

# Yate & District AC



**Welcome to the Season  
2020 - 2021**

## Welcome to the 2020 / 2021 season with Yate & District Athletic Club

We are delighted that you are joining us at Yate & District Athletic Club. A warm welcome awaits you!

The club is run by a wonderful group of volunteers who fulfil a huge variety of roles such as committee members, coaches, officials, team managers and general helping around the site/club house etc. We have around 200 members of all ages, as well as many younger children who come along 'just for fun', and lots of parents who, although are not official members, are very much part of the club.

We have approximately 20 experienced and dedicated coaches and many of our teenage athletes also help out with the younger ones. We welcome athletes of all ages and abilities – no experience necessary!

We've produced this booklet to give you an overview of how athletics works. Many competitions have already been cancelled this season, but we will inform you of any that are going ahead on the website and Facebook.

The big news for this season is the opportunity for our Seniors (U20 upwards) to compete at a national level for Yate AC in the National Athletics League, and our Juniors (U11 upwards) to extend their season into the indoor Sportshall League.



We are very active on social media so please do follow us for all the latest news and information. We also love to hear your athletics news, please do tag us in your tweets/posts so that we can share your successes! We also have a comprehensive website <https://yateac.co.uk> that is regularly updated and hopefully contains answers to any questions you may have.



Follow us on Twitter  
[@YateAc](https://twitter.com/YateAc)



Like us on Facebook, search  
[Yate & District Athletic Club](https://www.facebook.com/Yate-District-Athletic-Club)



Follow us on Instagram  
[yatedistrict.ac](https://www.instagram.com/yatedistrict.ac)

## JUNIOR ACADEMY – currently suspended

<b>Saturday</b> 10am – 11am	<b>Tuesday</b> 6pm – 7pm	<b>Wednesday</b> 6pm – 7pm 7pm – 8pm	<b>Thursday</b> 6pm – 7pm
--------------------------------	-----------------------------	--	------------------------------



Our Junior Academy, aimed at athletes aged 6 to 16 years old, is the ideal introduction to athletics. (Parents are welcome to join in too, unless you'd prefer to stay indoors with a cup of tea!).

Under the supervision of our qualified coaching team, young athletes can experience a broad range of events, from sprinting and long jump to pole vault and javelin, all within the environment of a professional athletics stadium.

The Junior Academy is run on a pay as you go basis at £3 per session, with no need to pre or block book, and you are welcome to come along and try your first night for free.

Starting with a lap of the track and a combined warm up, sessions then continue in age groups, rotating through all the events on a weekly basis.

We run the Junior Academy every week, including school holidays (except between Christmas and the New Year).

Once you've got the hang of it you may want to focus on one or more specific disciplines, and we'll introduce you to one of our Club Nights (Tuesdays and Thursdays) for specialist coaching.

And, if you fancy it, you can join the club as a competitive member to take part in opens, local and national league competitions.

## CLUB MEMBERSHIP

Everyone is welcome to come along and train with us for fitness or fun (preferably both), but if you want to compete at an open meeting or as part of the Yate & District AC team at a league match or Sportshall competition then you will need to be a member.

Membership runs from April 1<sup>st</sup> 2020 and provides access to compete until the end of March 2021, with free associate membership of our sister club Westbury Harriers for cross country and road running (you will need to register with them too). Plus, showing your EA card in some sports shops can get you up to 10% discount too.

Online membership forms can be found on the Membership page of the website. Click on the Join Us / Renew button to register. Existing members can log on using their registered email to review their details and renew their membership; you won't need a password.

We have a variety of memberships:

### Quadkids (U11) School years 4 & 5

Membership for U11s costs just £15 to join (includes a competition vest) and £10 to renew. U11 members can compete for Yate in Sportshall, in our Avon League Quadkids team and at some Open Meetings. U11 members are not automatically registered with England Athletics. Speak to Ellen if you think you need to be.

### Competitive

Competitive members are registered with England Athletics, allowing you to compete in league matches and open meetings across the UK. We have a family discount scheme providing a £5 discount on each **subsequent** competitive member:

	<b>Junior (U20)</b> School Years 6 to 13 plus athletes still aged 19 on 31/12/20	<b>Senior</b> U23 and above athletes aged 20 or above on 31/12/20
<b>Join</b> (inc. competition vest)	<b>£35</b>	<b>£40</b>
<b>Renew</b>	<b>£25</b>	<b>£30</b>
	A family discount of <b>£5</b> is available for each subsequent Competitive family member	

### Student

Students living and training away from home can benefit from a discounted membership of £16, this covers your registration with England Athletics. We will be delighted to welcome you back home to train or compete with us at any point in the season.



