



New Members Welcome Pack

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Date	Version	Author	Revised by
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Welcome!

On behalf of the Committee of Kirkby Milers AC, welcome to the Club.

The Committee are elected annually to manage the Club, and our aim is to provide a friendly and successful Club with the primary aim of encouraging the enjoyment of athletics by runners of all ages and standards. The Committee acknowledge all the hard work that the coaches, volunteers and Club members put in. We could not run the Club without volunteers and their help is very much appreciated.

We are based at Kirkby High School and cater for all ages and abilities from 8 to 80, competing in track, road, trail, hill and cross-country events. We have several excellent, qualified coaches to assist athletes of all abilities to achieve their individual goals and reach their full potential.

Our training groups are small enough to give each athlete individual attention yet big enough for athletes of similar strengths and abilities to work together.

We believe in a hands-on approach, and if there is anything that you would like to discuss, please don't hesitate to get in touch with any of the Committee members please drop us an email admin@kirkbymilers.co.uk or speak to any of the committee members individually

The Club is here for all Members and all those involved in their development.

We hope that you find this welcome pack useful.

Regards



Paul Cope
Chair
Kirkby Milers AC

Club History & Affiliations

The Kirkby Milers meteoric rise has seen them grow from a small group of like-minded runners, to one of Liverpool's premier clubs. As Knowsley's number one family athletics club we strive to offer our members an enjoyable and rewarding experience.

We cater for all abilities and disabilities. From runners who are looking to get fit and in shape, to seasoned runners who wish to improve on their times and technique, our coaches have the perfect sessions for you.

Our club is affiliated with English Athletics and takes part in various events from, Track and Field to regional cross-country leagues. We have many social runs that range from midweek 6am runs to Sunday long runs.

Our training sessions and social runs are open to both members and non-members and we won't put pressure on any runners to join, just simply enjoy.

1. Membership and Subscriptions

To offer Members the opportunity to train and compete regularly there are a number of predefined financial commitments that we must meet on an annual basis. These include track hire costs, league fees, England athletics affiliation and insurance costs, etc.

We cover these costs by asking Members to pay an Annual Membership Fee and Subscriptions when they train.

Details of the current Annual Membership Fees can be found via the link below.

[Link to Benefits of Membership](#)

Membership Renewals – membership year runs annually from 1 April. Please note, existing members are asked to complete a membership form each year as the information we require may have changed.

Failure to register as a member may mean that an Athlete is not covered by the Club Insurance Policy and cannot compete in competitions as a member.

Once registered, members can vote at the AGM or apply to join the committee.

The Club Constitution explains, amongst others, your rights as a member in more detail – this is available to view via the following link.

[Link to Codes-of-conduct-booklet](#)

1.1. England Athletics club affiliation and athlete registration

The new affiliation year will commence on 1st April. All affiliated clubs and organisations will be required to pay their affiliation fee prior to 30th April. Affiliated clubs will be asked to review their club standards checklist and resubmit their answers as well as signing up to the England Athletics terms of affiliation as part of the re-affiliation process. The terms and conditions acceptance will be prompted at the point clubs create their club affiliation fee order.

The competitive athlete registration fee is increasing to £23 from 1st April 2026.

Club Membership for competitive athletes also includes a £2 affiliation to Northern Athletics

Membership Type	Category	Affiliation & Access	Annual Cost
Competing	Adult	Affiliation to England Athletics and Northern Athletics. Access to Club Championships and club London Marathon place.	£37
Competing	Junior (11-17 yr)	Affiliation to England Athletics and Northern Athletics.	£25
Social	Adult	No affiliation with EA/NA No access to Club champs or London Marathon club places	£22
Social	Junior	Training only; not competing in track events. No affiliation.	£10

There are a number of things that a new Member needs to be aware of and to do; and in the case of Junior Members, there are also the parent or guardian has to be aware of and do.

This is all aimed at ensuring that the Club can make the environment safe and legal for all its members but particularly its junior members.

2. Club rules

Kirkby Milers AC has adopted, and endorses, the principles of England Athletics which incorporate Child Protection Procedures.

Regardless of your role, there are certain policies that you must put into practice. These are important to the well-being of everyone, and we strongly encourage you to read familiarise yourself with the following as soon as possible.

