



**BRJ RUN AND TRI
CLUB**

Membership Booklet

2015 - 2016

BRJ RUN AND TRI COMMITTEE 2015 – 2016

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BRJ RUN AND TRI CONTENTS

BRJ Run and Tri—Introduction to the club	4
Chairman's welcome	5
BRJ website	6
Training Sessions	7
Running with BRJ	8
Tri Section and Duathlon race	9
Junior Section	10
BRJ Club Running Races	11
Club Championships	12
Multi Sports Championship	14
Huntingdon park run	16
Frostbite League	17
Club charity	18
Fundraising and social events	19
England Athletic	20
Member benefits	21

BRJ RUN AND TRI YOUR CLUB

Formed in 1988 as BRJ Roadrunners, we are affiliated to the County and England Athletics and the British Triathlon Federation. In 2012 the club changed its name to incorporate the triathlon section to become BRJ Run and Tri.

Members range from age 7 to over 75, fast to slow, beginners to experienced. Whilst most members take part in organised races from 5k to marathons and triathlons of varying distances, there is no compulsion to race. Many join us on club activities to find new routes, make friends, get fitter and for the sheer enjoyment of running, swimming or cycling.

What BRJ offers...

- Regular training sessions for running, cycling and swimming
- Summer open water swimming at Hinchingsbrooke Country Park Lake
- Beginner running course
- Active social schedule: BBQs, Christmas parties, quiz nights
- A chosen charity of the year: Each year club members nominate a charity to support, most years we raise about £5000
- Club Championships: Selected running and multi disciplinary races encourage self development and friendly rivalry. The Championships are scored to take account of age and gender.
- Frostbite Friendly League: A winter league consisting of six running events between October and March. BRJ has competed since its launch in 1988.
- Races— a 5 mile, 10k (both with junior runs) and a duathlon

Minutes of the AGM, regular committee meetings and Club constitution can all be found on the website, under the About us tab, club documents.

Code of conduct

All members are expected to abide by the Club Constitution and Code of Conduct which can be found on the website. Becoming a paid up member implies acceptance of these terms.

BRJ RUN AND TRI CHAIRMAN'S WELCOME

Welcome to the BRJ Members Booklet. I hope that if you are a new to the club, or have a long association with it you will find lots of information which will help you get the most out of your membership.

As you may know the club started with a few friends with a shared interest in running, meeting at the car park of the BRJ Social Club, before going off for a run together. From those early beginnings the club membership has grown and its activities extended beyond running to cycling, swimming and combinations of all three. However the simple philosophy of those first few members continues to be the guiding principle of the club, "running together is more fun than running on your own".

So we welcome everyone to share our enthusiasm for our sport of running, duathlon and triathlon. In the club you will find companionship, encouragement and some very loud cheering as you face down your challenges at the finish line. We celebrate success in its many different forms from trying to lift trophies to just trying to lift your heels. We recognise in each of us, the aspiration, the exertion and the triumph involved in achieving a goal.

We also provide a structure and knowledge which can frame your training and your progression in your sport. Our coaches in running swimming cycling and triathlon will guide you along your development as an athlete.

Over recent years our Junior Section has grown in popularity and the club takes great pride in the children having fun and enjoying the training and challenges available to them within their club.

In this booklet you will find an extensive range of activities taking place within the club. We have also developed experience in organising races, Duathlon, Frostbite and other running races. All this is achieved by members willing to give their time and energy to the club. This is what makes the club excel and I wish to pay tribute and give thanks to you all.

As a club we too wish to get better, try harder, and go further. So please take the opportunity to pass on your thoughts and ideas to me as chairman or to any of your committee members.

Bastini, Rigden and Jacques were the three men who gave their names to the club. The acronym that reflects the club at its best is, I think, Busy, Resilient and Joyful.

GO BRJ!
David Newton
Chairman



BRJ RUN AND TRI BRJ WEBSITE

The BRJ website has a wealth of information on it that is steadily growing. Please take a few moments to explore. You can

- Check upcoming training activities
- Check upcoming races
- Mark yourself as participating in a race
- Update your race results
- Order club kit
- Check for upcoming social events
- View club documents such as committee meeting minutes, AGM minutes, club constitution

To do this you must register on the website. On the home page, click on register and follow the instructions. To avoid the world and his dog trying to register, each user is moderated, so you need to wait for one of the moderators to approve you. After that you are able to mark yourself as a race participant or update your results.

