



# Competition Guide 2024

We believe that testing yourself in competition is important to development and helps our coaches to measure progress and identify specific needs. All members are now expected to put themselves forward to compete for the club throughout the year and renewal for our 6.30pm sessions will only be offered for 2024/25 membership to those that have. With this in mind, we think it only fair to give you as much information as possible before you decide which events you'd like to take part in - we recognise it can be confusing! Therefore we have created this guide to help!

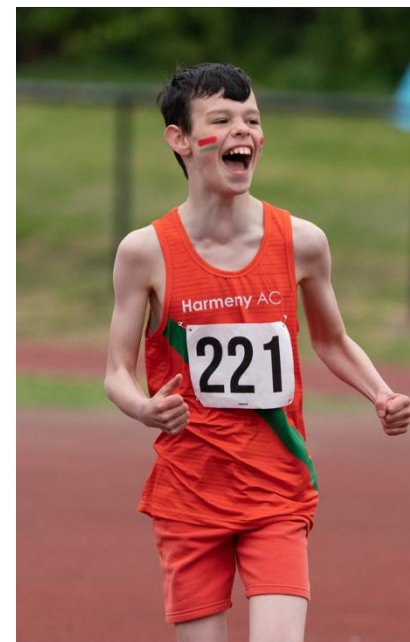


## Summer Age Groups

Most competitions are run in the age categories U9, U11, U13, U15, U17, U20, Seniors and Masters. Superteams is slightly different as that competition is for U12s. The age groups are based on your age as at 31<sup>st</sup> August i.e. if you are 9 or 10 years of age on 31<sup>st</sup> August you will be in the U11 age group, 11 or 12 U13 etc etc

- **Under 9:** 7 or 8 years old
- **Under 11:** Born Between 1st Sept 2003 – 31 Aug 2015 (& at least 9yrs old on day of event)
- **Under 12 (Superteams Only):** Born between 1 Sept 2012 - 14 April 2015
- **Under 13:** Born 1 Sept 2011 – 31 Aug 2013
- **Under 15:** Born 1 Sept 2009 - 31 Aug 2011
- **Under 17:** Born 1 Sept 2007 - 31 Aug 2009
- **Under 20:** Born 1 Sept 2004 – 31 Aug 2007
- **Senior:** Born before 1 Sept 2004

The age group of all of our junior members is listed at the bottom of this guide.



## Scottish Athletics (SAL) Numbers

Every junior (Under21) who has paid their annual membership fee will be automatically made members of Scottish Athletics by the club. The club will then add their SAL number to their LoveAdmin record which you can then access by logging on. This number (in the form SA99999) is often needed for individual entries, especially to Scottish Athletics events, and sometimes yields a discount on entry fees. Logon to LoveAdmin here to find yours:

<https://app.loveadmin.com/sign-in>

## Club Kit

Anyone taking part in Club Events **must** buy a red and green Harmeny vest.

Vests can be purchased via your LoveAdmin account and our training kit can now be purchased directly from Football Nation and either collected or delivered to an address of your choice. <https://www.thefootballnation.co.uk/harmeny-athletic-club-shop>

We also recommend purchasing a pair of all-purpose athletics spikes – these can be picked up cheaply in Decathlon or on-line (SportShoes.com offer Harmeny 10% discount). We also encourage members to recycle their spikes by handing on to others and we usually have a 'stall' of 2<sup>nd</sup> hand spikes at SuperSaturday and Club Championships.



## Events

### **Club Events**

The club provide many competitive opportunities. We are in 4 summer leagues and these are organised by a club-appointed team manager. We also compete, as a club, in the U12 Superteams and National Relay championships and we organise 2 events at Saughton – SuperSaturday in March and Club Championships in September. Entry for all of the events will be by responding to emails from me, your coaches or team managers.

### **Scottish Athletics (SAL) Events**

SAL organise District and National championship events for which you need to enter yourselves via their membership portal at [Link](#). Once you're set up with your log in details and password, it's straightforward. However, I would suggest setting these up in advance of entry deadlines, following these instructions..... <https://www.scottishathletics.org.uk/events/event-entries/> If you have issues, email Carol at membership@scottishathletics.org.uk with your name and membership number. You will normally be reminded of these events via emails and Facebook posts from coaches and club officials.

### **Open Graded Meetings (OGM)**

Open Graded are a fantastic way of getting additional competitive opportunities. The format is that you enter yourself into the events you'd like to do, provide a personal best time/distance/height and you will be placed into a heat or pool with athletes of a very similar standard as yourself (if you don't have a PB yet, speak to your coach who can give you an idea of what this would be). The attraction is that you get an appropriate level of competition and are often dragged to a new PB!

There are a host of clubs who organise their own OGM events. The most popular by far with Harmeny members is the Livingston AC Open Graded Meetings which take place on a Friday evening, once a month during the summer. There will be other OGMs at Grangemouth and hopefully Meadowbank throughout. Again, coaches and officials will remind you all of these events as they are announced.