All Members (and in the case of Junior Members their parents/guardians) should:

Read the appropriate Code of Conduct(s) on the web site.

[Link to Club Constitution](#)

Advise the Club of any change in their details (addresses, emergency telephone, medical details etc. as they occur).

All members should familiarise themselves with all policies relating to the club.

[Link to Welfare & Policies](#)

If in doubt, please ask a member of the Committee at the Club at any time.

3. News and information

During the year there are lots of events and activities to tell members about.

We use several methods to ensure that members, athletes, volunteers and parents are kept informed and get involved.

The club website is the main source of information for all Club information, news, etc.

[Link to KMAC website](#)

Facebook — <https://www.facebook.com/kirkbymilers>

Instagram — <https://www.instagram.com/kirkbymilersac/?hl=en>

Membership Platform will also send updates through our membership management platform. The app is available for download from either App Store or Google Play and a link will be sent to you.

'Milers Monthly' is our regular Newsletter, keeping all club members up to date with what's been going on and what's coming next!

Members are encouraged to submit news, articles, features, etc., so please do drop us an email to news@kirkbymilers.co.uk

4. Coaches

The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. All Club coaches have as a minimum a Level 1 Coaching Assistant qualification.

In addition, the Club insists that all its coaches and volunteers, particularly those who work with children, have undergone the appropriate DBS Checks and complete appropriate Safeguarding training.

5. Training

The Club runs the following coached track training sessions every week at Kirkby High School, Bracknell Avenue, L32 9PP.

Members and non-members are welcome to these sessions* In adverse weather training sessions may be cancelled at short notice, monitor the club website and Facebook site for cancellation information

*£1 for Members. £2 for non-members. The track session is wheelchair friendly with access to disabled toilets. 16 years and over only,

5.1. Wednesdays – Track sessions

- Group 1 - Coach David 'The Chief' Edwards - sub 22min 5k. The fastest of the groups. These sessions based mainly on a structured distance effort, with some based at a disciplined pace,
- Group 2 - Coach Mandy Lee - Sub 30min 5k. Very mixed efforts group. Ideal for everyone with most efforts based on time not distance, allowing the athlete to do what they can in the allotted time.
- Group 3 - Coach Helen Eaton - Beginner/Steady group. Ideal for people new to running or runners who complete 5k in 30mins+. Steady warm up with short efforts.

5.2. Friday 6pm - Track & Field Athletics

Members only sessions. Kirkby High School, Bracknell Avenue, L32 9PP. These sessions are to help develop a wide variety of track and field events for our members and non-members to help train for upcoming athletics season. Cost is £1 per session for members and £2 per session for non-members.

5.3. Social Runs

Members and non-members are welcome to these sessions. These social runs are FREE to all.

- **Thursday** – Milers Thursday Social starting at 6:30 from the big car park on Cherryfield Drive opposite the Elephant in the Boat statue L32 8SE. We cater for all running abilities and also a walking group. Nice sociable run and chat
- **Sunday Specials**
 - **Chiefs Sunday Express** - This groups pace can get a little tasty as times. The distance can change weekly. The runs are announced on a Saturday in the members group and the coaches Facebook wall. Ask the coach about details on suitability for these runs.
 - **Sunday Smilers** - The famous Sunday Smilers welcome runners of all paces.

[Link to Sunday Smilers Facebook group](#)

6. Club Fundraising

6.1. Club Lottery

Milers Monthly Lottery!! Its open to members and non-members, you simply sign-up to pay £2 per week for a unique six-digit lottery number. For every £2 paid in from our members, £1 will go straight to the club.

Numbers are entered into a weekly draw, with various prizes including a £50,000 jackpot that's shared with the club if one of our members wins it. That means if the jackpot is won, £25,000 goes to the winner and Clubdraw donates £25,000 to the club.

Paying is simple: To make life easier for the players, we allow them to enter by paying manageable amounts in a way that suits them. Payments are accepted by direct debit, card or cheque as follows:

Per lottery number - Monthly £8.68 - Three-monthly £26.00 - Six-monthly £52.00 - Annually £104.00

The winning members will be forwarded their prizes automatically by post each week directly following the draw. The winning numbers will also be available on the Clubdraw winners hotline, and the Clubdraw website.

