

NEW SENIOR MEMBERS INDUCTION PACK

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WELCOME TO EAST DOWN AC

MESSAGE FROM THE EDAC COMMITTEE

On behalf of the East Down AC Committee, a very warm welcome to you.

We are elected annually to manage the Club and our aim is to provide a welcoming, friendly, and successful athletics club for our senior and junior members, creating an atmosphere for the enjoyment of athletics by runners of all ages, standards, and backgrounds.



We hope that you find this induction pack useful. It has been created to provide you with some key information to help get started as a new member of the club.

Best wishes,

East Down AC Committee (Email: info@eastdownac.co.uk)

MESSAGE FROM MARTIN WILLCOX, CLUB CHAIRMAN

On behalf of everyone at East Down Athletics Club I would like to welcome you and thank you for deciding to join/rejoin us.

I joined East Down AC in 2012 after arriving from England. My wife pointed me in the direction Mr Joe Quinn (MBE) and his happy band of runners and this was the best move I could have made. I had been running for many years and had always found that running with a club brings out the best in each runner. Teammates will encourage and motivate you, share their knowledge and give you someone to train with.

East Down AC is a friendly, family club with a strong Senior and Junior section. The club has members competing in many different events, from parkruns to mountain races, from 5 and 10K to marathons - all standards and goals are catered for. I love doing team races with the camaraderie that the club brings to these events. I hope to see you soon at training or at one of the many events East Down AC takes part in.

I know you will enjoy being a member of our great Club.

Keep it lit,

Martin Willcox

EDAC Chairman 2022



MESSAGE FROM JOE QUINN, HONORARY EDAC LIFE MEMBER

Dear New Member,

Hello and welcome to the friendly surroundings of East Down Athletics Club (EDAC). You have made an excellent choice by joining an athletics club and even more so by choosing EDAC, where I believe all your aims and objectives in the field of athletics can be realised. I was one of the founder members of this family-oriented club and wish to say that I have never regretted it or any of the subsequent years I have spent as a member, ever since.

After I took up running in 1984, I had no intention of joining a Club, feeling that I could do as well on my own without the expense or responsibility of having to perform to someone else's beat, as I envisaged joining a club would mean. I was only concerned with improving my times at the 10K and Marathon distances. And anyway, I was not very good and thought I'd only be embarrassed by, or embarrass, the "elite type athletes" I'd assumed I would meet and be in competition with, in a club environment.

However, I ultimately came to realise that being in a club would enable me to ask about and rely on, not only the experiences of other athletes but also that I could possibly find someone of a similar ability to train with. So, I went along to the inaugural meeting, way back in September 1987, of what was to become East Down Athletics Club and the rest, as they say, is history. (Too long a story to burden you with here but if ever you want to know about any aspect of it then please get in touch with me by email at jaykwin69@gmail.com).

So, your decision to join us will, I believe, help you not only to achieve whatever you want to in the field of athletics, but also benefit us by sharing your experiences as you participate in the activities of the Club.

I know that you will be most welcome by all current members and we look forward to getting to know you and hopefully, assisting you to achieve your aims, as a member of our wee club!

Yours in friendship,

Joe Quinn

Honorary EDAC Life Member



CLUB HISTORY

East Down Athletic Club was founded in 1987, following the winding up of the Leisureside AC which had operated out of Down Leisure Centre, and included many of its members in the first few years of its existence. The old club had a strong senior membership at that time which had competed with distinction in road and cross-country races and continued to do so under its new title. The simple and stated objective of the new club was to promote the sport of athletics, including Track and Field, Road and Cross-Country running. The club affiliated to the Northern Ireland Athletics Federation, now Athletics Northern Ireland (ANI).

The driving force behind the new Club was Jimmy Murray who became its first Secretary and he set about establishing the Club as a major force in NI athletics by developing the youth of the area, but with the emphasis now much more on the Track and field elements of the sport. Through his position as a teacher in St Columba's College in Portaferry he had access to a huge pool of talent in the Ards Peninsula and many of his early training successes came from that area.

He also drew heavily on the East Down area as a whole and unearthed great talent in the Castlewellan and Newcastle areas as well in Ardglass, his hometown, and Downpatrick, with other notable additions from Newry and the South Down area.

