

57 LOWESTOFT ATHLETIC CLUB

SUMMER FIXTURES 1983

| | | | |
|-----------------|--|----------------------------|--|
| SAT APR. 9 | OPEN MEETING | BURY | ALL AGE GROUPS |
| SUN " 17 | E.Y.A LEAGUE | COLCHESTER | M.G. J.L. I.L. } C B Y |
| SUN " 24 | * LONDON MARATHON | LONDON | W. S |
| SAT " 30 | EASTERN COUNTIES CHAMPS. | LUTON | J.L. I.L. W Y J S |
| SUN MAY 8 | SOUTHERN MENS LGE. | WOODFORD | Y. J. S |
| SAT " 14 | E.Y.A LEAGUE | WALMER RD | M.G. J.L. I.L. } C B Y |
| SUN " 15 | SOUTHERN MENS LGE | STEVENAGE | Y. J. S |
| SUN " 22 | NORFOLK/SUFFOLK LGE | CLACTON | ALL AGE GROUPS |
| SAT " 28 | SUFFOLK COUNTY CHAMPS. | IPSWICH | B. Y. J. S J.L. I.L. W |
| SAT JUN 4 | INTER-CLUB | DISS | ALL AGE GROUPS |
| SUN " 5 | * SOUTHERN MENS LGE | GT YARMOUTH | Y. J. S |
| SAT " 11 | NORFOLK/SUFFOLK LGE | IPSWICH | ALL AGE GROUPS |
| SUN " 12 | * SUFFOLK SCHOOLS CHAMPS. | IPSWICH | |
| THURS " 16 | JUBILEE TROPHY MEETING | WALMER RD | ALL AGE GROUPS |
| FRI/SAT " 17/18 | CLUB CHAMPS. { HURDLES, 400 } LJ SP | | ALL AGE GROUPS (except 400) |
| SAT " 18 | * SOUTHERN COUNTIES A.AA CHAMPS. | COPTHALL STADIUM HENDON | S |
| SUN " 19 | SOUTHERN WOMENS LGE | BURY | M.G. J.L. S.L. C B Y |
| SAT/SUN " 25/26 | E.Y.A LEAGUE | PETERBOROUGH | M.G. J.L. I.L. C B Y |
| SUN " 26 | * SOUTHERN COUNTIES AAA CHAMPS. | COPTHALL STADIUM HENDON | B. Y. J |
| MON " 27 | NORFOLK/SUFFOLK LGE | LAKENHAM, NORWICH | ALL AGE GROUPS |
| SAT JUL 2 | CLUB CHAMPS. (10,000 M) | WALMER RD | J. S |
| SUN " 3 | SOUTHERN MENS LEAGUE | READING | Y. J. S |
| MON " 4 | E.Y.A LEAGUE | WALMER RD | M.G. J.L. I.L. } C B Y |
| FRI/SAT " 8/9 | INTER-SCHOOLS | WALMER RD | |
| MON " 11 | * ENGLISH SCHOOLS CHAMPS. | PLYMOUTH | ALL AGE GROUPS (EXCEPT T.J) |
| SAT " 16 | CLUB CHAMPS. { 100, 200 } TJ, DT | WALMER RD | Y. J. S |
| SUN " 17 | SOUTHERN MENS LGE | SOUTHWARK PARK | M.G. J.L. I.L. C B Y |
| SAT " 23 | E.Y.A LEAGUE | HAVERING | M.G. J.L. S.L. Y. J. S |
| SAT/SUN " 23/24 | SOUTHERN WOMENS LGE | WALMER RD | Y. J. S |
| SUN " 24 | * A.A.A CHAMPS. | C. PALACE | Y. J. S |
| THURS " 28 | HILBERT TROPHY (INVITATION) | CAMBRIDGE OR IPSWICH | Y. J. S } J.L. I.L. W |
| SUN " 31 | CLUB CHAMPS. { 200, 1500 } HJ JT | WALMER RD | ALL AGE GROUPS |
| SAT AUG 6 | NORFOLK/SUFFOLK LGE | LAKENHAM, NORWICH | ALL AGE GROUPS |
| SUN " 7 | SOUTHERN MENS LGE | HAVERING | Y. J. S |
| SAT " 13 | * YARMOUTH TROPHY MEETING | GT YARMOUTH | { M.G. J.L. I.L. W (U/20) C B Y J/S |
| SUN " 14 | * SOUTHERN WOMENS LGE | GT YARMOUTH | M.G. J.L. S.L. Y. J/S |
| THURS " 18 | 4 MILE CARNIVAL ROAD RACE | LOWESTOFT | B. Y. J/S |
| SUN " 21 | CLUB CHAMPS. (3000, 5000) | WALMER RD | M.G. J.L. I.L. } C B Y |
| SUN " 28 | E.Y.A LEAGUE | KINGS LYNN | ALL AGE GROUPS |
| SUN SEP 11 | GEORGE HARRING MEMORIAL TROPHY | WALMER RD | ALL AGE GROUPS |
| | TROPHY MEETING | HAVERHILL | ALL AGE GROUPS |

