



Meltham Athletic Club



A Guide for New Members

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www.melthamac.com

Welcome to Meltham Athletic Club!

THINGS TO KNOW BEFORE JOINING:

- As a prospective member, you would be most welcome to run with us on any Tuesday evening in the first instance. It is advisable to post a message on the Facebook group beforehand if possible to check that there is a normal club run planned for that evening to avoid disappointment. ***However, whilst you will be accompanied by members with Health and Safety responsibilities, you are not covered by any insurance policies that protect full Meltham AC/England Athletics 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 Tuesdays 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). Once you have joined, you may run with us on Tuesdays and Thursdays.
- 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 (for registered members only), 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 once you are a registered member.
- 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: Parkrun Committee

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 Meltham AC 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. Meltham AC 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.

MAC Championships 2025

Road/Trail			Miles
19/01/25	Trail	MAC Steps challenge	4
09/02/25	Trail	MAC Winter handicap	
16/03/25	Road	Windmill 6	6
April (TBC)	Road	Willow Valley Flyer	7.5
4/5/25 (TBC)	Trail	Bluebell Trail	10.3
04/06/25	Road	Joe Percy	6.2
02/07/25	Road	Halifax 10K	6.2
15/07/24	Trail	MAC Summer handicap	
25/08/25	Trail	Denby Dash	5
14/09/25	Road	Shepley 10K	6.2
12/10/25	Trail	MAC Dovestones	6.2
23/11/25	Road	Wilmslow 10K	6.2
16/12/25	Road	Traveller's 6	6

Notes

5 points for helping at Tough 10K
 5 points for participation* in Calderdale Way Relay
 (* inc being standby runners)
 Best 7 races to count

Teams			Miles
09/02/25	Trail	MAC Winter handicap	
15/03/24		Park run	
13/05/24		MAC Team event	
04/06/25	Road	Joe Percy	6.2
15/07/24	Trail	MAC Summer handicap	
14/08/25	Fell	Denis Stitt	3.7
Sept (TBC)	Trail	Darkwood demon	6

Notes

5 points for marshalling (or supporting your team at an event)

Fell/Trail			Miles	Asc. (ft)
09/03/25	Fell	Ian Roberts	6.4	853
April (TBC)	Trail	Yorks Veterans	6	
4/5/25(TBC)	Trail	Bluebell Trail	10.3	
08/06/25 (TBC)	Trail	Marsden 10	10	
27/07/25	Fell	Holme Moss	17.8	4216
14/08/25	Fell	Denis Stitt	3.7	1214
15/09/24	Trail	Darkwood demon	6	
12/10/25	Fell	Withins Skyline	6.3	984
01/11/25	Fell	Shepherds Skyline	6.2	1148
Dec (TBC)	Trail	Amble's Revenge	8	

Notes

2 bonus races - one Trail, one Fell. Bonus races must be new to the runner.
 Best 7 races to count. (Max four from each of Trail and Fell category)

Members opt-in to being in a Team for the season and teams are subsequently drawn and published separately.

MAC Parkrun Championships

2025 parkrun Championship

1 point per parkrun

There are 54 UK parkruns in 2025

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

10 bonus points for **WINNERS** tourist runs

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

The Ns must be at different locations!

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

Times ending in even seconds, e.g. 20:02, 21:04, 22:06, 23:08, 24:10 25:12 etc

The **EVEN** 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 **EVEN** 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 **25 Seconds**,

finishing in an overall **Position** ending in **25**,

running an **Event** number ending in **25**,

running in an event with number of **Runners** ending in **25**,

running on the **25th** of a **Month** (3 opportunities this year)

1 bonus point for the first 25, 2 bonus points for the second 25, 3 bonus points for the third 25,

4 bonus points for the fourth 25 and 5 bonus points for the fifth 25

Seconds ending in 25 – 20:25, 21:25, 22:25, 23:25 etc.

Position ending in 25 – 25th, 125th, 225th etc. token not gender

Event number ending in 25 – event 25, event 125, event 225 etc.

Runners at the event ending in 25 – 25, 125, 225, 325 etc.

Month date of 25 – 25th January 25th October

5 bonus points for running a non-UK **Country** parkrun

Just the single bonus this year to try and keep things a little more reasonable and stop all those retired folks bagging all the points ;-)

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

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

The "God's Own Country" 5 bonus points for running at 10 of the 26 parkruns within West Yorkshire (see table below)

(There is no monthly bonus this year as it was felt it didn't really add much to the main championship)

Total points available: 163

Armley	Dewsbury	Myrtle	Roundhay
Bowling Park	Frickley Country	Nostell	Temple Newsam
Bramley	Halifax	Oakwell Hall	Wakefield Thornes
Centre Vale	Horton Park	Pontefract	Wetherby
Chevin Forest	Huddersfield	Potternewton	Woodhouse Moor
Cliffe Castle	Lister Park , Bradford	Roberts Park	
Cross Flatts	Middleton Woods	Rothwell	

2025 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 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)

2025 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

2025 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.

2025 parkrun Championship

2025 parkrun time Championship

2025 parkrun age-grade Championship

PLUS

A few monthly bonus specials will be announced through the year.

For example, some of the bonuses in 2024 were the Quiz, June time rank and SANTA specials.

Teams will be made up of four or five members selected from five pots of seeds based upon the 2024 main results. Draws to be made on 9th January.

Positions 1-10 will be seeded 1 – the Captains

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

NOTE: That if you're not in any of the seeding pots just now but want to be included, then simply run a parkrun and you will be subsequently allocated to a team!

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 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.