



Meltham Athletic Club

A Guide for New Members

Scan the QR code for the website...



or visit

www.melthamac.com

Welcome to Meltham Athletic Club!

THINGS TO KNOW BEFORE JOINING:

- You would be most welcome to run with us at any time. *However, whilst you will be accompanied by members with Health and Safety responsibilities, you are not covered by any insurance policies that protect full MAC/EA members. As such, you will be running at your own risk in terms of personal and third-party liability.*
- We generally run off-road during the light nights, but we have to adjust to road running on dark nights. This is traditionally dictated by the changing of the clocks.
- You may attend as a trial for up to 3 weeks free of charge, after which time, you will need to complete an official membership form and pay the subscription fee. This stands at £22 (2024).
- The membership form can be found at the end of this guide or on the website under the 'New Members' tab.
Give/email this to the Membership Secretary: annachisholm@hotmail.co.uk
- Payment can be made by online transfer into the Club's Account or by paying directly into the bank account through a branch.
Lloyds Business Account:
MELTHAM ATHLETIC CLUB
65914368
30-98-97
Please ensure that you put a CLEAR REFERENCE so that we know who is paying.
- On Tuesdays, the first group sets off from Meltham Sports and Community Centre (Mean Lane, Meltham, HD9 5QS) at 7:15pm, so get to the centre a good 5 minutes before the start. There are toilets and showers at the centre.
- If you just mention to anyone it is your first time, they will look after you. Tuesday's runs are about 1 to 1 ½ hours dependant on the route and the pace of the slowest runner – no one is ever left behind. The second group leaves at 7:20pm and, if the number of runners dictate, the final group at 7:25pm. The general idea is that we all finish at the same time. See how you get on in the first group and move up as you feel comfortable – no pressure.
- On Thursdays, we set off at 6:15pm from the Centre and are out for about 1 hour. There is one group and generally we have a more relaxed outing.
- We also organise various 'pub runs' and other activities throughout the year. We inform members via e-mail, Facebook and the WhatsApp group about these events. See Sara Lewis to join the WhatsApp group.
- Remember to bring some **bright and reflective clothing** and a **head/chest lamp** for dusk/night runs so you can be seen as we do invariably end up running on roads with no pavements at night.

THINGS TO KNOW AFTER JOINING:

Officers/Committee members:

President: Terry Lyons (Honorary Position)

Chairman: Nigel Thomas

Secretary: Brian Hutson

Assistant Secretary: Sara Lewis/ Allie Lamb

Treasurer: Rebecca Johnstone

Membership Secretary: Anna Hazelton

Lead Welfare Officer: Alice Buttle

Welfare Officer: Anna Hazelton

Men's Captain: Andy Whitworth

Ladies' Captain: Sara Lewis

Race Organiser (Road/Trail): John Gray/Sara Lewis

Race Organiser (Fell): Giles Bailey

Parkrun Championship: Graeme Lee

Health and Safety Officer: Julian Saunders

Press Officer: Mark Hoath

Web Master: Nigel Thomas

Trophy Secretary: John Gray

Committee Members: Paul Elliott, Mick Lancaster, Mike Harrison, Jeff Miller

All club members are welcome to attend committee meetings held on the first Tuesday of every month @ 8:45pm in the bar at the Centre.

Subs:

Subs for individual members are set at £22 per year for active members and £3 a year for social membership. Subs are not pro rata and run from 1st April to 31st March.

Payment of Subs:

Active membership (£22) - covers 1 year registered as an athlete of Meltham Athletic Club:

- Right to attend regular training nights and all additional events
- Cover of relevant insurances
- Right to race under 'Meltham AC' and receive affiliated discounts as available for race entry
- Right to enter YVAA events as MAC athlete
- Entry into club Championships and eligibility for awards at annual presentation evening
- Right to attend monthly committee meetings
- Free entry to Calderdale Way Relay for selected runners
- Entry into ballot for London Marathon (if rejected from national ballot)
- Free Pie and Peas nights
- Club discounts (where available)
- Receipt of regular emails

- Full England Athletics registration (including individual ID number for certain race entry requirements)
 - EA benefits and discounts where available and as issued by EA
- (Note: EA registration does not cover FRA membership (Fell Runners Association) although the two are affiliated. MAC is recognised by the FRA but membership is at the individual athlete's discretion. We do recommend that runners who regularly attend Fell Races join the FRA)

Social membership (£3) - covers 1 year registered as a social member of Meltham Athletic Club:

- Right to attend monthly committee meetings
- Free Pie and Peas nights
- Club discounts (where available)
- Receipt of regular emails
- Members with 'Social' membership are not registered athletes and as such are not permitted to race under 'Meltham AC' and are not covered by any of the insurances

Subs for individual members are due by 30th April; there will be a 'Subs Night' on April 16th with an opportunity to pay by cash or card on the night. Payment can be made before then by online transfer into the Club's Account or by paying directly into the bank account through a branch.