He was also a founder member of the Northern Ireland Young Athletes League which sought to provide children aged from 11 to 17 years with competitive opportunities in all track and field athletic disciplines. This despite the absence of any dedicated athletic facilities in the district, the nearest proper track being the Mary Peters Track in Belfast. Training took place in local schools or their playing fields, by permission of sympathetic principals, or at the all-weather pitch at Down Leisure Centre or on the roads around Downpatrick, Summer and Winter. Yet several of those early members went on to achieve international recognition and the Boys Under 15 record in the 1500 metres, set in 1995 and the Girls Under 13 records at both 100 and 200 metres, set in 1996, still stands.

After Jimmy's untimely demise in 1998 junior membership dropped dramatically as his pivotal influence through the schools disappeared.

By 1997 senior membership had all but disappeared, due to the retirement through age or injury of most of the founder members, apart from one or two diehards who persisted with active participation after attaining veteran status.

By publicising our existence through the NI Schools competitions and the Golden Cow Youth Games membership of the club slowly picked up as talented and interested youngsters sought to further their athletic ambitions.

Membership, which is drawn from every area and background has steadily increased over the years and training nights regularly saw 40/50 youngsters (primary 5 to aged 18 though most in the 11 to 16 category and of both sexes) in attendance, thus enabling the Club to participate with distinction once again in Cross Country races and Track and Field events in the Young Athletes League. Training continued at DLC during the Winter and at Down High School during the Summer months.

In 2003 the Club became the first athletic club in NI to be awarded Goldclub status in the Junior Club Quality Accreditation Scheme administered by the NI Sports Council.

CLUB PREMISES

However, the Club had never had a place it could call home, and while the officers of the Club retained a burning ambition to find a premises nothing was being done actively to find a building which would meet the requirements. As so often happens in this sort of situation it was a chance remark by Joe Quinn when speaking to Gabhan MacConvey, a Senior Officer with Action Mental Health, that led to the discovery that a former workshop which belonged to the AMH had become surplus to requirements and was in the process of being cleared of accumulated rubbish and unused furniture. It was suggested that if we wanted to inspect it with view to leasing for a nominal rental sum it might well suffice as a HQ for EDAC. As soon as the officers of the Club saw the extent of the premises on offer it was clear that the club should to all out to ensure that it became their home. Initially, a 3-year agreement was signed for the period 2015-2018 which has been subsequently reviewed and extended.

The premises were officially opened by Gary Keenan, President of Athletics Northern Ireland (ANI) in March 2015 and they remain the envy of most other athletics clubs in NI.

CLUB MANAGEMENT

The management and running of the Club is voluntary. Over the years fundraising has not been a major concern, even with the lease and upkeep of the Club rooms, overheads are generally low, the most significant costs being for the hire of other venues for training and entry fees and transport to and from races and events. The main source of income is through membership fees and the nightly charge of £1 for attendance.

MEMBERSHIP INFORMATION

Copies of the Membership Form can be downloaded from the club website (<https://www.eastdownac.co.uk>) and sent to the Membership Secretary. Fees as below are payable by bank transfer (bank details available from the Membership Secretary).

Your ANI Registration will only be reactivated on the receipt of fully filled in forms and correct fee. ANI membership runs from **1st April to 31st March each year**.

In a bid to reduce the burden of administration there will be a **late fee (£10)** applied to returning members after **30th April**. This does not apply to new members or those who were not members the previous year.

ADULT		£35
JUNIORS (under 18 years old on 1 April) (additional sibling £10)		£25
Family (Option 1)	For 2 x ADULTs	£60
Family (Option 2)	For 1 x ADULTs + 1 x JUNIOR	£45
Family (Option 3)	For 1 x ADULTs + 2 x JUNIORs	£60
Family (Option 4) Please contact Membership Sec for details	For any larger family group than above	ANI fees + £10
Race Only (Juniors)	Please contact Membership Secretary for details	£10

BENEFITS OF EDAC MEMBERSHIP

There are several benefits that come with being a member of East Down AC. A few of these are outlined below:

- Registration with Athletics Northern Ireland [ANI]
- Reduced race entry fees in ANI events using your ANI Registration Number
- Free or subsidised transportation to events when an EDAC coach is arranged
- Insurance cover through ANI Registration

- Free entry when participating in approved Team events on behalf of the Club
- Purchase of Club kit at a subsidised rate
- Membership of Down Council's Leisure facilities through a corporate membership at a reduced/club rate (T&C apply)
- 10% Discount with a purchase at Pure Running (formally Up & Running).
- Other discounts available at this link <https://athleticsni.org/Clubs>

CHANGING CLUBS

If a member of an existing club wishes to join East Down AC, the individual concerned must resign from their original club in line with Athletics Northern Ireland guidelines. A copy of these guidelines can be found at <https://athleticsni.org/Clubs/Athlete-Transfers>.

