

Gloucestershire AAA events manual

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Presentation evening

When: A Friday in mid-January

Where: Council Chamber , North Warehouse, Gloucester

Contacts:

to book the Council Chamber

Hannah Terry 01452 396514

<hannah.terry@gloucester.gov.uk>

to invite the Mayor and Sherrif

Mayor's Secretary 01452 396192

parvati.diyar@gloucester.gov.uk

The Chamber can be set up as

-Theatre style (up to 100 people)

-Cabaret style (up to 40 people)

-U-shaped with tables (up to 25 people)

-Large square (up to 36 people)

Expected numbers: about 60¹

Invited medallists from the Road Race Series (16 age groups; with 3 medallists) = 48

Tony Lancaster Award winner

Bob Hussey Award (Young track athlete)

Guests plus officers

Awards

Road race series trophies:

- 1 Senior Mens Road Race Champion (sponsored by MEB)
- 2 Mens Vet 40 Road Race Champion (donated by Bourton Roadrunners)
- 3 Mens Vet 45 Road Race Champion (donated by Lynn & Steve Hudson)
- 4 Super Veterans Road Race Champion [Male Vet 50] (sponsored by MEB)
- 5 Mens Vet 55 Road Race Champion (donated by Almost Athletes)
- 6 Mens Vet 60 Road Race Champion (donated by Stroud & District AC)
- 7 Mens Vet 65 Road Race Champion (donated by Almost Athletes)
- 8 Mens Vet 70 Road Race Champion (donated by John Anderson)
- 9 Mens Team R.R. Champions [Mens Open Team]
- 10 Mens Vet Team Road Race Champions (donated by Gloucester Sports)
- 11 Ladies Road Race Champion [Ladies Open] (sponsored by MEB)
- 12 Lady Veterans Road Race Champion [Ladies Vet 35] (sponsored by MEB)
- 13 Ladies Vet 40 Road Race Champion (donated by Sandra Ennis)
- 14 Ladies Vet 45 Road Race Champion (donated by Almost Athletes)
- 15 Ladies Vet 50 Road Race Champion (donated by Almost Athletes)
- 16 Ladies Vet 55 Road Race Champion
- 17 Ladies Vet 60 Road Race Champion (donated by Angels RC)
- 18 Ladies Vet 65 Road Race Champion (donated by Running Somewhere Else)
- 19 Ladies Vet 70 Road Race Champion (donated by Cirencester AC)

20 Ladies Open Team Road Race Champions

21 Ladies Vet Team Road Race Champions

- The Anthony 'Tony' Lancaster Memorial Award, honours the best track and field performance by a county senior and or veteran runner. Selection is made by the GAAA Committee. This perpetual shield goes to the county senior and or veteran athlete putting up the best track or field performance of last season.

- The Gloucestershire AAA Athletic Achievement Award, is presented to the athlete, official, coach, club officer, county officer or volunteer helper who has achieved something special during the year or over a longer period of time. As in previous years the county may recognise both a male and female recipient where both are considered by the meeting to be worthy of the award and where they cannot be separated. Normally however there is only one recipient.

- The Bob Hussey Memorial Award, which has been given to many very successful athletes in the past, honours the best track and field performance by a county young athlete. Selection is made by Pat and Andrew Hussey. This award goes to the county young athlete putting up the best track performance of the last season. Tel: 01452 536

Address: , Gloucester, GL1 3HP.

Refreshments

Drinks provided by City Council: (Hannah.terry@gloucester.gov.uk) Teas and coffees cost £1.30 per head and teas, coffees and biscuits cost £1.65 per head. Fruit juice costs £1 per head.

Other food from <https://www.janespantry.co.uk/buffet-menu/set-menu/> but ordered by Hannah.terry@gloucester.gov.uk .

Catering for Jan 14 2022 provided by Lynn Hudson.

Cross Country

The cross country league and championship is organised by the Cross Country Secretary. Clubs participating in the league are invited to promote a meeting. They are given £100 to cover any costs and may provide refreshments to generate more income for themselves.

The dates of the league usually match the weeks 41, 44, 50 and 7 for the league **whilst the championships are week 1**. The first weekend of March has often been used as a reserve date in case of cancellation. However with difficulties in finding venues it has been used for the fourth and final meeting.

