



Welcome To Mallusk Harriers

New Members

INFORMATION PACK

A warm welcome to you from Mallusk Harriers. Thank you for joining our growing club, a welcoming and friendly club with our roots firmly in the community. We are delighted that you have taken these steps. You will find a club that is determined to do everything possible, to help our members be the best they can be. We are extremely proud of our growing membership and strive to help each and every runner regardless of their ability.

Founded in 2010, Mallusk Harriers is an affiliated club with Athletics NI. Which means you can be rest assured that you will be supported by qualified coaches and volunteers throughout your running journey, turning your training achievements into results on a personal level and on the competition calendar.

We have runners of all abilities, some of our runners are recreational runners and others who compete on a weekly basis even going on to represent Northern Ireland across various disciplines.

In this pack you will find valuable information about our club and more importantly helping you start your journey with us. Remember, each and every member has been in your shoes at some point, so let your adventure begin.

“Right to the line...” as we like to say.

Welcome



Membership



The membership year runs from the April to March. Membership renewals are sent out by the Membership Officer during the month of March as a reminder.

What does my membership include?

Being a member of Mallusk Harriers has many benefits, your membership fees are used in multiple areas, some of the key aspects are listed below;

- Access to coaching and training sessions
- The use of facilities, including The Academy Hub
- Qualifications and insurance of Club Coaches
- Athletics NI member registration
- Entry and travel arrangements to a selection of target club races
- Purchasing of additional training equipment



All members should know:

The Club Code of Conduct

The club Code of Conduct which is sent to all new members and is available from the club's website: http://www.malluskharriers.co.uk/wp-content/uploads/2020/07/MH-Conduct-Consent-Doc-Ref-MHCCVERSION_1.pdf

Who the club welfare Officers are
<http://www.malluskharriers.co.uk/about-us/>

Club Training Safety Guidance

In addition to these key aspects, £10 of your membership fee is used to register you as a member of Athletics Northern Ireland. This registration provides you with an Athletics NI Athlete number which allows you to avail of discounted entries into races (affiliated entry) and to compete in events. This number will be provided to you roughly two weeks after you have completed your membership with the club.

Returning members will have their original number reactivated and do not require a new number. If you don't receive your number within the specified time or if you require this number in a shorter time frame please contact our Membership Office through team app. Similarly if you move from another club, your ANI number will remain the same.



A photograph of two men standing outdoors on a grassy field. Both are wearing blue hooded jackets and bright yellow high-visibility safety vests. The man on the left is smiling and has his arms crossed, wearing black gloves. The man on the right is also smiling. In the background, there are trees and a blurred crowd of people. A red and white striped barrier is visible in the bottom left corner.

It's Your Club
...Volunteers



Our Volunteers, Your Committee



Our volunteers create a fantastic environment for success and development.

The club is supported by a Committee who are elected at the yearly AGM. The committee volunteer their time and meet monthly working on various activities to support the objectives of the club as detailed in our Constitution. Examples of this work include, athlete development, child protection, community engagement, road and cross country event management, sourcing and securing grants and funding to support the ongoing activities in the club, organising coaching structures and training for the coaching team, the health and development of both Junior and Senior sections, maintaining a code of conduct as guided by the club's constitution.

We have a strong committee team made up of club members, you will find details of our current committee team on our club website. The club's committee, which is elected at each AGM, meets once a month and is always keen to hear from members for feedback. All ideas are welcomed. This is a members club and flourishes with each member's support and input.

Get Involved

- The club is administered solely by volunteers and we are always grateful of any help that can be provided. If you have any skills that you feel could benefit the club please feel free to contact the Club Secretary on Malluskharriers@outlook.com.
- You can find a list of our current committee members here: <http://www.malluskharriers.co.uk/about-us/>

AGM

The AGM held in February prior to the start of the new membership year in March (the specific date will be communicated closer to the time). At this meeting many of the key aspects and visions of the club for the upcoming year are discussed and agreed. This meeting is a perfect opportunity for members to contribute in the discussion on how the club is run. We would strongly encourage all members to attend this meeting.

Club Policies

At Mallusk Harriers we are governed by Athletics NI and policy requirements as outlined by Sport NI. You will find all relevant club Policies here, including the Club Constitution.
<http://www.malluskharriers.co.uk/policiesandprocedures/>



Keep In - Touch

It's important to keep yourself informed and up to date regarding Club news and updates. We have several communication pathways to ensure you are kept informed.

