



Gloucester Athletic Club

Est. 1880



The **AGM and Club Awards** are set for Saturday 18th November at Blackfriars (same as last year).

Cross Country

The first fixture of the **Birmingham & District Cross Country League** is on Saturday 11th November.

We do need a good turn out by the senior men to support this, as staying in Division One this year will be tough, with some good teams being promoted at the end of last season.

The good news is that that the first fixture is in Cheltenham, so travel will be easy. Please note that the fixture is 'officially' promoted by Cheltenham Harriers, but supported by CLC and Gloucester AC. Therefore, we will need to help set-up, marshal, take down the course. Speaking to the guys at Cheltenham, they don't need a lot of bodies, but if anyone can help please let me know.

Obviously, for the men, the priority is to race (although we could help set-up/take down the course), but if anyone from the club can spare a few hours, please let me know.

The other dates for the Birmingham League fixture

2nd December (Wolverhampton)

13th January (Birmingham University)

10th February (Rugby & Northampton)

Entry for all 4 races is through me as team manager; there is no fee.

dave.gresswell@arrkeurope.com

Dave Gresswell

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 me –

arthursdaley@gmail.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 9) onwards.

Matt Holloway is collecting entries from the Youth Academy and I'm collating entries from the Middle Distance Young Athletes and Seniors.

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)

Arthur Daley

Road Running

British Masters Road Relays 19

November at Mallory Park, Leicestershire.

We'd like to take a couple of teams if there's enough interest. Athlete's 35 years old plus. People can contact Owen Parry on Owen Parry <membership@gloucesterac.co.uk> or James Walters James Walters <james.r.walters13@gmail.com>

Track and Field

Sportshall dates for U11, U13 and U15 athletes are:

Sunday 5th November @ Dursley

Sunday 26th November @ Brockworth

Sunday 17th December @ Crypt School, Gloucester

Speak to your coach if you're interested

Youth Academy – we have recently increased the number of young athletes training at the club, and it is going well. With a lot of the athletes being new to the sport we would like to help support them by providing spikes/athletics shoes where people currently aren't in a position to buy a new pair. This also stops unused spikes being thrown away.

If you or your children have a pair of sprint or cross country spikes, throwing shoes, jumping shoes, etc, that are in good condition and you no longer want or use them, please can you donate them to the youth academy. We can then give them out

to the athletes.

Also, have a collection of Gloucester AC vests which I take to competitions, if anyone has an old top in good condition they no longer use, then please pass that to me as well.

Please contact Matt (info@balance-hf.co.uk) to arrange dropping them in or give them to Steve or Aaron when you see them at training to pass on to me. Thanks!

Matt Holloway

Track and Field dates for next season.

Lower YDL Sat April 20

County Championships Sat May 11th or Sun May 12th.

Midland T&F League Saturday May 18th

Lower YDL Sunday May 19th

Alternative County Championship date Sat June 8th

Midland T&F League Saturday June 15th

Lower YDL Sunday June 16th

Lower YDL Sunday July 6th

ESAA Championships Friday 12th July and Saturday 13th July

Midland T&F League Sunday 14th July

Midland Age group Championships August 10th & 11th

Midland T&F League Saturday 17th August

Lower YDL Finals Aug 31st

Midland T&F League Saturday 7th September

England Athletics age groups and combined events championships are likely to be on July 26/7/8th but need to be confirmed.

There will also be open meetings organised by local clubs and the Avon T&F League.