

Welcome to Matlock Athletic Club. Whether you are thinking of joining, or have just joined us, this leaflet will provide some information that will help you to understand how the club works. First, let's dispel a few myths...

I'm not fast enough to run with a club: Many of our club members tell us that they were reluctant to join because they thought they might not be quick enough. Don't let that put you off! We have runners of varying speeds and abilities, and we mix things up so there are plenty of different groups who will run different speeds and distances.

It's too expensive: It's just £14 to join Matlock Athletic Club. If you want to be a registered athlete and pay your UK Athletics affiliation, that's extra (currently £19) - but if you take part in races, you usually get a discount so it often pays for itself anyway.

I don't really want to race: Then don't. Many people join because they like the camaraderie, support and motivation. We have a number of runners that rarely (if ever) race. Of course, if you want to race, we love that too - and there are some great relays and inter-club competitions which are free to take part in as part of the club. It doesn't matter if you're leading the way at the front, or bringing up the rear - the atmosphere is great.

I won't be able to make it to training all the time: Again, many members don't. We have over 200 members - some like the training sessions, some like to race for the club, some just like to have a network of runners that they run with informally. Most training nights will only have 10-20% of members present. There's no pressure to attend.

Where and when do you meet? We meet at the Arc Leisure Centre on Monday evenings at 6pm, and on Thursday evenings at 6:30pm.

Monday evenings: These are our training nights - we like to mix things up a bit, so the sessions might include different sorts of sprints and loops around Hall Leys Park, running up hills (it's not as bad as it sounds) and other high intensity techniques that will build your speed and stamina. Approx 1 hour. Once a month, we head over to Tupton Track for a track-session.

Thursday evenings: These are our longer runs. During winter, they tend to be along roads with headtorches - during summer we make the most of the beautiful scenery around us, with off-road runs around the local moors and villages, off-road wherever possible. These runs are typically 7-9 miles long and a schedule is listed on our website. We split into four groups; three run the same route but at different paces so you're not pressured to keep up with our faster runners. *The fourth group tends to do a shorter route - usually 5-6 miles*, so no one is left out if 7-9 miles seems a bit too long.

On Thursday nights we occasionally mix it up - during summer we have an away run (sometimes in conjunction with another local club) approx. once a month, with a social drink, sandwiches and chips in a pub afterwards. During winter, we have a 10k timed run to Matlock Bath, so you can race against others and yourself, to see if you can improve during the winter months.

Anything else: The club is managed by a committee, all elected from the membership and giving their time to keep things running smoothly. A lot of work goes into arranging races, providing coaching for juniors and generally keeping everything ticking over. There is no compulsion, but we strongly encourage members to 'give a little back'. During the year, if you can help marshal a race, that's a great help.

This is just a quick overview to help you get started - all of our MAC members should make you feel welcome, and should be able to help you with any questions. If you have any questions, you can ask any of the Committee members, but look out for the following faces, who are probably the best people to contact in the first instance:

Your captains

Greg Hopkinson



Sarah Witham



Committee Members

Dennis Belbin
(Secretary)



Andy Mellor
(Chair)



Shelley Fairey
(Vice Chair & Safeguarding)



Dan Ashcroft
(Treasurer)



Karl Webster
(Coach - juniors)



Kathryn Berrisford
(FoR Race Director)



Lisa Jones
(Juniors)



Mark Pollak
(Webmaster)



John Thorpe
(Press Officer)

