



# Gloucester Athletic Club

Est. 1880



## Cross Country

The next cross country meeting is the county championships at the Cotswold Farm Park on January 7<sup>th</sup>. Selection for the Inter-counties CC Championship will be mainly based on performance in those championships. It would be good to many of our athletes taking part and gaining selection. Enter on [Gloucestershire County Cross Country Championship 2023 Cotswold Farm Park - Entry Central](#)

The next Birmingham CC League meeting is on January 14<sup>th</sup> at Warley Woods, Smethwick. It's about an hours drive away so relatively local. Dave Gresswell is team managing and need every senior distance man to turn out. We are just above the relegation zone but unfortunately got a bit closer in the second meeting. Email your availability to [dave.gresswell@arrkeurope.com](mailto:dave.gresswell@arrkeurope.com) .

## Indoor track meetings

January sees some indoor track meetings which include the SW Indoor Championships. We are part of the SW as well as the Midlands. There are events for seniors on January 28 and 29<sup>th</sup> on Cardiff. [WA Indoor Senior Championships \(opentrack.run\)](#) .

## Club Committee

Our current secretary has decided to stand down as he can no longer continue but is willing to stay in post while a replacement is found. The club needs support from a secretary who can take on the admin tasks which will mainly be home based. Contact Aaron Bennet on [chair@gloucesterac.co.uk](mailto:chair@gloucesterac.co.uk) for a job description.

The next committee meeting is on January 23<sup>rd</sup>. Email Aaron if you'd like to attend.

## Sunday long slow run

Arthur has a long slow road run from his house on most Sundays at 10:00 It's attended by some seniors and a growing number of young athletes who may do 6 miles whilst the older runners carry on to do 10 miles. He would be very happy for more adult runners to join as they could accompany the younger ones at a faster pace with some looping back. Contact Arthur on [gloucestershireaaa@athletics4u.co.uk](mailto:gloucestershireaaa@athletics4u.co.uk) .

# OFFICIATING

DECEMBER -  
FEBRUARY

## L1 TRACK OFFICIAL

14 DEC (V)  
16, 31 JAN (V)  
16, 27 FEB (V)

## L1 FIELD OFFICIAL

4, 13 DEC (V)  
19, 24 JAN (V)  
5, 7, 22 FEB (V)

## L1 TIMEKEEPING

12 DEC (V)

*Book place via Athletics Hub (P = practical day, V = virtual classroom)*

## Summer 2023

The draft fixture list for summer 2023 is below. You will see that we are promoting two open track and field meetings and two 5k road races, These dates may change a little.

All four of these meetings are intended very much as club fund raising events as well as being good athletics competitions. We do need your help at all 4 so please make a note in your diaries. If you'd like to become a qualified official its an easy process with online courses. If we have enough officials (say 10 time keepers and 10 track judges and 10 field event judges) you would only need to help at two or three meetings.

		U13	U15	U17	U20 &S	MASTERS		
Exams	Sat	18/02/23 Masters indoor Championships	no	no	no	YES	Sheffield	
	Sun	19/02/23 Masters indoor Championships	no	no	no	YES	Sheffield	
	Sun	23/04/23 Gloucester AC open T&F meeting	Yes	YES	YES	YES	Blackbridge	
	Sun	29/04/23 County Track Championships	Yes	YES	YES	YES	Blackbridge	
	Mon	01/05/23 Brewers Games	Yes	YES	YES	YES	Cheltenham	
	Sun	07/05/23 YDL	Yes	YES				
	Sun	14/05/23 County Track Championships	Yes	YES	YES	YES	as seniors Blackbridge	
		20/05/23 Midland T&F League	no	no	YES	YES	as seniors	
	Wed	31/05/23 Haresfield 5k	no	YES	YES	YES	YES	Haresfield
	Sat	03/06/23 YDL	Yes	YES				
	Sat	03/06/23 Midland U20 Championships	no	no	no	YES		
	Sat	10/06/23 County Schools Championships	Yes	YES	YES		n	Cheltenham
	Sun	18/06/23 Midland T&F League	no	no	YES	YES	as seniors	
	Sun	25/06/23 Gloucester 10k	no	YES	YES	YES	YES	Gloucester
	Fri	30/06/23 ESAA Championships	Yes	YES	YES		no	Birmingham
	Sat	01/07/23 ESAA Championships	Yes	YES	YES		no	Birmingham
	Weds	05/07/23 Cheltenham Open Meeting	Yes	YES	YES	YES	YES	Cheltenham
	Sat	08/07/23 YDL	Yes	YES				Blackbridge
	Sun	09/07/23 Midland T&F League	no	no	YES	YES	as seniors	
	Wed	12/07/23 Cheltenham Open Meeting	Yes	YES	YES	YES	YES	Cheltenham
Wed	19/07/23 Cheltenham Open Meeting	Yes	YES	YES	YES	YES	Cheltenham	
Sat	22/07/23 YDL	Yes	YES					
Wed	26/07/23 Cheltenham Open Meeting	Yes	YES	YES	YES	YES	Cheltenham	
Wed	16/08/23 Haresfield 5k	no	YES	YES	YES		Haresfield	
Sat	19/08/23 Midland T&F League	no	no	YES	YES	as seniors		