



Stratford Athletic Club

Brief Overview of Membership Information

Club membership gives you membership of the Sports Club as well as SAC, thus this includes parking and use of the excellent facilities at any time.

You are encouraged to come along and join in for a few weeks before you make the commitment to join the club. We want you to enjoy your experience and for it to be the right thing for you.

Main club night is Wednesday at 7pm starting at the Sports Club. This is usually a social run and there are several groups heading out at different speeds and standards. On this night there is what we call a chaperone group – one of the more experienced members goes out with any prospective new members, those who have just joined, and anyone else who would like to come. The objective here is to make sure that new members get looked after, run at the right speed and distance for their ability and to get to know others of their ability before moving on into other groups.

On Wednesdays there are some variations though:

On the first Wednesday of the month there is a Club Race – it's usually held somewhere else to give us some variation in where we run. So if you do turn up one night and there is no one here then that's probably why! Information about where the race is will be circulated a couple of weeks before. Members volunteer to organise a race, they are usually about 6 miles, and great experience.

In addition there are coaching groups. The club has a coach – Rob, who takes a group every two weeks out for some more specific training. This is entirely optional, but it's a great way to improve your running and it's lots of fun too. The groups are organised roughly according to ability, and again you get to know when your day for coaching is.

Monday nights there is a weekly track session. This is based at Stratford High School and you should get there for about 7pm ready to jog as a warm up before the session starts. This is a coached session, and it's for everyone of all abilities, speeds and fitness levels. The sessions vary each week, but they are designed to improve us all. They are fun and you will learn lots about running and your own performance.

Socially the Club does some random things like quizzes, social runs from time to time, and every week some members stay for a drink after their run. Food is available from here – it's very good and not too expensive. You have to order it before your run though, and specify a time you want to eat.

Competitively as a Club we take part in various team things which you can get involved in or not – it's entirely up to you: Cross Country, Track & Field, Road Relays. Club members do all sorts of competitions from Iron Man to Race for Life.

Triathlon & Swimming

There are lots of people who do triathlon, and there is swimming coaching for all members on a Saturday morning at 7am at Shipston leisure centre. This is a great way of cross training. It will cost you £4.30 for the pool hire.

Circuits & Core Stability

You can join in these sessions on a Tuesday evening at KES, these run from early Autumn through to late Spring, and core stability continues throughout the year.

The Club has a committee of 13 members. It also has a very active Junior section with over 150 members and they mainly do their training on a Tuesday and Thursday evenings at the High School track.

Our aim is to be friendly and welcoming, and to give everyone the chance to enjoy and improve their running.

The website is:

www.stratfordac.co.uk You will find contact numbers and email addresses here.