## **Westbury Harriers**

If you are already a Westbury Harrier member and fancy competing on the track during the summer, you will need to complete an 'other discipline form'. This form only needs to be completed once and can be found on our Membership page.

## **Second and Higher Claim**

Second and Higher Claim memberships are available for members of other clubs wanting to compete for Yate AC on the track (where competition rules allow). Talk to Ellen for more details.

## **CLUB TRAINING – currently suspended**

Club training sessions take place primarily on **Tuesday** and **Thursday evenings, 7 – 8.30pm**. These sessions are for athletes aged 13 years (younger athletes by arrangement) through to Masters. At these sessions athletes train in event specific groups and all athletics disciplines are covered with specialist coaches. The cost is £2 per session.

There are also some additional sessions on a **Saturday morning, 11am – 12pm**, and a **speed work** session on a **Monday evening, 8.30 – 9.30pm**.

Training runs every week except between Christmas and New Year. (Please note that club members are also welcome to come along and train with the Junior Academy if you want to try out something new, or if it's more convenient for you.)

Please feel free to contact a coach of the event(s) that you are interested in who will be able to advise you on the most appropriate training session to come along to. Coaches details are on our website.

## **Masters (age 35+) £3 per session**

Of course, all members (and parents) are welcome to train during the normal club sessions, but if you fancy having a go without the added stress of your kids watching, we have a friendly masters group who meet every **Sunday** from October to April, **10am – 11:30am**. We work our way through all the track and field events. Our Masters broke a few club records last year and there are still plenty of club records to set in this age group, so do come along and join us. Beginners are welcome, no experience necessary!

# OFFICIATING

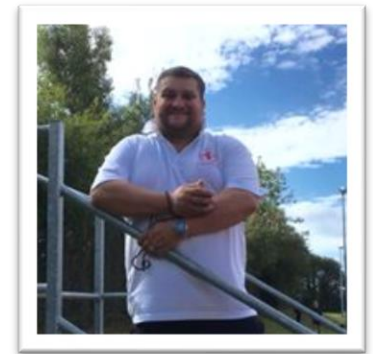
## (or how to pass the time if you're not competing)

England Athletics say that '*Officials truly are the beating heart of athletics and at the heart of all the action.*' It's not difficult to spot that athletics is a sport that needs a lot of officials. For a full track and field meeting, thirty is just about the minimum.

- A starter – preferably two
- 2 marksmen
- 6 timekeepers
- At least 3 track judges
- 2 results recorders
- 1 announcer
- 1 or 2 photo finish operators.
- 12 field judges

At a league match, **each club must provide five** or so officials, and with six clubs competing, there are usually enough. But it does mean that when we compete away from home, five officials always travel with the team. Officials are important members of the team as they earn vital points, which can make the difference between winning and losing a match.

So, what do they all do?



### In the Field

Every field event is a bit different, but basically the **field judges** measure each jump or throw and so decide who the winner is. Technical difficulty ranges from holding a tape measure or waving a flag to indicate a throw was legal, to operating the electronic measuring equipment. There are rules to learn, but they are mainly simple.

Field events that consist of a set number of attempts can be quite short; others that go on until only one competitor is left, for example high jump and pole vault, can take a bit longer.

### Start Team

**Starters** have to have guns, which means a gun license; police searching your house, and considerable expense. So this is best left to the true obsessives. But –

**Marksmen** (and women) check in the athletes, put them in lanes and assist the starter in looking for false starts. There's a lot of interaction with athletes, which for many people is the real attraction of this job. Being friendly and supportive while ensuring that the match runs on time is interesting and congenial work.

## Finish Line

**Track judges** stand on the steps inside the finish line and decide which order athletes finish in. They also check that races are run according to the rules: keeping to the lanes, and so on. It's a friendly kind of job, with lots of chat!

**Timekeepers** stand on the steps outside the finish line with a stopwatch and time the athletes as they cross the line. It needs concentration and there's a bit of an art to it, but compared to driving in rush hour traffic, anyone can pick it up.