In the 23/24 season the championships were incorporated into the Dec league fixture.

Entries are open in the middle of August or early September usually on entrycentral.com .

GAAA enters teams into the Inter-counties CC Championships. These are held around the second or third weekend of March. There is no website for the promoting body CAU; entry is by the team manager through [SportSoft Entries & Results \(race-results.co.uk\)](http://SportSoft Entries & Results (race-results.co.uk)) . Selection is usually based on performances in the GAAA CC Championships with some discretionary places in each age group. The email address for the secretary is Joseph Mower [@hotmail.com](mailto: @hotmail.com) .

Entry Details:

Each County/District is invited to enter up to 12 athletes per event with 8 to run and 4 only to score for team awards, with the exception of the Senior Men and Senior Women's races, which shall be 15 to enter, with 9 to run and 6 to score for the team.

Age Groups: For Entries to the CAU:
These are as defined by the U.K.Athletics:

Boys and Girls under 13 years as at Midnight 31st August/1st September 2022

Boys and Girls under 15 years as at Midnight 31st August/1st September 2022

Men and Women under 17 years as at Midnight 31st August/1st September 2022

Men and Women under 20 years as at **Midnight 31st December 2023**

Senior Men and Women over 20 years as at **Midnight 31st December 2023**

The timetable is often

Programme:

11:00am	U20 Men	8000M
11:30am	U13 Girls	3000M
11:45am	Senior Women	8000M
12:35pm	U15 Boys	4000M
12:55pm	U17 Women	5000M
13.15pm	U17 Men	6000M

13:40pm	U13 Boys	3000M
14:00pm	U20 Women	6000M
14:20pm	U15 Girls	4000M
14:45pm	Senior Men	10000M

A coach leaving from Gloucester and Cheltenham is provided for competitors, team managers and supporters.

There will be two pick up points: 7.30 a.m. at the Greyhound Inn at Longlevens in Gloucester (just off the A40 by-pass roundabout at the Gloucester end of the A40 by-pass from Cheltenham) and 7.50 a.m. at the Prince of Wales Stadium in Cheltenham. Arrival at Prestwick Hall will be at about 09:45 with departure after 16:00. Please arrive so that we can leave on time so that the competitors in the first race can prepare well. Let me know if you decide to travel independently.

The cost will be £6.00 for adults and £3.00 for everyone aged 20 or under. Parents/supporters may travel on the coach if they wish.

There is no shelter apart from our two tents which will be shared by all athletes and team managers. The weather forecast is for a maximum of 11° with light wind and little chance of rain. Please bring chair and warm clothing for before and after your race. There will be refreshments.



Congratulations you have been selected to represent Gloucestershire at the Inter Counties Cross-Country Championships.

Woolaton Hall Nottingham
9th March 2024

Dear

Athlete,

I have pleasure in informing you as you were in the first 6 in the GAAA CC Championships that you have been selected to represent Gloucestershire in this the inter-counties CC Championship. Two more athletes will be selected after the Gloucestershire CC League meeting on Jan 6th 2024.

	Name	Club
1		
2		
3		
4		
5		
6		
7		
8		

The county can loan you a vest on the day, which must be returned to the team tent after your race. Alternatively, you may purchase one at a cost of £15.00 if you wish to keep it.

The county will organise a coach to the venue for those who do not wish to make their own arrangements. There will be two pick up points: possibly 7.30 a.m. at the Greyhound Inn at Longlevens in Gloucester (just off the A40 by-pass roundabout at the Gloucester end of the A40 by-pass from Cheltenham) and possibly 7.50 a.m. at the Prince of Wales Stadium in Cheltenham. The cost will be 10.00 for adults and £5.00 for everyone aged 20 or under. Parents/supporters may travel on the coach.

Athletes travelling under their own arrangements should report to the team tent (green with the county flag displayed nearby) to collect their vest. Numbers and computer chips should also be collected from the team tent and you should arrive at the venue in time to collect all these items, do your warm up and then go through a check-in marquee where the organisers will check that the computer chip is attached correctly before allowing you onto the start area.

If parents/supporters are able to help in issuing and collecting return vest or giving out numbers can you please get in touch.

Please respond to this email with the following information:

Are you able to compete at the Inter-Counties Cross-Country Championships?

If you are unable to compete please let us know as soon as possible so we can offer the place to our reserve athletes.

