

## **Club Guidance**

### **Club Etiquette & Supporting Activities**

We encourage all members to actively support club events and activities. This includes:

- Volunteering at races and training sessions.
- Attending club meetings and social events.
- Supporting fellow members at races and challenges.
- Promoting a welcoming and inclusive environment.

Participation and support are key to maintaining a vibrant and connected club community.

### **Troon 10K**

Our annual Troon 10k is the biggest event organised by the club, and its success depends on the commitment of our members to ensure the event runs as smoothly as possible ensuring Troon continues to recognise this as a credible and professional event.

Expectation is that current club members do not participate in the event itself but instead commit to supporting the event as part of the Troon 10k sub-committee which is set-up to oversee organisation and management of the event or supporting the set-up and running of the event itself e.g. marshalling, registration, clearing-up.

Some exceptions to member participation may be granted e.g. to new members or if the race is part of the official Ayrshire championship series. Where exceptions are granted members should aim to provide at least one substitute family member, friend or other to support the running of the event.

All members are encouraged to run the Club 10k event which takes place over the same 10k course shortly before or after the public event. All members will receive the same race merchandise e.g. t-shirt as those competing in the main race.

### **Target Races**

At the start of each calendar year the Board or relevant sub-committee will select a series of “target” races. These races will be selected to encourage as large a number of members to participate as possible to help foster team spirit and social cohesion among members.

For the selected races the committee may arrange transport to and/or from the event and/or agree that the club will fund the cost of transport to the event.

In determining whether to fund the cost of transport to any event the Board or relevant sub-committee will look to ensure value for money and consider a range of factors including the distance to be travelled, the number of club members participating as well as the cost of coach or other form of travel.

## **Team Relay Events**

Team Relay events are a great way to build and foster team spirit. To encourage participation the Club will consider contributing to the entry fee of any member of a Troon Tortoises team at team relay event. The entry fee of any member participating in a cross-country relay team will be paid in full. Other contributions will be considered on a case-by-case basis.

## **Club Awards**

Full members will be eligible for the following annual awards. There are separate categories of each award for men and women.

- Road Racing Champion
- Age-graded award
- Cross-country
- Hill racing
- Ultra marathon

The criteria for each award are detailed in a separate document available on the club website.

The Club also runs an annual Christmas Handicap race the date and rules of which will be agreed by the Board or relevant sub-committee and notified to members in advance. The aim of the Christmas Handicap is to provide all members with an equal chance of winning the award irrespective of ability.

Each year the President's Award is given to the member or members who in the opinion of the President have made a significant contribution to the club.

## **London Marathon Club Place Allocation**

The club is allocated a place in the London Marathon. To ensure fairness and transparency, the following criteria will be considered when selecting a member to receive the place:

- Must have entered London Marathon ballot in current year and been rejected.
- Must be a fully paid-up member of the club and have been an active member of the club for 1 full year.
- Demonstrates regular participation in club activities (e.g. training sessions, volunteering, racing).
- Has not received a club place previously (unless no other eligible members apply).
- Will represent the club positively and uphold its values during the event.

All members wishing to participate in the club ballot for the marathon place must forward their rejection e-mail to [secretary@troontortoises.co.uk](mailto:secretary@troontortoises.co.uk) by a date to be communicated in advance.. All eligible entrants will be put in ballot and drawn at Club Awards evening.

If a member who has entered the club ballot subsequently receives a place in the event e.g. good for age or charity place they must inform the [secretary@troontortoises.co.uk](mailto:secretary@troontortoises.co.uk) prior to the ballot taking place and will not be eligible for the club ballot.