Once the individual has alerted us that they have resigned from their previous club, we will contact Athletics NI on their behalf in order to complete the transfer process. For more information regarding this process, email our membership Secretary at membership@eastdownac.co.uk.

CLUB KIT

All members representing the Club are asked to wear club colours ie a club vest of the most recent design or a club t-shirt if preferred.

East Down AC have commissioned **Fastrax** to supply vests (held as club stock) and **Teamwear Ireland** for all other kit.

For running **VESTS** see the [Membership Secretary](#). Prices are:

- **Running Vest (Senior)** = £15
- **Running Vest (Junior)** = £10

All other running kit such as tracksuits, rain jackets, t-shirts, hoodies, shorts, kitbag etc can be ordered directly through Teamwear Ireland's Website (<https://www.teamwearireland.com/east-down-athletics-club-2021-1041-c.asp>).

Teamwear Ireland are happy to facilitate anyone visiting their showroom directly to try on the club kit prior to placing an order. Their showroom can be found at <https://www.teamwearireland.com/contact-us-2-w.asp>.

Anyone placing an order, especially those with personalised initials on the garment should note Teamwear Ireland's Returns & Refunds policy (<https://www.teamwearireland.com/returns-policy-1050-c.asp>).

- You may return any item within 14 days in its original condition for a full refund of the price you paid for the item.
- Returns for personalised product will only be accepted if the personalisation is incorrect from the receipt of order or if the product is faulty.
- Once a name or number has been printed on a shirt, we cannot offer a refund or exchange unless the shirt is faulty.
- As all our items are ordered in specifically, any returns we accept that are not faulty will be subject to a 15% re-stocking charge.



CLUB COMMUNICATION

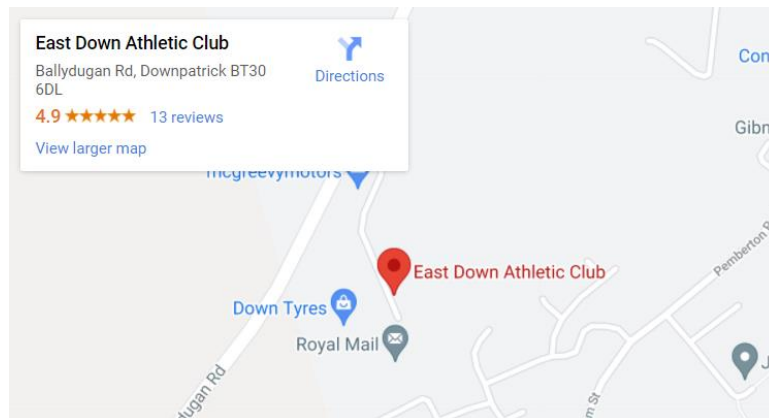
To keep club communication as straightforward as possible there are several communication channels that East Down AC use to keep members updated on relevant club information.

- **Email** (info@eastdownac.co.uk) – All key information that club members need to be aware of shall be communicated via email. Please add our email address to your contact list to ensure messages are not caught in spam filters.
- **Club Website** (<https://www.eastdownac.co.uk/>) – Full of useful information related to the club, including the **Weekly Club Newsletter**.
- **Facebook** (<https://www.facebook.com/jimmy10k>) – The East Down Athletics Club Facebook page is updated regularly with information regarding training, social and other relevant athletics information. Like and follow the page to keep updated.
- **WhatsApp & Facebook Messenger** – The EDAC Chat Groups have been set up to allow club members to discuss club activities, find training buddies for runs etc. Contact the [Membership Secretary](#) if you would like to be added to these groups.

