

Membership Details

All applications for first and second claim membership are welcome. Please contact Jo Price for further details and a form, by phone or via e-mail: macmembership@btinternet.com

Fees: U11's £20; U13 & above (inc seniors) £32
Coaches/Officials FREE membership
FREE membership for parents of fully paid-up junior members
Family Membership £50
Annual Training Fee £112

NB For members who are U13 or above we cover the cost of some competitions as part of the membership fee. MAC will organise registration of all athletes with England Athletics. The cost is included in the membership fee. If parents wish to compete please tell the membership secretary - MAC will pay their EA registration fee. Details of training fees can be found under the "Training Times" section. *Membership Fees are due on 1st January each year.*

Child Welfare

Mendip AC uses the best practices in child welfare policy that are recognised by UK (British) Athletics. All Coaches, Team Managers, Officials and Helpers are subject to a DBS Check and all Coaches & Officials are registered with the athletics governing bodies. As part of this policy we are required to keep Parent/Carer Consent Forms for any child who will be training or competing in a regular capacity. These forms also contain emergency contact information and any special medical information that may prove useful. Please ensure that you have filled one out and also update it if any information becomes out of date. If you have any concerns over a welfare matter please contact: Rachel Hummel. Tel:??

Your Team Managers*

Helen Cook	(U13G)	01458447689/07939 355221
Ian Humphreys	(U13B)	01749 675100/07985 160526
Marc Braddock	(U15G)	01823 690001/07768 250669
Ian Humphreys	(U15B)	01749 675100/07985 160526
??	(U17W)	??
Peter Grosjean	(U20W/SW/B & W/YDL)	01749 676875/07885 694465
Ian Humphreys	(U17M/U20M/XC)	01749 675100/07985 160526
Peter Grosjean	(SM)	01749 676875/07885 694465

NOTE: The U13 & U15 Youth Development League (YDL) Teams are jointly managed by Bristol & West AC and Mendip AC. In the first instance contact your MAC Team Manager for further details. The U17 & U20 YDL Avon Composite Team is managed by 2 appointed Team Managers but contact Peter Grosjean initially.

** Team Managers will make every effort to inform you of your selection for Club events in good time before competitions. However, if you haven't heard anything please give them a call and check. Being proactive assists the process. Please also regularly check your e-mail for information and respond as and if necessary, particularly if you aren't available as this provides the opportunity for other athletes to compete in your place. Please also regularly check the club web site for up to date information.*

Fixtures – 2016

Many of the fixtures listed have events specifically for the U11 age-group. These events are printed *in italics* in the list below. Events **printed in bold** are club events and all club members are requested to make themselves available for these. Mendip AC will be competing in the South West Athletics League this summer. We also will have a joint team with Bristol & West AC in the Youth Development League. Mendip AC Club vests must be worn in all club competitions, with Bristol & West vests worn in the Youth Development League RELAYS only.

March

Mon 28 Easter Bunny 10K and Fun Run, RNAS Yeovilton
Tues 29 Exeter Open, Exeter TBC

April

Weds 13 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Thurs 21 **MAC closed trials comp & officials' practice, Millfield**
Sun 12 Bournemouth AC Open, Bournemouth
Sun 12 Yeovil Olympiads AC Spring Open, Yeovil
Sun 17 Ken Trickey Open, Exeter TBC
Tues 21 Bristol & West AC Open, Kip Keino Stadium, Stoke Gifford
Sat 23 Somerset Combined Events Championships (1), Millfield
Sun 24 Somerset Combined Events Championships (2), Millfield
Sun 26 Team Bath/Stroud AC Field Fest, Bath University
Sun 24 London Marathon, London
Sun 24 Pensford 10K, Pensford
Tues 26 Inter Area Junior XC, venue??
Tues 26 Exeter Open, Exeter TBC

