



Kimberley and District Striders

kadsrunning.co.uk



WELCOME TO KADS!

Thank-you for choosing our club – we have been running in Kimberley for over 30 years and currently have over 80 members.

We are affiliated to both ARC (Association of Running Clubs) and English Athletics (EA).

We are based from Kimberley Leisure Centre and meet at 7.00pm for a 7.15 start and run most Wednesday evenings from here.

Our Wednesday night runs are varied with group map runs ranging in distance from 3, 5 and 7 miles. We also run sessions monthly such as hills, track sessions and interval training which take in the local area. We also use Rutland Sports Park running track in the winter.

There are often adhoc sessions and social runs organised by ourselves and the members. Keep an eye on our Facebook site and chat site (if you would like to take part in a social run see below for more information on social media).

We are entered in three local leagues every year:

- **Booths Decorators League (BDL)**
5 races over the summer season which are around 5 miles with varying terrain. The races are in and around Notts and Derbyshire and welcome a range and ability of runners. These races are free to KADS members and all you need is a club vest (see below for information on kit). Take a look at the league website for more information:
www.leaguetracker.co.uk/Main/
- **BDL Cross Country League**
Similar to the summer league however expect off road trails and mud! 5 races over the winter period in and around Notts and Derbyshire. Take a look at the league website for more information:
www.leaguetracker.co.uk/Main/
- **Notts AAA League**
To enter this league you must also be a member of England Athletics (EA) please see below for more information on how to become an EA member. There are 5 races around Notts and again the range and ability of runners is varied. The distances are around 5 miles with a mix of paths and trails. Take a look at the Notts website for more information:
www.nottsaaa.org/summerleague.html

Other Races:

Handicap Races – A series of 5 races of 5 miles. Members are all given times based on their current pace which decides when they set off. The aim is that everyone finishes at a similar time. 2 races run from Kimberley Leisure Centre and the remainder from the Horse and Groom pub in Moorgreen. They are prizes from each race winner and the overall winner. Add in spot prizes and fancy dress – what more could you want?

Pot Luck Pairs – A 3 mile race where everyone has to predict the time they will finish in. The catch? No watches allowed! Everyone is paired up and the closest to their time wins! There are also prizes for the closest individual and the wooden spoon for the person the furthest away. We retire to the Royal Oak after for a chip cob.

Colliers Wood Canter – ran by our very own members Paul and Sue – this a monthly 5k or 3k timed run around Colliers Wood at Moorgreen. It is free to enter and runs on the second Saturday of every month. Take a look at the website below:

www.collierswoodcanter.co.uk/News/

Goose Fair Gallop – KADS very own 10k race which is held around the time of the famous Goose Fair. An undulating and scenic route which takes in some historic views of both Byron and DH Lawrence. First year KADS are eligible to run the race and the remaining members marshal and help to run this successful event which has been running for 20 years. Please see the website for more information:

goosefairgallop.weebly.com/

Members take part in races locally, nationally and even internationally! This is by no means a requirement but many members enter races such as Robin Hood half or full marathon, Notts Cross Country, Liverpool Rock n Roll Half or full marathon to mention a few.

Parkrun – many members also take part in the many local parkrun's we are lucky to have in the local area – favourites are the hilly Forest Rec and the flat Long Eaton. There are also local runs at Brierley Forest (Huthwaite), Shipley Country Park, Bestwood Village, Colwick and Beeston. For more information and to sign up for your free bar code see the parkrun website: www.parkrun.org.uk/

Meet the Committee:

Chairman – Paul Nicholls
Secretary – Michelle Tilbury
Treasurer – Sandeep Chauhan
Men's Captain – Dave Saunders
Ladies Captain – Nicola Chamberlain
Route Master – Rachelle Sherman
Website Manager – Leigh Turner
Social Secretary – Rob Gooch
Handicap Race Manager – Jess Murray
Kit Manager – Georgina Grimshaw

If you need to contact the committee please email the KADS google group or speak to one of us on a Wednesday night.

Kit:

If you would like to purchase our club kit there is a wide range to suit all.

Club vest – 1st vest £15 (any subsequent vests are priced at £20).

Hoodie – grey/burgundy

Grey running top

Black vest

Black long-sleeved top

Fluorescent running jacket

Running shorts

All can be personalised – see the website for more information and pictures of kit or contact our kit manager Georgina to order.

www.kadsrunning.com/kit-sales.html

Social:

We have a varied social calendar at KADS which starts with a drink in the pub after runs and races. Annual events include the Christmas meal, golf day, pool evening, quiz night and of course, our annual awards evening. There are also other nights out into town, around the local pubs in the area, Kimberley Jam and Beauvale Beer Festival.

Social Media and Communications:

Most information can be found on the club website: www.kadsrunning.com

We also have our main Facebook site: www.facebook.com/kadsrunning

We also have a KADS chit chat site where members can post results, arrange to meet up for runs or decide where to parkrun this week. Photos are also often posted here. This is a closed group and you can be added by Michelle or Leigh.

Twitter: We have handles for both the club and the Goose Fair Gallop:

twitter.com/kads_running

twitter.com/KADSGFG

Strava – we have our own Strava group where you can keep track of everyone's runs and see where you are on the weekly leader board:

www.strava.com/clubs/162444/members