



NEWSLETTER

DECEMBER 2019

Dear Members,

As the new year is blowing in fast, we would just like to say well done and thank you to everyone who participated in training & competitions this year, to those who volunteered at Stook and the Leinster Cross Country day and to our coaches & committee who volunteer weekly. Without everyone's continued support, Gowran AC would not be the great little club that it is.

Merry Christmas! And best wishes for 2020.

NEWSLETTER BRIEF SUMMARY

- Training Update
- Half Zips
- 4th Jan - County Indoor Championships

Training

Juvenile training finishes on the 20th of December and will re-commence in the New Year on Wednesday the 8th January.

Training for 2020

U8 & U9s: Friday 6:30-7:30pm *Clara Hall*

U10-U19: Wednesday 7-8pm *Watershed Track*, Friday 6:30-7:30pm *Clara GAA Pitch*

Age Groups for 2020

Year Born	Age Group	Year Born	Age Group
2002	U19	2008	U13
2003	U18	2009	U12
2004	U17	2010	U11
2005	U16	2011	U10
2006	U15	2012	U9
2007	U14	2013	U8

Annual Registration

Annual registration for 2020 is now due. A link to register online will be shared in the next week .

Registration for all is due by the 8th of January 2020.

*Athletes attending the County Indoors Championships must be registered by the 3rd of January to compete.

Registration Fees

Individual Rates	Special Family Rates
Juvenile (up to 18) €25	1 adult and 1 child €80
Junior €30	1 adult and 2 children €100
Adult €60	1 adult + 3 children €120
	2 adults + 1 child €115
	2 adults and 2 children €130
	2 adults and 3 children €145

Communication

From January 2020, all club communication will be via SPOND. To sign up please go to <https://gowranac.com/spond/> for further instructions.

Merchandise

Half zips are ordered twice a year. For the next order of half zips please send an email to info@gowranac.com. The last date to order is the **29th of December**. Half zips will be ready for collection in March and you will receive a notification from the club.

PRODUCT	CLUB HALF ZIPS	SINGLETs	HATS
SIZE/COST	5-6, 7-8, 9-10, 11-12, 13 €40 13-14 €45 Adult (S,M,L,XL) €50 + €3.50 for initials	Juvenile €20 Adult €25	One size €15
REQUIRED FOR COMPETITION	NO (But very stylish!)	YES	NO (Perfect for cold Cross Country days)
ORDER FORM	Half Zips Order Form	None	None
TO ORDER	Email info@gowranac.com		

<https://gowranac.com/club-merchandise/>

Competition

U12-U19, Senior and Masters

4th of January - County Indoor Championships

The County Indoor Championships are open for all athletes from U12 to U19. U11 athletes are not permitted to enter. We encourage all athletes to participate as with any other County Championship. Please don't let the distance deter attendance. It is always a good day and lots of PBs to be achieved. If you are attending, please respond to the SPOND invite and also let your coach know which events you would like to participate in. An athlete may enter a maximum of 3 events (plus 1 relay). There may be a limited number of entries per club in some events.

Events

U12	60m		600m		Long Jump	High Jump	60m Hurdles	Shot Putt		4 x 200m
U13	60m		600m		Long Jump	High Jump	60m Hurdles	Shot Putt		4 x 200m
U14	60m		800m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt		
U15	60m	200m	800m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt		4 x 200m
U16	60m	200m	800m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt		
U17	60m	200m	800m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt		4 x 200m
U18/19	60m	200m	1500m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt**		4 x 200m (U19)
Senior	60m	200m	1500m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt	Weight for Distance	4 x 200m
Masters (O40)	60m	200m	1500m	1000m Walk	Long Jump	High Jump	60m Hurdles	Shot Putt	Weight for Distance	4 x 200m

House Keeping

Toilet Breaks

At the moment, many juveniles are asking to take toilet breaks when training at the Watershed and in Clara outside. Coaches ask that juveniles go to the toilet prior to training.

Water Bottles

We encourage all our athletes to use reusable water bottles & remember to collect them after training.

Many thanks

Upcoming events for the Club

- 27th December Mount Leinster Rangers 5k run
- 24th January *to be fully confirmed*, Table Quiz night locally
- 31st Friday January County AGM
- 28th Friday February County Awards, Set Theatre Langtons

Fixtures for January 2020

- 4th January County Indoor Championship (U12-U19), Athlone IT
- 11th January Celtic Cross Country Stirling Scotland
- 12th January Sunday - Leinster Day 1 Cross Country (Inter, Masters and Juvenile Relays)
- 18th January National Indoor Combined Events all ages, Athlone
- 25th January National Indoor Junior and U23 Championships

Please check <https://gowranac.com/fixtures-2020/> for a general overview of the year's fixtures. Competitions dates and times will be updated throughout the year. All updates will also be on SPOND.