* TRANSPORT NOT PROVIDED BY CLUB.

FIXTURES SUBJECT TO ALTERATION.

AGE GROUPS

| | | | |
|----|---|---------------|-------------------|
| MG | = | MINOR GIRLS | 11 YRS - U/13 YRS |
| JL | = | JUNIOR LADIES | 13 YRS - U/15 YRS |
| IL | = | INTER LADIES | 15 YRS - U/17 YRS |
| SL | = | SENIOR LADIES | OVER 15 YRS |
| W | = | WOMEN | OVER 17 YRS |
| C | = | COLTS | 11 YRS - U/13 YRS |
| B | = | BOYS | 13 YRS - U/15 YRS |
| Y | = | YOUTHS | 15 YRS - U/17 YRS |
| J | = | JUNIOR MEN | 17 YRS - U/19 YRS |
| S | = | SENIOR MEN | OVER 19 YRS |

AGES AS AT 1.9.83

CLUB CHAMPIONSHIPS

DETAILS OF CHAMPIONSHIPS WILL BE DISPLAYED ON CLUB NOTICE BOARD AT WALMER ROAD. IT WILL BE UP TO THE ATHLETE TO MAKE SURE THAT HE/SHE ENTERS THE EVENTS THEY WISH TO TAKE PART IN. ENTRY FEES WILL BE DUE TO BE PAID ON DAY OF CHAMPIONSHIP. ALL COMPETITORS MUST WEAR NUMBER PROVIDED. FAILURE TO DO SO WILL DEEM IMMEDIATE DISQUALIFICATION. THE NUMBER PROVIDED SHALL BE USED THROUGHOUT THE CLUB CHAMPIONSHIPS. IF ANY ATHLETE MISLAYS OR LOSES HIS/HER NUMBER THEY MUST REPORT THE MATTER TO THE OFFICIALS. A NEW NUMBER WILL BE PROVIDED AT A CHARGE OF FIVE PENCE. NO ENTRIES ACCEPTED ON THE DAY.

THE FOLLOWING QUALIFYING RULES APPLIES TO ALL MEMBERS;

- ① ALL SUBSCRIPTIONS MUST BE PAID AT LEAST 7 DAYS BEFORE CHAMPIONSHIPS.
 £8 SENIOR MEMBERS AND AT LEAST £1 FOR THOSE IN FULL TIME EDUCATION.
- ② ANY ATHLETE MUST HAVE COMPETED IN AT LEAST TWO LEAGUE MEETINGS (SCORER OR NON-SCORER) PRIOR TO CHAMPIONSHIPS IN CURRENT SEASON.

TRAINING NIGHTS MONDAY & THURSDAYS 6.45 P.M