Players pay just £2 per week for a unique six-digit lottery number. You can buy as many lottery numbers as they like, for a greater chance to win.

Numbers are entered into a weekly draw, with various prizes including a £50,000 shared jackpot!

The winning members will be forwarded their prizes automatically by post each week directly following the draw. The winning numbers will also be available on the Clubdraw winners hotline, and the Clubdraw website.

Players pay just £2 per week for a unique six-digit lottery number. You can buy as many lottery numbers as they like, for a greater chance to win.

Numbers are entered into a weekly draw, with various prizes including a £50,000 shared jackpot!

- 6 digits in the correct place wins £25,000 each for winner & their good cause
- 5 digits in the correct place wins £1,000
- 4 digits in the correct place wins £25
- 3 digits in the correct place wins £5

So what are you waiting for?! Get signed up now to be in with a chance of winning and also supporting our great club at the same time! Winner, winner!!

[Link here to sign upto Clubdraw](#)

6.2. Easy fundraising

Help raise funds for Kirkby Milers whenever you shop online!

Use easyfundraising to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis and ASOS – when you shop, you'll raise a free donation for Kirkby Milers every time, it's that easy! Please see link below to register & subscribe.

[Link to Easy Fundraising](#)

7. Club Kit

7.1. Club Race Vests

These are available to purchase through our online shop on the Klubfunder platform.

[Order link to Club Race Vests online shop](#)

7.2. Training Kit

For ordering our official training kit, including, t-shirts, vests, shorts, legging, hoodies, use the link below and enter the password

[Order Link Here](#)

Password:- K!rkbyMiler\$

Training kit orders can be placed anytime throughout the month, but please note that the kit window closes on the first Wednesday on the month at 9 PM. After this time, it usually takes up to 3 weeks to complete your order. Once ready, your order will be passed to either Helen or Paul for collection, ready for group or you can arrange to collect from Vibrant & Creative location.

8. Volunteering

Volunteers are the cornerstone to modern day society and club sport is no different – Club athletics relies heavily on volunteers to coach the athletes and manage events, etc.

As the Club is run entirely by volunteers, members and the parents/guardians of junior members are expected to assist those volunteers in some capacity each year. It is the responsibility of the parent/guardian to find a replacement or someone willing to switch dates if you're not available on the allocated date.

8.1. Coaching

In addition to informal support, it is vital that we recruit volunteer coaches so that we can offer the best possible support to our athletes, particularly our junior members.

Coaching volunteers don't need any experience of athletics to begin with; many have no experience at all and come to the Club just as parents of young athletes. The coaches are all encouraged to develop their technical and coaching skills by attending courses arranged by England Athletics and other bodies. The costs of most courses are normally paid for the Club.

8.2. Endurance and/or Track & Field Officials

The Club has a quota of officials at various athletic events and to provide officials for Club events. At track events, the officiating duties are usually as simple as raking the sand in a long jump pit or collecting shots/javelins. Previous experience of athletics is not required and is not expected. The events are managed by qualified officials and full guidance is always given. If you are interested in becoming an official please contact Paul Cope.

9. Kirkby Milers AC Committee

Committee and Representatives of the club.

Role	Named Officer
President	James Warburton
Chair	Paul Cope
Vice Chair	Carol Platt
Treasurer	Paul Cope
Club Secretary	Dave Matthews
Membership Secretary	Carol Platt
Welfare Officer	Hayley Smallman
Coaching Co-ordinator	Mandy Lee
Junior Representative	Paula Heaton
Senior Representative	Charlotte Smith
Kit & Merchandise Secretary	Helen Eaton
Fundraising Secretary	Chris Beyga
Social Secretary	Rachel Fisher
Marketing & Communications Officer	
Club Captains	
Male Captain	Andy Kitts
Female Captain	Nicki Kitts
Team Mangers	
Track & Field	Paul Cope
Cross Country	Andy Kitts
Road	Andy Kitts

We hope this pack has given you plenty of information as a new member but also check out our FAQ's on the website <https://www.kirkbymilers.co.uk/faqs.html>