



**Leamington C and AC Open and
Club Championships
2019.**

Dear Members,

I would like to start off by thanking everyone who was involved in the organisation of the Midland XC Championships, of course hosted by the wonderful LCAC. Without the volunteering efforts of each and everyone involved, this event could not have taken place and given many athletes a fantastic opportunity and it just shows what we can do when people come together.

Now onto my news!

Already it is that time of year again to begin the battle of the age groups and to fight for glory and be crowned LCAC Club Champion 2019! Time flies when we are all having fun, braving the winter elements to become stronger, faster and fitter!

This year, the main event is happening on the 8th September 2019. The U15s/U17s/U20s/Senior and Masters are all battling on the day to become overall champion, and the U13 and U11 athletes taking part in their own specially devised programme of events, co-ordinated by Jackie Maull.

Then, throughout selected dates of the year, you and guests from other clubs will get the chance to compete in events over an evening, so take a look at the timetable and head to our website to pre-enter. There will be a closing date for the September 8th event, however, you can enter on the day, yet a pre entry option (with an online closing date) will be available (and preferred) for all other events.

The timetable is as follows:

13th June 2019

5K- 7pm start (approx. 2 races)

Shot Putt – U15 age group up – 7.30pm start

20th June 2019

10K 7pm start (approx. 2 races)

9th July 2019

200m - U15 age group up - 7pm start

Javelin throw – U15 age group up - 7.30pm start

23rd July 2019

1500m -U15 age group up -7pm start

High Jump – U15 up – 7pm start

8th September 2019

Sunday

Time	Track		Time	Field
12.00	400mH Senior Men first		11.00	Hammer (M + W all ages) Discus (M+ W all ages)
12.10	400mH U20 + W		12.00	Triple Jump M+W 5m board up (all ages)
12.20	300mH U17W 300mH W – (50-59)		13.00	Pole Vault
13.00	3000m (M+W U15 ages - seniors first)		14.45	Long Jump M + W
13.45	100m (M+W U15 ages-seniors first)			
14.15	800m M (all)			
14.30	800m W (all)			
15.00	Sprint Hurdles (all) Seniors first			

15.30	400m (all) Senior men first			
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Quad Kids Timetable (U11 Girls and Boys) and *4 event challenge* (U13 Girls and Boys)

Time	Event
12.30	U11 G+B 75m sprint
12.45	U13 G 75m U13 B 100m sprint
13.30	U11 G + B Howler
14.45	U13 G + B 800m
15.15	U11 G + B 600m
15.30	U13 G+B SP or Javelin
16.00	U11 G + B Long Jump
16.30	U13 G + B Long Jump

- **No athlete in the U15 age group is allowed to run in more than one different event between 600 metres and 3000 metres inclusive on the same day.**

The scoring system will be the same as 2018, a British Athletics points scoring table for the older age groups. Your top 5 scoring events will make up your final score with all participants (exc. U11/U13 athletes) taking part in 1 jump, 1 throw and 1 run, along with 2 more disciplines of the athletes choice. Athletes from the senior age group up, are eligible to compete in as many races as they wish however, only the top 5 events will qualify to the overall score.

Our members benefit from free entry and eligibility for the championships. Guests are £5 and members without track access is £2.50. Pins will be available but **a donation of 50p** towards a local charity will be essential :)

Please pre enter here:

https://leamingtoncyclingandathletics.org.uk/leacwww/club-championships/?fbclid=IwAR0Ob5hLXCDDJRDghN83z_BZUvGeJaLDfehN3oDMs6_2P-tS0QRjefgBzM

September 8th:

Information on when the entry is open will be available closer to the date. For those not on social media/email, please take an entry form and give to Sara Wills or Lin McGreavy by August 30th.



In the final hour of the championships, we will be hosting a BBQ, (please indicate on the pre entry if you would like to participate in the BBQ). A raffle will be drawn to help funds for the club also, therefore any donations will be appreciated (give to Sara Wills).

Volunteers are needed desperately to help! On April 1st you need to choose a competition to volunteer at when you renew your membership. At this event, you would be for example a track assistant/ field assistant /sell refreshments (if you can only help for 10 minute shifts we would appreciate it) again, let Sara Wills or Mary Hodges know if you are able to help. The people who ticked the box to help volunteer at the Club Champs during the membership application, will be receiving an email in due course to confirm their availability. Please honor and respect your choices. Thanks!

Good Luck!

Sara and team.