



An Open Meeting hosted by ourselves

on the 5th September at Blackbridge. On the track we will have 75m (U11 only), 100m, 400m, 3000m and the Ron Freeman Mile race. On the field there will be a Long Jump. It would be great if all club members would support this event by entering and racing. We would particularly like to have a strong contingent in the Ron Freeman Mile race. This event is being held for the first time in memory of Ron who did a great deal for Gloucester AC over many years. The race will be a club championship with a trophy for the fastest Gloucester AC athlete (Men and Women) and the fastest age graded time.

Gloucester AC is only able to function and provide opportunities for competition and training thanks to the many volunteers who work together to produce results which we couldn't achieve alone. There are always opportunities to help out both formally and informally and we're always happy to have new volunteers, whether athletes, or their friends & family who can offer a little help. ***Some of the ways which you could help out are helping to organise and staff the events we host,*** becoming an official to help ensure competitions are run correctly (and even that we can continue to put on these competitions), helping with organisation of the club, either as a member of the committee or helping with organising competitions. If you're able to offer any help we would be really happy to hear from you, please email Aaron on chair@gloucesterac.co.uk for further details on how you can help.

The Midland Autumn Road Relays

are on 23rd of September at Sutton Park, Sutton Coldfield. Entries close next week, There are relays for U13 (1.6k) U15 (2.5k), U17 (3.88k) and senior athletes in both the female (4.33k) and male (5.848k) categories.

For the junior athletes the race is run over 3 stages (i.e. three different athletes run), the senior ladies are over 4 legs and the senior men compete over 6 legs.

These races are not only a rare opportunity to complete in a distance running relay, but also a good chance to socialise with and support different training groups.

If you are interested in competing (or athletes that you coach are) please email me on james.r.walters13@gmail.com with your name, date of birth, England Athletics number and category (senior lady, etc) by 03/09/2023.

Athletes training in the Young Athletes Middle Distance groups please tell Arthur who will be team managing.

Keep the 7th Oct free for the national relays at the same venue. *James Walters*

The final **Midland League** fixture is on Saturday the 9th September at Birmingham University. We are close to retaining our Division one title but need to win this final fixture to secure top spot. The team is looking good however there are still some spaces so if you're able to compete please let Matt know as soon as possible.

The last **Avon league** fixture is on Sunday the 17th September at Yate. The events for this meeting can be found on [ProgB.pdf \(websitehome.co.uk\)](#) Please let me know if you'd like to compete. As previously at the Avon League we try to prioritise selection of athletes who don't get selected for other meetings.

The club Committee is meeting on September 13th. Contact <chair@gloucesterac.co.uk> if you'd like to attend.

Gloucestershire CC League: Entry for this league which is the only cross country league in which our young athletes compete and which also gives awards for master athletes -men and women starting at 35 – in 5 year age groups can be as an individual but the cheapest way is by emailing Arthur – arthursemal@tiscali.co.uk. I will then ask you for basic details with arrangements to pay the fee of £18.75 for seniors and £9 for U20 and younger. This covers all 4 races including the county championships. Age groups are from U11 (minimum age 8) onwards.

Round 1 Cirencester Park Sat 4th Nov (Hosted by Cirencester AC)

Round 2 Bath University Sun 10th December (Team Bath) Incorporating County Championships

Round 3 Cotswold Farm Park Sat 6th January (Bourton Road Runners/ NCTR)

Round 4 Pittville Park Cheltenham Sat 17th February (Chelt Harriers)

Birmingham CC League

dates are in the box below.

Email the team manager dave.gresswell@arrkeurope.com with your availability.

Dates & Venues for the 2023/24 season.

	Div One
<u>11 November '23</u>	<u>Cheltenham with</u> Help from /CLC /& Gloucester AC Women Div 1
2 December '23	<u>Wolverhampton &</u> Bilston Women Div 1?
13 January '24	Birmingham Uni Warley Woods + Women Div 1
10 February '24	Rugby & Northampton