### Who are officials?

Some are ex-athletes who officiate as a way of keeping in touch with and giving back to the sport they enjoyed as competitors. Others may be coaches who complement their coaching by officiating their event. The rest are parents who most likely have a son or daughter somewhere in the stadium waiting to compete, or whose children have grown up and left home, but who carry on officiating because they love it.

### How to get involved

This season we are in urgent need of some more officials, so if you fancy having a go, please do let us know! Your involvement can range from simply holding a tape measure or raking sand, to taking a qualification and progressing through the levels. We can provide mentoring, support, lots of opportunities to officiate as well as financial support for your training.

### A Personal Note from Stuart Nunn

*I started as an official sometime in the late 80s, because I was driving my daughter around the Midlands and beyond to watch her run for two and a half minutes, then sitting about watching other people's children running. And driving her home again.*

*I started as a track judge but quickly moved on to being a starter, because Yate & District AC didn't have one and I thought the white trousers and red jacket looked pretty damn glamorous. Thirty years later, with the uniform changed to blue trousers and red polo shirt, I'm still at it and still think it's a brilliant way to spend a summer afternoon. Maybe not when it's pouring down with rain, but usually it isn't.*

*I love seeing athletes develop and get faster as they grow. I love instructing youngsters in the ways of the sport so that they get the most out of it. I love it when Yate wins, and I can feel that I was part of their success.*

## COMPETITIONS

Many athletes enjoy taking part in athletics competitions. Athletics rules state that athletes in U17 age group and below can only take part in three events, plus a relay, at any one competition (unless it is a combined events competition, e.g. pentathlon). We have a comprehensive fixture list, of all types competition, on our website.

### Open Meetings

A great place to start competitive athletics is at an Open Meeting. In these competitions you enter yourself in the athletics events that you choose and compete as an individual. You will need your England Athletics number (URN) to register if you are in school year 6 or above.

### League Meetings

Yate athletes compete in four league competitions:

- Avon Track & Field League (local)
- Youth Development League (national)
- Midland League (regional)
- National Athletics League (national)

Team Managers select teams to represent the club.

### County / Regional / National Championships

There are county, regional and national championships held across the season. You will need to meet residential or birthplace eligibility requirements to enter, and for the higher competitions (regional or national) you will usually need to have achieved a qualifying standard this season. You enter yourself and compete as an individual, and we are always proud to see athlete representing Yate AC at these events.

### Schools Competitions

The schools athletics competitions are run a bit differently, with opportunities mainly available for young people in school years 8 to 13. (There are a few opportunities for year 7 as well). You won't need an EA number to compete for your school.

If you do well, you could represent your county at South West Schools or even the national English Schools Track and Field Championships.

### Power of 10

The Power of 10 is UK Athletics' national record of athletic performances. If you want to take part in competitions, then you will want to set up a profile on this website.

The results of all competitions that you take part in will be logged onto your profile, and you can also see how you rank nationally and regionally in your age group. Yate AC team managers will look at the Power of 10 as they select athletes for our team competitions.

All the info here: [www.thepowerof10.info](http://www.thepowerof10.info)





## AGE CATEGORIES

For our younger athletes, age categories follow school year, transitioning upwards at the end of the outdoor season on 1<sup>st</sup> October.

There are complicated exceptions for U20s, who stay as U20 until the end of December.

After that, you transition on your birthday, so masters may compete (and break club records) for two age categories in a season if their birthday falls just right – there's a challenge for you parents!

