



Dear Athletes & Parents,

The provisional winter fixture list for 2013/14 is now available.

We would like to remind all parents and athletes that St Helens Sutton AC is a competitive club and as such our aim and focus is on achieving success League Fixtures. **All** junior club members are expected to compete on behalf of the club at competitions.

For those in their 1st season at the club here is a bit of an explanation....

Training:- Training continues every week except Christmas week. The track is occasionally out of action so be prepared for inclement weather and possibly a road run. On both Tuesdays and Thursdays we have use of the Sportshall at Sutton but as yet, it has not been decided which groups will use it or when.

Competitions:- In Autumn there are Road Relays, these are usually held in country parks and basically involve a relay race over 1km+ distances. As the season progresses focus outdoors switches to Cross Country (XC) where the club has historically been very strong winning leagues and national honours.

Athletes not involved in distance groups are encouraged to try Indoor Sportshall Comps which are huge fun, very noisy and include sprints, throws and standing jumps all using specially adapted equipment for indoor use. Over the last couple of seasons we have done very well with a lot of athletes going on to represent Merseyside in the County Finals and in 2013 Matthew Lamb was chosen as NW Flag Bearer for the National Finals in Birmingham.

For Road Relays and Cross Country fixtures it is a competition rule that each athlete wears an official club vest. They should be purchased from the club beforehand. For Sportshall we have some club T-Shirts that can be borrowed and returned.

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 Winter Fixtures 2013/14

Last Updated: 23rd August 2013

Date	Competition	Location	Team Manager	Age Groups
8th Sept	Cheshire League	Ellesmere Port	Helena McGoldrick	Under 11's upwards
15th Sept	NW Road Relays	Lancaster	Helena McGoldrick	U13 upwards
15th Sept	Open T&F Medal	Wigan Harriers	Individual entry	Under 9's to U15's
21st Sept	Northern Road Relays	Blackpool	Helena McGoldrick	U13 upwards
22nd Sept	Open T&F Medal	Blackpool AC	Individual entry	Under 11's upwards
	National Road Relays	TBC	Helena McGoldrick	U13 upwards
5th Oct	Northern XC Relays	TBC	Helena McGoldrick	U13 upwards
6th Oct	Rainford 1km Fun Run	Rainford, St Helens	None	None
19th Oct	MACCL Cross Country	Heaton Park, Manc'r	Helena McGoldrick	U13 upwards
20th Oct	NW Sportshall League	Kingsway, Widnes	Ant Young	U11 (min age 9)-U15
10th Nov	MACCL Cross Country	Woodbank Park, Stockport	Helena McGoldrick	U11 upwards
17th Nov	NW Sportshall League	Kingsway, Widnes	Ant Young	U11 (min age 9)-U15
22nd Nov	Club Presentation Evening			
7th Dec	MACCL Cross Country	Sherdley Park, St Helens	Helena McGoldrick	U11 upwards
8th Dec	NW Sportshall League	Kingsway, Widnes	Ant Young	U11 (min age 9)-U15
22nd Dec	Christmas Handicap Fun Run	Sherdley Park	Sutty the Bear	All athletes, parents & friends
4th Jan (TBC)	Merseyside XC Championships	TBC	TBC	Under 13's upwards
12th Jan	MACCL Cross Country	Boggart Hole Clough, Middleton	Helena McGoldrick	U11 upwards
26th Jan	NW Sportshall League Final (if qualified)	Kingsway, Widnes	Ant Young	U13-U15
8th Feb	MACCL Cross Country	Wythenshawe Park	Helena McGoldrick	U11 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)