If the answer to the above questions is **yes** and you are able to compete, please respond with the following information:

- Full Name.
- Contact Telephone Number.
- Your England Athletics Number.
- Whether you would like to travel on the team coach or make your own travel arrangements to the venue.
- Any medical information we need to know

insert name

Gloucestershire Amateur Athletic Association.

Dear Colleague

29th November 2023

2024 UK INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS

U.K. Counties Athletic Union

Affiliated to UK Athletics Limited

President: CLIFF ROBINSON



I wish to inform you that the 2024 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Wollaton Park, Nottingham on Saturday 9th March 2024. Please **NOTE** that **ALL** entries are to be done online again this year and no later than Monday 5th February 2024.

Entry Details:

Each County/District is invited to enter up to 12 athletes per event with 8 to run and 4 only to score for team awards, with the exception of the Senior Men and Senior Women's races, which shall be 15 to enter, with 9 to run and 6 to score for the team.

PLEASE NOTE : If an Athlete competes in an England County, Scottish District, Welsh Region or Northern Ireland XC Championships, in the year of competition, then they can only represent that County, District, Region or Northern Ireland in the InterCounties.

Age Groups: For Entries to the CAU:

These are as defined by U.K.Athletics:

Boys and Girls under 13 years as at Midnight 31st August/1st September 2023

Boys and Girls under 15 years as at Midnight 31st August/1st September 2023

Men and Women under 17 years as at Midnight 31st August/1st September 2023

Men and Women under 20 years as at Midnight 31st December 2024

Senior Men and Women over 20 years as at Midnight 31st December 2024

Entry Fees: £25 per Team. Payment online

U.K. Counties Athletic Union

Affiliated to UK Athletics Limited

President: CLIFF ROBINSON



Awards:

UK County Athletic Union Championship Plaques will be awarded to the first three individuals to finish and Medals to the four scoring members of the first three teams to finish, excepting for the Senior Men and Senior Women's races which shall be the six scoring team members. UK CAU Medals will also be awarded to the most improved team in the Senior Men's races.

UK CAU Inter County Championship Trophies shall be awarded to the first Senior Men's team to finish nine runners, the Most Improved Team in the Senior Men's and the best overall performance in the championships.

Please note that the Presentations of Individual and Team awards will take place on the course at 13.00 for first four races, and again at 14.40 and leaving the Senior Men's when its ready.

ONLINE ENTRIES:- Go to www.race-results.co.uk/ukcau.htm

Note that you may need to set up a new account on the system if you do not have an account for your county entries – club entry accounts are not valid.

You will be able to add/delete athletes if required (until the entry closing date) by logging back into your entry.

Acknowledgement of your County/District entry together with travel, parking and changing information will be forwarded to Team Managers following the receipt of your **entry**.

Yours Sincerely,

Joe Mower
Cross County Secretary
Telephone 01473
Email: @hotmail.com

Track and Field Championships

The working group for 2022 consisted of

Arthur chair

- Rachel Vines: entries and timetabling
- : recruitment of ancillary helpers including result production
- Albert Gardiner: recruitment of officials
- Amber Watson: hire of equipment and venue

The group is unlikely to meet but will communicate by email ,telephone and possibly Zoom.

Date

Usually EA & UKA recommend dates in May. This is often late for planning (But not this year 2024-Track-and-Field-Fixtures-Final-V1-180923-Protected.xlsx (live.com) and the provisional 2022 dates are

- part 1 April 29/30
- part 2 May 14/5 (recommended date)
- part 3 yet to be decided.

Location

The Championship alternates location between the tracks in Gloucester and Cheltenham with part 3 being in the second location for that year.

Cheltenham is used for parts 1 & 2 in even years and Gloucester part 3.

Entries

<https://www.race-results.co.uk/results/2021/> was used along with <https://entry4sports.com/> Race results seemed to offer a simpler and more user friendly approach although entry4sports.com has improved since May 2021.

The entry form will also need to allow athletes to identify as guests who are not eligible for medals.

Ideally entries will close 7 to 10 days before the event to allow time for seeding and communication of the final timetable.

Ancillary Helpers

We need

- results compilers
- results runners
- medal distributors
- caterers (professional or from clubs)
- registration helpers.
- implement weigher

Officials

Between 30 and 50 graded officials are needed. These can be supplemented by volunteers who are often parents. As officials details are needed for the licence application this is

completed by the person recruiting officials.

