



## For Senior Athletes

### Kingston Athletics Club and Polytechnic Harriers

We are a friendly club based at the Weir Archer Athletics and Fitness Centre, Kingsmeadow in Kingston.

The main training sessions are every Tuesday and Thursday from 6.30 in all weathers and cater for all ages and abilities.

Competitions available include local and national leagues, track and field in the summer and cross country in the winter.

Weir Archer Athletics and Fitness Centre, Kingsmeadow, 422a Kingston Road, Kingston Upon Thames, Surrey KT1 3PB

Bus 131, 213 and K5

More details at: [www.kingstonandpoly.org](http://www.kingstonandpoly.org)

# K&P League Track & Field Competitions for Senior Athletes 2019

## K&P Open Throws and SCAA Disability Championships

Age groups: U15+ Men and Women

Sat 6 April @ Kingston

Entries Online: [www.ictsportssolutions.com/admin/extensions/events/edit.php?event=51](http://www.ictsportssolutions.com/admin/extensions/events/edit.php?event=51)

Entries Close: 9<sup>th</sup> March

## Kinnaird & Sward Meeting

Age groups: Senior (U17+) Men and Women

Sat 20 April @ Kingston

Format: A & B string teams by selection of coaches/team manager.

Team Manager (Men): Chris Hall ([chrishall55@hotmail.co.uk](mailto:chrishall55@hotmail.co.uk))

Team Manager (Women): ?? ( )

## Southern Athletics League (SAL)

Age groups: Senior (U17+) Men and Women

Sat 13 April @ Yeovil  
Sun 19 May @ Croydon  
Sat 15 June @ St Albans  
Sat 13 July @ Kingston  
Sat 17 Aug @ Abingdon

Format: A & B string teams by selection of coaches/team managers and non-scoring events.

Team Manager (Men): Alex Parkinson ([salkandp@gmail.com](mailto:salkandp@gmail.com))

Team Manager (Women): Isabelle Hatton, Nicole Kendall & Jo Richardson ([salkandp@gmail.com](mailto:salkandp@gmail.com))

Go to [www.glester.co.uk](http://www.glester.co.uk) for SAL info and athlete registration.

## British Athletics League (BAL)

Age groups: Senior (U17+) Men only

Sat 12 May @ Bedford  
Sun 09 June @ Lee Valley  
Sat 06 July @ Kingston  
Sat 03 August @ Stotstoun,  
Glasgow

Format: A & B string teams by selection by team manager.

We are in Division 2 (top-24 clubs in the country)

Team Manager: Chris Hall ([chrishall55@hotmail.co.uk](mailto:chrishall55@hotmail.co.uk))

## Rosenheim League

Age groups: Senior (U17+) Men and Women

Wed 01 May @ Sutton  
Wed 29 May @ Ewell Court  
Wed 19 June @ St Marys  
Wed 03 July @ Kingston  
Wed 17 July @ Walton  
Final  
Wed 21 Aug @ Kingston

Format: A string only teams by selection of coaches/team manager and non-scoring events.

Team Manager: Alex Marsch ([alexmarsch@hotmail.co.uk](mailto:alexmarsch@hotmail.co.uk))

## SCVAC League

Age groups: Senior (m/w35+) Men and Women

Mon 29 Apr @ Wimbledon  
Mon 20 May @ Ewell Court  
Mon 10 June @ Walton  
Mon 08 July @ Croydon

Format: m35-49, M50-59, M60-69, M70+ (m here is for masters not men to avoid listing m35, w35, etc)

Team Manager: Rory Macfarlane - men, Nicky Atkins - Women

## Surrey Masters Championships

Age groups: Senior (m/w35+) Men and Women

Sun 02 June @ Kingston

Format: in 5-year age groups from m/w35 Team Manager: by individual entry, no team manager

<http://www.surreyathletics.org.uk/forms/index.php>