

# Tweed Striders

## Member Information Sheet : Welcome to Tweed Striders !

### *Club Ethos and Training*

Tweed Striders is a fully inclusive, supportive and sociable running club. We welcome runners of **all** abilities (though we do ask that you can run **5k** comfortably) and cater for **all** running aims - be that running for enjoyment, running to get fit or running to prepare for a specific race etc. Training makes the most of our beautiful location and is delivered by fully qualified and experienced coaches and leaders, with sessions being structured, progressive and differentiated to meet the needs, aims and abilities of **all** - from the fast to the "improvers", not forgetting those in between. We meet Tuesday and Thursday at 6.20 pm (for a 6.30 pm start) usually in the cafe area of the Berwick Sports and Leisure Centre (TD15 2AS). However, at the start of every week, confirmation of venue is posted on our Facebook page and texted to members. Some members arrange to run at times outwith this and, from time-to-time, we organise club social events.

### *Membership*

The membership year runs from 1 September to 31 August. Tweed Striders Membership (18 years and over) is £20 pa and, for members of Tweed Tri and Berwick Wheelers, we offer Associate Membership which costs £15 pa. The club is affiliated to England Athletics (EA), so anyone requiring membership of EA can add this on to their Tweed Striders membership when they join. Members are encouraged to wear club colours at all events; however, any member in receipt of an official club place **MUST** wear club colours.

### *Trial Period*

We appreciate that joining is a big commitment so we are happy to offer a trial period whereby you pay £1 per session for a few weeks. Thereafter, assuming we are a "good fit", we ask that you then join the club - it obviously works out much cheaper to take out membership than to pay £1 per week on an on-going basis.

## ***Benefits of Membership***

As well as access to training and coach expertise, plus the opportunity to run with like-minded individuals, membership of Tweed Striders entitles you to other benefits such as discounts from :

SR Sports Recovery : 10% on all bookings; Unity Fitness, Ramparts Business Park;  
[www.vagaro.com/srsportsrecovery](http://www.vagaro.com/srsportsrecovery)

SportsShoes (online) : 15%, free P&P, £75 minimum spend; please ask Caroline for the monthly code

Run and Become (online) : 10% (excludes sale items); if you don't already have one, you will need to create an account via : <https://www.runandbecome.com/club-discount>

Run4It (in store) : 10% (excludes sale items)

GoOutdoors : 10% (excludes sale items)

The Lime Shoe Co : 10% on production of your membership card

Most (but not all) Newcastle running shops also offer a 10% discount

EnduranceLife events : contact Caroline for further information

## ***The Coaching and Welfare Team***

Our coaching team is : Caroline McDermott (Head Coach; UKA CiRF - Coach in Running Fitness; UKA Athletics Coach), Judith Thompson (Membership Secretary; UKA LiRF - Leader in Running Fitness), Jon Hibberd (UKA LiRF) Laura Jeffrey (UKA LiRF) and Nikki Robertson (UKA LiRF). Our Welfare Officer is Keighley Walton.

## ***Club Events***

Tweed Striders hosts two events : the Curfew Fun Run and Curfew Run - these are held the first full week in July; and one leg of the eight leg Borders Cross-Country Series - our leg takes place, tides permitting, in early December.

## ***Further Information***

We hope you will enjoy running, training and socialising with us. If you would like further information on Tweed Striders, membership, training etc then please do not hesitate to contact either Caroline on 07526 387083 or Judith on 07980 395349; and any member who has a concern around welfare should speak, as a matter of urgency, to Keighley on 07739 322628.

**Caroline McDermott**  
**March 2025**