May

Sun 1 Youth Development League (1) (U17,U20), Plymouth
Sat 2 Youth Development League (1) (U13,U15), Cheltenham
Sun 1 Glastonbury Road Runs, Glastonbury
Mon 4 Bill Whistlecroft Memorial Hurdles Festival, Yeovil
Mon 2 BMC, Millfield. TBC
Mon 4 Brewer Memorial Games (Open), Cheltenham
Weds 4 Taunton Area Schools Championships, Castle School
Weds 4 South West Colleges Championships, Yeovil
Thurs 5 **MAC Open (1), Millfield**
Weds 18 Sedgemoor Area Schools Championships, Bridgwater College
Sun 8 **SWAL (1), Venue?? – Programme? TBC**
Tues 12 Avon AA Open, Kip Keino Stadium, Stoke Gifford
Weds 11 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Weds 11 Schools Cup 1st Round, Millfield
Sun 29 Youth Development League (2) (U17,U20), Newport
Mon 23 Mendip Area Schools Championships, Millfield
Weds 25 Yeovil Area Schools Championships, Yeovil
Sat 14 County AA Championships (1), Yeovil
Sun 15 County AA Championships (2), Yeovil
Thurs 26 **MAC Open (2), Millfield**
Sun 29 Wells Fun Run, Wells TBC
Tues 31 Exeter Open, Exeter TBC
Sat 30 Youth Development League (2) (U13,U15), Bath University
Sun 31 Bristol 10K, Bristol

June

Weds 29 Somerset Schools, Junior Championships, Yeovil
Tues 7 Schools Regional Cup B finals, Exeter
Weds 22 Sedgemoor Team Championships, Yeovil
Weds 8 Schools Regional Cup B finals, Basingstoke
Weds 8 Yeovil Area Schools Friendly Competition, Yeovil
Weds 8 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Sat 11 Somerset Schools, Senior Championships, Millfield
Sun 12 Yeovil Marathon, Yeovil
Tues 16 Bristol & West AC Open, Kip Keino Stadium, Stoke Gifford
Weds 15 Schools Regional Cup A final, Millfield
Thurs 23 **MAC Open (3), Millfield**
Sat 18 South West Schools Championships, Exeter
Sun 21 Youth Development League (3) (U13,U15), Kip Keino,
Sat 25 SW Schools Combined Events Championships (1), Exeter
Sun 26 SW Schools Combined Events Championships (2), Exeter
Sun 26 Youth Development League (3) (U17, U20), Carmarthen
Tues 28 Exeter Open, Exeter TBC

July

Sat 2 Schools Cup Final, venue??
Sun 3 **SWAL (2), Venue – Programme? TBC**
Tues 5 Mendip Primary Schools Mini Olympics, Millfield
Weds 13 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Thurs 7 **Greenbank Pool Social 7pm, Street (TBC)**
Fri 8 English Schools Championships (1), Gateshead
Sat 9 English Schools Championships (2), Gateshead
Thurs 14 Primary Schools Inter Area Champs, Millfield
Sat 18 Youth Development League (4) (U13, U15), Swansea
Sun 17 South West Inter Counties, Exeter
Tues 21 Avon AA Open, Kip Keino Stadium, Stoke Gifford
Sun 24 Youth Development League (4) (U17,U20), Yeovil
Tues 26 Exeter Open, Exeter TBC
Sun 31 **SWAL (3), Venue – Programme? TBC**

August

Sun 7 **SW Inter Counties, Exeter.**
Sun 7 **SWAL Cup, Venue? TBC**
Weds 12 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Tues 30 Exeter Open, Exeter TBC

September

Sun 4 **SWAL (4), Venue – Programme? TBC**
Weds 14 YTRRC 5K & Fun Run, RNAS Yeovilton TBC
Sun 13 Yeovil Games, Yeovil TBC
Sun 13 Bournemouth AC Open, Bournemouth
Sun 11 Bristol Half Marathon, Bristol TBC
Sat 17 English Schools Comb Events Champs (1), Exeter
Sun 18 English Schools Comb Events Champs (2), Exeter
Sun 25 Exeter Combined Event, Exeter TBC
Tues 27 Exeter Open, Exeter TBC

October

Thurs 6 **MAC AGM & Awards Evening, Street TBC**

Training Times

Organised Training Sessions for the Summer Season are as follows:

Tue	5.55pm	Conditioning, St Dunstan's
Thu	6.30pm	Track & Field, Millfield, Street
Thu	6.15pm (Nov – Mar)	Junior Academy, Crispin School*
Sat/Sun	10.00am	Endurance, various venues, by arrangement with Ian Humphreys.

