

# Carrick-on-Suir AC Road Runners Newsletter

October 2012

Issue 2 2012

Welcome to our second newsletter of 2012. While we do issue club notes in local newspapers / web site / Facebook page, we are issuing a newsletter at the start of the 2012 Winter League to outline the dates / rules for the upcoming Winter League which this year is being completed over 10 consecutive weeks from 9<sup>th</sup> October to 11<sup>th</sup> December.

## Committee 2012

Chairman: James Fox  
086-2544150

Secretary: Catherine O'Donovan  
086-8774531

Treasurer: Susan Collins

P.R.O. :- Mark Connolly

Web Officer: Tom Egan

Other Committee Members:  
Barry Torpey  
Alan Treacy  
Mags Power  
Brian Nugent



## 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,



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

## Winter League 2012

Many thanks to all who attended the launch of this year's Winter League in Kildalton College, Piltown, last Tuesday 2<sup>nd</sup> October for the registration night for the 2012 Winter League. Once again, the 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 the committee members will be on hand each Tuesday from 6:30pm 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

As opposed to previous winter leagues, the format this year has been agreed at ten consecutive weeks starting from Tuesday 9<sup>th</sup> October to Tuesday 11<sup>th</sup> December as follows:

Tuesday 9<sup>th</sup> October  
Tuesday 16<sup>th</sup> October  
Tuesday 23<sup>rd</sup> October  
Tuesday 30<sup>th</sup> October  
Tuesday 6<sup>th</sup> November  
Tuesday 13<sup>th</sup> November  
Tuesday 20<sup>th</sup> November  
Tuesday 27<sup>th</sup> November  
Tuesday 4<sup>th</sup> December  
Tuesday 11<sup>th</sup> December

### Rules for Winter League

- On the first night (Tuesday 9<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) - and 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).
- The general purpose of the interval starts is to allow most people to finish at the same time; however, the points awarded for weeks two to ten are not based on one's finishing position but are based on one's rate of improvement

from one's previous run (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) - for example, if 50 people turn up on night five and you fail to show, you are awarded 50 points for that night.

- Penalties may be imposed on those suspected of deliberately running slow times in the early weeks of the series in order to enhance their chances of winning prizes.

- Another new initiative this year is that 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 real purpose of this 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 ahead 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 watches and 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 4<sup>th</sup> December to a local charity (details to be confirmed).

- The overall winners (prizes are awarded for the top ten runners = the runners with the lowest number of overall points) will be announced later in the week of December 11<sup>th</sup> and prizes will be given out at the club's winter league prizegiving night (details will be posted on our website in the near future).