

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:

Single subscription: £168.00 per year (£14.00/month). Membership, Training & England Athletics Registration. Some competitions - see below. Parent(s) can train for free.

Family subscription: £300.00 per year (£25.00/month). Membership, Training & England Athletics Registration for all named family members. Some competitions - see below. Recommended for 2 or more athletes.

NB For members we cover the cost of 6 competitions as part of the membership fee. MAC will also register all named athletes, U13 and above with England Athletics (EA). If parents wish to compete please tell the membership secretary to ensure you are registered with EA. Details of training fees can be found under the "Training Times" section. *Membership Fees are due on 1st January each year and MUST be paid by 31st March.* Potential new members can attend 3 sessions for free on completion of a training consent form.

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 Please ensure that you have filled one out and **also update it if any information becomes out of date.**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
"Post Vacant"	(U20W/SW)	
Ian Humphreys	(U17M/U20M/XC)	01749 675100/07985 160526
"Post Vacant"	(SM)	

NOTE: The U13 & U15 Youth Development League (YDL) Teams are jointly managed by Bristol & West AC and Mendip AC. In the first instance contact Ian Humphreys 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 – 2017

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

Sat 1	Bill Whistlecroft Spring Athletics Festival- Hurdles, Chase, Heavy throws, Yeovil
Sun 2	Bill Whistlecroft Spring Athletics Festival, Yeovil
Sun 2	Team Bath/Stroud Fled Fest Open (jumps & throws), Bath
Sun 2	Bournemoult AC Open, Bournemouth
Sun 9	Yate & District Sprints & Hurdles Challenge, Yate
Sun 9	Ken Trickey Open, Exeter
Weds 12	YTRRC 5K & Fun Run, RNAS Yeovilton
Mon 17	Easter Bunny 10K, RNAS Yeovilton
Thurs 20	MAC closed trials comp & officials' practice, Millfield
Sat 22	Youth Development League (1) (U13,U15), Yate
Sun 23	London Marathon, London
Tues 25	Exeter Harriers Open, Exeter
Tues 25	Inter Area Junior XC, Millfield Junior School
Sat 29	Somerset Combined Events Championships (1), Millfield
Sun 30	Somerset Combined Events Championships (2), Millfield
Sun 30	Youth Development League (1) (U17,U20), Yate
Sun 30	Glastonbury Road Runs, Glastonbury
Sun 30	Pensford 10K, Pensford

May

Mon 1	BMC, Millfield, TBC
Mon 1	Brewer Memorial Games (Open), Cheltenham TBC
Weds 3	Taunton Area Schools Champs, Castle School, Taunton
Weds 3	South West Colleges, Yeovil
Thurs 4	MAC Open (1), Millfield
Sun 7	SWAL (1), Exeter – Programme A
Sun 7	Bristol 10K, Bristol
Weds 10	Sedgemoor Area Schools Championships, Venue TBC
Weds 10	YTRRC 5K & Fun Run, RNAS Yeovilton
Weds 11	Schools Cup 1 st Round, Castle School, Taunton
Sat 13	County AA Championships (1), Yeovil
Sun 14	County AA Championships (2), Yeovil
Weds 17	Schools Cup 1 st Round, Millfield
Sat 20	Youth Development League (2) (U13,U15), Yate
Mon 22	Mendip Area Schools Championships, Millfield
Tues 23	Bristol & West AC Open, Kip Keino Stadium, Stoke Gifford
Weds 24	Yeovil Area Schools Championships, Yeovil
Thurs 25	MAC Open (2), Millfield
Sat 27	South West Athletics Gala, Exeter
Sun 28	Youth Development League (2) (U17,U20), Cheltenham
Sun 28	Wells Fun Run, Wells
Tues 30	Exeter Harriers Open, Exeter

June

Sun 4	SWAL (2), Exeter – Programme B
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Tues 6	Schools Regional Cup B finals, Exeter
Weds 7	Schools Regional Cup B finals, Basingstoke
Weds 7	Somerset Schools, Junior Championships, Yeovil
Sat 10	Somerset Schools, Senior Championships, Yeovil
Sun 11	Yeovil Marathon, Yeovil
Mon 12	Sedgemoor Team Championships, Yeovil
Weds 14	Schools Regional Cup A final, Millfield
Weds 14	YTRRC 5K & Fun Run, RNAS Yeovilton
Sat 17	South West Schools Championships, Exeter
Sun 18	Youth Development League (3) (U13,U15), Cheltenham
Tues 20	Avon Open, Kip Keino Stadium, Stoke Gifford
Thurs 22	MAC Open (3), Millfield
Sat 24	SW Schools Combined Events Championships (1), Yeovil
Sun 25	SW Schools Combined Events Championships (2), Yeovil
Sun 25	Youth Development League (3) (U17, U20), Cardiff
Tues 27	Exeter Harriers Open, Exeter
Weds 28	Yeovil Area Schools Friendly Competition, Yeovil

