



The next Avon League meeting Aaron Bennet

will be on the 6th August. We are hosting the meeting at Blackbridge and so will need some help to make sure the day goes well. There are a range of tasks to organise before as well as on the day so anything you can do will be appreciated. Some of these are: Baking cakes for refreshments, serving refreshments, moving hurdles, helping with officiating for field events, helping with the quadkids event (this is early from 8:30 to 10:30 so could be fitted around other things). If you're able to offer some help on the day please email me (chair@gloucesterac.co.uk), any help will be greatly appreciated.

Our fund raising 5k road race by Arthur Daley

We need a few more helpers for the August 16th event at Haresfield. The roles could be split

- marshalling from 19:15 briefing to about 19:45. Under 16s can do this with adults
- car park stewarding
- chief marshal: brief volunteers on the day.
- Register runners from 17:45 to 19:00. U16s can do this.

Could you do one of these roles and **help raise over £1200?**

Gloucester AC Graded Open Meeting - Tuesday 5th September

Steve Millward

75m for U11, 100m, 400m, Mile and 3000m plus Long Jump. Entries have now opened on www.race-results.co.uk

All profits from the event will go to Gloucester Welcomes Refugees. We will be holding the first ever edition of the Ron Freeman Memorial Mile as part of the mile races. There will also be a trophy for the fastest GAC athlete and the highest scoring under age grading. Please support this event by either competing or offering to help.

The Midland Autumn Road Relays

are but 2 months away, on 23rd of September at Sutton Park, Sutton Coldfield.

There are relays for U13, U15, 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*

Buildings *Bob Purcell*

It is still planned that the first spade in the ground should be this Autumn for the Hub.

The track has planning permission for the new accessible toilets but we have been knocked back over funding. That matter is by no means closed though.



Couch to 5k

9 weeks starting 8th August 18:00
£25 with t-shirt or vest on completion
Gloucester Athletic Club Blackbridge
Contact Anna Midgley
gaccouchto5k@gmail.com

Download

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>