Lloyds Business Account:

MELTHAM ATHLETIC CLUB

65914368

30-98-97

Please ensure that you put a CLEAR REFERENCE so that we know who is paying (ideally surname and EA ID if you know it!).

We will try and chase up any members who have not paid before the deadline, but, ultimately, it's the individual's responsibility.

All members are bound by the Meltham Athletic Club Constitution and Code of Practice. These can be found on the website.

Road and Trail Championships (2024):

January 13 th	Harewood Trail 10k
February 24 th	Leeds Winter Warmer 10k
March 3 rd	Liversedge Half
April TBC	YVAA Honley Vets
April 28 th	Willow Valley Flyer 10k
May	Calderdale Way Relay
June TBC	Marsden 10 mile
June TBC	Joe Percy 10k
July TBC	Helen Windsor 10k
August TBC	Denby Dash
August TBC	Heights 10k/50k
September TBC	Heaton Park 10k
October 6 th	Hopton 10k
October 27 th	Oldham Halloween Half
November TBC	Wilmslow Festive 10k
December TBC	Ambles Revenge

Best Seven Results to count

5 points for Marshalling (Tough 10k/Cop Hill)

5 points each Joe Percy / CDW Relay

One Half Marathon can be swapped to one of your choice

Fell Championships (2024):

Race Name	Date	Category	Distance	Climbing	Link
Stanbury Splash	January	BM	6.7 Miles	1200 ft	http://www.wharfedaleharriers.co.uk/events/stanbury-splash/
Hoppits Hill Race	February	AM	3 Miles	690 ft	http://www.hoppits.co.uk/
Ian Roberts	March	BM	6.4 Miles	853 ft	https://www.holmfirthharriers.com/event/ian-roberts-memorial-fell-race/
Five Trigs	April	BL	18.5 Miles	3000 ft	https://cragrunner.com/five-trig-points/
Blackstone Edge	May	AS	3.5 Miles	1200 ft	https://www.fellrunner.org.uk/races/a2565fe3-0811-465d-8ef8-e7e8667d075a
Calderdale Relay	May				
Cragg Vale	June	BS	4 Miles	801 ft	https://www.cvfr.co.uk/races/cragg-vale-2/
Turnslack	July	BM	8 Miles	2000 ft	https://turnslackfellrace.myfreesites.net/
Chip Chase	August	BS	6.2 Miles	1312 ft	http://www.saddleworth-runners.co.uk/chip-chase
Exterminator	September	BL	17 Miles	3550 ft	http://www.totleyac.org.uk/exterator/
Castle Carr Half	October	BM	6.6 Miles	1540 ft	https://www.cvfr.co.uk/races/castle-carr-half-2/
British Fell Relay	October				
Wadsworth Half Trog	November	BM	9.3 Miles	1378 ft	https://www.cvfr.co.uk/races/wadsworth-half-trog-2-2/
The Stoop	December	BS	5 Miles	700 ft	http://www.wharfedaleharriers.co.uk/events/the-stoop/
Bonus Round	Any long fell race or ultra with fell terrain or an English Championship race				

Parkrun Championships (2024):

There will be **FOUR** parkrun championships for 2024

1. **2024 parkrun Championship** - the one you are used to
2. **2024 parkrun Time Championship** - new for 2024
3. **2024 parkrun Age-Grade Championship** - new for 2024
4. **2024 parkrun Team Championship** - new for 2024

2024 parkrun Championship

1 point per parkrun

(there are 54 UK parkruns in 2024)

(**ONLY** Christmas Day and New Year's Day parkruns will count outside normal Saturday parkruns)

10 bonus points for **C O U N T R Y** tourist runs

(parkruns beginning with each letter – 1 point per letter plus 3 extra points for all 7)

1 bonus point for finishing in an **ODD** number of seconds

(times ending in odd seconds: 20:01, 21:03, 22:05, 23:07, 24:09 25:11 etc)

The **ODD** bonus point will have a time limit

Female Time Limit 40 minutes Male Time Limit 36 minutes

Times over these limits will not be considered for the ODD bonus

5 bonus points for a **New Year's Day** parkrun

15 bonus points for a high **S P E R M** Count

finishing in a time ending in **24 Seconds**,

finishing in an overall **Position** ending in **24**,

running an **Event** number ending in **24**,

running in an event with number of **Runners** ending in **24**,

running on the **24th** of a **Month**

(1 bonus point for the first 24, 2 bonus points for the second 24, 3 bonus points for the third 24,

4 bonus points for the fourth 24 and 5 bonus points for the fifth 24)

(**Seconds** ending in 24 – 20:24, 21:24, 22:24, 23:24 etc.)

