

Membership Application

The membership fee to join Beeston AC is **only £20** a year (no pro rata as this includes the England Athletics fee), and this covers free entry to the Notts AAA Summer League plus the East Midlands and the North Midlands Cross Country Leagues (club vest must be worn to be allowed to participate). We will register you with England Athletics, and as a member of an affiliated club you are eligible to a minimum £2 deduction for race entries.

Name:

Address:

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Telephone (day): (evening):

Email address:

Date of birth (for registration with England Athletics):

Please could you let us know where you heard about us?

Please make cheques for £20.00 payable to: "Beeston AC" and send to:

*Dan Rawson,
95 Exchange Road,
West Bridgford,
Nottingham NG2 6BX.
(treasurer@beestonac.com)*

Alternatively, the Club bank details are: sort code 40-10-06, account 62266253 (please mark payment clearly as membership and/or vest payment fee). Please email Dan with your application form if you pay online.

If you would like to compete in the local road and cross-country league races (free of charge), please include an additional £15 with your membership fee and contact the following with details of size of vest required:

Men: Rab Acid at rabiello_a@hotmail.com (telephone 07950 934404)

Ladies: Gabriele Neher at gabyneher@gmail.com (telephone 07515 467811)

When you become a member of or renew your membership with Beeston AC you will automatically be registered as a member of England Athletics. We will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org."





Would you like to try out running with a local, friendly running club? Beeston AC is a growing club (currently numbering around 200), whose members participate in road, cross-country and fell running. As well as running together, we like to socialise together. The Club runs 3/4 times a week and has full use of the changing rooms and showers at Chilwell Olympia.

Tuesdays: details of speed/hill sessions are posted weekly on Facebook and in email.

Wednesdays: meet 6.25 pm outside/in the foyer at Chilwell Olympia (Bypass Road, Chilwell, NG9 5HR) for 6.30 pm depart prompt for 6–8–10 miles (approximately 1 hour 20 minutes of running). Meet afterwards in the Victoria Hotel, Dovecote Lane, Beeston.

Thursdays: we run trails. An introduction to trail running with Gaby. Please check our Facebook page for the meeting location. Start 6.30pm. Easy 4-5 miles

Fridays: meet 6.25 pm outside/in the foyer at Chilwell Olympia, 6.30 pm depart prompt for 5 – 7 miles (approximately 1 hour of running). Meet afterwards in The Crown Inn, Church Street, Beeston.

For runners looking for a longer run, we also meet on **Sundays** usually at Stanton Gate at the end of Moorbridge Lane, Stapleford (DE7 4QS) at 8.50 for 9.00 am depart. We enjoy the rolling countryside around Stanton by Dale and run over tow paths, roads, trails and fields for around 7 – 10 miles, for about 1 hour 30 minutes.

Running as a group (or several groups when a lot of people turn up) we try to keep together and many members are willing to run and assist with new or slower members, with faster people being encouraged to run up front and loop back at turning points.

We also like to participate in one or two half marathons abroad a year (you can see photos of some of these trips on our website at beestonac.com).

In addition, we organise our own popular race, the Trent 5, once a year (the Beeston parkrun route shares part of the course for this).

Contact: <http://beestonac.com/contact>