



North Belfast Harriers Induction Guide

Introduction

Thank you and welcome to North Belfast Harriers Athletic Club and Registered Charity. We hope you enjoy your time with the club and whatever your goals are in running and athletics, you find it rewarding. Our club has a long history starting in 1896 and we have grown significantly over the past few years to support runners from our Couch to 5k Program, a fantastic Junior section, cross country teams to athletes who have competed in the Olympics and Commonwealth Games.

We've put together some information that you may need during your time at NBH in the following document. Additional information can be found on [Our website](#) which includes all of our general club information including our weekly reports, constitution and club policies. You can also receive regular club updates via the club Facebook and Twitter feeds. Please see the communication section below for more details.

Membership

The membership year runs from the February to March.

Your membership fees are used in multiple areas, some of the key aspects are listed below;

- Upkeep and maintenance of the Clubhouse.
- Weekly Rental of the Boy's and Girls Model track for training
- Qualifications and insurance of Club Coaches
- Entry and travel arrangements to a selection of target club races
- Purchasing of additional training equipment

In addition to the running of the club £10 of your membership fee is used to register you as a member of Athletics Northern Ireland. This registration provides you with an Athletics Northern Ireland Athlete number which allows you to avail of discounted entries into races (affiliated entry) and also to compete in Championship events. This number will be provided to you roughly two weeks after you have completed your membership with the club.

Returning members will have their number reactivated and do not require a new number.

If you don't receive your number within the specified time or if you require this number in a shorter time frame please contact: membership@northbelfastharriers.com.

Clubhouse

The clubhouse is located at [14 Old Park terrace](#) and serves as a base for weekly training runs, club meetings, social events and training classes. The building includes showering and changing facilities as well as a large multipurpose function room often used for supplementary training courses.

On street parking is available adjacent to the clubhouse but please be mindful not to obstruct access to houses or businesses night or day.

Training

There are multiple different training sessions/groups running in parallel throughout the year. The structure of these sessions will often be dictated based on the current goal that is being worked towards. In all cases it should be possible to find a group to suit your needs and abilities.

Senior Training: North Belfast Harriers are one of the only clubs in Northern Ireland to have access to a track throughout the year. Structured training sessions take place on a Tuesday and Thursday at the Boy's Model Track at 6:30pm all year round (excluding select public holidays). Directions for the Boy's model track can be found [here](#). Alternatively you can meet at the clubhouse at 6:00pm and run the short distance to the track. This would be the preferred option as parking is limited at the track.

Recreation Groups: Recreational Groups train Mondays and Wednesdays at 6:00pm leaving from clubhouse with various groups targeting 10k, half marathon and marathon.

Parkrun: The club is proud supporter of parkrun. Our local parkrun is Waterworks parkrun which starts at 9:30am every Saturday and you will be guaranteed to meet other club members there. More information on parkrun can be found [here](#).

Sunday Run: Many of the "long runs" use the club house as a meeting point for the Sunday run. Groups can be heading out on the roads or make use of the excellent trail runs around Cavehill and Divis Mountain. These runs usually leave between 9:00am and 10:00am. Please verify times beforehand.

Supplementary training: The club will often host specific supplementary training classes throughout the year such as and strength and conditioning classes or Pilates. These classes are organised on a regular basis and are communicated to the members ahead of time via the club Facebook group (see communication section).

If you have any queries regarding training please contact: seniorcoaching@northbelfastharriers.com

Communication

The primary source of internal communication within the club is via a member's only Facebook group. This is where you can stay up to date with all of the current news and events within the club. This also provides an excellent forum for discussion with other members. Once you have completed your membership please submit a request to join the following [Facebook group](#).

Note: We understand that not everyone uses Facebook but we have found it to be the best method of communicating with club members and allowing members to communicate with each other and the committee.

It is possible to create a Facebook profile and join the club group and otherwise appear anonymous to everyone else. If you have any concerns or would like help setting up an anonymous profile please contact: membership@northbelfastharriers.com

External communications are carried out on the [North Belfast Harriers](#) Facebook page and the clubs twitter account [@nbharriers](#). These accounts will be used to publicise the achievements of the club to the outside world.

The club also has a [Strava](#) page if you wish to join.

Club Kit

Club Kit can be purchased by contacting the club kit managers Trisha Murray and Margret Stephens who will arrange a suitable time to collect the kit.

Annual General Meeting

The AGM held in February prior to the start of the new membership year in March (the specific date will be communicated closer to the time). At this meeting many of the key aspects and visions of the club for the upcoming year are discussed and agreed. This meeting is a perfect opportunity for members to have contribute in the discussion on how the club is run. We would strongly encourage all members to attend this meeting.

Committee

The club is supported by a Committee who are elected at the yearly AGM. The committee volunteer their time and meet monthly working on various activities to support the objectives of the club as detailed in our [Constitution](#). Examples of this work are sourcing and securing grants and funding to support the ongoing activities in the club, organising coaching structures and training for coaching staff, maintaining the upkeep of the clubhouse and the health and development of both Junior and Senior sections.

The committee are always eager to hear from members. If you have any issues or suggestions then please contact: committee@northbelfastharriers.com

Competition & Races

The club has a great history of competing at the top levels in athletics. Many of the club recent achievements can be viewed on our list [club records](#). As a club we encourage all of our members to engage in National competitions whether this is an individual or as part of a team to continue to add to our great history.

Throughout the year as a competition approaches communications will be shared asking for members to participate. The club often provides transport and subsidies entries to select races to encourage members to represent the club.

Although competing for the club is encouraged it is entirely voluntary.

Volunteers

The club is administered solely by volunteers and we are always grateful of any help that can be provided. If you have any skills that you feel could benefit the club please feel free to contact the committee@northbelfastharriers.com.

Useful Contacts

Please find below a list of useful contacts;

Committee Address: committee@northbelfastharriers.com

General Enquiries: chair@northbelfastharriers.com

Secretary: secretary@northbelfastharriers.com

Media: media@northbelfastharriers.com

Senior Membership: membership@northbelfastharriers.com

Senior Coaching: seniorcoaching@northbelfastharriers.com

Junior Coaching: juniorcoaching@northbelfastharriers.com

Child Welfare: childwelfareofficer@northbelfastharriers.com