

Waveney Valley Athletic Club

Junior Competition Dates

2019 / 20

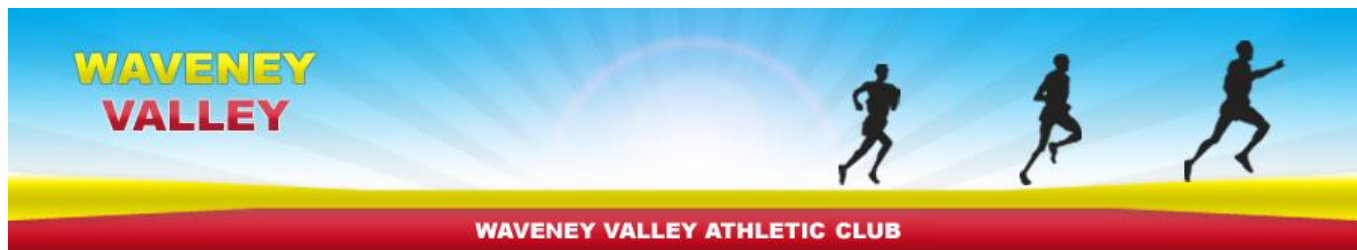


Chairman: Alan Fairs

www.waveneyvalley.org

waveneyvalleyac@gmail.com

[@waveneyvalleyac](https://www.instagram.com/waveneyvalleyac)



Competitions

The club will enter and compete in various competitions. The club considers competitions important in the development of athletes. We expect athletes to make themselves available for selection, unless there are compelling reasons to the contrary. Once selected and a commitment has been made to compete, every effort must be made to attend the competition, and to contact the Track & Field Secretary with at least 48hrs notice, if this will not be possible.

As a condition of membership from April 2020, athletes will have had to have competed in at least four fixtures from the team/club competitions we are focussing on, these are: East Anglian League fixtures, Suffolk Sportshall League fixtures, Suffolk Winter XC league fixtures, the Ekiden and JAFFA relay fixtures and Club Championships - there are around 18 fixtures within these over the season.

We do of course encourage athletes to compete in other fixtures too, with Quadkids fixtures an especially good introduction to track and field for junior athletes, and we target one Parkrun each month for athletes to run in club colours.

The club will compete, or offer athletes the opportunity to compete at the following:

Track and Field

East Anglian League

2020 TBC

Eastern Young Athletes League

2020 TBC

Club Championship

2020, TBC

Suffolk County Championships

2020, TBC

Area/Regional

2020, TBC

Performance meetings/Other

2020 TBC

Quadkids

2020 TBC, Suffolk Quadkids Championships, Ipswich

2020 TBC, Norfolk League

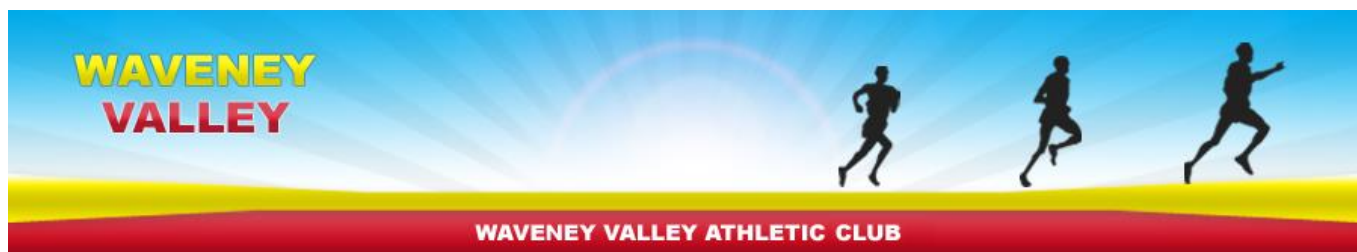


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Races

20/10/19, JAFFA XC Relays, Ipswich
2020 TBC, Ekiden Relays, Woodbridge
2020 TBC, Lowestoft Scores Race