(**Position** ending in 24 – 24th, 124th, 224th etc. token not gender)

(**Event** number ending in 24 – event 24, event 124, event 224 etc.)

(**Runners** at the event ending in 24 – 24, 124, 224, 324 etc.)

(**Month** date of 24 – 24th February or 24th August)

15 bonus points for 5 different non-UK **Country** parkruns

(5 bonus points for the first country, 4 bonus points for a second country, 3 bonus points for

a third country, 2 bonus points for a fourth country, 1 bonus point for a fifth country)

(two or more parkruns in one country will count as one country)

5 bonus points for a **Christmas Day** parkrun

10 bonus points for **5V** volunteering five times

Total points available: 168

NEW FOR 2024: The **MONTHLY** Bonus

All events run each month will be placed in a hat and one will be drawn at random.

Points will be allocated to runners as follows:

If the chosen event had 1 **MAC runner** 5 points will be awarded to that runner

If the chosen event had 2-3 **MAC runners** 4 points will be awarded to those runners

If the chosen event had 4-6 **MAC runners** 3 points will be awarded to those runners

If the chosen event had 7-10 **MAC runners** 2 points will be awarded to those runners

If the chosen event had 11-15 **MAC runners** 1 point will be awarded to those runners

If the chosen event had 15+ **MAC runners** 0 points will be awarded to those runners

A runner can be counted more than once

(for example: if James has run Burnage 3 times in January and is the only runner to run Burnage, he will gain 12 points)

2024 parkrun time Championship

Fastest time each month counts *

Converted into points (25, 24, 23, 22, 21, 20 etc.)

Combined male and female championship

Female times amended based on the following

Andy Butchard fastest male = 13:45 (825 seconds) and Ciara Mageean fastest female = 15:13 (913 seconds)

$825/913 = 0.90$ thus female times will be converted by multiplying actual time by 0.90

(for example: a time of 20:00 becomes 18:00, 25:00 becomes 22:30, 30:00 becomes 27:00)

* Last December parkrun to count will be the 21st December

2024 parkrun age-grade Championship

Best age-grade each month counts *

Converted into points (25, 24, 23, 22, 21, 20 etc.)

Combined male and female championship

* Last December parkrun to count will be the 21st December

2024 parkrun team Championship

Teams of 4 or 5

Best three scores from each of the championships converted into points

Final finisher scores 1 point, 2nd last 2 points etc.

2024 parkrun Championship

2024 parkrun time Championship

2024 parkrun age-grade Championship

PLUS

Best three scores from a **Summer parkrun** (22nd June)

Based on **TIMES** – Final finisher scores 1 point, 2nd last 2 points etc.

Best three scores from the **Christmas Day** parkrun

Based on **AGE-GRADE** – Final finisher scores 1 point, 2nd last 2 points etc.

Teams will be made up of four or five members selected from five pots of seeds based on 2023 results

Positions 1-10 will be seeded 1

Positions 11-20 will be seeded 2

Positions 21-30 will be seeded 3

Positions 31-40 will be seeded 4

Positions 41-46 will be seeded 5

Each team will have one randomly selected member from seed 1, seed 2, seed 3, seed 4 and seed 5

Seed	Team Ruth	Team Nigel	Team Sharon	Team Ian	Team Zena
1	Ruth	Nigel	Sharon	Ian	Zena
2	Martin S	Allie	Julian	Chloe	Paul E
3	Andrew P	Gilly	Andy	Josh	Thomas
4	Angela	Matthew C	Mark H	Lesley	Ray
5	SPARE	SPARE	Adam	SPARE	SPARE

Seed	Team Anna	Team Steve	Team Paul G	Team Graeme	Team Lorna
1	Anna	Steve	Paul G	Graeme	Lorna
2	Mike	David	John	Zoe	James
3	Mark C	Matthew P	Alice	Pete	Martin B
4	Richard	Sarah B	Oliver	Tony	Jeff T
5	Rebecca	Sara L	Callum	Steph	Hannah

Teams Championships (2024): This will be opt-in for 2024 (email Secretary to opt-in)

21/01 - WINTER HANDICAP
25/02 - HOPPITS HILL FELL RACE
09/06 - MARSDEN 10
12/06 - JOE PERCY
TBC - SUMMER HANDICAP
06/10 - HOPTON 10K

4 runners per team, if all 4 run, top three placings score. Obviously new members can join any 'part' teams and start 'new' teams.

