of the committee) who also wish to take part in the runs. If available, please let Catherine know at registration as to when you can steward so that we can plan for each night.

- All runners wear a reflective bib and run on the right-hand side of the college avenue. The club also asks all runners to avoid using headphones while taking part in the winter league.

- The results for each week and starting times for the following week will be displayed on the club website by the Wednesday morning after each run.

- The club intends to donate the proceeds of the winter league night on 3<sup>rd</sup> December to a local charity (details to be confirmed).

- The overall winners (the ten runners with the lowest number of overall points) will be announced later in the week of December 10<sup>th</sup> and prizes will be awarded at the club's winter league prizegiving night (details TBC shortly on our website).

- Note that technique and interval sessions with running coach James Sullivan will take place on some Saturday mornings in Kildalton during the Winter League - details are on our website (these can really help to reduce your weekly time!).