



Gloucester Athletic Club

Est. 1880



Midland Road Relays The Autumn Road Relays are on 21/09 at Sutton Park, Sutton Coldfield. As it stands we have one men's team (with reserves) and one women's team (with a reserve) and a single U15 boy interested in running. *(This may have increased since this was written.)*

Please let me know if you would like to run by 06/09/2024.

Please see below more details about the event.

The race, for the adults, is run over 6 stages for the men (according to the organisers it is about 5.38km/stage) for the ladies (according to the organisers about 4.33km per leg in distance). There are also age graded 3 stage relay for the juniors (U13, U15 and U17, split based on gender. About 3.9km per stage).

Start times are as follows:

1045 U13 Boys
1050 U13 Girls
1135 U15 Boys
1140 U15 Girls
1225 U17 Women
1230 U17 Men
1320 Senior Men
1330 Senior Women

This year we also need to provide an official so if you're not running yourself but would be able to help out it would be a great way to help the club and enjoy the days racing.

We are keen to enter as many teams as possible (as this is a team event the club will pay entry), please let me know if you are interested in racing this fun event by emailing james.r.walters13@gmail.com and putting Autumn Road Relays in the subject header of the email.

Paralympics We have the possibility of developing a group of visually impaired track athletes but before doing so we'd need a few reliable guide runners available on Thursday evenings and Sunday mornings. Might anyone be interested?

I'd also be grateful, please, for a little help with my existing Para-athletics squad which happens to include not one but two national champions!
bobpurcell1@outlook.com

Managing the club. This year we have a number of volunteers who are stepping down from their roles and are in desperate need of new people getting involved and shaping the future of the club. Some of the



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available roles are as follows.

Club chair Aaron will be standing down this autumn, the club must elect a chair to take over in order to retain its affiliated status. All Committee positions are up for election at the AGM and the club needs new volunteers to shape the club for the future; attached is the role description for club committee positions. Please would you read through and consider how you could help keep the club running? The role is described at the end of this newsletter.

Matt Holloway is standing down as Midland league team manager after a number of very successful years. Team managers work with coaches and athletes to organise the team for a competition; it doesn't require an expert but rather a good administrator.

There is information on the EA website about this role <https://www.englandathletics.org/clubhub/collection/team-manager/#:~:text=Reinforce%20the%20code%20of%20conduct,%20withdraws%20before%20or%20during%20competition.>

Cross Country Mens team manager/captain Dave Gresswell will be standing down from his second stint in this role. Again this is an admin role, organising with athletes and communicating with the league.

We are also looking for a race director or a team of people to organise r the 5k road race in Haresfield usually held in August. It has the potential to raise £2000 for the club.

chair@gloucesterac.co.uk



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Cross Country dates and age groups are below. Speak to coaches about venues and how to enter.

12th October	Gloucestershire CC League	all age groups; male and female including masters
2nd November 2024	Gloucestershire CC League	all age groups; male and female including masters
9th November	Cross Challenge and Gwent league	all age groups; male and female including masters
	Birmingham CC League	u20 upward; male only
30th November	Birmingham CC League	u20 upward; male only
1st December	County Schools CC Championships (tbc)	all secondary school age groups; male and female
8th December	Gloucestershire CC League with the CC Championships	all age groups; male and female including masters
4th or 5th January	SW CC Championships	all age groups; male and female; masters 10 year age groups
11th January 2025	Birmingham CC League	u20 upward; male only
25th January	MCAAA CC Championships	all age groups; male and female; possibly no masters
8th February	Birmingham CC League	u20 upward; male only
15th February 2025	Gloucestershire CC League	all age groups; male and female including masters
22nd February	ECCA National XC Championships	all age groups; male and female; no masters

Role Description:

Club Chair

The chairperson is typically the most senior official role in a club and fulfils a range of duties dealing with overall management of club affairs. The chairperson leads the club to achieve their vision, short term and long-term goals.

Typical responsibilities:

- Provide leadership on all aspects of the club from training to competition, fundraising and social activities.
- Strategic planning and key decision-making duties.
- Form a team so that all the officer and committee positions are filled, taking in consideration skills, experience and diversity.
- Delegating, leading and motivating club volunteers towards club goals/objectives.
- Uphold the club constitution and terms of conditions of England Athletics affiliation.
- Ensuring an understanding of the legal responsibilities of the club to which the Club complies.
- Lead in the enforcement of the club's code of conduct.
- Assist the club to fulfil its responsibilities towards club welfare and safeguarding.
- Taking responsibility for personal conflicts of interest and declaring, recording and managing these appropriately.
- Chairing regular committee meetings and the Annual General Meetings (AGM).
- Being actively involved in creating and following a Club Development Plan.
- Representing the club at local and regional events.
- Arranging handover or succession planning for the position

This is an example template – please adapt this template to suit your club's needs.