*Apr – Oct 6.30 – 8pm, Track, Millfield

Membership/Training Fees: Whole Year £132 (Juniors, DOB after 31/8/05), £144 (Seniors). Email: macmembership@btinternet.com
Pay-as-you-go is only available for Sportshall, cost £1.50 per session for members & £2.00 for non-members.

MAC's Active Qualified Coaches

Level 4 Coaches

Murray Grant – Throws (Discus, Shot, Hammer)

Level 3 Coaches

Ian Humphreys – Performance Coach (Middle Distance)
Peter Grosjean – Performance Coach (Sprints & Hurdles)
– Level 2 Jumps, Throws, Endurance.
– CIA, FIRW.
– Combined Events Coach

Level 2 Coaches

Denise Hoogesteger – Endurance/Sportshall??
Robin Callender – Throws & CIA

Athletics Coaches (New Scheme)

Andy Rumley – Junior Academy

Coaching Assistant (New Scheme)

Marc Braddock – Multi-Events/HJ/PV*
Nathan Keene – Multi-Events/HJ/LJ*
Charlotte Scriven – Multi-Events/Javelin*
Annie Taylor – Junior Academy*
Ken Rampere – Multi-Events
Chris Walker – Junior Academy
Greg Howe – Multi-Events
Tracie Samuel – Multi-Events
Gwladys Berry – Junior Academy
Steve Njie – Sprints

* Currently studying for the UKA Athletics Coach Award

Leadership in Running Fitness

Jo Stimpson

Club Contacts

The various club official positions are as follows:

Management and Finance Committee

Club Chairman: Marc Braddock 01823 690001
Hon Secretary: "Post Vacant"
Hon Treasurer: Lynn Sandford Tel: ??
Welfare Officer: Rachel Hummel Tel: ??
County Rep: Peter Grosjean 01749 676875
Membership: Patrick Aspinall Tel: ??
Social Sec: Tracie Samuel Tel: ??
Parents' Rep: Holly Locke 01458 446421

Coaching and Development Group

Head Coach – Peter Grosjean
Coaches – see inside of leaflet

Competition Group

Competition Manager – Peter Grosjean
Officials Secretary – Andy Rumley 01749 677248
Kit Secretary – ??/Robin Callender
Team Managers – see inside of leaflet

Promotions Group

Press Officer – "Post Vacant"
Web Masters – Sophie & Allan Sandford:
sophi.sandford@gmail.com
Schools Liaison – Peter Grosjean

Help – Your Club Needs YOU!

If there are any parents who would like to train to be a Coaching Assistant or Official, please contact Andy Rumley: 01749 677248

The club is always in need of more help, from coaching and officiating to just helping to support social events or spending an afternoon at one of the races that we organise. If you feel you have a few hours that you can spare please give Marc Braddock a call.

MAC's Qualified Track & Field Officials

Ian Humphreys	Denise Hoogesteger	Merv Adams
Peter Grosjean	Glyn Harethwaites	Murray Grant
Andy Rumley	David Kirkman	
Tracey Fouracres	Piers Taylor	

MAC

MENDIP ATHLETICS CLUB

2016 FIXTURE CARD

Club Colours: Yellow and Purple Harlequin vest Purple shorts with a yellow side stripe.

Affiliated to: Somerset AA, England Athletics

The Club Where Our Juniors Come First

Club Kit Available! Speak to ??
For hooded tops speak to Robin.

Most items ex-stock from National Schools Shop in Wells (670000)

Children's Sizes xxxs, xxs, xs (unisex vest)
Adult Sizes s (34" ladies/36" mens), m, l, xl

Price List: (shop prices may vary)

Vest	Child £11.50	Adult £14
Shorts	Child £8.50	Adult £11
Girls Knickers	Child £8.50	Adult £10
Hooded Top	Child £16	Adult £18

Web site:

www.mendipac.org.uk

*Honorary Club President - Jason Gardener MBE
Olympic Champion Sprinter*