School Year	EA Age Category	Leagues Yate compete in	Age Category for Schools Competitions	Age Category for Sportshall League
Year 4	U11	<ul style="list-style-type: none"> <li>○ Avon League Quadkids</li> <li>○ Gloucestershire League Sportshall</li> </ul>		U11 Gloucestershire League (Year 5 & 6 from October 20)
Year 5				
Year 6	U13	<ul style="list-style-type: none"> <li>○ Avon League</li> <li>○ Lower Age Group YDL</li> <li>○ Gloucestershire League Sportshall</li> </ul>		U13 Gloucestershire League (Year 7 & 8 from Oct 20)
Year 7			Minor	
Year 8	U15	<ul style="list-style-type: none"> <li>○ Avon League</li> <li>○ Lower Age Group YDL</li> </ul>	Junior	
Year 9				
Years 10 & 11	U17	<ul style="list-style-type: none"> <li>○ Avon League</li> <li>○ Upper Age Group YDL</li> <li>○ <i>Midland League*</i></li> </ul>	Inter	
Years 12 & 13 plus athletes who were still 19 on 31/12/20	U20	<ul style="list-style-type: none"> <li>○ Avon League</li> <li>○ Upper Age Group YDL</li> <li>○ <i>Midland League*</i></li> <li>○ <i>National Athletics League*</i></li> </ul>	Senior	
Under 35	Senior	<ul style="list-style-type: none"> <li>○ Avon League</li> <li>○ Midland League</li> <li>○ National Athletics League</li> </ul>		
Over 35	Masters	<ul style="list-style-type: none"> <li>○ Avon League (limited masters events)</li> <li>○ <i>Avon League*</i></li> <li>○ <i>Midland League*</i></li> <li>○ <i>National Athletics League*</i></li> </ul>		

\* Competing as seniors by invitation

Note: Masters wanting to compete at Regional and National Championships will also need to join a registered Masters Association. Our local associations are:

- <http://www.southwestvets.co.uk/>
- <https://midlandmasters.com/>
- <http://welshmastersathletics.co.uk/>

# YOUTH DEVELOPMENT LEAGUE – cancelled this year

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

*The YDL is a national competition involving over 180 teams split across four regions (LAG) and three regions (UAG). Both of our teams compete in the Midland region.*

## YDL Lower Age Group (U13 & U15)

This year our Lower Age Group Teams will be competing in South West Division 1, fighting for promotion back up to the Premier Division.

We will be competing against local neighbours Bristol & West & Mendip, Team Bath, North Somerset and Gloucester, together with North Devon and Rhymney Valley from further afield.

There are three league matches across the season, and the top three teams at the end of all the matches go on to compete at the Area Promotion Match. The top two teams from the Area Promotion Match are promoted to the South / West Premier Division next season.

Match 1	Match 2
Match 3	Promotion Match

Team Manager: Sam Hillier-Smith [sam.ac.coach@gmail.com](mailto:sam.ac.coach@gmail.com)

Facebook: Yate A.C. YDL LAG 2020 & AT&F!!



## YDL Upper Age Group (U17 & U20)

Yate athletes compete as part of the composite Team Avon with athletes from Bristol & West, Mendip, and Team Bath. This year we will be competing against Cardiff AAC, Cardiff Archers, Cheltenham & County Harriers, Swansea Harriers, and West Wales.

Sandra and Lesley took the team to the National Finals for the 2<sup>nd</sup> year running last year, finishing 3<sup>rd</sup> in the UK!

There are three league matches across the season, with the top three finishing teams competing in the Midlands Regional Final, and the bottom three competing to maintain their place at the Area Promotion Match.

Match 1	Match 3
Match 2	Regional Final
National Final	

We are very fortunate that both Avon Team Managers are attached to Yate:

Men: Sandra Woodman [sandra@swoodman.co.uk](mailto:sandra@swoodman.co.uk)  
Women: Lesley Nunn [nunn.lesley@googlemail.com](mailto:nunn.lesley@googlemail.com)





# AVON TRACK & FIELD LEAGUE

<http://s250914043.websitehome.co.uk/avonleague/>

*The Avon Track & Field League is a friendly local competition involving all our neighbouring clubs. It's a great introduction to competition, and close to home too. The competing clubs are Bristol & West, Gloucester AC, North Somerset, Team Bath, Forest of Dean and South Gloucestershire AC.*

There are four league matches across the season:

Match 1 tbc	Match 2 tbc
Match 3 tbc	Match 4 tbc

## Avon League Quadkids (U11 only)

This is a great introduction to athletics. Teams are made up of five girls and five boys, and everyone competes in four events:

- Standing Long Jump
- 75m Sprint
- Vortex Throw
- 600m



Parents, please come prepared to hold a tape measure, stopwatch and clip board!

Team Managers – Jodie Dale & Liam Hillier

## Avon League (U13, U15, U17, U20, Seniors, Masters)

There is a full programme of events operating two alternating timetables.

