ST MARY'S CALNE
SPORTS CLUB

RUNNING & TRIATHLON CLUB

2026/2027





WELCOME

St Mary's Calne Running & Triathlon Club offers a structured and friendly environment for runners and triathletes alike to develop their skills. Whether you are a beginner, intermediate or experienced athlete; all abilities are welcome. Training sessions are held throughout the week. So whatever your level of fitness or goals, come along to one of our sessions and give it a go!

Contents:

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CONTACT US

RUNNINGANDTRIATHLON@STMARYSCALNE.ORG

WWW.RUNNINGANDTRIATHLON.CO.UK

@ RUNNING_AND_TRIATHLON





Club Prices & Affiliation Fees

	St Mary's Sports Club Member Affiliation (age 16 or over)	Non Sports Club Member Affiliation (over 18's)	Non Sports Club Member Junior Affiliation (age 16-18 only)	Home Nations Membership Discount
Running	**£30.00 Annual Fee** Includes England Athletic Affiliation and St Mary's Triathlon Club Affiliation	**£50.00 Annual Fee** Includes England Athletic Membership	**£19.50 Annual Fee** Includes England Athletic Membership	
Running and Triathlon		**£22.50 Monthly Subscription Fee** Includes England Athletic Membership and affiliation with St Mary's Running & Triathlon Club	**£11.00 Monthly Subscription Fee** Athletes over 16 and in full time education	**11% Discount on Individual British Triathlon Home Nations Membership**

All prices are applicable as at April 2026.

Association & Affiliation

St Mary's Calne Running and Triathlon Club was founded in January 2007 and affiliated in 2015 to the British Triathlon Federation and England Athletics Association.

All abilities are welcomed and catered for as we organise our training sessions so that nobody gets left behind. There are sessions ranging from complete beginners to the more advanced individuals. Also there are regular social events and races for all club members to enjoy.

Adhesion

The hardest part of any fitness regime is sticking to a training programme. Belonging to a club might just give you the motivation you need to achieve your aims. If you live in or near Calne then you will find a warm welcome at our training sessions where you can meet us and find out more about membership and training.

Club Rules

The Running and Triathlon committee will decline applications for affiliation if the person applying is already affiliated to another running or triathlon club within the county. Only St Mary's Running and Triathlon Club affiliates and members of the Sports Club can attend planned training sessions. All members will need to complete an affiliation form which will need to be approved by the Running and Triathlon committee. If you have been affiliated to St Mary's Running and Triathlon Club for a full year you will be eligible for the Sports Club's corporate membership rate, should you wish to join. Club affiliation rules will apply.

What are the benefits of affiliation?

Running and Triathlon affiliates gain access to a range of benefits which can be found below. For more information please visit our website www.runningandtriathlon.co.uk.

- Closed Facebook forum
- Personal membership card
- Entitled to wear the St Mary's Calne Running & Triathlon Club kit
- Invites to specific running and triathlon days and training camps
- In-house running and triathlon competitions
- Discount of Individual British Triathlon Home Nations Membership
- Invites to social events
- England Athletics Public and Products Liability Insurance Cover

Running & Triathlon Club Kit

Running and Triathlon Club vests can be ordered directly from Standout Prints. If you would like to place an order.

There are also t-shirts, hoodies and gilets as well as hats and water bottles available to purchase.

Contact runningandtriathlon@stmaryscalne.org for the account password, which is required to create an order.







RUNNING & TRIATHLON CLUB KIT

The Running Club currently meets for the main running session on a Wednesday evening at 7.00pm. There are also beginners and intermediate groups that meet on the same evening between selected 10 week course dates.

Running club sessions are free to St Mary's Calne Sports Club Members, but those attending regular club sessions and representing the club in race events will be expected to affiliate to England Athletics for an annual fee of £30.00. Club affiliation rules will apply.

If you are not a member of the Sports Club, your first session is free. Our annual Running Club affiliation fee is £50.00 which will entitle you to attend the club's main running session on a Wednesday and includes England Athletic Membership.

For non-members, there is a £30.00 charge for the 10 week beginner/ intermediate running courses. Sports Club members may attend for free.

All Running Club affiliated members will receive entry to the Club Ballot for a London Marathon place - subject to availability.

Running affiliation entitles you to attend the weekly main running club session, weekend social runs and the ability to race under the club name. The annual fee includes England Athletic Association membership and running club affiliates can also attend HIIT, Swim Smart, Strength & Conditioning and Circuits sessions for just £6.00 (per session).

RUNNING CLUB SESSION TIMES

Beginners Running Course (Selected dates)	Wednesday's 6.15-7.00pm
Intermediate Running Course (Selected dates)	Wednesday's 6.15-7.00pm
Main Running Club	Wednesday's 7.00-8.00pm






Committee Member

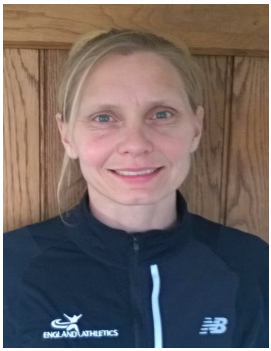


Tracy Thompson · Club Secretary

Tracy is our Club Secretary and a keen distance athlete who you will see representing the club regularly at local and national events.

Tracy can be contacted by using the email address runningandtriathlon@stmaryscalne.org.

Running Coach



Amy Chalk · Head Running Coach

Amy is an International endurance athlete that has represented Great Britain and England at 10km, half marathon and marathon distances.

