

WRC Membership Renewals

It is that time of year when the memberships for Washington Running Club need to be renewed. As with last year, memberships will run from April 1st 2020 to March 31st 2021.

The cost for the full year's membership has risen slightly to £28 per annum, great value for what we offer throughout the year. As a club, we are determined to reinvest all monies back into the club, with more Coaches, Run Leaders and First Aiders pencilled in for this year to ensure we can maintain the high standards we set ourselves in our deliverance of our coaching sessions each week. We also as a club highly recommend our members to affiliate themselves with UK Athletics. For only £16 per year you receive discounts on every race you enter and also get 10% off all purchases at Start Fitness, which is based in Newcastle and Durham

2019 was again another very successful year for WRC. Our membership has increased again to record numbers and continues to grow every week, our annual Bottoms Up Cup 5k again attracted both the serious and fun runners from the region and the Kids Fun Run attracted a record turnout. We again delivered the C25K program and this has become a very important addition to WRC. We again sold out and over 50% retained membership throughout the year, a great testament to all our volunteers and organisers of this event.

In addition to this, we have had fantastic participation from both our male and female teams in the North East Harrier League, with the club funding for all members who wish to participate in this event. Highlights this year were our Ladies being promoted to Division 2 and our male team continuing to improve its position throughout the season. The turnout for the XC has been fantastic, and a big thank you to all the volunteers and members who bring the sweet and savouries to keep us going. As well as the Adults, our Junior Club is also making great strides. It now regularly has over 30 children involved every week with a waiting list to join and they are now involved in the Junior XC as well as Junior Parkrun.

As well as our main club sessions we have expanded what we offer throughout the year. We continue to have our very own Grand Prix season which is becoming ever more competitive as the season progresses, Handicap races which allow you to gauge your improvements throughout the year, our Tuesday night social runs and now we offer Strength & Conditioning classes and each month a Track session at Monkton Stadium. Additionally, for all the GNR participants, we provide transport to Newcastle prior to the race. In addition to this, we have also negotiated with Biddick Academy where we as a club are now charged for the parking saving people as much as £2 per week. As you can appreciate where possible we try and fund all these activities and we feel by raising the membership by £6 per annum will allow us to continue to offer such services and hopefully much more.

A big part of what we do as a club is our commitment to our chosen charity, Bloodwise and additionally this year to Jigsaw and Ronald McDonald House. All three charities were chosen as members were directly involved and helped families within our club. In total throughout 2019 we raised in excess of £2000, which we cannot thank you enough for.

While 2019 was very successful we are already looking ahead to make WRC even better for 2020 and beyond. For 2020 we are focusing on expanding our coaches, both within the Adult and Juniors. Our 2020 C25K programme has already gone live starting 21 April and planning is well under way to ensure that the Bottoms Up Cup race will be bigger and better than ever!

As you can appreciate, none of this can happen without the support of our Coaches, Run Leaders and committee members who all do this for the love of running and to ensure the best possible experience for yourself. However, the most important part of the club are our members, who continue to turn up in huge numbers each week and make each session as enjoyable as the last.

With that, I would ask if you wish to remain at the club that you do either of the following. If your circumstances have not changed since last year you can make a BACS payments of either £28 or £44 (UK Athletics) citing your name as reference or head to our website <http://www.washingtonrunningclub.com/> and fill out the required form.

Bank Account Number 75121891 Sort Code 60-22-52.

If you do have any queries, then please feel free to email wrcmemberships@gmail.com.

Hope to see you soon and keep running in 2020.

Derek Trueman

Treasurer