



## **Cheddar Running Club Constitution**

Cheddar running club is a not for profit running club based in Cheddar, Somerset. Originally started under the name of Cheddar valley joggers in 1984.

As a club we strive to be as inclusive to all runners as possible and have runners of all different ages, backgrounds and goals involved in the club.

The Club offers weekly structured training sessions, mainly focusing to improve running form and speed. Our weekly training is split into Summer and Winter training sessions. The Summer sessions take place on the grass track at Kings Leisure Centre. The Winter sessions are a series of sessions in and around the streets of Cheddar. training sessions are well attended.

Details of our training schedule can be found at our website:

<https://www.cheddarrunningclub.co.uk/training>

Starting in 2014 we also organise a 15 mile off road race called The Big Cheese. This race supports local charities and helps finance Cheddar running club itself. In 2022 we raised over £500 each, for a number of local charities including the Dorset and Somerset air ambulance. The race is always well received and the course record continues to be held by two international triathletes who were training for the three peaks challenge.

More details of this years race can be found at our website:

<https://www.cheddarrunningclub.co.uk/the-big-cheese>