



**[www.paddockwoodac.co.uk](http://www.paddockwoodac.co.uk)**

## **Introduction**

Paddock Wood Athletic Club was formed in 1986 and now has a membership of over 200 across all age groups from 8 upwards.

Training is held at Mascalls School, Maidstone Road, Paddock Wood from 6.30pm every Tuesday and Thursday all year round – the sessions are varied, usually last about 50 minutes with stretching and warming-up before and after. The sessions are attended by athletes of all ages and abilities so whatever your level (beginner, improver, experienced or advanced) you will find someone to train with. The youngsters stay inside in the winter and are out on the school field in the summer practising all events, running, jumping & throwing. For the senior athletes it's usually a run between 5 & 6 miles for each session or specialist training in the other disciplines as required.

We also use the all-weather track at Tonbridge School every Wednesday from 6.30pm during the summer months (April – September inclusive) for more structured “speed sessions” and events such as the Pole Vault which need specialist equipment.

We compete in many track and field leagues in the summer and during the winter we take part in cross country leagues, all catering for ages from 11 to veterans. We also enter road races throughout the year and compete in open track meetings during the season. To encourage road running the club operates a road running standards scheme. The club has many coaches qualified via UK: Athletics in all athletic events.

Whilst we accept membership from anyone, we are particularly keen to welcome young members who must be at least 8 years old to join.

**PLEASE NOTE THAT THESE DETAILS ARE A GUIDE, UP-TO-DATE RULES AND CONDITIONS ARE AVAILABLE AT CLUB MEETINGS.**

## **Interested ?**

Please feel free to pop over and see us at one of our regular training sessions. You will be made welcome and are free to join in for some sessions for a month completely free just so you can see if we suit you and you suit us. We have groups of differing speeds and standards to suit all-comers.

**Please ask for Mick or Jan Duffin or Richard Elliott when you arrive.**

Bring your kit along and join in. In preparation for a training session it may be useful to take note of the following points especially if you have not run before or not run for a long time.

1. TRY NOT TO EAT TOO NEAR THE START OF YOUR TRAINING SESSION - ABOUT 1-2 HOURS BEFORE TRAINING IS BEST.
2. DON'T RUSH OUT AND BUY NEW KIT (PARTICULARLY NEW TRAINING SHOES) IF YOU ARE COMING ALONG FOR THE FIRST TIME. NEW TRAINERS NEED TO BE WORN AROUND THE HOUSE FOR A FEW DAYS BEFORE YOU RUN IN THEM. A T-SHIRT, LEGGINGS/SHORTS, SOCKS AND TRAINERS ARE FINE.
3. BRING A TOWEL AND SPARE CLOTHES TO CHANGE INTO AFTERWARDS.
4. BRING SOME WATER TO DRINK.

Ample parking is available on site at all our training venues, but please comply with the local speed limits.

### **Benefits**

The club offers a family membership and reduced rates for Students, unemployed and OAPs.

Club membership entitles athletes to train for free at any organised training session.

### **Current Membership fees for 2009 / 10**

Up to 17 years, student, OAP or unemployed:	<b>£20.00</b>
Senior (17 or over):	<b>£30.00</b>
Family:	<b>£50.00</b>

If you are interested in road races the majority of road races offer a reduced entry fee to members of athletic clubs affiliated to UK: Athletics.

Club members can usually obtain a discount on sports clothing and footwear at Sweatshop at Notcotts near Maidstone and Kent Running & Fitness in Tunbridge Wells as well as a discount at Putlands Sports and Leisure Centre on production of a current membership card.

All members are kept up to date via a monthly newsletter (The Stopwatch Times). This includes details of forthcoming activities, results from past events, letters and club information. We also have an active social side with disco's, ten pin bowling etc...

Membership to Paddock Wood AC is open to everyone above 8 years old regardless of race, creed or ability.

### **PWAC Events**

We organise the annual **Paddock Wood 1/2 Marathon**, usually a fortnight before the London Marathon in the Spring, one of the biggest in Kent which has a premier event grading from BARR.

**Startrack** for children between 10am and 3pm each day over a week during August at Mascalls School.

### **Committee Members**

President :	David Lindsey
Chairman :	Des White
Vice Chairman :	Mike Ridger
Club Secretary :	Richard Elliott
Treasurer :	Paul Humphries
Membership Secretary :	Penny Roberts
Youth Development Officer :	Mick Duffin
Road Running Representatives :	Fiona & Pete Buckingham
Child Protection Officers :	Lorraine Shephard & Julian Seal

## Coaches

MICK DUFFIN  
RICHARD ELLIOTT  
JAN DUFFIN  
ELIZABETH DUFFIN  
JAMES DUFFIN  
PAUL HUMPHRIES  
ALAN NEWMAN  
MIKE RIDGER  
JULIE CHANDLER  
ALISON WHITE  
DES WHITE  
SUZANNE TAYLOR  
LORRAINE SHEPHEARD  
JULIAN SEAL



## More Information

Full details on Paddock Wood Athletic Club please see our web-site at:-

**[www.paddockwoodac.co.uk](http://www.paddockwoodac.co.uk)**