

Section 1: Membership

Join the Club

New members are welcome throughout the year from juniors through to veterans of all abilities, any race or social background. Membership fees are due on 1st April of every year.

Membership forms are available online at <http://www.hillingdonac.co.uk/shop/clubmembershiptage.html> You can pay either by credit/debit card, PayPal account instantly.

Any questions about membership should be directed to the Membership Secretary, Steve Hiron at s.hirons@ucl.ac.uk

Junior membership enquiries should be directed to the Junior Co-ordinator, Alison Alford at alisonalford1971@sky.com.

Subscription costs, which include the EA registration fee of £12, for the period of 1st April for the year, are as follows:

Individual Senior	£71.00
Individual Under 18*	£45.00
Individual Full-time FE/HE Student**	£38.00
Full Second Claim (1)	£61.00
Second Claim Summer or Winter (2)	£22.00
Individual Associate (3)	£22.00
Family (4)	£110.00
Qualified Active HAC Coach or Official	No Fee
Life Member	No Fee
Elite Athlete Fund Award Holder	No Fee

Membership definitions

- (1) Entitled to all services as if Full Member. Athlete responsible for own EA registration.
- (2) Entitled to **compete** for specified period only. Summer: March to October 2015. Winter: September 2015 to April 2016. Select full second claim if longer membership period required or/and want to use club facilities.
- (3) Does not use any of the club's facilities for their own training or competition.
- (4) Family club members must reside at the same postal address.

* This includes all under 7's

** Only for this in full-time education at a further or higher education college or university. Does not include part-time or any version of compulsory school education.

All membership forms will be checked to make sure the correct type of membership has been chosen.

Hardship fund

If you want to become/renew your membership but are unable to pay the costs, please contact Membership Secretary Steve Hiron at s.hirons@ucl.ac.uk to work out a solution.

Benefits of membership

- Cost of approved coaching and other volunteer courses 100% funded
- Free use of clubhouse during opening hours including access to gym facilities and competitively priced licensed bar
- Right to attend and vote at general meetings of the Club
- Free insurance to athletes, coaches and officials Training and coaching
- All coaching included
- All coaches CRB checked
- Regularly receive the Club's newsletter 'On the Limit' and HAC Bitesize Bulletin
- Access to Hillingdon Stadium to qualified coaches when coaching
- Discounted race entries to all races as athletic club member
- Access to London Marathon places allocated to the club
- 10% Discount on purchases at Runnersworld Eastcote. 139 Field End Road, Eastcote, Pinner Middlesex HA5 1QH and Runnersworld Watford. 164 High Street, Watford, Herts WD17 2EG

Section 1: Membership

Which age group am I in?

The "Competition Year" shall extend from 1st October to 30th September in the following year.

Under 13

Track and field events for Under 13's shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year.

Road Running competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.

Cross Country competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.

Under 15

Track and field events for Under 15's shall be confined to competitors who are aged 13 or 14 on the 31st August within the Competition Year.

Road Running competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.

Cross Country competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.

Under 17

Track and field events for Under 17's shall be confined to competitors who are aged 15 or 16 on the 31st August within the Competition Year.

Road Running competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.

Cross Country competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.

Junior Men and Women

Track and field events for Junior Men and Women shall be confined to competitors who are 17 or over on 31 August within the Competition Year, but under 20 on 31 December in the calendar year of competition.

Road Running competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.

Cross Country competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year

Seniors

Athletes aged 20 and over on 31st August prior to the commencement of the Competition Year

Section 1: Membership

Club Rules and Regulations

A copy of the Hillingdon Athletic Club Rules and Regulations can be found on the club website: and must be adhered to by all members: <http://www.hillingdonac.co.uk/rules-regulations>

Training

Coached Run Sessions

If you haven't been coached at a club before you may find the training a little different to what you usually do. Most of the coached running training is "Repetition" training or "reps".

It's a training session where a distance is covered a number of times, repeatedly. The number of times you run the rep may vary from session to session, as would the distance and the amount of time between each rep or the "recovery" period.

For example, you could run a distance of 800m 6 times with 2 minutes recovery.

Rep sessions can be held on the road, up hills or on the track.

1. Coached sessions start with a warm up jog. If the session is at Ruislip this will involve jogging to the training location which on average is 1 mile from the clubhouse.
2. You will then be coached through approximately 20 minutes of static and active stretches with flexibility drills and strides
3. The group members will then be told of the session and what is required of them depending on their abilities and aims.
4. The session then starts and on average is 30 mins including recovery periods. Distance covered is dependent on the session.
5. You will then jog back to base as a group as your cool down

All our coaches will ease you into their groups, so don't be intimidated by your perceived ability. Groups can range from 3 to 30 people at any one time.

The location of this training varies.

Away from the group training you still do the standard continuous runs for endurance on your own or with people that you will meet at the club.

Continuous Run Sessions

Some members don't do coached training and meet at the club before going for a continuous run of anything between 3 or 10+ miles. Tuesday and Thursday runs tend to be anything between 3 and 7 miles, Sunday morning runs are usually longer and vary in length between 5 and 11 miles.