TRAINING

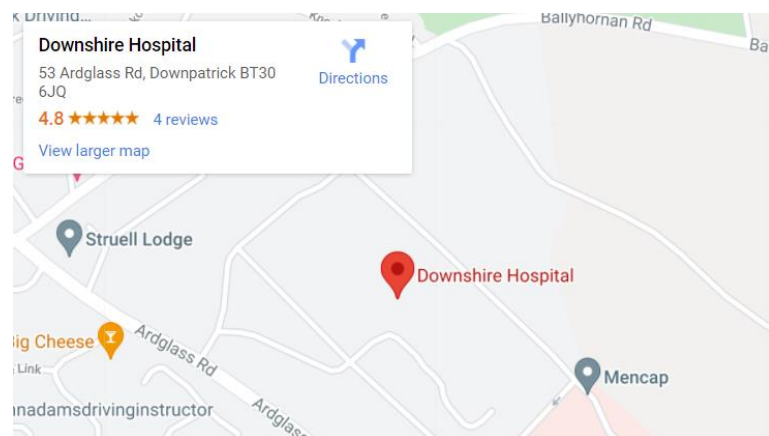
The club typically runs the following coached training sessions each week. Please refer to club communication channels for latest updates as this schedule is subject change (for example due to weather or Covid-related government guidelines).

Monday: 7pm Clubroom Car Park. This is traditionally an easy/recovery run day as some club members will have completed their longer run during the weekend. It is a good session for new joiners to get started or for anyone coming back into training after an injury.



Google Maps: <https://goo.gl/maps/WZMLutY2E3yJZoyB9>

Thursday: 7pm Downshire Estate - Meet at the back (police station). After a 15 minute warm up there will be a re grouping to begin the session. Please contact Paul Burns (07890 556 976) for details. Sessions are posted in 6 week blocks - [Here](#)



Google Maps: <https://goo.gl/maps/axth8o8Czica6eSB6>

COMMON RUNNING SESSION TERMS

Easy Run

Conversational pace - aids recovery and aerobic fitness.

Long Slow Run

Conversational pace. You should complete your longer runs at this pace. It can feel unnatural to run slightly slower at the start, but it is better to hold back initially and last the required distance.

Tempo Run

Comfortably hard pace (you could speak a few words if you had to!). The pace you could maintain for a 60-minute race. Up to 90% of maximum heart rate.

Progression Tempo

Example 1 - Individual's Tempo pace is 6:00 mile pace then session will be 10 mins @ 7:00, 10 mins @ 6:45, 10 mins @ 6:30 pace

Example 2 - Individual's Tempo pace is 8:00 mile pace then session will be 10 mins @ 9:00, 10 mins @ 8:45, 10 mins @ 8:30 pace

Interval Pace

Fast (but not all-out) pace, 85% to 98% of maximum heart rate. Slightly faster (e.g. 15 seconds per mile) than 5K race pace.

Strides

These are about 100m accelerations where you start at a jog, build to about 95% of your max speed, and then gradually slow to a stop. One stride should take you about 20-30 seconds depending on your ability.

COACHING

All East Down AC coaches have a coaching qualification from Athletics NI (or equivalent governing body). The Club Committee, on behalf of all members would like to thank all club coaching staff for providing their time and experience to the club on a free, voluntary basis.

The Club Committee ask all members to always show respect to coaching staff. They are there to ensure club sessions are conducted with safety in mind as well as providing guidance and coaching supporting to members.

Please contact a member of the coaching team ([are we listing coaches for names to contact?](#)) or a [member of the Club Committee](#) if you would like to be considered for a future coaching or leadership role within the club.

CLUB COMMITTEE MEMBERS

The club elected officers are outlined below. The committee can be contacted by raising an email to info@eastdownac.co.uk.

Position	Name
Chair	Martin Wilcox
Vice Chair	
Club Secretary	Samantha Anderson
Treasurer	Tom McClean
Membership Secretary	Maureen Kelly
Competitions Secretary	Barrie Atkinson
Coach Coordinator	Peter Morgan
Men's Captain	Seamus Savage
Ladies' Captain	Sharon Madine
Child Protections Officers	Paul Burns, Patricia Kearney
Induction Officer	Marguerite Robinson
PR/Website Coordinator	Alison Carroll
Club Kit Coordinator	Nuala Taylor
Entertainments Officer	
Race Director	Jimmy's 10 Committee
Co-opted Members	Joe Quinn, Paul Burns, Stephen Heasley

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

(A Questionnaire for People Aged 15 - 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the boxes below.

- If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start.
- If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

	Yes	No
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had chest pain when you were not doing physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem (for example: back, knee, or hip) that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing you drugs (for example: water pills) for your blood pressure or heart condition?		
Do you know of any other reason why you should not do physical activity?		

If you answered YES to one or more questions...Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions in which you answered YES. You may be able to do any activity you want - if you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow her/his advice. Find out which community programs are safe and helpful for you.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can... 1. Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go. 2. Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your BP is already over 144/94, talk with your doctor before you start becoming much more physically active.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Signature _____ **Date** _____