To do this, go to Diary and click on upcoming races. Click on the race you are going to participate in, then click on the green 'I have entered this race button'. If you are no longer taking part in that race, go back to the same page and click on the red 'I am not longer taking part' button.

When you have done the race go back to that page and click on the update button beside your name to enter your results.

If the race you are entering is not there, contact Alice Noyes who will add it for you.

If you have any queries regarding the website contact Alice Noyes or Bren Vaughan.

BRJ RUN AND TRI TRAINING SESSIONS

BRJ run and Tri offers a variety of training sessions each week. These are subject to change, and full details are on the website. For some sessions a small additional fee is charged and booking is essential. All sessions take place at Hinchbrook School unless otherwise stated on the website.

Monday: Club run 7.00pm (pace approx. 8 – 10.30 min/mile, ave 6 miles)
Indoor swimming 8pm (£5/session or £32 /8)

Tuesday: Club run 7.30pm (pace approx. 7 – 9.5 min/mile, ave 7 miles)

Wednesday: Junior Section 6.30pm
Track Session 7.30 (£30 / annual track pass May–April)

Thursday: Club run 7.30pm pace approx. 7 – 9.5 min/mile, ave 7 miles)
Cycling (Summer only—see website / facebook for details) a choice of a cycle ride at the pace of the slowest, with a pub or fish and chip shop stop (suitable for road bikes only, helmet and lights compulsory)
Or a Brick session (cycle / run) again road bikes, lights and helmets

Friday: Open water swimming 6.00–7.30pm (summer only)

Sunday: Cycling— a monthly organised social ride and generally there is a group going out most Sundays by arrangement,

BRJ RUN AND TRI RUNNING

The BRJ Run and Tri Club aims to provide training sessions catering for all abilities and all ambitions. Training runs are a mixture of steady runs, effort sessions (hill work and/or sprints) and tempo runs.

Club nights

The Club holds training sessions as follows:

Mondays 7pm

Tuesdays and Thursdays 7.30pm

Wednesdays 7.30 Track session at St Ivo Outdoor Centre, Hillrise, St Ives PE27 6SJ

Unless otherwise stated on the website, runs start from the top car park at the school near the Lower Entrance gates. (During the summer and whilst building work is ongoing, we will not be meeting at the changing rooms near the Pavilion café)

Beginner Groups

We will hold at least one beginner course each year, however runners are welcome to join us at any time during the year.

London marathon

As an affiliated member club of England Athletics we are allocated a number of places in the London Marathon each year. These are distributed to club members through a ballot. Eligibility criteria will be emailed out to Club members and will be on the website.

Club kit

The Club has a selection of running tops and Tri kit available for members to purchase. Club members must wear club kit when competing in any competitive event, unless the member is running for a charity. Club kit is mandatory for participation in the Frostbite Friendly League.

BRJ RUN AND TRI TRI SECTION

The Tri section of the BRJ Run and Tri Club aims to provide training sessions catering for all abilities and all ambitions. Throughout the year there are coached swimming sessions at the indoor pool at Hinchingsbrooke School and in summer we hold open water swimming in Hinchingsbrooke Country Park lake. Cycling is organised by Club members on Thursday nights and weekends.

Training

Monday Indoor swimming 8pm (£5/session or £32 /8)

Thursday Brick session (cycle/run) Summer only, depending on availability of organisers or Nite on the Bike—cycle ride of approx. 30 miles.

Friday Open water swimming in Hinchingsbrooke Country Park Lake, 6.00pm to 7.30. See website for more details and code of conduct. Summer only

Events

The Tri section organises a duathlon (bike and run) in the autumn. Full details will be emailed to club members and will be on the website. This event is put on by members of the club and we do ask that members help out with setting up and dismantling, marshalling and any other way they can.

Duathlon is a run-bike-run event (5k-20k-2.5k) which is also aimed at novice athletes who want to start competing in duathlons and triathlons. The race is held at the Village Hall, Abbots Ripton near Huntingdon. The route for the run is an out and back, flat course, incorporating private farm tracks. The bike route is based around quiet country roads, a mixture of fast flat roads and some nice hills to get you out of your saddle. All abilities are welcome and you can use any bike, but it must be well maintained and road worthy.

