Benfleet Running Club

As a Club Member you not only have the pride and confidence of belonging to the best running club in Essex, but also have many other benefits.

To name just a few:

- ✓ Minimal weekly training fees
- ✓ Access to 12 qualified UKA Endurance Coaches, for expertise, knowledge and advice.
- ✓ Discount at Cedar Hall Physiotherapists.
- ✓ Reduced track fees on the Olympic Track, for training sessions on a Saturday.
- ✓ Subsidised club kit.
- ✓ Subsidised coach travel to London Marathon.
- ✓ Subsidised social events.

  But most importantly:
- ✓ **Low Annual membership fees.**

Many of these benefits are cost-based, and our annual Benfleet 15 race is an enormous part of our yearly annual income, allowing us to heavily subsidise these items. If we did not run the Benfleet 15 our finances would suffer and have a detrimental effect on all of these items.

We encourage all members to help at The Benfleet 15, The Kirste 5, or our Cross Country Leg.

Every club member just needs to commit to helping at just one of these races every year.

Just one Sunday, every year, for a few hours to marshal.

Not only will you get that warm feeling inside, and be part of a truly magical day, but your efforts ensure our annual fees, and all our other benefits are maintained *to the levels we are accustomed to.*

By putting your name down to Marshall, you can also opt into the **Ballot Draw for Race Places.**
(Drawn once we have enough marshals for our races - more specific details below)

Kirste 5 Sunday 10th August 2014

We need approximately 75 Marshalls/Volunteers, once we are happy we have enough volunteers we will then draw race places from the Marshall List from those who have indicated they wish to race.

Our Cross Country Leg Sunday tbc

We need approximately 45 Marshalls/Volunteers.
Head Coach will pick men, and women to represent the Club.

Benfleet 15 Sunday 18th January 2014

We need approximately 100 Marshalls/Volunteers, once we are happy we have enough volunteers we will then draw race places from the Marshall List from those who have indicated they wish to race. It would be great to be able to offer 25 places, as it is our 25th anniversary race.

Head Coach will also pick 6 men, and 6 women to represent the Club for the Team award.

Please keep one of these dates free and put your name on the Marshall list. Also, encourage your friends to put their names on the Marshall List so we reach our target and can make that ballot. ☺