July

Sat 1	Schools Cup Final, Oxford
Sun 2	SWAL (3), Exeter – Programme A
Tues 4	Mendip Primary Schools Mini Olympics, Millfield TBC
Thurs 6	Greenbank Pool Social 7pm, Street (TBC)
Fri 7	English Schools Championships (1), Birmingham
Sat 8	English Schools Championships (2), Birmingham
Weds 12	YTRRC 5K & Fun Run, RNAS Yeovilton
Thurs 13	Primary Schools Inter Area Champs, Millfield TBC
Sat 15	Youth Development League (4) (U13, U15), Cardiff or Swindon TBC
Sun 23	Youth Development League (4) (U17,U20), Yate
Tues 25	Exeter Harriers Open, Exeter

August

Weds 9	YTRRC 5K & Fun Run, RNAS Yeovilton
Sun 20	South West Inter Counties, Exeter
Tues 29	Exeter Harriers Open, Exeter

September

Sun 3	SWAL (4), Exeter – Programme B
Sun 10	Yeovil Games, Yeovil
Sun 10	Bournemouth AC Open, Bournemouth TBC
Weds 13	YTRRC 5K & Fun Run, RNAS Yeovilton
Sat 16	English Schools Comb Events Champs (1), Boston
Sun 17	English Schools Comb Events Champs (2), Boston
Sun 17	Last Ditch Throws Open Meeting, Par
Sun 17	Bristol Half Marathon, Bristol
Sun 24	Exeter Harriers Combined Events Competition, Exeter TBC
Tues 26	Exeter Harriers Open, Exeter

October

Thurs 12	MAC AGM & Awards Evening, Street TBC
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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: Single athlete: £168/year. 2 or more athletes/family: £300/year. Email: macmembership@mendipac.org.uk
We prefer payment by Standing Order or Bank Transfer. An additional fee of £5.00 will be payable for processing membership fees paid by cheque.

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

Becky Wheeler Sprint Hurdles, Long Jump
Robin Callender Throws & CIA
Denise Hoogesteger Endurance

Athletics Coaches

Andy Rumley Junior Academy
Marc Braddock Multi-Events/HJ/PV
Nathan Keene Multi-Events/HJ/LJ
Annie Taylor Junior Academy

Coaching Assistants

Ken Rampere Multi-Events/middle distance
Chris Walker Junior Academy
Greg Howe Multi-Events
Tracie Samuel Multi-Events
Gwladys Berry Junior Academy
Steve Njie Sprints
Keith Hay Sprints

Leadership in Running Fitness

Jo Stimpson

Club Contacts

The various club official positions are as follows:

Management and Finance Committee

Club Chairman	Roger Clark	
Acting Hon Sec	Robin Callender	01458 834452
Hon Treasurer	Lyn Sandford	01458 840994
Welfare Officer	Rachel Hummel	01935 824736
County AA Rep	Peter Grosjean	01749 676875
Membership	Patrick Aspinall	01749 672786
Social Sec	Tracie Samuel	07880724284
Parents' Rep	Sarah Stillwell	01749 674926

Coaching and Development Group

Head Coach	Peter Grosjean	01749 676875
Coaches	See inside of leaflet	

Competition Group

Competition Manager	Peter Grosjean	01749 676875
Officials Secretary	Andy Rumley	01749 677248
Kit Secretary	Alan Sandford	01458 840994
Team Managers	See inside of leaflet	

Promotions Group

Press Officer	“Post Vacant”	
Web Master	Patrick Aspinall	01749 672786
School Liaison	Peter Grosjean	01749 676875

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	Murray Grant
Peter Grosjean	Pete Dickens	Marc Braddock
Andy Rumley	David Kirkman	Tracie Samuel
Tracey Fouracres	Piers Taylor	Alan Sandford
Pat Aspinall	Alice Grosjean	Chris Walker
Steve Williams	Gwladys C-Berry	Annie Taylor
Becky Wheeler	James Gripper	Alan Sandford
Jon Chivers	Gary Jones	Sophie Sandford

MAC

MENDIP ATHLETICS CLUB

2017 FIXTURE CARD

Club Colours: Yellow and Purple Harlequin vest Purple

Affiliated to: Somerset AA, England Athletics

“The Club Where Our Juniors Come First”

Club Kit Available - Contact Alan Sandford.

MAC athletes are expected to take part in the following key competitions in 2017:

MAC Opens:

20 April (closed trials)

4 & 25 May

22 June

South West Athletics League:

7 May

4 June

2 July

3 September

County AA Championships:

13 & 14 May

YDL – U13/U15: see fixture list & contact Ian Humphreys

if you wish to take part in this higher level competition. U17/U20 please contact Peter Grosjean.

Web site: www.mendipac.org.uk

Honorary Club President - Jason Gardener MBE
Olympic Champion Sprinter & President of British Athletics



BRITISH
ATHLETICS