

## **Guide to Junior Club Events**

This guide aims to clarify the events and competitions available to junior members of the club and the relevant points of contact.

If there are any doubts or concerns about eligibility to complete, please talk to your coach in the first instance who can advise you accordingly,

### **Age Group Guidance**

#### **Cross Country Season 2015-16**

U9 are school year 3 and 4

U11 are school year 5 and 6

U13 are school year 7 and 8

U15 are school year 9 and 10

U17 are school year 11 and 12

#### **Track Season Summer 2016**

U9 are current school year 3

U11 are current school year 4 and 5

U13 are current school year 6 and 7

U15 are current school year 8 and 9

U17 are current school year 10 and 11

## **Summary**

### **Winter events**

#### **Hampshire Cross Country League**

- All age groups from U13 to seniors
- Male, female and age group races ran separately

#### **Border League**

- All inclusive cross country events
- Age groups from Under 9 to Under 15
- Male, female and age group races ran separately

#### **Championships**

- County, Regional and National
- Relays, road and cross country
- all ages Under 13 to seniors
- School cross country championships

#### **Other events**

- BMHAC Christmas XC, New Year's Relays
- club organised all-inclusive event
- ages from Under 9 upwards

### **Summer events**

#### **Wessex League & Quadkids**

- 24 club track and field league
- all ages from Under 11 to Under 17

#### **Alder Valley League**

- 9 club track and field league
- boys and girls fixtures held on different days
- all ages from Under 11 to Under 17

#### **Championships**

- County multi events
- County Championships

#### **Other Events**

- BMHAC Quadkids, club event for Under 9 & Under 11
- BMHAC Open, all ages Under 13 to Under 17
- BMHAC Club Championships, all ages Under 11 to Under 20
- Other Club open events, Grand Prix events, check host club for details.
- School track and field championships

**For more details please see below**

## Winter

BMHAC compete in two cross country competitions

### Hampshire league

The Hampshire league is available to all athletes although the standard is generally higher than the Sunday, Border League series. Timetable is standardised for all fixtures as follows (distances approximate):

1200 Under 13 Girls 3.0km

1215 Under 13 Boys 3.0km

1230 Under 15 Girls 4.0km

1250 Under 15 Boys 4.0km

1305 Under 17 Women 4.0km

1410 Under 17 Men 6.0km

#### Races for 2015-16

10th October - Farley Mount

7th November - tbc

5th December - Bournemouth

16th January - Reading

13th February – Popham

\* Please note that top year under 11s (current year 6) can compete as Under 13s in this league.

It is normal to advise your coach that you will be running prior to each event, but in all cases report to team manager John O'Connor on the day, so all runners can be recorded.

You will receive a counter at the finish that you return to John so that he can mark the finish place for you, and all other team members.

There is also a team competition with either 3 or 4 runners scoring (depending on age group/sex).

Team Manager – John O'Connor

[malozi@gmail.com](mailto:malozi@gmail.com)

## **Border League**

All matches take place on Sundays with the first race at 11am, and are aimed at being "all inclusive" to all athletes of all abilities. There are separate races for each age group, and also separate races for boys and girls.

Times and approximate distances are as follows:

11.00 am Under 9 Girls 1400m  
11.10 am Under 9 Boys 1400m  
11.20 am Under 11 Girls 1700m  
11.35 am Under 11 Boys 2500m  
11.50 am Under 13 Girls 2500m  
12.05 pm Under 13 Boys 3000m  
12.20 pm Under 15 Girls 3000m  
12.35 pm Under 15 Boys 4000m

Races for 2015-16

18th October 2015

29th November 2015

13th December 2015

7th February 2016

Again It is normal to advise your coach that you will be running prior to each event, but in all cases report to team manager Cheryll Ragan on the day who will provide you with a race number.

Times and finishing positions are recorded at the finish.

There are awards for the leading athletes individually over the 4 fixtures, as well as a team competition both for each fixture and across the season.

Team Manager – Cheryll Ragan  
rc@ragan22.freeserve.co.uk

## Summer

BMHAC compete in two track and field leagues and there are also a number of other summer events available to club athletes.

### Wessex League

24 teams from across the South and South West compete in the Wessex League. There are 4 rounds of matches, with each round made up of 4 different fixtures containing 6 teams.

The competition is open to all athletes in the U13, U15 and U17 age groups, with points awarded to two scorers ("A" and "B") in each event in each age group. Consequently many points can be won by fielding full teams. So the ability of athletes to throw a discus or jog round a 1500m if required can be crucial to the overall standings.

Points in each fixture earn match points which accrue over the season to determine the overall winner. Alongside the overall competition winner there are separate winners by age group and gender.

Teams have to be submitted prior to each fixture, so team managers usually mail all athletes a week or two beforehand to arrange the teams. If you wish to be included in these messages please ensure you contact the appropriate team manager to be added to their distribution list.

