



ADAC UPDATE

Hi All

Hope everyone is getting back to normal after the seasons festivities?

Our AGM was held on Monday and we welcome the 3 new Committee Members , Louise MacDonald; Brenda Wade and Vicky Louise Graham.

Thank the parents who turned up to AGM. Minutes will be emailed out and posted on the website in near future

GUIDE TO ADAC TRACK AND FIELD EVENTS.

At ADAC we encourage our athletes to try a broad range of events and experiences...some formal and competitive , others more relaxed. Here is a guide to help athletes and their parents decide what options to try.

TRACK AND FIELD

We are members of several Leagues and pay to have our teams participate.

SUPERteams.....

SUPERteams is a competition for the U12 age group. They must be 9 or over on the day. We try to send 2 girls and 2 boys teams. 4 boys or 4 girls compete in 4 events, 60m sprint; shotputt throw; long jump and a 4x 200m relay.

Coach Jim Thompson is ADAC team manager for SUPERteam events.

There is no website but Scottish Athletics post updates. ADAC Team manager email address to follow.

<https://www.scottishathletics.org.uk/42837-2/>

FPSG SUPERteams - clubs urged to enter teams - Scottish Athletics

The FPSG SUPERteams is a scottishathletics event for our youngest athletes – the U12s – and it is coming up on Sunday 10 February at the Emirates Arena in Glasgow. And we are now looking for entries from clubs to be with us (via email and post) by midnight on Thursday 24 January. All the forms ...

www.scottishathletics.org.uk

YOUTH DEVELOPMENT LEAGUE (YDL)(LOWER AGE GROUP) SCOTLAND.....

This League is for U13/ U15 males and females. There are normally 3 meetings and a final for those who qualify. There is an `A` string team and a `B` string team but no `non counters`. We usually hire a bus for this and parents are welcome. The bus costs £4 each or £10 for a family. Team Managers select the teams and this year (2019) its Assistant Coach Catriona McCartney and Coach Karen Kelly. They can be contacted on adac.ydl@gmail.com
 Emails regarding team selection will be sent out nearer the time.
 The YDL has its own website where you can check your results ;
<http://www.ukydl.org.uk/index.html>

2019 dates for YDL Scotland ...28th April....19th May...23rd June.

RAM LEAGUE.....(previously GRAMPIAN LEAGUE)

Also normally 3 meets and a final. This League has events for U 11/ 13/15/ 17 and Seniors, male and female. Club colours have to be worn and clubs can enter `A` and `B` string teams and `non counters` (an athlete who is there for the experience ,who will get an official distance / time but will not win a place.) Team Managers for RAM 2019 are Coach Ross Croall and Keiran Mckenzie. Email address is : ADACramleague@gmail.com
 Athletes will be emailed nearer the time regarding team picking. 2019 dates for RAM League still to be announced.
 The RAM League has its own website;
<https://grampianathleticsleague.synthasite.com/>

SCOTTISH WOMENS ATHLETICS LEAGUE.....

This League consists of one division of 8 teams competing 3 times a year. ADAC is part of a composite team with Fife, Perth and Dundee. U13/ 15 / 17/ 20`s and Senior athletes compete TOGETHER in this League by invitation. There is no website for this League and unfortunately no ADAC team manager at the moment.
 2019 dates for SWL14th April Aberdeen.....16th June Scotstoun.....21st July Grangemouth.

SCOTTISH MENS LEAGUE.....

Once again athletes are invited to compete in this League, mainly U20`s - Veteran, but U17`s can compete in selected events. There are 4 league matches and `A` and `B` string teams.

2019 dates for SML.....4th May Kilmaronock16th June Grangemouth
 21st July Aberdeen.....31st August Grangemouth .

SCOTTISH MENS LEAGUE have their own website where you can check results etc.
<http://www.scottishleague.org.uk/>

Scottish Athletics League. Live Results. Welcome. Welcome to the official website of the Scottish Athletics League. The Scottish Athletics League is the main league competition for men's athletics in Scotland (the equivalent league for women is the Scottish Women's League).
www.scottishleague.org.uk

We post Open Graded Meets, Event Specific and District and National events on our Facebook / Instagram / Twitter /website or email them out in club updates. Open Graded Meets are a great way for an athlete to test their athletics skills in a more relaxed environment. Normally an athlete will sign up online for these events. Your p.b's are requested on the application form and you will be entered into an event with athletes of a similar time /distance p.b. Aberdeen AC host useful Open Graded Meets;-

https://www.entrycentral.com/AAAC_Indoor_OGM_February_2019

Aberdeen AAC Open Graded Athletics (Feb '19) - entrycentral.com

Entries must be submitted no later than 7 DAYS before each meeting.

