

## South Midlands Invitation Outdoors Winter Track and Field Competitions

**General Information** Over the summer months several veteran athletes have mentioned the fact that it is a very long winter with only national or international indoors championships, usually in March. The possibilities of organising an indoors event in the South Midlands aren't good – very limited possibilities for most events and high prices for even a short, two hour programme. To reduce the winter a little I'm putting on two outdoors Sunday programmes. These are aimed at providing sprints, middle distance track races, jumps and throws. The first of these will be at the Stourport Sports Centre on Sunday 1<sup>st</sup> November, starting at 10.00 and ending at 12.30. This is sponsored by Kidderminster and Stourport Athletics Club. The second will be at the Rylands Sports Centre in Bromsgrove, starting at 10.00, ending at 12.30. If these two meetings are successful then in the winter months of 2009/2010 it should be possible to increase the numbers of competition meetings. One important point: these meetings are NOT inter-club but individual competitions, except for an inter-club relay at each meeting. The Nov date has been chosen in the hope it is not too cold by then but also avoids family half term holidays taken by younger veterans/masters. The March date does not clash with British Indoors Championships.

**Awards.** There will not be any medals or certificates presented to individuals. However over the two meetings a points tally for every athlete will be kept and at the end of the season, a bottle of red or white wine will be presented to the supreme male and female champions who obtain the most points from their combined events during the two competitions. Competing in the relays will not lead to receiving any individual points. Points will be awarded for the first eight competitors in each age group, according to each athlete's results - within their own age group. (for example: Billy Bloggs (M75) competes in the shot putt where the number of athletes competing is small, so that M60, M65, M70 and M75 all throw together. Billy comes fifth overall BUT first in the M75 age group. He will get 8 points.) There will only be one male and one female Supreme Champion award across the whole age range of the two competitions.

**Timetables.** These are organised into blocks. Athletes can therefore see in advance which events clash and so avoid sending their entry form/money in blind hope. Because of costs and time available, each day provides roughly half of the total possible programme of events, similar to that used by the Midland Veterans League. Competitors can only compete in their own age group, except in the inter club relays. Each athlete's age group will be based on age on the Sunday date of both competitions.

**Eligibility.** For these initial trial competitions only athletes from local clubs have been invited to take part. All Veteran/Master athletes belonging to the invited clubs are welcome to take part.

**Entries** For either the first meeting or for both, should be sent to Tony Crocker, Croft Cottage, Pershore Road, Upton Snodsbury, Worcester. WR7 4NR, by Friday 23<sup>rd</sup> of October 2009 at the latest.

Please include a cheque/postal order for the correct amount, and a stamped, self addressed envelope. Athletes can:

1. send entries for both dates pre the Stourport meeting,
- 2 send entries for just the Stourport meeting,
- 3 Send entries for just the Bromsgrove meeting, the closing date will be Friday 26<sup>th</sup> March 2010.

**Entry fees** £2 for the first event at each meeting, £1 per each additional event at both meetings.

**Cheques should be made out to OG Comps**

(Old Guard Comps.)

**Competitor numbers.** These will be available for collection at the Stourport and Bromsgrove tracks. The same numbers will be used at each meeting – so please keep them after the Stourport meeting has finished.

**Refreshments.** Stourport has a new attractive cafeteria/bar area. This will be open for the first meeting. The Bromsgrove track only has a kettle/teapot/sink, so a caravan cafe will be booked for the March meeting.

**Changing, toilets etc.** These facilities are available at both venues. Car parking is restricted at both Stourport and at Worcester, with a max of about 50 parking spaces at both.

*Tony Crocker Sept 2009*

**Old Guard Entry Form**

**Individual Track and  
Field Winter  
Competitions**

Sunday 1st of November 2008, at Stourport Athletics Track

Chest Number.....  
Please leave blank

First events start at 10.00

Name.....

Address.....

..... Post Code.....

Email address..... Phone number.....

Athletic Club.....

.Age groups will be 35+, 40+, 45+, 50+ etc)

Fees per event £2.00 for your first event at both meetings. £1.00 for all other events. Payable to **OGC**

**Stourport**

I wish to enter for the following events at the Stourport meeting

Date of Birth..... Age on 8th of November 2009..... Age group..... Male..... Female.....


Sunday 7<sup>th</sup> March 2010

Age on Sunday 7<sup>th</sup> March 2010.....

**Bromsgrove**

First event starts at 10.00 AM

I wish to be entered for the following events at the Bromsgrove meeting


Signed..... Date..... Value of cheque/postal order £.....

\*Please remember to enclose a stamped self addressed envelope with your entry form.

## Programme of events

Where possible similar age groups will be merged in their competitions BUT results will be separated into athletes' correct age groups for results.

Timetables (Blocked). Events in block b, for example will not start whilst any competitor also competing in Block A has finished his/her event. Similarly for blocks C and D.

### Stourport, 1<sup>st</sup> November 2009

#### Block A

10.00 AM	2000 metres walk.	All age groups, men and ladies
10.20 AM	100 metres.	All age groups, men and ladies
10.00 AM	Hammer.	All age groups, men and ladies
10.00 AM	High jump.	All age groups, men

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#### Block B

11.00 AM	400 metres.	All age groups, men and ladies
11.00 AM	High jump.	All age groups, ladies

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#### Block C

11.30 AM	Discus.	All age groups, men and ladies
11.45 AM	1500 metres.	All age groups, men and ladies

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#### Block D

Noon	4 x 100 metres club relays.	Combined age groups, men and ladies.
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### Bromsgrove, 7th March 2010

#### Block A

10.00 AM	2000 metres walk.	All age groups, men and ladies
10.00 AM	Shot Putt	All age groups, men and ladies
10.20 AM	800 metres	All age groups, men and ladies
10.20 AM	Long jump	All age groups, ladies

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#### Block B

11.00 AM	Javelin	All age groups, men and ladies
11.00 AM	200 metres	All age groups, men and ladies
11.15 AM	Long jump	All age groups, men

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#### Block C

Noon	Medley relays	Combined age groups, men and ladies
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