

Athletics Competition for Avon Area Athletes

Competitions in Track and Field

... In Club Athletics

... **League and Cup Competitions:** your club's team managers will select teams for these. Yes, ability is an important factor for them, but they also consider other factors, including:

- ... can we trust the athlete to turn up on time, and with the right kit?
- ... will they turn up for away matches as well as home meetings?
- ... are they well-behaved when not competing?
- ... are they willing to compete at short notice, or on events other than their favourite?

Most matches take place between late April and early August. Most clubs arrange coach travel for the longer journeys but not for more local fixtures. Support your club and save on carbon emissions by using the coach when provided!

... **Open Meetings:** athletes enter these as individuals (it would be best to check that your club does not need you for a League match that day). Note that:

- ... some meetings may require entries in advance
- ... there may not be competition for your age group / event at the meeting

Most outdoor meetings are held between late March and mid-September; there are some indoor meetings during the winter.

... **Championships:** athletes will need to enter themselves, and in advance (consult your coach, team manager or club secretary well before the event to find out more) . The Midland and National Championships may have entry standards. There are indoor Championships during the winter.

... **County Teams:** at present, the Avon AA only provides team competition in the South-West Inter-Counties Championships (all ages, usually in August) and the CAU National Inter-Counties Championships (Senior Men/Women only: usually in late May).

... In Schools Athletics

An athlete should consult their school's PE department about these events. Beyond the school's own athletics activity, the progression is:

- ... Area Trials (various dates)
- ... Avon Schools T&F Championships (by selection; usually second Saturday in June)
- ... South-West Schools T&F Championships (by selection; usually third Saturday in June)
- ... English Schools T&F Championships (by selection; early July)

Some schools enter other competitions, e.g. the English Schools AA Cup.

Competitions in Cross-Country

... In Club Athletics

... **League competitions:** unlike in Track and Field Leagues, there is generally no restriction on the number of athletes per club who may compete in League races. The Team Managers still like to know who intends to compete, as there is usually an entry fee to collect from you.

... **Open Meetings:** athletes enter these as individuals (it would be best to check that your club does not need you for a League match that day). Some meetings may require entries in advance.

... **Championships:** athletes will need to enter these in advance (for National, Area and possibly County Championships, your club will need to do this) . There are no restrictions at present on the number of athletes per club, or their competitive standard, even for the Area and National Championships.

... **County Teams:** at present, the Avon AA only provides team competition in the South-West Inter-Counties Championships (all ages; usually in January) and the CAU National Inter-Counties Championships (all ages; usually in March; a joint team with Somerset AA).

... In Schools Athletics

An athlete needs to consult their school's PE department about these. Beyond the school's own athletics activity, the progression for athletes at schools in Avon is:

- ... Area Trials (various dates)
- ... Avon Schools T&F Championships (by selection)
- ... South-West Schools T&F Championships (by selection)
- ... English Schools T&F Championships (by selection; usually in March)

Some schools enter other competitions, e.g. the English Schools AA Cup.

Competitions in Road Running

Most Road Running events are intended for adult athletes: a few have associated fun-runs or races for younger athletes. Athletes enter these as individuals.

There are a few Road Relay or Cross-Country Relay competitions, for which clubs submit entries. If you are selected for these it is vital that you turn up on the day, otherwise you will be letting down your team-mates. Athletes do not carry a baton but make a hand-touch changeover in the specified area.

Competitions in Fell Running

Prospective fell runners will need to travel outside the Avon area for any authentic fell, hill or mountain races. Refer to the Fell Runners Association's website: www.fellrunner.org.uk

Competitions in Race Walking

There are currently no clubs in Avon (or indeed in the South-West region) providing for Race-walking at present. Refer to the RWA's website: <http://www.racewalkingassociation.btinternet.co.uk>