There are usually multiple groups leaving the clubhouse for these runs. They vary in length and speed, so chat to other members to make sure you run with the right group.

Terrain for these runs varies. Tuesday and Thursday training will be on the road through the Winter months, moving to the woods through Spring and Summer. Sunday training varies between road and woods in the Winter and woods in the Summer.

However, the best way of making an improvement over any distance is repetition/coached training.

Section 1: Membership

Training Timetable

Day	Time	Location	Training	Coach
Tuesday	6 pm	Clubhouse, Ruislip	Various continuous runs approx. 3 to 7 miles	
Tuesday	6.30 pm	Hillingdon Athletics Track	Coached training for: adult sprints adult middle distance adult womens & mixed Mixed group on 2 nd & 4 th Thursday of the month on the Road.	Claire Tompsett Gerry Archer Roger Williams Gavin Collett
Thursday	6 pm	Clubhouse, Ruislip	Continuous run approx. 3 to 7 miles	
Thursday	6 pm	Clubhouse, Ruislip	Coached training (vets and beginners)	Mick Miller
Thursday	6.30 pm	Clubhouse, Ruislip	Coached training - advanced middle and long distance	Gerry Archer
Thursday	6.30 pm	Hillingdon Athletics Track	Coached training for: adult sprints adult womens & mixed Mixed group track on 1 st & 3 rd Thursday of the month, all other Thursday on Road.	Claire Tompsett Roger Williams Gavin Collett
Saturday	2 pm	Clubhouse, Ruislip	Clubhouse open for use of gym equipment	
Sunday	9.30 am	Clubhouse, Ruislip	Long run (advanced group)	
Sunday	10 am	Clubhouse, Ruislip	Various continuous runs approx. 5 to 11 miles	

Please arrive ready to run 10-15 minutes before the above times.

Top Tip - Try different training groups to find the right one for you. Our coaches don't get offended if you join another group!

Fixtures

There are many fixtures throughout the year where you can proudly wear your club vest, represent your club and compete with your friends as part of a team. Fixtures include cross country, track & field and road races.

The current fixtures are always displayed on the club website at <http://www.hillingdonac.co.uk/calendar> and are downloadable in a pdf format. They will also be displayed on the noticeboards at the clubhouse in Ruislip and at Hillingdon Athletics Stadium.

Section 1: Membership

Competitions

- Free Southern league track and field competition in the summer*
- Free road and cross country competition in the winter*^
- Free entry to Middlesex, South of England and England Athletics/AAA championship competitions
- Free entry to Club organised competitions e.g. monthly 5k races in summer**
- Access to elite athlete fund – supports athletes performing at national level providing funding towards, for example, physiotherapy etc.

*For certain events subject to selection

^On selected races only

**Excludes races used to generate Club funds e.g. Finchley 20

Cross Country

All club members are welcome, and in fact encouraged to compete in the Met League. The wearing of club vest is required. Should you wish to take part please contact:

Senior Men

Paul Leppard

paulleppard@hotmail.co.uk

Veteran Men

Bob Burton

rburton@talktalk.net

Senior, Veteran and Under 20 Women

Donna Nash

donnanash49@sky.com



Road

Senior, Veteran & Under 20 Women (Road)

Martin Bateman

mbateman@hillingdonac.co.uk

Fast Fact - Hillingdon AC's Senior Men made the best possible start to 2015 by winning the Middlesex Cross Country Championships at Alexandra Palace.

Section 1: Membership

Track & Field competitions

Southern Counties Veterans Athletics League

There are four fixtures in the Veterans League from May. All club members aged 35+ can compete.

If you aren't sure if competing in track and field is for you, you can always attend a fixture and have a go at events as a non-scorer. Please contact either the ladies team manager Maria or Mens team manager Jason, should you wish to compete or have any questions.

Vets Men

Jason Steel
07886 998737
jsteel@hotmail.com

Vets Women

Maria Hernandez-Humm
07957 185631
m.humm@sky.com.

Southern Athletics League

The Southern Athletics league is a track & field league for clubs in the SEAA, competing with joint male & female teams. There are 5 fixtures in total running every month from May 2016 and it is open to all club members.

Team Manager

James Manley
jamesdmanley@googlemail.com

Junior Team Managers

Cross Country

Boys & Girls XC

Alison Alford
01494 815 993 alisonalford1971@sky.com
Diane Gibbons 01895 631 031

Track & Field

Youth Development League

U13/15 team: Alison Alford

alisonalford1971@sky.com

U17/20 team: Angela Wilcox

angleawilcox167@btinternet.com

Alder Valley League

Girls Team: Alison Alford

alisonalford1971@sky.com

Boys Team: Angela Wilcox

angleawilcox167@btinternet.com

Section 1: Membership

Summer Series

Every year there is an internal club competition, the Summer Series. As the name suggests, this is a series of races held through the summer, typically May to September.

The races are of varying distances, from 5km to half marathon, and you can enter as many or a few of them as you like.