Rebecca Johnstone
Callum Liburd
Chloe Hewlett
Lorna Robinson
Nige Thomas
Richard Isaac
Hannah Andrews
Mark Cope
Paul Gandy
Brian Hutson
Anna Hazelton
David Bull
Sara Lewis
Ian Eccleshall
Paul Elliott
Josh Elliott
Mark Hoath
Angela Currid
Allie Lamb
Seton Waddington
Martin Bayliss
John Gray
Ruth Thomas

Handicapping

Road and Trail: Runners will be placed into 'groups' at the start of the season and will be awarded the accompanying bonus points to count towards the Handicap Championship. These are set by the Championship organiser and may not be changed once the season has started.

Fell: Handicaps are based on anticipated times and fluctuate throughout the year based on changes to the type of race (as fell races have a more varied season).

Note: Winners of the overall Championships cannot also win the Handicap Championships – in these instances the Handicap Championship will be awarded to the second-place runner. In the event of a tie, the trophy will be shared.

Summer/Winter Handicaps: Calculated by the 'Handicapper' before the race, based on anticipated difference between actual race time and a fixed 'base' time.

Insurance

Insurance documents are available on the club website. Whilst we expect you to take suitable precautions before running with Meltham AC (including your personal health and fitness, and wearing appropriate clothing and kit for the weather) you are covered by some insurances:

- As a member, participating in club related activity (including training, socials and 'extra' events) you are covered for personal injury sustained; you are NOT covered for third party insurance – should you cause damage to another's property.
- As members you are covered for injury or accident as a result of competing on behalf of Meltham AC. You will also likely be covered by the insurance of the Race Organiser – this would be a private matter and we advise you to check insurances offered before signing up to a race.
- Cars parked at the Community Centre are at their own risk and not covered by any additional insurance.

Queries regarding insurance should be addressed to either the Club Secretary or Treasurer in the first instance.

Marshalling Our Races:

All members are expected to marshal the Cop Hill Fell Race (first Sunday in November) and the Meltham Tough 10K (last Sunday in January).

Club Kit:

For all members there is a range of club kit available in our distinctive purple and green club colours. It is kept in the club cupboard at the Centre and you are advised to try it on first to make sure you get a comfortable fit. See Ruth Thomas to try kit on for size and for the cost of individual items.

MELTHAM AC INDIVIDUAL MEMBERSHIP FORM



When you become a member of or renew your membership with Meltham AC you will automatically be registered as a member of England Athletics - except where MAC is not your first claim club. In all cases we will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). MAC Secretaries are also able to access this data. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org.

Personal Details

First Name																
Other Names / Known As																
Surname																
Date of Birth																
Gender	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>												

Contact Details

Address															
Area															
Town / City															
County															
Post Code															
Home Telephone															
Mobile Telephone															
Email															

By supplying your contact details you agree to receive emails from members of the Committee of Meltham AC; including individual and circulated emails. If you do NOT want to receive these emails tick this box here:

Emergency Contact

Name															
Home Telephone															
Mobile Telephone															
Relationship															

By supplying your Emergency contact details you agree to us contacting the nominated person in a situation declared as an Emergency by a member of Meltham AC.

Ethnicity

White	English	<input type="checkbox"/>	Scottish	<input type="checkbox"/>	Welsh	<input type="checkbox"/>	Other	<input type="checkbox"/>
Asian	Indian	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>	Bangladeshi	<input type="checkbox"/>	Other	<input type="checkbox"/>
Black	African	<input type="checkbox"/>	Caribbean	<input type="checkbox"/>			Other	<input type="checkbox"/>
Other								
Prefer Not	<input type="checkbox"/>							

Club Status

First Claim	<input type="checkbox"/>	Second Claim (First Claim)	<input type="checkbox"/>												
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Signed
Date

Payment can be made by Online transfer into the Club's Account or pay directly into the Bank account through a Branch. Lloyds Business Account:

MELTHAM ATHLETIC CLUB

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30-98-97

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