



Newark Athletic Club

Club Championships 2009

This year Newark Athletic Club's Championships will be held at the Spring Spruce Open Meeting hosted by Notts Athletic Club on the 29th March 2009 at the Harvey Hadden Stadium, Nottingham for athletes aged 9 & over on the 31st of August. The decision to move away from our traditional 'club only' event was taken due to it being increasingly difficult to find an appropriate date during a busy diary of competitions in April.

For those of you who haven't taken part before it is an opportunity to 'have a go' at different events before the track & field league competitions start. For Club Championship purposes each competitor must compete in at least one running, jumping & throwing event. This means that the highest scoring competitor in their age group over these three events will receive a trophy at this year's AGM at the end of April, so there's everything to play for! If of course, you wish to compete in fewer events or don't fancy doing the triathlon, that's fine, we want you to enjoy yourself but remember you won't be in with a chance of winning that trophy!

So if you fancy taking part, go to <http://www.nottsac.co.uk/nottsac/springspruce/springspruce.htm> and fill in the entry form.

Please note:

- To qualify to compete in the Under 11 age group you must have turned 9 on the 31st August 2009.
- As the Spring Spruce does not have a throwing event timetabled for the Under 11 age group, the cricket ball throw competition will be held on Tuesday 31st March during training at the Grove Leisure Centre.
- The **Under 9 Competition** will consist of a 50m run, long jump & the cricket ball throw & will be held on Tuesday 7th April during training at the Grove Leisure Centre.
- Those athletes fulfilling the Club Championships criteria of completing a run, jump & throw, will receive a full refund from the Club i.e. £4.00 for Under 11's & £5.50 for the remaining age groups (any additional events will not be refunded), once the results are collated.
- If you wish to enter on the day the additional £1.50 fee will not be refunded by the Club.
- I would like to request that all our athletes wear club vests as this will help identify our members & therefore encourage support from our spectators!
- As in previous years the points allocated for each event will be taken from the scoring tables of the Five Star Award Scheme for all under 15 athletes & from the IAAF Scoring Tables for athletes in the under 17 age group & above.

A time table is shown over the page to help you choose your events.

It promises to be great fun & an ideal opportunity to see how that winter training has paid off & for some it will be the first time competing on a 'proper' track - WOW!

If you have any questions, please see me at training or call me on 01636 703077.

Good luck & see you there.

Peter Beaumont