Points are awarded for your position in each race with a running total kept, for men and women. The league table is updated after each race and displayed in the clubhouse, website and social media.

Keep an eye out on the club noticeboards, website and social media for details of which races are included each year.

The Summer Series is a fantastic way to compete with (and against!) your club mates, meet other club members and improve your running.

The series of races are public races with medium to large attendance. It also includes the club 5km training races, details of which are below.



Section 1: Membership

5km Training Races

These races are held every year through the summer and are free to all club members. Part of the Summer Series, they are another great way to meet other club members. They are competitive races, but they are also friendly and inclusive. These races are also a great way to measure your improvement through the summer.

They take place on the second Thursday of every month from April through to September. Register at the clubhouse by 6.30pm for a 6.40pm start.

You compete entirely at your own risk. All Club members are welcome to run, with a £3 fee for any non-Club members.

The measured course starts in Howletts Lane and is two and a half laps of a loop of Breakspear Road, Howletts Lane, Marlborough Avenue & Bury Street. The finish is just past the clubhouse in Bury Street.

Numbers are not worn but are told to competitors on registration and need to be told to the recorders at the end of the event.

This is not an official race, so please keep to the pavement whenever possible and beware of road users and pedestrians.

Speak to other club members nearer the time of the first race to find out more about them.

The race is usually followed by a social event at the clubhouse, such as a quiz and hot food!.

Fast Fact – 2014 saw our 100th 5km Training Race. We wanted 100 runners to compete to mark the occasion. Members bought their families and friends along to run and we saw a massive 145 runners cross the finish line!

Section 1: Membership

Club Kit

Club kit can be purchased from the website, www.hillingdonac.co.uk/shop/clubkit

Once you have purchased your kit online, arrangements will be made to get your garment to you within seven days.

Please contact Martin Bateman at info@hillingdonac.co.uk stating that you have just purchased some kit, what kit you have purchased, which coach you train with and which club location you would like to collect the item from.

Items will not be posted, arrangements will be made so that you can collect your kit from the clubhouse at Ruislip or from Hillingdon Athletic Stadium.

The following garments are available for purchase. You will be expected to wear your club kit when you compete. Wear your club colours with pride!

Other garments (such as training t-shirts, jackets) do become available for limited periods throughout the year. When these are available this is posted on the club website and social media.



HAC COMPETITION VEST

100% Polyester sports garment.

Printed with HAC club logo or club name.

UNISEX

Sizes are those supplied by the manufacturer.



HAC Crop Top

Lycra sports garment as shown. Sizes are those supplied by the manufacturer.

Section 1: Membership

Contacts

Clubhouse

Hillingdon Athletics Club
206 Bury Street
Ruislip
Middlesex
HA4 7TJ
01895 678459 (unmanned)

Hillingdon Athletics Stadium

Hillingdon Sports & Leisure Complex
Gatting Way
Uxbridge
Middlesex
UB8 1ES

Email: info@hillingdonac.co.uk

(please do not use the above email address for junior enquiries please)

Club Officials

Details of the current club officials can be found on the website on the following pages:
<http://www.hillingdonac.co.uk/officials>

Coaches

Details on the coaches can be found on the website on the following pages:
<http://www.hillingdonac.co.uk/coaches>

Section 1: Membership

Get Social

There are several social events through the year held at the Clubhouse in Ruislip. In the past these have included live music, race nights and curry nights. The clubhouse committee tries to provide events that appeal to everyone.

Keep an eye out for events on the club website, noticeboards and social media.

Not only are these events a great way to meet people but they also raise funds for the club, so get involved, bring your family and get social.



The clubhouse is also open after training on Tuesday's, Thursday's and Sunday's for members to stay after training and socialise with a drink from the bar or just a cuppa! Again, a great way to meet new members, ask questions and hear about training and race fixtures.

If you are interested in joining the clubhouse committee or have an idea for an event you would like to organise, please contact John Doyle, Clubhouse Manager. Details can be found in the Contacts section of this pack.

Social media

The club has both a Facebook and Twitter presence to update members with news, ask questions and share stories and photos etc.



Follow us and Tweet us on Twitter @HillingdonAC



Join the Facebook Hillingdon Athletic Club – Official group page. Many members use Facebook to share photos taken at races, update with news, arrange car sharing to fixtures etc.

The social media sites are managed by the Communications Committee. If you are interested in joining the Communications Committee please contact the Communications Committee Managers. Details can be found in the Contacts section of this pack.

Section 1: Membership

On The Limit

On The Limit our club newsletter and is emailed to all members on a quarterly basis.

All members are welcome to contribute any news or articles they would like to see in the publication. This may be event reports, letters or anything to do with the club that deserves a wider audience.

If you would like to contribute any content to the newsletter please contact the Editor Scott Farley on scott.farley@iua.co.uk

HAC Bitesize Bulletin

This is a monthly 'bitesize' round-up on club news and forthcoming fixtures emailed to all club members. Produced and distributed by Martin Batemen

Top Tip - Introduce yourself to as many club members as you can. We've all got at least one thing in common and you never know, you might just find your ideal training partner!