



Gloucester Athletic Club

Est. 1880



Sportshall

By Jamie White

There will be a Gloucestershire Sportshall Competition this year.

Scheduled dates will be

Sunday 6th November 9-4pm Crypt School

Sunday 27th November 9-4pm TBA

Sunday 18th December 9-4pm TBA

Under 11's have a programme of events starting 10am - 12:30

Under 13's and U15's have their programme from 1pm - 3:30pm

Age eligibility is the same as for the Summer season just gone i.e. it continues for the winter season in Sportshall.

There are overall individual winners for each age group for boys and girls as well as overall team medals. To be considered for these individuals and teams need to perform in all 3 events. Best performers may be selected for a Gloucestershire Team to compete in the South West England Regional Competitions some time January - March 2023. Last year Gloucestershire won three team groups which went on to compete at the National Competition in April 2022.

The individual events and team events (relays) are spread over the 3 competition dates.

Under 11's have 8 field events and at least 1 racing time trial.

Chest push, Soft Javelin, Speed Bounce, Balance Test, Standing Long Jump. Standing Triple Jump, Vertical Jump, Target Throw, 1 lap time trial.

Team relays are Obstacle Relay, Hurdles relay, and over/under relay, 4x1 lap and 2 x 1 lap relays

U13's and U15's have 6 field events and at least 2 racing time trials.

Chest Push, Shot Put, Speed Bounce, Standing Long Jump, Standing Triple Jump, Vertical Jump, 2 lap time trial and either 4 lap or 6 lap time trial,

Team Relays are 4 x 2 lap. U13 also do Obstacle relay.

Anyone interested in the competition should register their interest and availability for all 3 events to jamie1whiteb4@gmail.com (Jamie White) who is the Club's team manager for these events.

There is a cost for each event. Last year was £5.00 per event; this year may see a price increase.

The venues are still being arranged, so dates may change, but we can only go by what is planned at present.

Gloucestershire Cross Country League

For all ages from U11 upwards. This is a league with opportunities for male and female Masters to win medals. The age groups are in 5 year increments.

Round 1 Cirencester Park Sat 5th Nov (hosted by Running Somewhere Else)

Round 2 Milton End Arlingham Sat 10 December (Stroud AC & Dursley RC)

Round 3 Pittville Park Cheltenham Sun 19th February (Cheltenham Harriers)

Round 4 Over Farm Sun 5th March (Gloucester AC)

GAAA Championships Jan 7th Cotswold Farm Park

Volunteers

YDL 2023

Chris and Michelle Yates have agreed to team manage the U13 & U15 team in the YDL in 2023.

Emma Jeffery will be joining the Young athletes middle distance coaches having completed her Leader in Running Fitness Course.

Saturday afternoon and clubhouse.

By Aaron Bennett

Following an emergency call from local football team Gloucester Rovers this August Gloucester AC has helped to secure the future of the football team by assisting them to arrange for the marking of a new football pitch on Blackbridge field. The team were threatened with closure after they were denied access to the facilities they have used in recent years with only weeks to go before the start of the season. Thanks to an impressive effort from Club captain Rob Williams and the help of Gloucester AC they arranged for the new pitch and the use of the Glos AC clubhouse for changing facilities for the upcoming season. Gloucester Rovers will

share the ground with Tuffley Rovers who will play there on alternate weeks. The clubhouse will therefore not be available on Saturday afternoons throughout the football season

Birmingham XC League

*for U20 and senior and Masters men **We are looking for a team manager. If you can take on that role email our CC committee member dave.gresswell@arkeurope.com It is better if you are not a competing athlete so a parent or spouse would be ideal.***

Sat 12th November Crewe

Sat 3rd December no venue yet

Sat 14th Jan Warley Woods

Sat 11th Feb Rugby

A reminder of
how much fun
cross country is!

