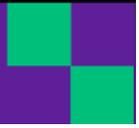




Meltham Athletic Club



A Guide for New Members

Scan the QR code for the website...



or visit

www.melthamac.com

Email: melthamac@yahoo.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 email melthamac@yahoo.com or 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. 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 third and fourth groups leave a few minutes later. 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. Ask any member about how 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.

MAC WhatsApp Group

This is an informal group for members of MAC Running Club. To keep things positive and useful, please follow these simple ground rules:

1. Informal chat only – This is not an official club channel and not all members are in the group. It is a place to share runs, questions, photos and encouragement. Queries or feedback about the operation of the club should be raised directly with the Chair or Secretary rather than through this group.
2. Photos – By posting, you agree that running photos can be shared on MAC social media unless you say otherwise at the time of posting. (Only running related pictures will be shared on social media)
3. Respect each other – Keep messages fair, friendly, supportive and respectful. Think before posting.
4. Members only – This group is only for current MAC members.

THINGS TO KNOW AFTER JOINING:

Officers/Committee members:

Position	2026 to 2027
President (Honorary)	Terry Lyons
Chair	Lorna Robinson
Secretary	Brian Hutson
Assistant Secretary	Allie Lamb
Treasurer	Rebecca Johnstone
Membership Secretary	Anna Hazelton
Lead Welfare Officer	Alice Buttle
Welfare Officer	Anna Hazelton
Club Captain	Ian Eccleshall
Club Vice Captain	Allie Lamb

Race Organiser (Road /Trail)	Ian Eccleshall & Allie Lamb
Race Organiser (Fell/Trail)	Giles Bailey will continue to oversee the current champs. A new RO will be elected towards the end of the year
Parkrun Championship	Anna Hazelton, Lorna Robinson, Ian Eccleshall, Steve Whalley
Teams Championship	David Bull
Health and Safety Officer	David Brown
Equality & Diversity Officer	Rachel Clough
Press Officer	Mark Hoath
Web Master	Nigel Thomas
Community Centre Liaison	Martin Sturdy
Trophy Secretary	David Brown
Additional Committee Members	Paul Elliott, Mike Harrison

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 £30 per year for active members and £5 a year for social membership. Subs are not pro rata and run from 1st April to 31st March.

PAYMENT OF SUBS

Active membership £30 - covers 1 year registered as an athlete of Meltham Athletics 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
- 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, and national Fell Relays (one team only)
- Entry into MAC ballot for London Marathon (if rejected from national ballot)
- Free Pie and Peas nights
- Club discounts (where available)
- Receipt of regular emails
- England Athletics individual registration with EA benefits and discounts where available and as issued by EA.

Social membership £5 - covers 1 year registered as a social member of Meltham Athletics 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' in April with an opportunity to pay by cash or card on the night. Payment is encouraged before then by online transfer into the club's account or by paying directly into the bank account through a branch.

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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/Trail and Fell/Trail Championships

The most up-to-date list of events and races can be found on our calendar via the website or this link: [MAC](#)

Team Championships

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

The most up-to-date list of team events and races can be found on our calendar via the website or this link: [MAC](#)

MAC Parkrun Championships

New members may want to update their Parkrun profile to include Meltham AC as their club - this would mean that any Parkruns get included in our Parkrun championships automatically. Login to your Parkrun profile and then use the Groups option: <https://www.parkrun.com/profile/groups>

Weekly updated are emailed out about the parkrun championships and the rules are emailed out at the start of each season.

There is also a parkrun Teams Championships. Members opt into this championships and are subsequently sent out the rules and monthly updates via email.

Handicapping

A unified handicapping system is used across all championships. This will be rebased quarterly to reflect changes in performance and to keep handicaps competitive.

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.

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			Female							

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											

Club Status											
First Claim	<input type="checkbox"/>	Second Claim (First Claim)	<input type="checkbox"/>								

Signed											
Date											

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