



Dear Athletes & Parents,

The provisional Fixture List for summer 2013 is on the rear of this letter. For the club and individual athletes to progress we need good attendances at all league fixtures. Please treat these as a priority and put them in your diary ASAP.

Newer members please read on....

The age groups for Track & Field competitions are as follows

Year 4 & 5 - Under 11's	Year 6 & 7 - Under 13's
Year 8 & 9 - Under 15's	Year 10 & 11 - Under 17's

The various competition formats are:

Open's – Anyone can participate, pay the registration fees (usually about £2 per event on the day although some require registration online) and compete. They are very good events for new athletes but club coaches will not always be there. Athletes that are placed usually receive medals.

****Team Selection for League Meetings may be made based upon recent Open performances so as our membership grows attending a few Open's may become more important.****

Cheshire League – Very friendly, ideal for new athletes and there will always be a Team Manager from the club there. You are competing for team points and PB's (Personal Bests).

Youth Development League (YDL) – These are quite competitive events and are subject to selection by the Team Manager. Please register your interest well in advance of these meetings. Again you are competing for points and PB's.

County Competitions – Similar to Open's but you are competing for a County Medal and possibly a place in the County Team depending upon your age group. Club coaches will usually be around but these are individual events so it isn't guaranteed.

For league fixtures it is a competition rule that each athlete wears an official club vest. They should be purchased from the club beforehand. For Open comps the rules are more relaxed. Running spikes are not compulsory, most athletes get them after a couple of comps. We advise that athletes wear shorts and not tracksuit's to run in and that you take plenty of warm and waterproof clothing, snacks and drinks.

If you have any questions or concerns, please don't hesitate to speak to your coach or the Team Managers.

We look forward to seeing you in the coming weeks and wish you every success.

Best Wishes

The Coaching Team



Junior Fixtures 2013

Last Updated: 19th February 2013

Date	Competition	Location	Team Manager	Age Groups
10th March	St Helens 2KM	www.sthelens10k.com	None	6-11 years
10th March	Open Medal Event	Blackpool	None - enter online	U9 upwards
24th March	Internal Club Comp	Sutton Leisure	Ant Young	8yrs to U15 novices
1 st April	Open Medal Event	Trafford AC	Individual entry	Under 11's upwards
13th April	Open Medal Event	Liverpool Harriers	Individual entry	U11 to U17
14th April	Open Medal Event	Wigan Harriers	Individual entry	Under 9's upwards
21st April	Cheshire League	Ashton Under Lyne	Helena McGoldrick	Under 11's upwards
28th April	YDL (upper)	Stockport	Dave Morley	U17 & U20
4th May	YDL (lower)	Oldham	Ant Young	U13 & U15
TBC	Open Medal Event	Trafford AC	Individual entry	Under 11's upwards
19th May	Cheshire League	Deeside	Helena McGoldrick	Under 11's upwards
25 / 26 May	Merseyside County	TBC	Individual entry	Under 11's upwards
25 + 26 May	Cheshire County Championships	Trafford	Individual entry	Under 13's upwards
25 + 26 May	Manchester County Championships	Trafford	Individual entry	Under 13's upwards
1st June	YDL (lower)	Leigh	Helena McGoldrick	U13 & U15
2nd June	YDL (upper)	Salford	Dave Morley	U17 & U20
TBC	Open Medal Event	Warrington AC	Individual entry	Under 9's upwards
8 th June	Merseyside School Championships	TBC	Sue Clague	Under 11's upwards
22nd June	YDL (lower)	Salford	Helena McGoldrick	U13 & U15
29th June	Dash Quadrathlon	Sportcity Manchester	Ant Young	U9 to U15
30th June	YDL (upper)	Macclesfield	Dave Morley	U17 & U20
13th July	YDL (lower)	Sportcity, Manchester	Helena McGoldrick	U13 & U15
14th July	Cheshire League	Crewe	Helena McGoldrick	Under 11's upwards
28th July	YDL (upper)	To be confirmed	Dave Morley	U17 & U20
8th Sept	Cheshire League	Ellesmere Port	Helena McGoldrick	Under 11's upwards
15th Sept	Open Medal Event	Wigan Harriers	Individual entry	Under 9's to U15's
TBC	Open Medal Event	Warrington AC	Individual entry	Under 9's upwards
TBC	Open Medal Event	Trafford AC	Individual entry	Under 11's upwards
TBC	Open Medal Event	Blackpool AC	Individual entry	Under 11's upwards

Note: Fixtures in **Bold Text** are the Priority should you need to make a choice.

Updates can often be found on the web site (www.st-helens-sutton.co.uk)

Facebook Page (www.facebook.com/sthelenssuttonac) / Twitter (www.twitter.com/sthelenssutton)