

## For Junior 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 and Sportshall athletics in the winter.

Kingston Kestrels are for School Years 2-11 over 6 sessions for beginners and intermediate athletes, run sessions over 4 different days a week - please email for details.

Come along for a trial session!

Contact [richardholt@momentumsports.co.uk](mailto:richardholt@momentumsports.co.uk)

**\*Sprints \* Hurdles \* Jumps \* Distance Running\***

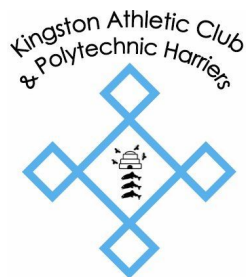
**\*Throws\*Cross Country\*Sportshall\***

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 Young Athletes 2019



## K&P Open Throws and SCAA Disability Championships

Age groups: U15+ Men and Women

Sat 6 April @ Kingston

Entries Online: Weblink [TBC](#)

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

## Ebbisham League (Boys)

Age groups: U11, U13, U15

Sun 05 May @ Sutton

Sun 02 June @ Coulsdon

Sun 14 July @ TBC

Format: A & B string teams with non-scoring events. Minimum age 9 (on day of competition).

Team Manager: Gill Broderick ([gillbroderick@aol.com](mailto:gillbroderick@aol.com))

## Lily B League (Girls)

Age groups: U11, U13, U15, U17

Mon 22 Apr @ Ewell Court

Sat 01 June @ Walton

Sun 07 July @ Guildford

Sat 31 Aug @ Kingston

Format: A & B string teams with non-scoring events. Minimum age 9 (on day of competition).

Team Managers: Susy Bean ([susy\\_bean@yahoo.com](mailto:susy_bean@yahoo.com)), Nina Harcourt ([elleschoolofmotoring@yahoo.co.uk](mailto:elleschoolofmotoring@yahoo.co.uk))

## Youth Development League (YDL-Lower Age Group)

Age groups: U13, U15 - Boys and Girls

Sat 27 April @ Walton

Sat 18 May @ Kingston

Sat 22 June @ Bournemouth

Sat 20 July @ Eton

Format: A & B string teams by selection of coaches/team managers; only 100m/800m non-scoring events.

Team Managers: Richard White ([richardwhite09@gmail.com](mailto:richardwhite09@gmail.com)), Louise Doherty ([louise.doherty2@ntlworld.com](mailto:louise.doherty2@ntlworld.com))

## Youth Development League (YDL-Upper Age Group)

Age groups: U17, U20 - Men and Women

Sun 05 May @ Harrow

Sun 26 May @ Hillingdon

Sun 30 June @ Kingston

Sun 28 July @ Brighton

Format: A & B string teams by selection of coaches/team managers; only limited track non-scoring events.

Team Manager: James Bell ([jamesbell69@gmail.com](mailto:jamesbell69@gmail.com)), Beverly Tunnacliffe ([bptunna@hotmail.com](mailto:bptunna@hotmail.com)), Dorinda Lester ([lester.d1@sky.com](mailto:lester.d1@sky.com))

## 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):** TBD ( )

## 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):** ?? ( )

**Team Manager (Women):** ?? ( )

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 @ Scotstoun,  
Glasgow

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

**We are now in Division 1 (top-16 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:** Vacancy – If you are interested please contact the club

**The Club and your coaches hope that you will compete in many of the league matches**

## Age Groups

Age Group	U20s	U17s	U15s	U13s	U11s
Date of Birth	1/1/00 to 31/8/02	1/9/02 to 31/8/04	1/9/04 to 31/8/06	1/9/06 to 31/08/08	1/9/08 to 31/8/10
School Yr	Yrs 12 & 13	Yrs 10 & 11	Yrs 8 & 9	Years 6 & 7	Yrs 4 & 5

# **IMPORTANT INFORMATION**

## **REQUIREMENTS FOR COMPETITION ENTRY**

### **1 You must be Kingston AC & Poly Harriers (K&P) member**

To register as a new member of the club please visit  
<http://www.jctsportssolutions.com/register>

Membership is currently set at:  
**£25 per year for all ages U20 and full-time students**  
**Or**  
**£45 Family Membership (two or more people at the same address)**

For existing members please ensure your Membership subscription is up to date by logging into your profile at:

<http://www.jctsportssolutions.com/subs>

### **2 You must be registered with England Athletics (EA)**

England Athletics are bringing in a new way to pay for your registration.

- Registration runs from 1<sup>st</sup> April to 31<sup>st</sup> March each year, if you have paid your 2018/19 registration fee then you are covered up to 1st April 2019
- 2018/19 registration is £15 for U13 and above (U11's do not require EA registration)
- EA will send each competing athlete an email with a link to pay your annual registration fee direct to EA - the Club will no longer be collecting your payment
- Athletes registered in the previous affiliation year have until 30 June to renew their registration, and previously registered athletes who have not renewed their registration by 30 June will become 'unregistered' at that point
- New athletes who need to register should do so via  
[www.jctsportssolutions.com/ea](http://www.jctsportssolutions.com/ea)

to complete the details here so the Club can register you and EA will then send you a link to pay

### **3 You will need to wear the K&P vest at all competitions**

To order the club vest please visit  
(You must be a registered member first)

<http://www.jctsportssolutions.com/subs>

Please visit [www.kingstonandpoly.org](http://www.kingstonandpoly.org) for more information

***Existing members are encouraged to check and update their profiles and contact details in order to help the Team Managers***