



Eastbourne Rovers AC Road Runners

Membership & Joining Information

Welcoming Runners of ALL Abilities

The road running section of Eastbourne Rovers Athletic Club, is a fun, friendly and safe environment for you to run and train with other people of similar abilities. We have 8 different pace groups to cater for all abilities from beginners through to experienced racers of age 18 years up.

Training Meets

Official training runs are every Tuesday and Thursday between 6:20 and 6:40PM. Please see the [timetable](#) on our website, Facebook group or the club notice board for details.

Where

In and around Eastbourne. See the [timetable](#) for details. Our clubhouse is at: [Eastbourne Sports Park, Cross Levels Way, Eastbourne, BN21 2UF.](#)

Parking is available at the Sports Park in the evenings. For some of our other meeting points you will need to park on the road. Please be considerate of residents.

Runs

Official club training runs are as per the timetable only. Please see the [timetable](#) on our website, Facebook group or notice board for details. There is also a [bank of runs](#), which contains online maps of the routes for each group. Please try to familiarise yourself with the routes, although you will not be running alone, it's always good to know where you are going! The pace for each group is defined on the timetable. All sessions are preceded by a warm up, and a cool down with stretches at the end.

Costs

Annual Membership runs from April to March. We recommend you include UKA affiliation. **£44pa** includes £14* UKA membership (*from April 2016). Equivalent of **85 pence a week!** **£30pa** – non UKA membership. Second claim athletes are also welcome.

We are the only UKA affiliated club in Eastbourne, benefits of UKA membership include:

- Discounts on UKA sanctioned races, such as Eastbourne Half Marathon
- Online profiles with [Power of 10](#) and [Run Britain Rankings](#)
- 10% discount off full price items at running shops such as [Tempo](#) and [The Tri-Store](#)
- Eligibility to take part in the London Marathon Club ballot

Other Eastbourne Rovers benefits not exclusive to a UKA membership are:

- 10% Discount at [Sportswise](#) clinic
- 15% Discount at [Cotswold Outdoor](#) clothing store – (please email for details)

Please complete a [membership form](#) and hand it with payment direct to Zoe or Russell. Cheques should be made payable to Eastbourne Rovers Athletic Club. If you are joining in the last 3 months of the year, please discuss a pro rata payment with Zoe and Russ (Jan, Feb or March). You can come along and try up to 4 sessions before committing, although you will not be covered by insurance until you have joined.

Kit

All club kit is available from [PB Teamwear](#). We also have limited stock of club vests at the clubhouse if you are in immediate need! We have a preferred head torch, the [Alpkit Gamma](#).

Safety

During winter months please ensure you wear a high-viz top, jacket or bib for you own safety. This is mandatory. We also highly recommend the use of a [head torch](#). Some of the routes are unlit, they also make you more visible to others.

Informal Runs

We regularly meet up at weekends to do longer social or training runs. A lot of us take part in [Eastbourne parkrun](#) every week. A free, 5k timed run. Informal runs are not sanctioned by the club and therefore are not covered with insurance. (Only timetabled runs are covered)

Communication

Website: www.eastbourneroversac.co.uk/roadrun.htm

Email: eastbourneroversroadrunners@outlook.com

Facebook Page: www.facebook.com/eastbourneroversac

Facebook Group (members' only): www.facebook.com/groups/443925259036516

Official information is sent directly via email. We recommend you join our members' only Facebook group for informal, running related chat, organising runs and social events.

Personal Data

Member status and DOB will be shared with a committee within the road running section at the discretion of run leaders and administrators.

Photos from runs, races and club events will be shared in the Eastbourne Rovers Road Runners Facebook group. Members are free to share these on social media.

Important information will be sent via email. Your email address may be visible to other members and interested parties. We endeavour to remove visibility of your email address, we cannot guarantee it. This also applies to potential members who are on the mailing list.

Further Information and Rules

Please see the [Further Information and Rules Document](#).