Team Managers

U13 & U15 Boys & Girls:	Sam Hillier-Smith	sam.ac.coach@gmail.com
U17 & Senior Women:	Sam Horswell	samhorswell@hotmail.com
U17 & Senior Men:	Mark Edwards	mkwedwards9124@outlook.com

## MIDLAND LEAGUE

[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)

### Midland League (Seniors, note U17, U20 & Masters may also be selected)

This regional league provides fierce senior competition for 40 teams across the Midlands. Yate athletes compete alongside Bristol & West in a composite team in the top division, this season against Birchfield Harriers, Gloucester AC, Nottingham AC, Rugby & Northampton AC and Tamworth AC.

The team is drawn from U20, Senior and Masters athletes although U17s are eligible and may be invited to compete where appropriate.

There are four league matches across the season, with subsidised transport provided for the further afield away matches

Match 1 tbc	Match 2 tbc
Match 3 tbc	Match 4 tbc

Team Manager Yate: Matt Muggeridge [yatemidlandteam@outlook.com](mailto:yatemidlandteam@outlook.com)

Facebook group: Bristol & West/Yate & District Midlands Athletic League Team

## NATIONAL ATHLETICS LEAGUE

An exciting development this season is that we are competing in the new National Athletics League. We will be competing in the 1<sup>st</sup> Division (a bit like football – it's actually the 3<sup>rd</sup> division!) against Belgrave Harriers, Marshall Milton Keynes, City of Portsmouth, Yeovil, Reading, Peterborough and Southend.

The Team will be drawn from U20 and Senior athletes, with some Masters invited to compete as Seniors.

Match 1 tbc	Match 2 tbc
Match 3 tbc	Match 4 tbc

Team Manager: Graham Howell [GraTimHow@aol.com](mailto:GraTimHow@aol.com)

Facebook group: Yate Athletic Club National Athletic League



## OPEN MEETINGS

A great way to start in competitive athletics is to go along to an Open Meeting. In these competitions you enter yourself into the events that you choose, and you can compete wearing your Yate vest. Open Meetings are an excellent opportunity to gain valuable competitive experience, sharpen up and record an official time, distance or height.

There will be an entry fee and usually you must enter in advance. There are lots of local open competitions and you will most likely come across another Yate athlete out and about!

As a rule, U13 athletes (school year 6 & 7) and above will need to provide their EA registration number to take part, but U11s should be able to enter with the name of their school (it is worth finding out first to avoid disappointment on the day).

We also normally hold three Open Meetings at Yate plus our annual Sprints and Hurdles Open.

Our team managers use the Power of 10 to aid them in team selection, so getting a result on your profile is quite important to make sure that you're not overlooked for the league teams.

We will update the website with details of Open meetings that will go ahead this year.

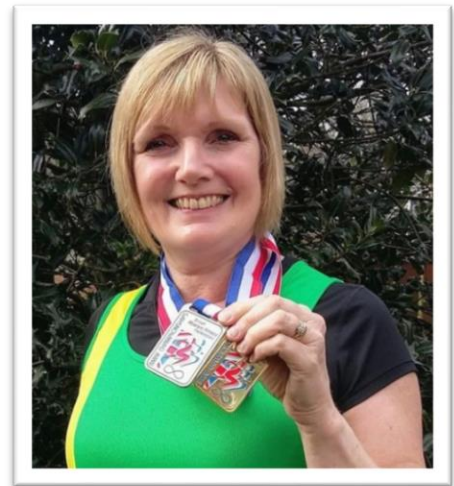


## CHAMPIONSHIPS

There are County, Regional and National Championships held across the season. Championships are another good way to gain competition experience, and you may even come out with a medal!

The championships that you enter will depend on your residential or birth eligibility. Most of our athletes are either in the athletics counties of Avon or Gloucestershire. (Although there is no longer an Avon County Council, Avon still exists in athletics terms, covering the local authority areas of Bristol, Bath and North-East Somerset, South Gloucestershire and North Somerset.) For the regional competitions we are in the Midlands region. For some of the higher championships there are entry standards that you must have obtained to take part.

We will update the website with details of Championships that will go ahead this year.



## SCHOOLS

The English Schools Athletics Association (ESAA) operate a series of championships for secondary schools, starting locally and resulting in national (and international) competition.

You'll probably need to nag PE teachers to enter you for your **Local District Trials** (for example Bristol or South Gloucestershire). You should get a letter home from school confirming dates and locations for this.

