

Membership Details

All applications for first and second claim membership are welcome. Please contact Patrick Aspinall for further details and a form, by phone: 01749 672786; or via e-mail: macmembership@mendipac.org.uk

Fees:

U11's £20; U13 & above (inc seniors) £32

Coaches/Officials FREE membership

FREE membership and training 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 (EA). The cost is included in the membership fee. If parents wish to compete please tell the membership secretary to ensure you are registered with England Athletics. 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 Please ensure that you have filled one out and also update it if any information becomes out of date.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:01935 824736

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
Marc Braddock	(U17W)	01823 690001/07768 250669
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.

April

Sun 10 Yate Sprints & Hurdles Festival, Yate
Weds 13 *YTRRC 5K & Fun Run, RNAS Yeovilton*
Sun 17 Yate & District Sprints & Hurdles Challenge, Yate
Sun 17 *Team Bath/Stroud Fleld Fest Open (jumps & throws), Bath*
Sun 17 *Ken Trickey Open, Exeter*
Tues 19 *Bristol & West AC Open, Kip Keino Stadium, Stoke Gifford*
Thurs 21 MAC closed trials comp & officials' practice, Millfield
Sat 23 Youth Development League (1) (U13,U15), Yate
Sat 23 Somerset Combined Events Championships (1), Millfield
Sun 24 Somerset Combined Events Championships (2), Millfield
Sun 24 London Marathon, London
Sun 24 Pensford 10K, Pensford
Tues 26 *Inter Area Junior XC, Langport, TBC*
Tues 26 *Exeter Harriers Open, Exeter*
Sun 30 Yeovil Olympiads AC Spring Open, Yeovil

May

Sun 1 Youth Development League (1) (U17,U20), Plymouth
Sun 1 Glastonbury Road Runs, Glastonbury
Mon 2 BMC, Millfield.
Mon 2 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
Sun 8 SWAL (1), Par, Cornwall – Programme A
Weds 11 *YTRRC 5K & Fun Run, RNAS Yeovilton*
Weds 11 Schools Cup 1st Round, Millfield & Taunton
Sat 14 County AA Championships (1), Yeovil
Sun 15 County AA Championships (2), Yeovil
Sun 15 Bristol 10K, Bristol
Weds 18 Sedgemoor Area Schools Championships, Bridgwater College
Sat 21 Bill Whistlecroft Memorial Hurdles & Steeplechase Festival, Yeovil
Sat 21 Youth Development League (2) (U13,U15), Bath University
Mon 23 Mendip Area Schools Championships, Millfield
Tues 24 *Avon AA Open, Kip Keino Stadium, Stoke Gifford TBC*
Weds 25 Yeovil Area Schools Championships, Yeovil
Thurs 26 MAC Open (2), Millfield
Sat 28 South West Athletics Gala, Exeter
Sun 29 Youth Development League (2) (U17,U20), Newport
Sun 29 *Wells Fun Run, Wells*
Tues 31 *Exeter Harriers Open, Exeter*

June

Sun 5 **SWAL (2), Exeter – Programme B**
Tues 7 Schools Regional Cup B finals, Exeter
Weds 8 Schools Regional Cup B finals, Basingstoke
Weds 8 Yeovil Area Schools Friendly Competition, Yeovil
Weds 8 *YTRRC 5K & Fun Run, RNAS Yeovilton*
Sat 11 Somerset Schools, Senior Championships, Millfield
Sun 12 *Yeovil Marathon, Yeovil*
Weds 15 Schools Regional Cup A final, Millfield
Sat 18 South West Schools Championships, Exeter
Sun 19 Youth Development League (3) (U13,U15), Kip Keino, Bristol & West AC Open, Kip Keino Stadium, Stoke Gifford
Tues 21 Sedgemoor Team Championships, Yeovil
Weds 22 **MAC Open (3), Millfield**
Thurs 23 SW Schools Combined Events Championships (1), Exeter
Sat 25 **SW Schools Combined Events Championships (2), Exeter**
Sun 26 Youth Development League (3) (U17, U20), Carmarthen
Tues 28 *Exeter Harriers Open, Exeter*
Weds 29 Somerset Schools, Junior Championships, Yeovil

July

Sat 2 Schools Final, TBA
Sun 3 SWAL (3), Braunton – Programme A
Tues 5 *Mendip Primary Schools Mini Olympics, Millfield*
Thurs 7 Greenbank Pool Social 7pm, Street (TBC)
Fri 8 English Schools Championships (1), Gateshead
Sat 9 English Schools Championships (2), Gateshead
Weds 13 *YTRRC 5K & Fun Run, RNAS Yeovilton*
Thurs 14 *Primary Schools Inter Area Champs, Millfield*
Sat 16 Youth Development League (4) (U13, U15), Newport
Sun 24 Youth Development League (4) (U17,U20), Yeovil
Tues 26 *Exeter Harriers Open, Exeter*

August

Sun 7 SW Inter Counties, Exeter.
Weds 10 *YTRRC 5K & Fun Run, RNAS Yeovilton*
Tues 30 *Exeter Harriers Open, Exeter*

September

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

October

Thurs 6 MAC AGM & Awards Evening, Street TBC