It may be helpful for the entry form to contain a request for help in officiating.

Hire of venue and equipment

Cheltenham Prince of Wales Stadium

The contact in The Cheltenham Trust is Amanda.Saunders@cheltenhamtrust.org.uk .

The contact for Blackbridge Jubilee Athletic Track is Robert Purcell
<BobPurcell1@outlook.com> though may change.

We can also hire EDM equipment for measuring field events and photo finish equipment.

Cheltenham and Co Harriers have two EDM machines and charge £80 for each plus an operator.

Andrew McI... may be willing to do this.

Part 1 Provisional timetable; this will be changed dependent on entries. Actual times could be 30 minutes in either direction.

Para-athletic competitors must declare their category.

Championship competitors must be qualified by birth or 9 months residence in Gloucestershire. Guest competitors – not eligible for medals - are welcome but must also declare as a guests.

RULE G2 (21) S 6 UKA SUPPLEMENT COUNTY, DISTRICT AND AREA QUALIFICATIONS (1) English County Qualification (i) County Championships are open to all eligible athletes possessing a County qualification. (ii) A County qualification may be acquired as follows: (a) By birth (see also Rule G2 S4(1) (b) By nine month's continuous bona fide residence in County immediately prior to the competition. (c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph

We need officials for this event so if an official or volunteer is able to help please enter their name an email address.

Track events

12:00 400m Hurdles Finals U20W SW U17M U20M SM

12:20 70m Hurdles Finals U13G and 75m Hurdles Finals U15G U13B

12:30 3000m U15G U17W U20W SW U15B U17M Masters men

13:00 800m finals U13B U13G U15B U15G

13:40 80m Hurdles Finals U17L U15

13:50 110m Hurdles Finals U20M SM

14:00 800m finals U17W U17M U20G U20M SM SW

14:20 100m Hurdles U20W SW

14:55 300m Final U17W U15B

15:05 400m Finals U20W SW U17M U20M SM

15:25 5000m SW Masters men U20M/SM

15:55 4 X 400M Relay finals U13B U13G

U15B U15G U17W U17M U20G U20M SM SW

Field events

10.30 Pole Vault U15B U17M U20M SM U15G U17W U20W SW

10:30 Discus U13G U15G U17W U20W SW

10.35 Long Jump U11G (4 jumps each)

10:45 Long Jump U11B (4 jumps each)

11:30 High Jump U13B U15B U17M U20M SM

11:45 Javelin U13G U15G U17W U20W SW

14:00 Discus U13B U15B U17M U20M SM

14.45 Long Jump U13B U13G (4 jumps each)

15.15 Long Jump U15G (4 jumps each)

14.20 High Jump U13G U15G U17W U20W SW

15:00 Javelin U13B U15B U17M U20M SM.

16.30 Long Jump U15B (4 jumps each)

Part 2 Provisional timetable; this will be changed dependent on entries. Actual times could be 30 minutes in either direction. Where heats are specified if there are not enough competitors for heats final will take place at that time.

Para-athletic competitors must declare their category.

Championship competitors must be qualified by birth or 9 months residence in Gloucestershire. Guest competitors – not eligible for medals - are welcome but must also declare as a guests. *RULE G2 (21) S 6 UKA SUPPLEMENT COUNTY, DISTRICT AND AREA QUALIFICATIONS (1) English County Qualification (i) County Championships are open to all eligible athletes possessing a County qualification. (ii) A County qualification may be acquired as follows: (a) By birth (see also Rule G2 S4(1) (b) By nine month's continuous bona fide residence in County immediately prior to the competition. (c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of the competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.*

We need officials for this event so if an official or volunteer is able to help please enter their name an email address.