As a result, you may be selected to represent your district in the **Schools County Track & Field Championships in early June**. (In this instance your county depends on which county your school is in, for example Avon, Gloucestershire or Wiltshire).

The **South West Schools Track & Field Championships** are normally held in **Exeter in late June**. County teams are selected by the Schools Athletics Associations based upon performances across the season as well as at the county championships. Athletes will need to have met County Standards this season, so winning at the county champs won't necessarily guarantee you a place in the South West Schools squad, although if there are spaces left, athletes that are within striking distance of the county standard will be considered.

**English Schools Track & Field Championships** are normally held at a prestigious venue **in early July**. For this championship the teams are smaller than those selected to compete at Exeter, and will be selected based on performance across the season. Athletes will need to have met an English Schools Entry Standard, although this is not a 'qualifying standard' and reaching it does not imply automatic selection.

County and Entry Standards can be found on the English Schools AA Website.

**IMPORTANT!** If you feel that you have even a slight chance of being selected for the English Schools T&F Championships then you need to register your details at [www.esaa.net](http://www.esaa.net).



So far, the English Combined Events Championships are still planning to go ahead:

September	19-20	English Schools Combined Events Championships	Bedford
-----------	-------	---	---------

## SPORTSHALL

Sportshall is an indoor form of track and field athletics for junior athletes taking place during the winter months in the warmth of a sports hall. Athletes take part in lots of different events such as standing long jump/triple jump, speed bounce, sprint races, shot put, obstacle relay, hurdles, javelin etc. It's a lot of fun and a friendly competitive opportunity for those involved, giving a focus for the quieter early winter months.

Yate AC compete in the Gloucestershire Sportshall League with teams from Cheltenham Harriers, Gloucester AC, Forest of Dean, Tewkesbury and Dursley. There are three league matches across November and December. Watch out for the information from the team managers on Facebook and the website nearer the time.

Age groups continue from the track season, so our U11 teams will be made up of this summer's Quadkids who will be in school years 5 and 6 in November, and our U13 teams will be made up of athletes in years 7 and 8 in November.

There are six athletes in each U11 team, and four in each U13 team, and we can enter multiple teams if numbers allow!

Sportshall County Championships are generally held in February.

For more info on Sportshall go to [www.sportshall.org.uk](http://www.sportshall.org.uk).

## CROSS COUNTRY

Yate & District AC is not licensed for cross country or road running, so you can't compete for Yate or in a Yate vest in these disciplines. But, if you fancy getting muddy over the winter, then why not take advantage of free associate membership with our sister club, **Westbury Harriers**: <http://westburyharriers.com>.

We have a special relationship with Westbury Harriers who train at YOSC on a Tuesday evening, and Jason, our Thursday night endurance coach, is also a Westbury team manager. They will be more than happy to have a chat with you about competing in the Gwent or Gloucester Leagues with races for all age groups from U11s to Veterans. You will need to complete an 'other discipline' form which can be found on the membership page on our website.

Boys team manager: Neil Miller [running@neilmiller.info](mailto:running@neilmiller.info)

Girls team manager: Jason Michael [jjmfitness@hotmail.co.uk](mailto:jjmfitness@hotmail.co.uk)





## GETTING INVOLVED

Both Yate AC and Yate Outdoor Sports Complex are run by volunteers, and we're always grateful for any help or support from athletes and parents.

There are so many ways that you can get involved. From putting an hour in behind the bar, helping with grounds maintenance, setting up/packing down at events, equipment maintenance, supporting officials by raking sand or holding a tape measure, fundraising, helping team managers etc. We'd love to hear from you.

In addition, if you've got any specific skills that the club could benefit from, please do volunteer your services!

We are also always happy to support people who would like to gain qualification as either an athletics coach or an official. We can offer the experience that you will need, mentoring and financial support as required.

Talk to Jeremy Dale (or any of the committee members) if you would like to get involved. Don't be afraid to tell us what we could be doing better – even better, show us!

You can also support us by making your online purchases via [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) to earn club funds at no additional cost to yourself!





## WELFARE

Introducing Hannah our Welfare Officer. Hannah is available to talk to if you have any welfare concerns.

