



Club Handbook

The information in this booklet is relevant for all athletes, parents or carers for young athletes, coaches, volunteer helpers and officials who are members of Nuneaton Harriers Athletic Club. It is a condition of membership of the Club that members abide by all the relevant rules and codes of conduct.

Contents

1. WELCOME TO NUNEATON HARRIERS ATHLETIC CLUB	3
2. STRUCTURE OF ATHLETICS.....	5
3. CLUB STRUCTURE	5
4. TRAINING.....	6
5. COACHING.....	7
6. COMPETITIONS.....	7
7. CLUB FACILITIES.....	8
8. USE OF CLUB EQUIPMENT	9
9. EQUITY POLICY STATEMENT	9
10. VOLUNTEER AGREEMENT	10
11. CODES OF CONDUCT	11
Code of Conduct for Athletics Clubs	11
Code of Conduct for Athletes	12
Code of Conduct for parents/people with parental responsibility	13
12. HEALTH AND SAFETY	16
13. ANTI DOPING ADVICE FOR PARENTS OF YOUNG ATHLETES.....	18
14. INSURANCE MATTERS.....	19
15. GUIDELINES FOR DEALING WITH AN ACCIDENT / INCIDENT	20
16. CLUB WELFARE OFFICERS	20
17. CONTACTS	21

1. WELCOME TO NUNEATON HARRIERS ATHLETIC CLUB

Thank you for choosing Nuneaton Harriers A.C. as your athletic club. Regardless of whether this is your first time in the sport or you are an experienced athlete moving from another area we believe we are a friendly club and welcome athletes of all ages, genders, ethnic groups and physical abilities. We hope that your time with us will be both long and rewarding and that you achieve a level of performance to match your potential.

The Club meets all year round at the Pingles stadium, Avenue Road, Nuneaton. Young athletes aged from 7 years up to 13 years old form the junior section whilst in the senior groups we have competitive athletes who are well into their 70's. Activities range across track & field athletics, cross-country, race walking and road racing.

The Club has use of all the stadium facilities including a clubhouse, changing rooms and showers. On arrival you are expected to pay at the reception office a training fee for use of the facilities. You may also be asked to show your membership card. There are notice boards in the clubhouse for messages and information on future competitions. Drinks and light refreshments are usually available in the clubhouse.

The purpose of this handbook is to outline the policies and principles by which we operate and give you and all parents and volunteers the basic information that will make your participation both enjoyable and rewarding. The handbook contains codes of practice for the main roles that people have within the Club and you should ensure that you are familiar with the parts of section 11 relevant for your involvement.

Benefits of Membership

The benefits of membership are that:

You will be able to train regularly upon paying the relevant fees,

You will receive appropriate training in a structured training group,

You will be registered with England Athletics which allows you to compete for the Club in any competition.

All members should know:-

The Club's Codes of Conduct – in this handbook and available on our website.

The Club arrangements for welfare officers – see section 16

Club track & field etiquette and use of facilities - see sections 8 and 12

Please note that as a Club member you/your child are expected to participate in Club teams. Priority for places in training groups is given to those competing regularly and non-competing athletes may be excluded from training groups if groups are over-subscribed.

Communication

To help you to keep in touch with Club matters we have several communication pathways and hope you're able to find the information you need.

- **Website** (www.nuneatonharriers.org.uk): Regularly check our club website to stay abreast of club matters, to learn of upcoming events, and to get the latest results.
- **Facebook:** If you're on Facebook, search on Nuneaton Harriers AC.
- **Club noticeboards:** The Club has noticeboards in the clubhouse. Keep an eye out for updates.
- **Club Newsletter:** The newsletter is emailed to those who have asked for a copy and a copy is posted on the notice board in the clubhouse.
- **E-mail:** if you have provided an e-mail address to your team manager you'll be advised of upcoming events.
- **Verbal:** If you have questions, ask a coach or a committee member. If they don't know the answer, they'll refer you to someone who does.

Volunteers

Like many sports clubs, we're run entirely by volunteers. The more volunteers we have, the better the club is run and the less the workload for those involved. Whether you're a new member or a parent/partner/spouse of a new member, we need you to get involved. We need people to help with a variety of jobs including: coaches, officials,

committee members, and social organisers, helpers at competitions and club training sessions as well as at our annual 10k road race, Sportshall organisers, and fundraisers. Please take a little time to get to know the Club and what it represents and then step forward, raise your hand, and make a difference.

