

# CHICHESTER RUNNERS & AC

(Affiliated to England Athletics)

## TRACK AND FIELD SENIOR ATHLETICS – 2018

Please find details below of the club's major senior athletics league of the summer.  
For open meetings, championships and other fixtures, please see the relevant websites.

### Southern Athletics League

This league caters for under 17 (years 10 & 11), under 20 (years 12 & 13 & 14 if born after 31.12 1998)  
Seniors and veterans – **men and women in all age groups.**

|  |                  |                                   |                 |
|--|------------------|-----------------------------------|-----------------|
| <b>Saturday 14<sup>th</sup> April</b>  | <b>Andover</b>   | <b>Charlton Sports Centre</b>     | <b>SP10 2LF</b> |
| <b>Sunday 20<sup>th</sup> May</b>      | <b>Poole</b>     | <b>Ashdown Leisure Centre</b>     | <b>BH17 8PY</b> |
| <b>Saturday 23<sup>rd</sup> June</b>   | <b>Salisbury</b> | <b>Five Rivers Leisure Centre</b> | <b>SP1 3NR</b>  |
| <b>Saturday 14<sup>th</sup> July</b>   | <b>Salisbury</b> | <b>Five Rivers Leisure Centre</b> | <b>SP1 3NR</b>  |
| <b>Saturday 18<sup>th</sup> August</b> | <b>Swindon</b>   | <b>County Ground, Swindon</b>     | <b>SN1 2EE</b>  |

There is a full range of track and field events: 100m, 200m, 400m, 800m, 1500m, 3000 / 5000m, steeplechase, hurdles, long jump, high jump, triple jump, pole vault, shot, discus, javelin, hammer, 4 x 100m relay, 4 x 400m relay. Each team needs **2 scoring athletes in each event (both men and women)** - in addition we can field **non-scorers in all events**. Matches start at **12.00pm** and finish at 4.30 pm

**Travel arrangements:** we will travel by minibus from the Westgate Leisure Centre

Athletes can make their own travel arrangements but should arrive at least one hour before their first event.  
A full timetable and all results and league tables are on the SAL website: [www.southernathletics.org.uk](http://www.southernathletics.org.uk).

### ARRANGEMENTS FOR FIRST MATCH - SATURDAY 14<sup>TH</sup> APRIL

**Please confirm that you are available for this important first match AND if you need a lift**

We are meeting at **9.30 am** at the **Westgate Leisure centre** for those who need lifts by minibus.

Athletes travelling independently should be at Andover at 11.00 am. **Match starts at 12.00 pm**

A REMINDER THAT ALL THOSE WHO ARE AVAILABLE ARE WELCOME TO ATTEND

We can put non-scorers in **ALL** events in addition to our two scorers.

**HELPERS / SUPPORTERS** also welcome to help to officiate and encourage the team

**Directions to all tracks:** website – [runtrackdir.com](http://runtrackdir.com) (includes details of tracks and facilities)

**Sussex Track and Field Championships** Sat 12<sup>th</sup> & Sun 13<sup>th</sup> May at K2 Stadium, Crawley, RH11 9BQ

**N.B. athletes must enter themselves in advance** – please note: there is a **closing date** for this event.

Entry forms are on the Sussex athletics website: [www.sussexathletics.org.uk](http://www.sussexathletics.org.uk).

**For a full Sussex fixture list visit their website** (includes SEAA championships)

**TRAINING** - we are back at the University of Chichester, College Lane with the "J" all-weather track (a full 8 lane straight plus bend) and a **refurbished clubhouse with toilets and clubroom.**

**Senior training times:** Mondays and Wednesdays 7.00 pm – 8.00 pm. There is a cost of £1 per session.

**Senior Team Managers:** Philip Baker Tel: 01243 533784 email: [philbaker5@btinternet.com](mailto:philbaker5@btinternet.com)

**Match Day contact number:** Tim Brown Tel: 07780 616143 email: [timbo2606@googlemail.com](mailto:timbo2606@googlemail.com)