

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, shot put, 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.

Youth Development League Scotland (YDL)(Lower age group)

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 currently it's Assistant Coach Catriona McCartney and Coach Karen Kelly. Email address is:- 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>

RAM 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 currently are Coach Ross Croall and Keiran Mckenzie. Email address is :- ADACramleague@gmail.com

Athletes will be emailed nearer the time regarding team picking.

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 there is no ADAC team manager at the moment.

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.

This league has their own website where you can check results etc.

<http://www.scottishleague.org.uk/>

Other Events

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.

<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

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

<https://www.greatrun.org/great-stirling-run/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.

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.

<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.

There are several local Park runs (Montrose, Camperdown, St. Andrews to name a few)

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.

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 MEN	10k

Club Cross Country

ADAC also hosts our own annual 'Club Cross Country' around Easter time in the local area

Others

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

Great Run

<https://www.greatrun.org/>

Eventfull Management Ltd

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

There are a number of local events organised by Eventful – including Crombie 5k, Monikie 5k & 10k to name a few.

Entry Central

<https://www.entrycentral.com>

Scottish Athletics

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

Run ABC Scotland

<https://scottishrunningguide.com/races>

Hill Running

<http://www.scottishhillracing.co.uk/>
<https://www.scottishhillrunners.uk/Home.aspx>

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!)

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