2. STRUCTURE OF ATHLETICS

Nuneaton Harriers A.C. is affiliated through England Athletics (EA), the governing body for athletics in England. Competitive athletes are obliged to affiliate and part of the membership fee is paid to EA so each registered member will receive a competition licence from EA. The Club is also affiliated to Warwickshire County Athletic Association and Leicestershire & Rutland Athletics Association. The county associations organise championship competitions for cross-country running in January and track and field athletics in May each year; they also organise the training of officials.

England Athletics has responsibility for delivery of athletics in England in the form of 9 regional bodies; this club is part of the West Midland region. Finally, the body responsible for the rules and policies of athletics, training of coaches, anti-doping and selection of teams for international competitions is UKA (UK athletics).

3. CLUB STRUCTURE

The Club is managed by a Committee that meets monthly. The rules of the Club are set out in the Club Constitution, a copy of which can be found in the Clubhouse Office. We invite athletes, parents and volunteers to be members of this committee in order to get a cross section of views. The views of the Junior section are represented by a sub-committee consisting of athletes under 18 and its chief officers are invited to attend the main Committee meetings.

The minutes of the Committee meetings are available for inspection on the clubhouse notice board. Each year, usually in April, there is an Annual General Meeting at which the officers are elected, rules changed, fees set

and accounts presented. Everyone is invited to the AGM and all paid up members (over 16) can vote.

For the purposes of standardisation and communication the qualified coaches meet on a regular basis. Each competing team has an appointed manager who is responsible (amongst other things) for selection of the team, transport arrangements (when away), course maps (cross-country) and officials (home match). Competitions for young athletes can only be provided with support from parents, especially for transport.

Contact details for all the appointed Club officers are available in the clubhouse.

4. TRAINING

In addition to the annual membership fee there is a small fee for the use of the facilities each time the athlete trains (parents, volunteers, coaches do not need to pay). The training sessions are:

Tuesday 6.30pm - 7.30 pm under 13's
 7.30pm - 8.30pm over 13's

Thursday 6.30pm - 7.30pm under 13's
 7.30pm - 8.30pm over 13's

The Club also has exclusive use on Mondays 6.30pm – 9.00pm when extra coaching is available by arrangement with the appropriate coach.

Since the track is a municipal facility it is available at other times but separate charges are made by the Community Association responsible for its running. Enquiries should be made through the stadium reception office. In the winter, circuit training and weights sessions are arranged by the individual coaches.

5. COACHING

Generally, athletes up to the age of 13 are coached in mixed-ability groups and are actively encouraged to try a wide variety of athletic events over the course of the year. The emphasis is directed to learning the fundamental skills of athletics and ensuring that the experience is enjoyable. The 6:30pm sessions are always very popular and if the demand for places exceeds the capacity of the coaching staff then prospective new starters will be asked to join a waiting list. Priority is given to children if a parent or carer is a volunteer with the Club or if a sibling is already a member.

After 7.30pm the coaching for athletes older than age 13 through to seniors is more specialised but all can try out different events. The Club has coaches with expertise in sprints, hurdles, endurance running, throws, jumps, multi-events and race walking. The Club coaches are able to call on a wider network of coaching support.

Road runners of all ages (generally age 16+) are catered for after 7.30pm when groups of different abilities meet and agree on suitable training patterns.

Race walking covers all age groups and in, addition, the under 13 groups are given a chance to try out walking on a regular basis. For the over 13's generally the walking sessions begin at 6.30pm.

All the coaches are volunteers and are qualified though UKA. Helpers are supervised by the qualified coaches.

6. COMPETITIONS

The Club is affiliated to all major athletic organisations enabling club members to compete in a wide variety of competitions covering track and field, road running, cross country and race walking. Athletes of all ages are encouraged to enter competitions and participate as part of the Club teams because as well as providing opportunities to test athletic capability it is also valuable for building team spirit.

We have teams in the following:

- Track & Field: Midland Track & Field League
 Heart of England League
 Youth Development League
 Midland Masters League
 U11 athletes League / Quadkids
- Cross-Country: Birmingham & District Men's League
 Midland Women's League
 West Midlands Young Athletes League
- Road Running: Warwickshire Summer League
 Midland 6-stage and 12-stage relays
 Midland Young Athletes relays
 National Young Athletes relays
- Race Walking: Midland Winter League
 Chris Smith League

In addition, teams are entered in County, Area and National championships. Members can enter any of the above championships as individuals; details of these and all of the local road races can be found in the club house.