She is an England Athletics coach in Running Fitness (CIRF) and experienced Personal Trainer with a wealth of knowledge.

Swimming/Triathlon Coach



Nikki Harris · Head Swimming Coach

Head swimming coach Nikki Harris is a British Masters Champion who holds many masters sprint distance records and is a qualified ASA Level 2 Swimming Teacher

Nikki is also a Swim Smooth advocate.

Triathlon Club Affiliation

Triathlon club sessions are free to St Mary's Calne Sports Club Members, but those attending regular club session and representing the club in race events will be expected to affiliate to England Athletics for an annual fee of £30.00.

Triathlon Club affiliation starts on 1st January and finishes on 31st December. Club affiliation rules will apply.

If you are not a member of the Sports Club, there is a monthly fee option of £22.50 paid by direct debit. Triathlon affiliation entitles the member to attend all triathlon sessions detailed on the club timetable, includes England Athletic Membership and affiliation to St Mary's Calne Running & Triathlon Club.

Triathletes wanting to compete in Triathlon events will need to purchase a British Triathlon Home Nations Membership, which is available online at www.britishtriathlon.org.

St Mary's Running and Triathlon affiliation will provide an 11% discount on your Individual British Triathlon Home Nations Membership and you can also race under the club name.

Once you are affiliated, a discount code will become available from the Club Secretary, Tracy Thompson at runningandtriathlon@stmaryscalne.org.

Triathlon Coaches



Lee Chalk · Level 2 Triathlon Coach

Lee is an experienced triathlon coach, fitness instructor and England Athletics event coach who also competes across various triathlon and running distances, including marathons.

Lee is the Club Manager of St Mary's Calne Sports Club.

Triathlon Sessions



The club organises regular triathlon coaching sessions such as transition training, mount and dismount drills and open water swimming coaching.

If you have considered taking part in a short course triathlon, or have competed in an event in the past and are moving up to Olympic or Ironman distances then St Mary's Running & Triathlon Club can help you achieve your ambition.

We have training sessions and in-house events that will help towards your triathlon training so you are ready for the race season to begin.

These include:
Swimming fitness and technique sessions based on Swim Smooth coaching.

- Turbo brick or Wattbike sessions.
- Transition training and mount & dismount drills.
- Running fitness and speed sessions.
- Aquathlon events.
- Indoor triathlon events.
- Open water group swimming sessions.
- 'Tri a Tri' event for novices.

BRITISH TRIATHLON

Triathlon Club Affiliation

Session	Day	Time	Location
Swim Fit (Pool)	Mon	7.30 - 8.30pm	St Mary's Pool (Please Book)
HIIT	Mon	5.15 - 6.00pm	Sports Club Sports Hall (Please book)
Bike Smart	Tues	7.00 - 8.00pm	Sports Club Multipurpose Room **Next date TBC**
Run Smart 10 Week Beginners Course	Wed	6.00 - 6.30pm	St Mary's Astroturf/Fields/ Roads **Please speak to reception to see when the next course is launching!**
Run Smart 10 Week Intermediates Course	Wed	6.15 - 7.00pm	St Mary's Astroturf/Fields/Roads **Please speak to reception to see when the next course is launching!**
Run Smart Main Running Club	Wed	7.00 - 8.00pm	Roads/ Astro turf (Meet at St Mary's Reception)
Swim Smart	Thu	7.30 - 8.30pm	Sports Club Swimming Pool (Please book)
Circuits	Thu	5.45 - 6.30pm	Sports Club Sports Hall (Please book)
Strength & Core Smart	Fri	6.30 - 9.30pm	Sports Club Fitness Suite
Group Run	Sat	9.00 - 11.00am	Refer to club Facebook forum
Group Bike	Sat	9.00 - 11.00am	Refer to club Facebook forum
Group Run	Sun	9.00 - 11.00am	Refer to club Facebook forum
Group Bike	Sun	9.00 - 11.00am	Refer to club Facebook forum

Coach	Cost
Nikki Harris	FREE for Triathlon Club and Sports Club Members
Jayne	FREE for Triathlon Club and Sports Club Members £6.00 for Running Club Members
Vacant - TBC	FREE for Triathlon Club and Sports Club Members
Organised by the club	FREE for Sports Club Members Non Member: £30.00 per 10 week course (Advanced booking required)
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Amy Chalk	FREE for Running Club, Triathlon Club and Sports Club Members
Nikki Harris	FREE for Triathlon Club and Sports Club Members £6.00 for Running Club Members & Swim Smart Guests (Swim Smart Guest Application form required)
Fitness Team	FREE for Tri Club and Sports Club Members £6.00 for Running Club Members
Open Session (programme provided upon request)	FREE for Tri Club and Sports Club Members £6.00 for Running Club Members
Organised through club forum	FREE for Running Club, Tri Club and Sports Club Members
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Find the Sports Club: We are situated on Curzon Street between St Mary's and St Margaret's Schools. We have our own car park which is signposted from the main road immediately before the St Mary's School entrance.

Alternatively, use the postcode SN11 0DF to direct you to the Sports Club.

St Mary's Running and Triathlon Club

Email: runningandtriathlon@stmaryscalne.org

Website: www.runningandtriathlon.co.uk

Facebook: @stmarysschoolsportscentre

Twitter: @SMC_Sports

Instagram: Running_and_Triathlon