*'I started athletics when I was 11 years old with Yate AC, since then I have completed my Psychology degree and have studied to become a Counsellor. I am now an Accredited Counsellor working within the NHS and for a local charity. I have experience working within safeguarding policies and handling disclosures. I am delighted to be the Welfare and Safeguarding Officer for the club. If anyone has any questions or would like a chat, please don't hesitate to contact me on the details below.'*



You can contact Hannah on: [yateacsafeguarding@gmail.com](mailto:yateacsafeguarding@gmail.com) or give her a call on 07415 873 393.

All our welfare policies, safeguarding information and our Code of Conduct are available on our website.



## ANY MORE QUESTIONS?

We think we've covered just about everything, but if there's anything else that you need help with, then have a chat to one of our committee members. Just ask at the bar, there is usually at least one of the committee members somewhere in the club house!

Chairman: Jeremy Dale  
Vice Chairman: Martin Walsh  
Membership: Ellen Taylor  
Officials & Home Matches: Pat Jefferies  
Social & Engagement: Liz Ball and Matt Spicer

Treasurer: Charlotte Viner  
Secretary: Stuart Nunn  
Coaching Coordinator: Graham Howell  
Welfare & Safeguarding: Hannah Jackson

Committee meetings are generally held on the second Friday of the month. Everyone is very welcome.

## USEFUL LINKS

<a href="http://www.yateac.co.uk">www.yateac.co.uk</a>	Use our website in conjunction with the notice board to find out all the latest club information.
<a href="http://www.westburyharriers.com">www.westburyharriers.com</a>	Yate Membership entitles you to free affiliate membership of Westbury Harriers for cross country.
<a href="http://www.avon-aa.org.uk">www.avon-aa.org.uk</a> <a href="http://www.athleticsouthwest.org.uk">www.athleticsouthwest.org.uk</a>	Details of county & regional championships. Athletics in the South West
<a href="http://www.avonschoolsathletics.org.uk">www.avonschoolsathletics.org.uk</a> <a href="http://www.glosschoolsaa.org.uk">www.glosschoolsaa.org.uk</a> <a href="http://wiltsschoolsathletics.org/">wiltsschoolsathletics.org/</a> <a href="http://www.esaa.net">www.esaa.net</a>	These Schools Athletics Association websites provide details of county schools competitions, including team selections for SW & English Schools. The ESAA website provides competition details & up the hour results.
<a href="http://www.ukad.org.uk">www.ukad.org.uk</a> <a href="http://www.globaldro.com">www.globaldro.com</a>	UK Anti-Doping & Global DRO provide details of substances you need to avoid to stay legal.
<a href="http://www.bristolandwestac.org">www.bristolandwestac.org</a> <a href="http://www.cheltenhamharriers.co.uk">www.cheltenhamharriers.co.uk</a> <a href="http://www.yeovilolympiads.com">www.yeovilolympiads.com</a> <a href="http://www.openmeetings.co.uk">www.openmeetings.co.uk</a>	These local clubs run open events throughout the season – checkout their websites to see if they have anything of interest. Alternatively go direct to <a href="http://openmeetings.co.uk">openmeetings.co.uk</a>
<a href="http://www.midlandathletics.org.uk">www.midlandathletics.org.uk</a> <a href="http://www.englandathletics.org">www.englandathletics.org</a> <a href="http://www.britishathletics.org.uk">www.britishathletics.org.uk</a>	Use these websites to find out what’s going on at a Regional or National level.
<a href="http://www.ucoach.com">www.ucoach.com</a>	This website is full of useful coaching resources.
<a href="http://www.powerof10.info">www.powerof10.info</a> <a href="http://www.runbritainrankings.com">www.runbritainrankings.com</a>	See how you rank against the rest of the UK on these ranking sites
<a href="http://www.bmaf.info">www.bmaf.info</a> <a href="http://www.southwestvets.co.uk/">www.southwestvets.co.uk/</a>	All you need to know about competing as a Master, and our local veteran association
<a href="http://www.easyfundraising.org.uk/causes/ydac">www.easyfundraising.org.uk/causes/ydac</a>	Use easyfundraising to shop online with Argos, Tesco or M&S etc here and earn club funds



Follow us on Twitter  
[@YateAc](https://twitter.com/YateAc)



Like us on Facebook, search  
[Yate & District Athletic Club](https://www.facebook.com/Yate-District-Athletic-Club)



Follow us on Instagram  
[yatedistrict.ac](https://www.instagram.com/yatedistrict.ac)