7. CLUB FACILITIES

The track (and stadium) is a municipal facility and is therefore used by other organisations as well as ourselves. Football teams, schools & individuals make use of the track or infield throughout the year and therefore we have to be aware of their needs. The existence of goal posts, dugout huts, mud, displaced equipment, etc. can present potential hazards. There are effective safety rules (see later) that all users are asked to follow to ensure the safety of themselves and others during training or competition.

There are guidelines for using the track during our Tuesday & Thursday sessions that help to overcome the crowding that can take place. The under 13's have priority of use from 6.30pm to 7.30pm. Track users are required to observe the lane discipline including that warming up and cooling down is done on the outside lanes or off the track. Particular care must be taken if crossing the infield area – the infield should not be crossed if any throwing events are being practiced.

8. USE OF CLUB EQUIPMENT

The Club has purchased equipment such as javelins, shot, hammer, medicine balls, small hurdles, marquees and various training aids. However, all of the equipment for the stadium such as high jump, hurdles, stands, take-off boards, flags, etc. belongs to the local authority and are used by other organisations when using the track. Equipment must not be misused and any damage must be reported.

9. EQUITY POLICY STATEMENT

This Club is committed to ensuring that equity is incorporated across all aspects of its development. Sport teaches individuals how to strive and succeed, how to cope with success and disappointment, and brings people together with a common goal.

We believe that everyone should be able to participate in and enjoy athletics, whoever they are and whatever their background. We will make the Club a welcome place for everyone – for those participating in sport, those attending sporting events and for those working or volunteering in sports at any level. We will work with all these groups to ensure they have a voice, and to challenge unacceptable behaviour. Furthermore, we subscribe to the following statements;

- Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the

culture and structure of sport to ensure it becomes equally accessible to everyone in society.

- The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The Club will deal with any incidence of discriminatory behaviour seriously, according to Club disciplinary procedures.

10. VOLUNTEER AGREEMENT

Nuneaton Harriers A.C. has no full time or part time paid officials therefore all the coaches, officials, team managers and helpers are considered to be volunteers. Anyone taking part in any of the above activities is required to complete a Club membership form and sign it; in doing so the individual is considered to be a member of Nuneaton Harriers A.C. and agrees to operate within the Club's constitution & policies. This is, in effect, a volunteer agreement and all members of the Club will receive a copy of the Club's policies and codes of conduct as appropriate as part of that agreement.

All volunteers are expected to be aware of and abide by the relevant codes and policies including the; Codes of conduct for coaches / officials / team managers / helpers, Child welfare policies, Equity policy statement and Safety guidelines.

The full set of all these policies is available on the Club's internet site (www.nuneatonharriers.org.uk). Issues arising from the implementation of these policies will be considered by the Club Committee or the appropriate welfare officer / first-aider.

11. CODES OF CONDUCT

The Club codes are aligned with best practice promoted by England Athletics

Code of Conduct for Athletics Clubs

As a responsible Athletics Club we will:

Adopt national welfare policies and procedures, adhere to the codes of conduct and respond to any suspected breaches in accordance with the Welfare Procedures

- Appoint welfare officers, (male and female), and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues
- Ensure that all staff and volunteers operating within the club environment hold the appropriate qualifications and have undertaken the appropriate checks, e.g. DBS.
- Ensure that coaches, technical officials and club officers attend recommended training in welfare and safeguarding and protecting children as appropriate.
- Liaise appropriately with parents/persons with parental responsibility, officials, coaches, sports scientists, national governing bodies and other relevant people/organisations to ensure that good practice is maintained.
- Ensure that information is available at the club and to all club officers, team managers, coaches and officials regarding contact details for local social services, the police and the NSPCC.
- Ensure that club officers and volunteers always act responsibly and set an example to others including younger members
- Respect the rights, dignity and worth of every club member and others involved in athletics and treat everyone equally.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Place the welfare and safety of the athlete above other considerations including the development of performance
- Report any suspected misconduct by club officials, coaches, technical officials or other people involved in athletics to the Club, Regional, National or UKA welfare officer as soon as possible

Code of Conduct for Athletes

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.

- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.