The race is aimed to be fun but challenging enough so you feel you have tested yourself with everyone finishing with a smile on their face. The duathlon is a registered race with Triathlon England and so follows strict guidelines on health, safety and insurance; rest assured you will have a great day of racing at our event.

The 2015 Duathlon will be held on the 27th September. Entries at <http://www.entrycentral.com/event/101649>

BRJ RUN AND TRI JUNIOR SECTION

We now have an active & growing junior section, this is lead by head coach Andy Matson and the junior performance development team. The team is further supported with committee representation from Rachel Miller, our junior performance development representative.

Our aim for the juniors is to facilitate their growth through a number of opportunities that we are fortunate to be able to provide. We deliver a structured coaching model that takes a holistic approach to our junior's athletic development. There is a regular training night on Wednesday at 6.30pm, generally starting from the Pavillion at Hinchingsbrooke School. Occasionally they meet elsewhere, but this is communicated in advance to parents via email and Facebook. Juniors from the age of 7+ are welcome.

Juniors are welcome to run in the Frostbite events from the age of 9. In the year they turn 16, a junior can choose whether to run as a senior or junior. Juniors can enter junior events when they turn 11. At this age they can choose whether to have a race license from England Athletic. They can enter senior events from 16 onwards.

Juniors wishing to join these sessions should contact Andy Matson or Rachel Miller in the first instance.

Some of the BRJ junior members receiving the Hunts Post Junior Team of the Year 2014



WWW.BRJRUNANDTRI.ORG

BRJ RUN AND TRI RACES

BRJ Run and Tri support two running races during the year. As with all races they cost a lot to stage, which organisers hope to cover with race entry fees and sponsorship. However, we do rely heavily on volunteers to support the races, in spreading the word beforehand, helping with set up and dismantling and marshalling on the day. The more entries we have, the more money goes to the chosen charities.

BRJ : Mayor of Huntingdon's Charity 5 Mile and Fun Run

This is the second year the Mayor of Huntingdon has supported this race to be held on the May Bank Holiday Monday, May 4th, at Jubilee Park, Kings Ripton Road. There is a 5 mile and 1.5 mile race for juniors. The senior course is Lord de Ramsey's land, all off road on grassy field edges, while the junior race is around the park. This race is being organised by BRJ Run and Tri on behalf of BRJ and the Mayor of Huntingdon. We will gain a financial donation for our charity from this race and hopefully this will increase as the race gets better known.

We need your support to help to encourage entries, with marshalling on the day and more importantly, entering the races! You can enter here <http://www.brjrunandtri.org/diary/brj-run-and-tri-races>

H10K Hunts 10k, 3k and 1k run

Huntingdon 10K Charity Run On Sunday June 21st 2015 Huntingdon Charity 10k & 3k Races, 1k Fun Run & Spectator Village will take place on the former airfield at Alconbury which is being transformed into the Alconbury Weald development. Now an established race, all profits are given to charities that support people in Cambridgeshire to get more active and involved in their local communities, whatever their needs. With 1,000 places in the 10k race and 350 in the 3k, and 1K Fun Run, runners young & old, whether beginners or experienced are encouraged to sign up, get involved and get active for great causes.

Again, we need your support to help with set up and dismantling, marshalling on the day and as important, entering the races! You can enter here <http://www.hunts10k.org.uk>

WWW.BRJRUNANDTRI.ORG

12

BRJ RUN AND TRI CLUB CHAMPIONSHIP

The Club Road Running Championship and Awards Scheme was introduced in 2008 with the aims of:

Encouraging Club member's participation in a more varied mix of race events and distances.

Encouraging "friendly competition" between members, despite differences in age and gender, and in turn increasing an individuals's motivation and performances.

Increase the visibility of the BRJ Club and the potential to achieve Individual and Team Awards.

RULES OF THE CLUB CHAMPIONSHIPS

The 2015 Annual Road Racing Championship will be run over a 12 month period commencing on 1st January 2015

Junior Rules

- Individuals must complete 4 events from a list of 12 nominated events.
- The race finish times that will be scored shall be those taken from the official published race results (i.e. gun time). Chip timing will be used, where available. Self-timed races will **not** be eligible.
- Finish times will be converted into an age / gender percentage score using the Howard Grubb WAVA Calculator.
- An individual's final score shall be calculated using the total of their best 3 age / gender graded scores.
- If a BRJ member completes a race under the name of another person, the result will be disallowed.