Our Club PR Officer is always keen to learn about your running adventures, how training is going and races that you enter. Always keep us involved if you are up to, we love to share your stories. 😊



Important announcements will be communicated by email, these communications will also be posted within Team App. Please make sure we have an up to date email address so that we can reach you about these important matters.



You will find the Club's website at www.malluskharriers.co.uk



Communication is primarily this is done though Team App. When your membership is approved you will receive information on how to access this app. Here you will find latest news, events, newsletters, messaging and much more. Team app is a vital tool for engagement across our members.



You can also follow the club through facebook, twitter and Instagram. These social media accounts are managed by our PR Officer who is always keen to know what you are up to.



The club also has a Strava page if you wish to join.

Club Training*

Our club training sessions are deliberately structured to support individual training plans and improvement. These sessions represent typically what is happening within the racing calendar and structured accordingly.

Club Training for seniors and juniors will be typically as follows, although there might be changes to these occasionally. All members are given a weekly updated on what each week's schedule with any changes are notifications that are relevant to each particular week.

Monday Evening – Coach led Strength and Conditioning Class

Tuesday Evening – Coach Led Juniors Training Session

Tuesday Evening – Coach Led Seniors Training Sessions

Thursday Evening – Coach Led Road Session (multiple distances)

Sunday Afternoon – Coach Led Juniors Session

* Training sessions are subject to change at short due to issues such as COVID-19



Other training and Club links.

Parkrun*

We are a proud supporter of parkrun. Our local parkrun is Valley parkrun which starts at 9:30am every Saturday and you will be guaranteed to meet other club members there.

More information on parkrun can be found here. (insert link)

<https://www.parkrun.org.uk/valley/>

* Parkrun is currently suspended due to COVID-19

Sunday Runday....

Many of the “long runs” use either the Academy Hub or Belfast Playing Fields as a meeting point for the Sunday run. Groups can be heading out on the roads or make use of the excellent trail runs around Cavehill and Divis Mountain.

These runs usually leave between 9:00am and 10:00am. Please verify times beforehand. These long runs are usually coordinated to support training plans for both half marathon and marathon distances.





Supplementary Training

The club will often host specific supplementary training classes throughout the year such as injury prevention, running drills and yoga.

These classes are organised on a regular basis and are communicated to the members ahead of time via the club's Team App(see communication section).

Training Plans

The coaching team will align be aligned to members who would like one on one coaching and support, this includes plans and support, particularly if you are training for a specific even or goal. If you have any queries regarding training please contact our head coach.

Training Tips

- Please wear suitable footwear for the terrain(if in doubt, please speak with one of our coaches)
- Be suitably dressed as we train in all conditions (even a change of clothes if conditions are wet)
- Road Safety is priority (see section on road safety)
- Don't eat a large meal immediately before training
- Bring water, making sure your bottles are labelled
- Always follow the coaches instructions regarding warmups and cooldowns
- Don't attend training if you have an injury or feel unwell



Safety During Sessions

Mallusk Harriers is committed to a safe environment for all athletes, coaches, officials and volunteers. We promote high standards of health, safety and welfare across the club, ensuring compliance with the relevant statutory requirements, and follow guidelines by Athletics NI

<https://athleticsni.org/Athletes/Health-&-Safety>

As a club member your duty is to:

Take reasonable care of your own health and safety and any others who may be affected by what you do or don't

Cooperate fully with the club on health and safety issues

Listen carefully to instructions from your coach and do only what you are instructed to do. Use equipment provided by the club correctly and as instructed by the club

Make sure your emergency contact and medical information is up to date

Wear appropriate High Visibility clothing during Winter Training sessions, particularly during road training sessions

Risk assessments for training sessions are completed by the session coach, Procedures and safe practises have been adopted as a result of risk assessments.



Conduct During Training



During training all members are expected to behave responsibly during training. These are included within The Code of Conduct. If a member fails to act responsibly, they will be asked to leave the sessions. In addition, members are required to follow training etiquette. Participants must follow the Club's Code of Conduct.

On the track:

- Be mindful of athletes around you at all times
- Look both ways before moving across lanes
- If someone shouts 'TRACK', move onto the right (or onto the inside of the track), as a faster runner is approaching and let them pass you safely
- Don't stop suddenly on the track, move to the inside of the track
- Lanes 1 & 2 should not be used for warm ups or cool downs
- Should an athlete be running an effort/timed run and find their way blocked by someone running at a slower pace, they should shout 'TRACK' to ensure the other athlete moves





Road Running Safety

- **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- **Beware of high-risk drivers.** Steer clear of potential problem areas like entrances to parking lots, bars, and restaurants, where there may be heavy traffic.
- **Watch for early birds and night owls.** At odd hours be extra careful. Early in the morning and very late at night, people may be overtired and not as attentive.
- **Mind your manners.** At a stop sign or traffic lights, wait for the driver to wave you through—then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals (as you would on a bicycle) to show which way you plan to turn.
- Remember, you are representing Mallusk Harriers when you are wearing club clothing and kit.