Code of Conduct for parents/people with parental responsibility

As a responsible parent/person with parental responsibility or other supporter you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances

- Never place undue pressure on children to perform, participate or compete
- Check out the qualifications and licences of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice.
- Take an active interest in your child's participation
- Attend training or competitions whenever possible
- Know exactly where your child will be and who they will be with at all times
- Never make assumptions about your child's safety
- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance
- Provide any necessary medication that your child needs for the duration of trips
- Assume responsibility for safe transportation to and from training and competition
- Return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before your child goes to any away events or trips
- Report any concerns you have about your child's or any other child's welfare to the Club Welfare Officer, Regional, National or UKA Welfare Officers. (This does not affect your right to contact your local social services or the police if you feel it is necessary)

As a responsible parent/person with parental responsibility or other supporters for a young athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse

- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes
- Avoid destructive behaviour and leave athletics venues as you find them
- Never engage in any inappropriate or illegal behaviour
- Not carry or consume alcohol to excess and/or illegal substances.
- Not carry any items that can be dangerous to yourself or to others excluding athletics equipment used in the course of your child's athletics activity

12. HEALTH AND SAFETY

Details of qualified Fist Aiders are available on the noticeboard in the clubhouse

Nuneaton Harriers A.C. offers a wide range of activities both on and off the track. Within the track area there are a number of events that need special consideration to ensure the safety of all concerned. Health and Safety for training and competition taking part within an athletics arena is covered in detail within the UK Athletics Code of Practice, a copy of which is available for inspection in the Clubhouse. Even so, it is in everyone's interest that all participants and spectators act in a responsible and safe manner at all times. That may mean officials, coaches and athletes having to challenge the unsafe practice of others.

The following are guidelines for everyone to observe:

Track

- Football is not allowed within the Pingles stadium area during athletic club sessions.
- Warm up or cool down on the outside lanes only (or off the track preferably).
- Adhere to the lane allocations as displayed by the Clubhouse.
- Spikes should only be used on the track and not in the changing rooms or the Clubhouse; ensure the correct spike length is used.
- Be aware of other users on the track when coming onto the track and also when starting or finishing an effort.
- Before 7.30pm the younger athletes (under 13) have priority in using the track during training sessions.
- Do not enter the grass in-field area unless directed to do so by a qualified coach or official.
- If javelin or steeplechase has taken place be aware that the outside kerbing may have been removed and this could pose a hazard on the inside lane.
- Hurdles should only be used in the presence of a qualified coach; hurdles should never be attempted from the "wrong side".

- Pay attention, when training on the back straight, to the football dugouts; they are very close to the track.
- Electronic listening devices (headphones or earphones) should not be used within the competition area during training or during league matches.

Throwing

- Throwing implements should not be collected nor used unless a qualified coach is present.
- Throwing of any implement should only take place in the designated areas and under the guidance of a qualified coach.
- All implements should only be retrieved when no other athlete is about to throw.
- Retrieved implements should only be carried back to the throwing area.
- Throwing should only take place when the throwing area is free of other athletes.
- If javelin throwers extend their run up onto the track they should be aware of track athletes and give them priority.
- Javelin throwers should be aware of throwing taking place from the adjacent discus/hammer cage during training sessions and vice-versa.
- Javelin throwers should be aware of high jumpers' run up during training sessions.
- Do not try to throw the javelin over the goalposts during winter training sessions.

Jumping

- Pole vaulting equipment should only be assembled when a qualified coach is present.
- Long / triple jump – ensure that the pit cover is cleared before using and that the sand is raked to ensure a consistent level over the landing area.
- High jump equipment should only be assembled in the presence of a qualified coach.

Off-Track

- When running off-track run on the pavement and give pedestrians priority.
- Where there is no pavement, run towards the traffic to assess oncoming dangers and give road vehicles priority.
- At night times during October to March always wear a reflective / high visibility vest.
- Younger members should only go off-track in supervised groups with a qualified coach. Female runners are advised to stay in a group.
- It is advisable to cross roads as a group.
- It is advisable to consider the risks presented by a particular route; if necessary inform someone in the clubhouse of your intended route.
- It is advisable for coaches to take a mobile phone with them when supervising a group on or off-road.
- It is advisable not to wear electronic listening devices/earphones.