Parkruns

26/10/19, Lowestoft
30/11/19, Lowestoft
21/12/19, Lowestoft
25/01/20, Lowestoft
22/02/20, Lowestoft

Sportshall

21/09/19, Club Championships, Lowestoft
05/10/19, Suffolk League, Round 1, Ipswich
02/11/19, Suffolk League, Round 2, Ipswich
23/11/19, Suffolk League, Round 3, Lowestoft
07/12/19, Suffolk Championships, Ipswich
04/01/20, County Training day (Suffolk Selected)
19/01/20, Regional Sporthall Championships, Colchester (Suffolk Selection)

Cross Country

20/10/19, JAFFA Relays, Bourne Park, Ipswich

03/11/19, Suffolk Winter League, Round 1, Framlingham
09 or 10/11/19, Club Championships, TBC
15/12/19, Suffolk Winter League, Round 2, Woodbridge
05/01/20, Suffolk County Champs, Culford School
19/01/20, Suffolk Winter League, Round 3, Stowmarket
16/02/20, Suffolk Winter League, Round 4, Bury St Edmunds
08/03/20, Suffolk Winter League, Round 5, Bungay Black Dog (location TBC)
22 or 29/03/20, Suffolk Winter League, Round 6, Haverhill

There may be additional charges to enter some competitions, and you may need to arrange your own transport, although club transport may available for some events.

Club vests/shirts and black shorts/tights **must** be worn at club competitions.

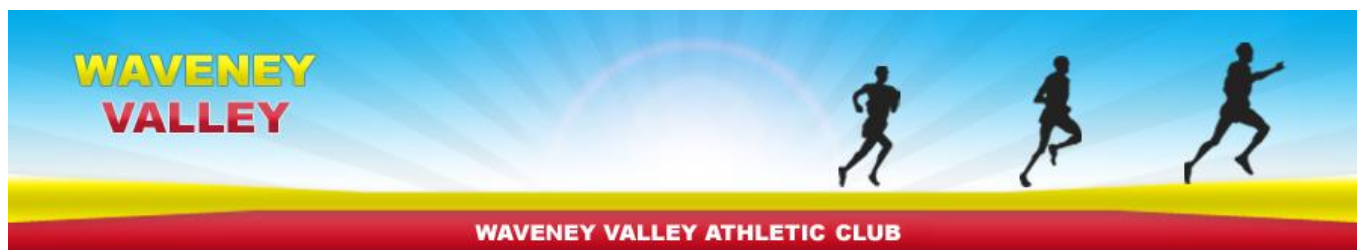


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Competitions – Date Order

21/09/19, Sportshall Club Championships, Lowestoft
05/10/19, Suffolk Sportshall League, Round 1, Ipswich
20/10/19, JAFFA XC Relays, Ipswich
26/10/19, Lowestoft Parkrun
02/11/19, Suffolk Sportshall League, Round 2, Ipswich
03/11/19, Suffolk Cross Country Winter League, Round 1, Framlingham
09 to 10/11/19, Cross Country Club Championships, TBC
23/11/19, Suffolk Sportshall League, Round 3, Lowestoft
30/11/19, Lowestoft Parkrun
07/12/19, Suffolk Sportshall Championships, Ipswich
15/12/19, Suffolk Cross Country Winter League, Round 2, Woodbridge
21/12/19, Lowestoft Parkrun
04/01/20, Suffolk Sportshall Training Day (Selected Athletes only)
05/01/20, Suffolk Cross Country County Championships, Culford School
19/01/20, Suffolk Cross Country Winter League, Round 3, Stowmarket
19/01/20, Regional Sportshall Championship, Colchester (Suffolk Selected)
25/01/20, Lowestoft Parkrun
16/02/20, Suffolk Cross Country Winter League, Round 4, location TBC
22/02/20, Lowestoft Parkrun
08/03/20, Suffolk Cross Country Winter League, Round 5, Bury St Edmunds
22 or 29/03/20, Suffolk Cross Country Winter League, Round 6, Haverhill

Further 2020 fixtures TBC



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