Junior qualifying events for 2015 are:

January: Any Parkrun on January 25th
February: Bourne Frostbite #5 (1.5M)
March: BRJ Frostbite #6 (1.5M)
April: (18th) Any Parkrun on this day
May: (4th) BRJ : Mayor of Huntingdon Charity 1.5m
June: (21st) Hunts 3k
July: (8th) Peterborough Grand Prix #3 3k series

August: (8th) Any Parkrun 5k event on this day
September: (13th) Cambridge Junior Parkrun 2k
October: (11th) Peterborough Great Eastern 5k
November: (15th) St Neots 3k
December: (13th) Hunts AC Frostbite #3 (1.5M)

Senior Rules

- Individuals must complete 5 events from a list of 12 nominated events.
- The race finish times that will be scored shall be those taken from the official published race results (i.e. gun time). Chip timing will be used, where available. Self-timed races will **not** be eligible.
- Finish times will be converted into an age / gender percentage score using the Howard Grubb WAVA Calculator.
- An individual's final score shall be calculated using the total of their best 4 age / gender graded scores.
- If a BRJ member completes a race under the name of another person, the result will be disallowed.

Qualifying events for 2015 are:

January: Folksworth 15M
February: Stamford 30k
March: Essex 20M
April: (18th) Any Parkrun on this day
May: (4th) BRJ : Mayor of Huntingdon Charity 5M
June: (21st) Hunts 10k
July: (8th) Peterborough Grand Prix #3 5k series
August: Thorney 5M (date tbc)
September: (13th) Swineshead 10M
October: (11th) Peterborough Great Eastern Half Marathon
November: (15th) St Neots Half Marathon
December: Nene Valley 10M (date tbc)
January - December 2015: Any full marathon UK or overseas. Only one marathon will count towards the final score.

For more information visit the website (about us / club championship or speak to Mike Gullis).

BRJ RUN AND TRI MULTI SPORTS CHAMPIONSHIP

The Multi Sports Club Championship and Awards Scheme was introduced in 2014 to encourage participation in triathlon and Duathlon; and to mark the success and achievement of club members.

EVENTS FOR 2015

Triathlon

Date	Event	Distance	Pool/ Lake	Promoter	Location
22-Mar	Northamptonshire Rotary Club Tri	SS	Pool		Northampton Loughborough
29-Mar	East Leake Triathlon	SS	Pool		
12-Apr	Desford Sprint Triathlon	SS	Pool	Racetime	Desford
10-May	St Neots Sprint Triathlon	Sprint Std +	River	Nicetri	St Neots
07-Jun	St Neots Race 1	Spnt + SS	River	Nicetri	St Neots
28-Jun	Grafman Middle Distance	Mid Std +	Lake	Nicetri	Grafham
12-Jul	St Neots Race 2	Spnt + SS Std +	River	Nicetri On your marks	St Neots
21-Jun	Wicksteed Park Triathlon	Sprint Std +	Lake		Kettering
28-Jun	Bedford Tri 2015 #1	Sprint Std +	Lake	Votwo	Kempston
26-Jul	London BriK Tri	Sprint Std +	Lake	Nicetri	Bedford
06-Sep	St Neots Race 3	Spnt + SS Std +	River	Nicetri	St Neots
13-Sep	Bedford Tri 2015 #2	Sprint	Lake	Votwo	Kempston

Duathlon

Date	Event	Distance	Pool/ Lake Close d Ct	Promoter	Location
15-Feb	Rockingham Duathlon	Sprint		Swim Bike Run	Rockingham
22-Feb	Anglian Water Duathlon Event 1	Sprint, Std		Nicetri	Perry Rutland Water
07-Mar	Dambuster Duathlon	Std		Pacesetter On your marks	Naseby, Northants
08-Mar	Battlefield Duathlon	Sprint, Std, Long			
29-Mar	Bedford Autodrome Duathlon Event 1	Sprint, Std	Close d Ct	Nicetri	Thurleigh
19-Apr	Anglian Water Duathlon Event 2	Sprint, Std		Nicetri	Perry Loughborough
10-May	Preswold Duathlon	Sprint	Close d Ct	On your marks	
28-Sep	BRJ Duathlon	Sprint		BRJ	Huntingdon
17-Oct	Althorp Duathlon	Sprint, Std		On your marks	Althorp
15-Nov	Bedford Autodrome Duathlon Event 2	Sprint, Std	Close d Ct	Nicetri	Thurleigh