13. ANTI DOPING ADVICE FOR PARENTS OF YOUNG ATHLETES

Nuneaton Harriers supports all efforts to ensure that athletics is fair and free from drug cheats. If you are a parent of a young athlete who competes in athletics you and your child will need to be aware of the anti-doping rules and what your child needs to do to ensure they compete drug free.

It is important that your child understands that sport is about performing and competing to the very best of their natural ability. If they use prohibited substances or methods to enhance their performance they are cheating themselves, their competitors and their sport. They will get caught. Your child must also be careful that they don't accidentally take a banned substance. The principle of strict liability means that an athlete who has a prohibited substance in their sample is responsible for explaining how it got there.

Many common medications contain prohibited substances. If your child is competing in athletics it is important they check that their medication does not contain a substance which is on the prohibited list. You can do

this by checking the at www.ukad.org.uk The list on UKAD is the most comprehensive and up-to-date drug information service available to athletes and will advise you of the status of registered drugs.

Asthma Inhalers and Therapeutic Use Exemptions

If your child is asthmatic and uses an inhaler to treat this, they will need to register this with UK Athletics. Registration forms are available from the Club office.

Please visit the Anti-Doping section of the UK Athletics website: www.uka.org.uk where you will be able to find out more information and download the relevant forms. If you have any further questions regarding drugs in sport please email UK Athletics at antidoping@uka.org.uk

Drug Testing

Tests and controls are conducted to ensure the rules of sport are followed, and according to these rules doping is forbidden. Drug testing is there to protect the integrity and reputation of drug free athletes as well as to detect athletes who are determined to have misused prohibited substances or methods to enhance their performance.

Drug tests can be conducted in or out of competition. The main advantage of out of competition testing is that athletes can be tested anywhere, anytime with no advance notice. Testing is normally only carried out on national and international level athletes. However, UK Athletics' Rules do allow testing on any athlete. If you have any further questions or concerns please do not hesitate to contact the Anti Doping department of UK Athletics.

14. INSURANCE MATTERS

Nuneaton Harriers A.C., being a club affiliated to UK athletics, is covered by Third Party Liability Insurance for all athletic activities in which it is involved. This includes training, competition, club and regional meetings as well as social and fund-raising activities.

Officials and coaches are covered for legal liability whilst they are involved in athletic activities on behalf of the Club. In coaching, unqualified individuals are only covered if they are under the direct control of a UK licensed coach. Full details of the cover provided by UK athletics can be found in the Clubhouse.

15. GUIDELINES FOR DEALING WITH AN ACCIDENT / INCIDENT

- 1) Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
- 2) Listen to what the injured person is saying.
- 3) Alert the first-aider (**clubhouse for names**) who should take appropriate action for minor injuries.
- 4) In the event of an injury requiring specialist treatment, call the emergency services.
- 5) Deal with the rest of the group and ensure they are adequately supervised.
- 6) Do not move someone with major injuries. Wait for the emergency services.
- 7) Contact the injured person's parent or carer.
- 8) Complete an accident/incident report form, copies of which are kept in the clubhouse.

See contacts page for emergency numbers

16. CLUB WELFARE OFFICERS

The Club has a number of designated Welfare Officers, male and female. The contact details for all the officers are displayed on the noticeboard in the clubhouse and are also shown on the Club's website www.nuneatonharriers.org.uk. If you have any concerns please speak with one of the Welfare Officers.

The Welfare Officer will:

- Deal with confidential matters that may arise related to athletes/helpers and have an understanding and an appropriate way to such matters.
- Be responsible for the promotion of codes of conduct to members, parents and young people.
- Receive, record and pass on to the National Governing Body Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults.
- Provide advice on the development of activities for young people within the Club.
- Support the registration of all personnel involved in activities for young people with the Club (DBS checks).
- Recognise the difference between poor practice in according to Club rules and matters that would be seen as welfare issue.

17. CONTACTS

Nuneaton Harriers Athletics Club,
The Clubhouse,
Pingles Athletics Stadium,
Avenue Road,
Nuneaton,
CV11 4LX

Club Office: 024 76 344 429 (Mon, Tues & Thurs 6pm - 9pm only)

Internet website www.nuneatonharriers.org.uk

EMERGENCY CONTACTS

Pingles Stadium Manager:	02476 400535
George Eliot hospital	02476 351351
Nuneaton Police station	02476 641111

OTHER USEFUL CONTACTS

UK Athletics	0121 713 8400
Midland Counties AAA	0121 344 4201
England Athletics	0121 7817271