- **Leave word.** Tell somebody or leave a note at home about where you plan to go and how long you plan to be out. That way your loved ones will know to come look for you if needed.
- **Identify yourself.** Run with proper ID, and carry a mobile phone with emergency contacts taped to its back.
- **Pretend you're invisible.** Don't assume a driver sees you. In fact, imagine that a driver *can't* see you, and behave accordingly.
- **Face traffic.** It's easier to see, and react to, oncoming cars. And cars will see you more clearly too.
- **Make room.** If traffic gets heavy, or the road narrows, be prepared to move onto the sidewalk or shoulder of the road.
- **Be seen.** Wear high-visibility, brightly colored clothing. When out near or after sunset, reflective materials are a must. (If you don't own reflective clothing, a lightweight reflective vest is a great option.) And use a headlamp or handheld light so you can see where you're going, and drivers can see you. The light should have a bright LED (drivers see blinking red as a hazard).
- **Unplug your ears.** Avoid using iPods or wearing headphones—you need to be able to hear approaching vehicles. If you do use headphones, run with the volume low and just one earbud in.



Junior Section

As an athletics club, we're committed to creating and maintaining the safest possible environment for children, young people and vulnerable people to practise athletics.

We'll do this by:

Recognising that the participant's welfare is paramount

Ensure participants train and compete in an enjoyable and safe environment whatever their age, culture, disability, gender, racial origin or religious belief

Recognising that adults at the club have a duty of care for these participants to protect them from bullying and undue pressure in training and competition

Ensuring that all volunteers are trained and compliant

Responding Swiftly and appropriately to all suspicious and allegations of abuse, providing a point of contact for parents and children to voice any concerns they may have.

Ensuring the Club Safe Guarding Policy is reviewed and updated as appropriate

All coaches are Access NI Cleared and have completed SafeGuarding training.

Parents – you must make arrangements for your child/children to travel safely to and from training and competitions. You must ensure that your child arrives on time and that you stay at the facility for the duration of the session/competition.

All club policies can be found on our Club Website.



Competition and Races

Time to set that PB

Competition and Races

The club has a great history of competing at the top levels in athletics. Many of the club recent achievements can be viewed on our list club records. As a club we encourage all of our members to engage in competitions whether this is an individual or as part of a team to continue to add to our great history.

Throughout the year as a competition approaches communications will be shared asking for members to participate. The club often provides transport and subsidies entries to selected races to encourage members to represent the club.

Although competing for the club is encouraged it is entirely voluntary.





Road Racing Season

Larne Half Marathon in March is considered locally as the start of the Road Season. The Club has it's own road race – The Mallusk 5 Mile which takes place on the first Friday in August. This race has fast become one of most popular races during the summer months.

Cross Country Season

The Athletics NI Cross Country league runs from September to March across various locations in Northern Ireland. Mallusk Harriers hosts a Cross Country event during January. The Mathieson Cup has become a firm favourite with Cross Country Runners. Cross Country has become a great team event across all age groups across the club.

parkrun

Our local parkrun is Valley parkrun which starts at 9:30am every Saturday and you will be guaranteed to meet other club members there. More information on parkrun can be found here. (insert link) <https://www.parkrun.org.uk/valley/>

Parkrun is free to join and is a fantastic for goal setting and training

Community Engagement

C25k

Mallusk Harriers run an annual Couch to 5k scheme. Entitled Run Newtownabbey, the scheme runs from May to July. Since its inception over 500 local runners have begun their running journey. Many of these participants have progressed to join the club.

Charity Partners

Our Current charity partner is Lighthouse. A local charity Lighthouse provides counselling and support services for people living with depression, suicidal thoughts or bereavement. If you would like to find out more about Lighthouse, their website can be found here: <http://lighthousecharity.com/>



Club Affiliations



24 in 24

Formed as a Charity Project, we have supported the running adventures of 24in24, with many of our members taking part to raise lots of much needed funds for a variety of charities



Athletics NI

As an affiliated club to Athletics NI you are assured that their governance provide you the benefit from qualified coaches, compliance, as well as social friend



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Brown Shoes Triathlon Club

Our sister triathlon club, we have strong links with this club and see many of our members go on to complete their first triathlon under the guidance of this club.

