

WELCOME Thank you for joining Wolds Veteran Runners Club. We hope you enjoy running with us and taking part in many designated races and those of your choice wearing your Wolds Vet colours.

For information: Our Club Night is Mondays start 6.30 pm. We meet at Wilton Field club DN36 4AW, Wilton Rd, Humberston The Club run is usually 4 to 9 miles (distances you choose will depend on your ability). When we set off on a run small groups naturally form, and you will run alongside runners suitable for yourself. There are other runs at weekends or mid-week these are usually Wednesdays, Friday or Saturday/Sunday. Stay in touch with Wolds Vet Facebook for days and times. When running in the dark we wear bright visible tops.

Regarding clothing, ops printed with the Wolds Vet Logo can at times be ordered, prices reasonable and occasionally a notice will be put on Facebook asking if you are interested purchasing one. Club Vests are ordered through Steve Green, Membership Clerk. , **Black/Gold** is our main vest and must be worn at team competitive races. White/Gold vests are available for summer months.

Points League –

If you look on main Web Site of Wold Vets and call up **fixtures** there are races highlighted in yellow. These are your points races for the year. (some may still need to be added). Try and do as many as you can as it is not only an opportunity for us all to be together, but you will also gain points from each one you do. This will go on the Points League table where you will see your name for your Age Category. Your best 10 races will be added up at end of season. There is an award for 1st, 2nd & 3rd in each category.

Championship Races - You may like to take part in and travel to varying championship races. There are many Masters Championship Races (over 35's). We usually support the Humberside County XC championship (January) and the Masters Road Relays in Birmingham end April/early May here you will experience a different type of race.

Team Spirit - In races you will find there are often Team Awards so as many of us taking part in these races can assist our counting team to a 1st 2nd or 3rd place. So, you're not only enjoying a race for your own times but helping your Club to possible achievements.

Club Races –Club Vest must still be worn for points (either white or black for these races)

Wold Vets organise varying distance races throughout the year which not only help our club funds but also gives us all an opportunity to be with other local Club runners. These races are on the Fixture List and we encourage supporting our neighbouring club races too. Often the races are a Wednesday evening or on a Saturday or Sunday and can be road or off road.

At one of our own organised races we do need help with Marshalling, Entries, Time Keeping, Signs etc so your assistance at one or more of them would be greatly appreciated and your help will gain you 10 points towards the Points League system.

Suggestions: Anything you would like to be spoken about at our Committee Meeting your ideas etc are really appreciated and if you speak with one of the Committee members they will include it in the Agenda of the next meeting. Look forward to seeing you and All the Best with your running.

Your Committee and fellow Club Members.

10/07/22

Wolds Vets Facebook [LINK](#)