In addition to the scorers there are a few places available at each match for non-scorers. Invariably demand exceeds supply so team managers tend to rotate non-scorers so that everyone gets a chance to compete. Changes can be made on the day, but we try to keep these to a minimum.

Team Managers for 2016

Girls Under 13 & Under 15 – Susan French

[susan.french5@btinternet.com](mailto:susan.french5@btinternet.com)

Boys Under 13 & Under 15 – Louise Kreiner/ Lucie Watts

[Lch.Kreiner@gmail.com](mailto:Lch.Kreiner@gmail.com)

[luciewatts75@btinternet.com](mailto:luciewatts75@btinternet.com)

Under 17 Men & Under 17 Women – Caroline Wegg

[carolinewegg@tiscali.co.uk](mailto:carolinewegg@tiscali.co.uk)

## **Wessex League Quadkids**

Alongside the older age groups, there is also a competition for the under 11s. Each club can put forward 20 athletes (10 boys, 10 girls) to take part in 4 fixed disciplines: 75m, 600m , Long Jump, Howler throw.

Points are scored by each individual depending on performance in each event, with the leading 4 scorers counting towards the team's total. The team with the highest overall tally from its four leading athletes win the event.

In general the event is a taster of competition for young athletes starting out in athletics. Once again we are fortunate that at BMHAC we have more athletes than spaces available. We tend to operate a policy of taking more in the older age group (finishing year 5) but do try to give everyone a chance to compete over the summer.

Similarly to the older age groups, teams have to be submitted prior to the event. Team managers usually mail out to would be athletes in the week's preceding an event. If you wish to be included on this distribution list, let the team manger know.

Team Manger 2016

Sharon Rowan

[sharon.rowan@dimensiondata.com](mailto:sharon.rowan@dimensiondata.com)

## **Alder Valley League**

The Alder Valley League is split between boys and girls with scoring events for the U13, U15 and U17 age groups. It is often called a development league insofar as it aims to include all athletes willing to compete. This is best illustrated by the fact that in addition to the "A" and "B" scorers in each event there are places for multiple non-scorers. This gives club athletes the perfect opportunity to gain track and field experience.

The league is made up of 9 clubs who compete over 3 fixtures. There is a 4<sup>th</sup> event - called the finals weekend - with the top 5 after the first 3 matches competing in the cup final, the bottom 4 playing off in the plate competition.

The boys and girls events take place on different days across the summer.

In addition to the older age groups, there are a range of non-scoring events for under 11s: 75m, 150m, 600m, 1000m, long jump and shot putt.

Teams have to be submitted prior to each fixture, so team managers usually mail all athletes a week or two beforehand to arrange the teams. If you wish to be included in these messages please ensure you contact the appropriate team manager to be added to their distribution list.

Team Managers 2016

Girls – Julie Bullock

[bullockjulie@aol.com](mailto:bullockjulie@aol.com)

Boys – To be Advised

## **Other Events**

### **Winter**

#### **Championships**

Hampshire XC Championships, South Of England Cross Country Championships and National Cross Country Championships all take place in January / February.  
Ages Under 13 upwards.

#### **Relays**

Aldershot Road Relays (September), South of England XC Relays (October).  
Ages Under 13 upwards.

#### **New Year Relays**

Held on New Year's Eve at Memorial Park, this event is open to all club members, friends and family. Teams of 4 organised on the day, all runners complete an approximate 2km loop.  
Details for both usually advertised on the website or via the facebook page.

#### **BMHAC XC**

For the last few years the club has held a very informal Cross country event at Down Grange purely for our members. This is aimed primarily at the youngest age groups to offer race experience. Older junior athletes welcome in the "open" over 15s event.



## Summer

### **County Championships**

Early May – The multi events championships at Portsmouth, this includes a quadkids competition.

Late May – Track and field county championships.

### **Club Championships**

The club's own Championship is usually the first Saturday in September.

### **BMHAC Quadkids**

The club aims to hold one or two quadkids events for our athletes and those from Overton (by invitation) at Down Grange, so that our younger athletes can take part in competition.

In 2015 events took place in April & August, we aim to hold the same again in 2016.

### **Open Events**

There are a variety of open events throughout the season. Entry into these is purely down to the individual, and all have a race entry fee.

The club hosts its own event, usually on the first Saturday of April.

Other notable open events are held by Bracknell, Oxford, Southampton and Portsmouth. There are also 2 Saucony Grand Prix events, July at Basingstoke, August at Southampton.

BMHAC try to advertise most of these on our "fixtures" page, or via facebook.

### **Southern Mens/ Womens League**

Any under 17 athletes are eligible to compete in the senior southern men's / women's league. These fixtures follow a normal track & field programme of events.