

Collingwood AC FAQs

Does the club cater for beginners?

Yes, there is a 10 week course for complete beginners 3 times a year. Contact Alison Fox beginners@collingwoodac.org.uk for details on booking a place and when the next course starts.

Where does Collingwood train?

We meet at Croygas and then train on local roads during the winter, and at local parks and woods during the lighter evenings

Do I have to be a fast runner to join?

We have runners with a wide range of abilities from novices through to experienced runners.

I only want to run for fitness, do I have to compete?

We are a community of people who firstly enjoy running, but to improve your times we do like to encourage you to compete, but this is optional.

When does Collingwood train?

Our training nights are Tuesday and Thursday, meeting 6:30pm at Croygas Sports and Social Club, Mollison Drive, Wallington, for a 6:45pm start. We often meet on Sundays at Mellows Park car park, Stafford Road, Wallington at 8:30am for longer runs.

What training sessions do you do?

Our structured training sessions are on a Tuesday and involve a rotation of hill work, short, medium & mile intervals all of which are designed build up your speed and endurance. You participate in all of these intervals at your own pace.

How do I join?

Contact our Membership Secretary Richard Fox membership@collingwoodac.org.uk for details or go to <http://www.collingwoodac.org.uk/membership.html> for a PDF membership application form

How much does it cost to join?

Membership subs for 2013/2014 are £40 for families, £25 for individuals, and £20 concessions, per annum

What is England Athletics Registration?

Our governing body, England Athletics, requires that all competing members are registered with them. The club pays your registration fee of £10 (as of April 2013) out of your membership subs. Our membership secretary will advise you of your unique registration number (URN). Some race entries will require you to quote this number to be eligible for the affiliated club entry fee.

Are there any financial benefits in joining?

Collingwood is affiliated to various governing bodies and organisations. As a member of an affiliated club you will pay affiliated rates for race entries, which is usually £2 cheaper than the standard rate. You will also be entitled to a 10% discount at specialist sport shops, Cladish of Wallington, and some outdoor shops. You can also run most of the cross-country races we take part in for free.

Does Collingwood take part in competitions?

We compete in various leagues, including Surrey Cross Country, Surrey Road League and East Surrey Amateur Athletic League as well as county, regional and national championships. We also have several internal club competitions and matches against other local clubs.

Does Collingwood have a website?

Yes, you can find our website at www.collingwoodac.org.uk

Does Collingwood have its own kit?

We have running vests, t-shirts, hoodies and occasional other items. Contact our Kit Manager, Cat Gaskell kit@collingwoodac.org.uk for kit purchases

I want to move clubs. What do I do?

If you are already a 1st claim member of another affiliated running club but want to join Collingwood as a 1st claim member you will need to resign in writing from your existing club, fill in an England Athletics change of club form (£10 fee payable), and complete a Collingwood membership form. The change of club form will require 2 signatures of officials from your existing club. The forms and guidance notes are all available for download from the Collingwood website <http://www.collingwoodac.org.uk/membership.html>. You can join Collingwood as a 2nd claim member without going through this procedure.

What is a 2nd claim member?

If you are already a member of an affiliated running club you can join Collingwood without resigning from the first. You will then be considered a 2nd claim member of Collingwood. If you do no races, this has no impact. If you do race, you will only be allowed to represent your 1st claim club in any league or competition where both clubs take part.

Do I have to pay the same fees if I'm a second claim member?

As you are already registered with another running club and therefore paid your £10 affiliation fee we only request you pay the published club fees less £10 i.e. an individual fee would be £15 as opposed to £25.