



**NOTFAST**

RUNNING CLUB

# Welcome Booklet

# NOTFAST Running Club

NOTFAST was founded in 1986 as a veterans running club. In 2016 membership was opened up to anyone over the age of 18. There is no upper age limit; we have active members in their 70's.

The club is suitable for runners of all abilities. You will be welcomed whether you wish to compete in races, run as part of a team or just enjoy running as a way of keeping fit. The club also has a small group of walkers many of whom are long standing members who no longer wish to run but choose to continue their membership with the club.

NOTFAST holds its annual flagship 10km event each July. The event venue is the Newark Rugby Club, the run follows a route starting and finishing in the grounds of the rugby club. As we are a small club and wish to promote a high class event we request NOTFAST members to forego running the event to marshal.

Please use our website for further information:

[www.notfastrunningclub.co.uk](http://www.notfastrunningclub.co.uk)

## Affiliation

NOTFAST is affiliated to all the major athletics bodies, which include England Athletics, Notts AAA and the Long Distance Walking Association.

## Club meetings

The club meets twice a week on a Tuesday and Thursday evening at 7pm.

- On Tuesdays we meet at Tom Mann Pavilion, off Valley Prospect, Newark NG24 4RZ  
A short meeting takes place prior to running to share information and to congratulate the achievements of members in events recently completed.
- On Thursdays we meet at Flowserve Sports and Social Club, Off Hawton Lane, Balderton, Newark. NG24 3EN  
Showers, changing facilities and a bar are available for members to use.

During the summer months we take advantage of the light evenings by using venues in rural locations. Stapleford Woods, Kelham Hills, River Trent and Whisby Nature Reserve. Details of any changes to venue are given in advance on the training plan, in the weekly newsletter, on the Facebook Closed Group and at the Tuesday evening meetings.

## Club Kit

A range of club kit is available to order, vests, long and short sleeved t-shirts, sweatshirts, hoodies, over trousers, woolly hats and running jackets. Please place your order with Alan Fisher: [alan.fisher488@btinternet.com](mailto:alan.fisher488@btinternet.com)

**Note: When representing NOTFAST running club we request that you wear the official NOTFAST vest/t-shirt.**

## Social Activities

Alongside our weekly training there are other social events organised for members and their families, for example

- Bacon butty runs, these are held on a Sunday morning. A variety of runs between 5 and 12 miles are offered followed by bacon butties cooked by club members. Family are invited to take part.
- Memorial Run, this event is open only to club members and is held on a Tuesday evening in May. This is a 5 mile run that is run in memory of those members who are sadly no longer with us. Members are encouraged to contribute to a bring and share buffet.
- Christmas treasure hunt is organised by Stuart and involves members searching for clues around Newark.
- NOTFAST annual awards presentation is held annually in early January. A 10km is organised followed by presentations to club members for their efforts and achievements throughout the previous year. Members are encouraged to contribute to a buffet that is shared following the presentations.
- Lake District weekend, usually organised to take place in May. This annual event is organised by Stuart, the weekend involves mainly walking although runs are organised for those wishing to take part. Members are encouraged to share travel and accommodation.

## Team/running events

NOTFAST regularly have teams taking part in different events.

- The Summer League is a series of 5 events held over 5 months between April and August. A male team requires 4 runners and a female team requires 3 runners. Team members can change from race to race. NOTFAST running vests **must** be worn. Those members completing the whole series of 5 are presented with a medal at the NOTFAST annual award presentation.
- East Midlands Cross Country League is a series of 4 or 5 events held over 4 months between November and February. The distances vary with the maximum being approximately 5 miles; female competitors run a shorter distance. Team members can change from race to race.

Those members completing the whole series are presented with a medal at the NOTFAST annual award presentation.

- Adidas Thunder Run, since 2009 NOTFAST running club have entered teams into this 24hr relay. Team sizes vary from 8 to running solo. Each lap is 10km, off road, following trails and footpaths through Catton Park in Staffordshire from midday on Saturday till midday on Sunday in late July. This challenging event has been enjoyed by both runners and supporters.
- Ponton Plod is supported by NOTFAST running club although not a club event. Members offer their help and some take part in the event. A choice of distances to run/walk, food and drink at the checkpoints and at the finish.
- NOTFAST running club has supported Newark Parkrun since it started in June 2013. This is a free event for runners and walkers of all abilities over a distance of 5km. The parkrun is held at Sconce Hills every Saturday at 9am. Register at [www.parkrun.org.uk/newark](http://www.parkrun.org.uk/newark)

## Useful information

- Please remember to wear your NOTFAST running vest when representing the club.
- All members are registered with UKA and can claim a reduced fee when entering most races. Registration to UKA is carried out annually in April by Kate; new members can be registered at any point during the year.
- Please ensure your results are emailed to Simon Lock [notfastresults@gmail.com](mailto:notfastresults@gmail.com) before Monday lunchtime following the event.
- Please advise Kate Fisher (Secretary) if any of your personal details change.
- Ann Manley distributes a weekly newsletter to keep everyone up to date; if you have notices you wish to include please contact Ann: [ann@manleys.plus.com](mailto:ann@manleys.plus.com)
- The Lincolnshire Runner on High Street, Lincoln offers all members 10% discount on non-sale items. Gait analysis is offered for a small fee which will then be refunded when you purchase a pair of trainers, please call Keith to make an appointment 01522 523326.

## Running Terms

Bumps	These are carried out over Lincoln Road bridge in teams. Each team member takes a turn leading the rest of their team over the bridge at their fastest pace. No-one can pass the lead runner.
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Cool down	Slower paced running, jogging or walking, plus stretching activities. This is to ensure that muscles are loosened and to help alleviate the build up of lactic acid.
Ducks and Drakes	Small team of similar ability run behind each other in line at a steady pace. The runner at the back overtakes the whole team to become the lead runner returning to a steady pace. The process is continually repeated to ensure that each runner gets the opportunity to make short bursts of effort.
Efforts	To run as fast and as hard as you can for a set period of time or distance.
Fartlek	“Speed Play” is Swedish, describes variable paced running, a mix of jogging/slower running/ running at a moderate pace and short fast bursts of running.
Intervals/interval training	Alternating short; fast repetitions with slow jogging (recovery) intervals.
Negative Split	Completing the second half of the race faster than the first half.
PB	Personal best time for completing a race of the same distance.
Parlauf	Pair running, two runners take turns to set the pace
Pyramids	All start at the same point and run with effort to a predetermined landmark, then steady run back to the start. Landmarks will be slightly further apart each time. At the furthest landmark runners will come back in the same way finishing with a shorter distance.
Recovery runs	Slow to moderate running to recover from hard workouts or races.

### Committee contact details

<b>Role</b>	<b>Name</b>	<b>Telephone number</b>	<b>Email address</b>
President	Andy Watts	01636 706119 07904 243268	<a href="mailto:andrew.watts97@btinternet.com">andrew.watts97@btinternet.com</a>
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Vice-President	Stuart Ashley	01400 281580 07771 813514	<a href="mailto:stuartashley47@btinternet.com">stuartashley47@btinternet.com</a>
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