

**What are your athletic goals this season?**

Junior Members should remember Central AC Membership is conditional on 3 criteria!

**A** having a great ‘ATTITUDE’ at training – and turning up regularly!

**B**  Not causing our wonderful coaches any hassle with your ‘behaviour’

**C**  COMPETITION! Athletes must compete at least 4 times each year!

**Well what’s available then?**

**Autumn / Winter 2016-2017**

CROSS COUNTRY CLUB SERIES – Open to all juniors – just turn up!

SUNDAY 23 October – AIRTHREY CASTLE – STIRLING UNIVERSITY – 2pm

SUNDAY 27 November – MCLAREN LEISURE CENTRE, CALLANDER – 1pm

SATURDAY 17 December – LAIGH HILLS, DUNBLANE – 11am

SUNDAY 29 January – FINTRY RUGBY CLUB – 1pm

SATURDAY 18 February – QUEEN VICTORIA SCHOOL – Part of Club Cross Country Championships

SATURDAY 25 March - KINGS PARK, STIRLING – 11am – **FINAL**

**Medals for athletes with a minimum of 4 races.**

**League Cross Country Dates**:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event | Date | Location | Entry | Who |
| East District Relay Championships | 8/10/16 | Livingston | via Team Manager | U13,15,17, Sen, Mast |
| East District League | 15/10/16 | Stirling Uni | ALL welcome – team points! | U11, 13, 15, 17, Sen |
| National Relay Championships | 22/0/16 | Cumbernauld | via Team Manager | U13,15,17, Sen, Mast |
| National Short Course Championship | 5/11/16 | Renfrew | via Team Managers | UJ15,17, Sen |
| East District League | 19/11/16 | Lornshill, Alloa | ALL welcome – team points! | U11, 13, 15, 17, Sen |
| East District Championships  | 3/12/16 | Aberdeen | via Team Managers | U13,15,17, 20, Sen |
| Inter-District Championships | 7/1/17 | Holyrood | District Selection | U13,15,17,20, Sen |
| East District League | 14/1/17 | Broxburn | ALL welcome – team points! | U11, 13, 15, 17, Sen |
| National Masters Championships | 28/1/17 | Dundee | via Team Managers | Masters |
| National Championships | 25/2/17 | Falkirk | via Team Managers | U13,15,17,20, Sen |

**Team Manager - U13,15,17 – Mary Kerr (****mary.kerr3@btinternet.com****)**

**Winter Track and Field Opportunities**

1. Grangemouth – Open Graded Meetings - Grangemouth Stadium (indoor in winter) – enter yourself – times count toward club selection! Don’t forget to book this by the Monday before the event.

<http://www.falkirkcommunitytrust.org/venues/grangemouth-stadium/ogm.aspx>

1. Scottish Athletics Indoor League , (SAIL) – if selected by Team Managers (January – March 2017)
2. National Indoor Age Group Champs Jan / Feb 2017
3. U12 Superteams – Emirates Feb 2017
4. National Indoor Age Group Champs – Jan/Feb 2017
5. Indoor Relays Jan/Feb 2017

Team Managers for the coming season will be published on the ‘Resources’ section of the website soon.

**Outdoor Track and Field Season - Summer 2017**

Central AC – Pre- Season Meeting Grangemouth –March 2017 Ensure you enter this event and get new season times on the database to ensure selection in 2017

Summer Open Graded Meeting at Grangemouth Stadium – enter yourself – times count toward club selection! Don’t forget to book this by the Monday before the event (longer distances are available in the summer) <http://www.falkirkcommunitytrust.org/venues/grangemouth-stadium/ogm.aspx>

Central AC Time Trials – Last Thursday in May, June, July at Stirling University Track and Last Thursday in August at Lornshill Track in Alloa. Turn up – 6.30pm for Declaration – **ALL** encouraged to attend!

* Forth Valley League - Spring/early Summer 2017(selection by Team Managers)
* Youth Development League (YDL) - Spring/early Summer 2017 (selection by TM’s)
* East District Track Champs – May (selection by Team Manager)
* Women’s League – Summer U13 to senior (selection by Team Manager)
* National Outdoor Age Group Champs - August
* Relays – August
* U12 Superteams – August (Selection by Team Manager)
* Central Club Champs (usually the Saturday and day before the 10K/2Kin September) (enter in advance – **ALL** CAC athletes should enter this event)

**Many events are reliant on you entering yourself in advance – please keep checking with Scottish Athletics Fixtures list –**

[**http://events.scottishathletics.org.uk/events**](http://events.scottishathletics.org.uk/events)

**or investigate summer endurance running too?**

* [www.scottishrunningguide.com](http://www.scottishrunningguide.com) - – summer hill races
* www.scottishhillrunners.uk/juniors.aspx - – summer hill races

Here’s a few more local ideas – entry details via the above link to Scottish Athletics

* Grangemouth 2k - April
* Dunblane 2k - May
* Bannockburn 3k – June
* Perth 3k - August
* Cumbernauld 3k – September
* Stirling 2k (linked to the 10K in September – usually 2nd Sunday in September ) (enter via Entrycentral)

Junior Parkrun – Kings Park Stirling – Sunday morning at 9.30am – free – just turn up