ENTRIES WILL NOT BE ACCEPTED ON THE DAY Entries are £3.00 per event

EACH OF THE FIELD EVENTS WILL HAVE THEIR ENTRY CAPPED AT A

MAXIMUM OF 20 ATHLETES

www.entrycentral.com

<https://www.scottishathletics.org.uk/events/leagues-and-grands-prix/event-specific-series/>

Event Specific Series - Scottish Athletics

Scottish athletics began the delivery of the inaugural National Event Specific Grand Prix Series for Scotland in the Spring/Summer of 2018. The series recognises individual athlete performances, club performances and club participation across track and field event disciplines, and provide an alternative to traditional league competition as well as catering for more athletes across a wider range ...

<https://www.scottishathletics.org.uk/events/leagues-and-grands-prix/event-specific-series/>

We also hold our own` Frances Ogg Pentathlon` two day event , see our website for details.

http://www.arbroathathletics.org.uk/news/frances_ogg_annual_pentathlon

Latest News :: Arbroath & District Athletics Club

The Competition. The Frances Ogg Pentathlon is one of two competitions that the club holds every year, the other being the club cross country.

www.arbroathathletics.org.uk

ENDURANCE EVENTS

Endurance events are a great way to keep fitness levels up during the winter months and can also be great fun. We frequently post or email a variety of types of Endurance event information to our vast range of age groups. There are even some events for our 5 year olds eg.

<https://www.greatrun.org/great-stirling-run/great-stirling-family-run#choose>

Simplyhealth Great Stirling Family Run

Simplyhealth Great Stirling Family Run. The Simplyhealth Great Stirling Family Run is open to children aged 3-8 years old. We recommend that all children under 8 years old are accompanied by an adult, which means both children and adults will need to purchase an entry to take part.

www.greatrun.org

Another favourite with our athletes are `Parkrun` and `Junior Parkrun`

<http://www.parkrun.org.uk/events/events/>

Parkrun is a series of 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in.

www.parkrun.org.uk

<http://www.parkrun.org.uk/events/juniorevents/>

Junior parkrun is a series of 2k events for children aged between 4 and 14.

They are held in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in.

www.parkrun.org.uk

We also pay to be part of the East District Cross Country League.....

EAST DISTRICT CROSS COUNTRY LEAGUE

This is a cross country league for all age groups, U11 to Senior, male and female.

There are 3 fixtures during the year, generally in the Central area.

Same distances but different locations and the three events are open to any athletes

...there is a wide range of abilities .Speak to a coach if you would like to partake.

Dates are not available yet and there is no website , but you can get results at this address during the League season. Distances change slightly per venue but are roughly;-

U11 boys/ girls....1.5 k

U13 boys/ girls.....2.5k

U15 boys/ girls and U17 WOMEN....3.5k

U17 MEN and SENIOR/ VET WOMEN..... 6.4k

SENIOR/VET MEN10k

<http://www.salroadrunningandcrosscountrymedalists.co.uk/Archive/East%20District%20League/Results/2010s/EDL%202018-9/EDL%202018-9.html>

ADAC also hosts our own annual `Club Cross Country` around Easter time in a local area. 2019 date and location T.B.D. Details to follow.....

A variety of Endurance events can be found on these useful websites;-

`Great Run`

https://www.greatrun.org/?fbclid=IwAR2fcc4J6j3QxxCO_rIMZG0Sx0wPQ3iY5vFI9fASp_UkM48BZba6km5UTd8

`Eventfull Management Ltd`

<https://www.eventfull.biz/index.php/sporting-events>

Sporting Events - eventfull.biz

Crombie January Jog (5km) - PLEASE NOTE CHANGE OF DATE. ENTRY IS NOW OPEN.

It's back - brush off those Winter and January blues in 2019. A return of the 1 lap flat (one minor 200m raised section) 5km route taking runners anti-clockwise around the beautiful reservoir.

www.eventfull.biz

`Entry Central`

https://www.entrycentral.com/?fbclid=IwAR00P0_53uP9hXv1uJ5oG9YgVcgRPzPZ7ntD_BWz4cjDmDpm5QGLlyEnSJQ

`Scottish Athletics`

<http://events.scottishathletics.org.uk/events>

`Run ABC Scotland`

<https://scottishrunningguide.com/races/02/2019>

February 2019 | Races on Road, Hill, Trail and Cross-Country | runABC Scotland

Newsletter. For updates, special offers and promotions enter your details below now and receive our regular E-newsletters. View the archive.

scottishrunningguide.com

- Hill Running

These tend to be for adults but some younger ones races are included. There can be 2 or 3 races each weekend of different terrain and length so plenty to choose from. Please ensure the athlete entering has some experience and/or is fit enough to compete as the races can be Challenging (but very rewarding!)

<http://www.scottishhillracing.co.uk/>

<https://www.scottishhillrunners.uk/Home.aspx>

If you would like more info on hill running then please contact Mike Drysdale at adacmember@gmail.com

There are plenty of useful events on the Scottish athletics scene through out the year that are fun and will help raise an athletes skills set to the next level.

If you need more info on any of the above listed events, or if you need advice on what might suit certain athletes more, then please feel free to discuss with any of the coaches.

ADAC...when our legs are tired we run with our hearts.....