Track events

10.30 80m Finals U11B U11G (YR 5)
10.40 80m Finals U11B U11G (YR 4)
10.50 80m Finals U11B U11G (YR 3)
11.00 100m Heats M & W all age groups
11.50 600m Finals U11G U11B
12.00 Para-athletic 100m Finals All categories
12:10 100m Finals M & W all age groups
13.10 Para-athletic 400m Finals All categories
13.25 200m Heats U13B U13G U15B U15G U17W U17M U20G U20M SM SW
15.10 Para-athletic 200m Finals All categories
15.20 1500m Final finals U13B U13G U15B U15G U17W U17M U20G U20M SM SW
16.10 Para-athletic 800m Finals All categories
16:20 4 x 100m finals

Field Events

10.45 Triple Jump Finals U17W U20W SW (4 jumps each)
10.45 Hammer Finals U13G U13B U15G U15B U17W
12.00 Hammer Finals U20W SW
12.00 Triple Jump Finals U15B U17M U20M SM (4 jumps each)
12.45 Hammer Finals U17M U20M SM
13.00 Long Jump Finals U17W U20W SW (4 jumps each)
14.00 to 15.30 Para-athletic Finals: All appropriate Para-athletic categories, seated Shot Putt, Club, Javelin and discus and non-seated
14.30 Shot Putt Finals U13G U15G U17L U20L SL
15.00 Long Jump Finals U17M U20M SM (4 jumps each)
15.30 Shot Putt Finals U13B U15B U17M U20M SM

hire of stadium for two days	£ 600.00	one day	300
hire of first aider	£ 112.00		
officials refreshments	£ 200.00	one day	100
shot for starter	£ 40.00		
numbers and pins	£ 35.00		
medals	£ 1,533.00		
EDM hire	£ 180.00		
total	£ 2,700.00		

number of young athlete entries	360	fee	£ 6.00	total	£ 2,160.00
number of senior entries	140	fee	£ 8.00	total	£ 1,120.00

Income	£ 3,280.00
expenditure	£ 2,700.00
notional profit or loss	£ 580.00
actual as medals have been paid for	£ 2,113.00

Medals for all events



The die for medals is held by <https://runningimp.co.uk/> The ribbon for all events apart from the cross country league is gold with "Gloucestershire AAA" in claret and the CC league ribbon is claret with "Gloucestershire CC League" in gold. In 2023/24 CC season a new supplier with a much shorter lead in time was used. Prices were slightly cheaper.

The likely amount medals of each colour need for each T&F Championship day is
part 1 136
part 2 136
part 3 40

plus 20 for masters age groups

Total 330 of each colour.

Trophies are usually engraved by Ziggy at Trophy World, 4 Hadow Way, Quedgeley, GL2 4YJ, zlundberg@btinternet.com, 01452 722111 or Phil has an alternative and cheaper supplier.

Engraving of medals at 19/1/22 cost £2.50 a medal with no limit on letters.

Committee meetings

Gala Club Fairmile Gardens, Longford, Gloucester GL2 9EB

Book by ringing 01452 524447 or email Mrs Maria Hiley <....[@aol.co.uk](mailto:....@aol.co.uk)> or info@galaclub.co.uk

Function room costs £25.00.

The AGM is usually held in November. Elected officials are

- CHAIR
- VICE-CHAIR
- TREASURER
- SECRETARY
- OFFICIALS SECRETARY
- EDUCATION & WELFARE SECRETARY
- ROAD RUNNING TEAM MANAGER
- CROSS-COUNTRY TEAM MANAGER
- CROSS-COUNTRY SECRETARY
- ROAD RACE SERIES CO-ORDINATOR
- RESULTS CO-ORDINATOR
- WEBMASTER

GAAA vests

We hold a stock of county vests. On 09/07/23 the stock is

size	New	used
11 to 12	0	0
13 to 14	4	1
Women xxl	0	0
Women xl	0	0
Women L	6	2
Women 12 (M)	22	4?
Women 10	26	4
Women 8	2	14
Men XS	5	7
Men s	1	16
Men medium	4	10
Men large	5	8
Men XL	0	7
Men xxl	?	?
There is also a stock of GAAA embroidered badges.		

Vests are ordered from Ronhill Specials <mail@ronhillspecials.com> [Home \(ronhill.com\)](http://ronhill.com)

Vests are gold with a claret chest band, neck and arms self piping in the gold colour. Print of the county name, Gloucestershire, in claret to match the chest band and above the chest band on the front of the vest

County Equipment

GAAA owns

Banner – with Andy Beadle

Laptop computer – with Arthur Daley

Printer plus paper – with Arthur Daley

Approximately 30 high visibility vests with Arthur Daley

Two folding tables -with Arthur Daley

Track recording sheets both long and short

Height field recording cards