HUNTINGDON PARK RUN

We are delighted that one of our members, Suzie Hall, bought park run to Huntingdon, celebrating its second birthday in April. BRJ Run and Tri was also a significant sponsor to enable Suzie to raise the £2000 she needed.

Huntingdon parkrun is a FREE, weekly, 5km timed run for runners of all ages and abilities. It will take place every Saturday at 9am in Hinchingsbrooke Country Park, Huntingdon, Cambridgeshire, PE29 6DB. After the race join us for a coffee / cake / bacon sandwich in the cafe.

There are parkrun's all over the country and spreading across the world. Take your barcode wherever you go! They always take place on Saturday mornings at 9am. You do not have to be a member of the BRJ Run and Tri club, and there is no upper or lower age limit. All children can take part. There are now also a number of Junior parkruns, over a 2k distance. These are on Sundays at 10am. Our nearest is Milton Country Park, Cambridge and Wimpole Hall, Cambridge.

To run in a parkrun you need to register yourself on the park run site www.parkrun.com and print off your barcode. Take it with you when you run, and it will be scanned as you cross the finish line.

BRJ RUN AND TRI FROSTBITE FRIENDLY LEAGUE

The Frostbite Friendly League is a series of six "closed" running events for senior and junior runners from 16 local road-running clubs. The events are staged at 4-5 week intervals on a Sunday morning during the winter months from October to March (hence Frostbite). Each of the 6 events is hosted by one of the participating clubs. The senior events are all approximately 5 miles and the junior events are about 1.5 miles. The terrain varies and may be anything from a wet and muddy cross-country to road running. The events are very well attended and each race regularly attracts over 400 runners.

Each club may enter as many runners as they want into each of the events. Scoring is based on the finish position of each team's first 10 runners - for senior teams 3 of which must be male and 3 must be female. For junior teams the first 5 runners to score, 1 of which must be male and 1 must be a female. For both juniors and seniors the remaining qualifying places may be male or female. Trophies are awarded to the winning, 2nd and 3rd place teams at the end of the series.

This league is open **only** to senior and junior members of the 16 participating clubs, no guests are allowed. The events are free to enter for BRJ members. There is a presentation to the Junior runners after the last Frostbite of the season (with BRJ as hosts), and an awards dinner in May for the Senior Members.

The emphasis in these events is on participation and enjoyment of all runners whatever their ability or sex and friendly rivalry between clubs.

The BRJ Run and Tri hosts the Frostbite event in March each year, generally on the first Sunday. The course is run around Hinchingsbrooke Park and we call on all members to support us in setting up, marshalling and dismantling after the race.

For updated information of dates and routes, please visit the Frostbite website <http://www.frostbiteleague.org.uk>

BRJ RUN AND TRI CHARITY FOR 2015

Our charity for 2015 - 2016 is Living Sport

Living Sport is a local sports charity and the County Sports Partnership for Cambridgeshire and Peterborough district.

Living Sport is part of the County Sports Partnerships Network, one of 49 County Sports Partnerships (CSP's) across England, formed in 2006 to raise the profile of, and engagement in, sport with local strategic partnerships, and to increase community participation in sport.

Living Sport took over the responsibilities of the Cambridgeshire and Peterborough Active Sports Partnership, which had been in operation since 2000, delivering the Active Sports, Step into Sport and Community Sports Coach Scheme projects.

Vision: *Active and healthy communities where everyone can play, achieve and enjoy.*

Mission: *Living Sport will be a catalyst to building dynamic and effective partnerships to create an active Cambridgeshire and Peterborough*

Purpose: *To work in partnership, sharing local knowledge to promote sport and physical activity, ensure quality delivery and increase participation, fulfilling the needs of Cambridgeshire and Peterborough.*

Living Sport is also responsible for delivering a number of sports initiatives, including a number of the Government's Olympic Legacy initiatives - Sportivate and School Games. Living Sport coordinates GOLD, the Cambridgeshire & Peterborough Coordinating Group for the Legacy of the London 2012 Olympic & Paralympic Games and Cultural Olympiad.

Values

- *Passionate about promoting sport*
- *Striving for excellence*
- *Making a positive difference to our community*

The logo for Living Sport, featuring the word "LIVING" in white on an orange rectangular background, followed by the word "SPORT" in a bold, grey, sans-serif font.

BRJ RUN AND TRI FUNDRAISING AND SOCIAL EVENTS

BRJ Run and Tri organises a number of social events throughout the year including:

Feb: Celebrating success evening—Presentation of Club Championship awards

April: London marathon bus

May: Pub run and Charity cheque presentation evening

July 1st: Martin Doig Guestimate Challenge—For seniors and juniors we measure a course (approx 5m and 1.5m respectively) which is only told to runners on the night. No timing devices are allowed and the person who runs the course closest to their predicted time is the winner.

July 4th : BBQ and games

Sep: Fancy dress and charity collecting around St Ives, and at the Great North Run

Oct: Fancy dress and charity collecting at Great Eastern Run
Fancy dress run for hallowe'en

Dec: Christmas party

Other activities include quiz nights, moonlit runs around Grafham water, bacon butty runs, chilli nights and any other activities that the social secretary or you as a club member choose to put on.

All these activities need your support and help—please do volunteer when the emails come out!

BRJ RUN AND TRI ENGLAND ATHLETICS

All first claim senior members of BRJ are registered with England Athletics. When we acknowledge your membership, we will also tell you your EA affiliation number.

Benefits for registered athletes

Registration with England Athletics brings a wide variety of benefits for athletes:

- Personal profile page on Power of 10
- Reduced entry fees for UKA licensed road and multi-terrain events (minimum £2)
- Discounted products at Sweatshop such as £15 off Running Shoes, 20% off Spikes and Racing Shoes, 15% off Spring/Summer Apparel, 20% off Autumn/Winter Apparel, £15 off Cross Country/Trail Shoes. Spend over £75 on Autumn/Winter apparel (incl High Viz) and get £20 off Running Shoes and much more.
- Discounts on Athletics Weekly magazine, save £6 per year on a Junior Subscription or £12 per year on a senior subscription.
- 10% off athletics equipment from Eveque and Sunwise sunglasses
- You will be entitled to discounts on coaching courses including Athletics Leader, Assistant Coach, Athletics Coach, Children's Coach and Coach in Running Fitness qualifications.
- Opportunities for you, (and at times your club or your school) to get involved in exclusive events and experiences

And importantly it enables you to opt to receive fortnightly bulletins on what's happening in the sport including essential information for athletes. To find out more about receiving this information click [here](#). You can learn more about updating your profile to ensure we send you the information by clicking [here](#).

For further information on England Athletic and the support it offers runners, visit <http://englandathletics.org/page.asp?section=725§ionTitle=Registration+%26+Affiliation>

BRJ RUN AND TRI BENEFITS FOR CLUB MEMBERS

Club Insurance

We have insurance through England Athletics, British Triathlon Federation, British Time Trials Association, and as an individual your EA membership covers you as well. Our club insurance and your individual EA membership covers you for any running races organised under the auspices of EA rules; all official BRJ organised activities, be they running, cycling or swimming.

On top of any discounts and benefits that the England Athletic membership brings you, we have also negotiated the following:

Discounts at the following:

Sports clothing and equipment

Sweatshop, stores nationwide

Website: www.sweatshop.co.uk

Up and Running, Cambridge

Discount on production of BRJ membership card or EA card

Rutland Cycling

Stores at Grafham and Rutland Waters. On production of your membership card gain the premium partner discount.

Sports Injury and biomechanics - Tony Schofield, at The Sports Injury Clinic

One Leisure, St Peter's Road, Huntingdon

Tel: 01480 700553, 07787 516317, email: tony@thesportsinjuryclinic.org

Website: www.thesportsinjuryclinic.org

Hinchlbrooke School

Discount on Gym membership

Advance Performance operates a loyalty scheme similar to Tesco.



Some of the BRJ club members at the recent bike training session

**Hinchingbrooke School
Brampton Road
Huntingdon
Cambridgeshire
PE29 3BN**

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