<b>Name of Competition</b>	<b>Events at Competition</b>	<b>Standard of Competition</b>
<b>Super Saturday &amp; Club Championships</b>	100m, 800m, shot putt, long jump for all. Javelin, high jump for older athletes.	Recommended for all as this is a good introduction to competitive athletics.
<b>U12 Superteams</b>	Each athlete will do 75m sprint, long jump, turbo javelin, and 4x100m relay with their team mates.	Fun & friendly event where officials will help the athletes and rules aren't too strictly applied.
<b>Forth Valley League (FVL)</b> (Team Manager David Alexander)	All Track & Field	Opportunities for all – known as a development league as the ethos is to help develop both athletes and officials..
<b>Youth Development League (YDL)</b> (Team Manager Stephen Buchan)	All Track & Field	Attracts good athletes from across Scotland
<b>Central &amp; Southern Scotland Athletics League (CSSAL)</b> (Team Manager Steven Burchill)	All Track & Field	Great event for all age groups to enjoy together – our first year in this league and hoping it will help build a great club spirit.
<b>Scottish National League</b> (Team Manager Craig Stewart)	All Track & Field	Attracts good athletes from across Scotland
<b>National Relay Champs</b>	4x100m, 3x300m, 3x400m, 3x800m relays	Best teams from across Scotland
<b>National Championships</b>	All events included.	National events attract the best from around Scotland.

## FIXTURE LIST Summer 2024

Date	Competition	Venue	Age Groups	How to Enter	Link
23 <sup>rd</sup> March	Super Saturday II	Saughton	ALL	Via Email/Poll	TBC
<b>EASTER HOLIDAYS 29<sup>th</sup> March to 16<sup>th</sup> April</b>					
13 <sup>th</sup> April	National Athletics League Match 1	Grangemouth	U17, U20, Senior	Via Club Team Management	TBC
14 <sup>th</sup> April	U12 Superteams – Regional Event	Saughton	U12	Via Club Team Management	TBC
21 <sup>st</sup> April	Youth Development League Match 1	Grangemouth	U13 U15	Via Club Team Management	TBC
27 <sup>th</sup> April	Central Scotland Athletics League Match 1	Grangemouth	U11 Up incl Masters	Via Club Team Management	TBC
4 <sup>th</sup> May	Forth Valley League Match 1	Grangemouth	U11, U13, U15	Via Club Team Management	TBC
5 <sup>th</sup> May	National Athletics League Match 2	Grangemouth	U17, U20, Senior	Via Club Team Management	TBC
11/12 May	East District Championships & Open	Grangemouth	U13 Up	Individual	<a href="#">ENTER</a>
19 <sup>th</sup> May	Youth Development League Match 2	Ayr	U13 U15	Via Club Team Management	TBC
2 <sup>nd</sup> June	Forth Valley League Match 2	Livingston	U11, U13, U15	Via Club Team Management	TBC
7/8 June	Scottish Schools Secondary Champs	Grangemouth	Secondary	Via School – closes 13/05	TBC
9 <sup>th</sup> June	Central Scotland Athletics League Match 2	Grangemouth	U11 Up incl Masters	Via Club Team Management	TBC
16 <sup>th</sup> June	Youth Development League Match 3	Grangemouth	U13 U15	Via Club Team Management	TBC
22 <sup>nd</sup> June	Superteams – National Final	Ayr	U12	Via Club Team Management	TBC
23 <sup>rd</sup> June	National Relay Championships	Ayr	U13 Up	Via Club Team Management	TBC
30 <sup>th</sup> June	National Athletics League Match 3	Grangemouth	U17, U20, Snr	Via Club Team Management	TBC
<b>SUMMER HOLIDAYS START 28<sup>th</sup> June</b>					
23 <sup>rd</sup> July	Combined Events Champs	Dundee	U13 Up	Individual	<a href="#">ENTER</a>
28 <sup>th</sup> July	National Athletics League Match 4	Aberdeen	U17, U20, Senior	Via Club Team Management	TBC
10 <sup>th</sup> Aug	National U15/20 Champs	Grangemouth	U15/U20	Individual	<a href="#">ENTER</a>
11 <sup>th</sup> Aug	National U13/20 Champs	Grangemouth	U13/U20	Individual	<a href="#">ENTER</a>
<b>SUMMER HOLIDAYS END 14<sup>th</sup> Aug</b>					
17/18 Aug	National U17 and Senior Champs	Grangemouth	U17/Senior	Individual	<a href="#">ENTER</a>
25 <sup>th</sup> August	Central Scotland Athletics League Match 3	Glasgow Crownpoint	U11 Up incl Masters	Via Club Team Management	TBC
31 <sup>st</sup> August	Forth Valley League Match 3	Grangemouth	U11, U13, U15	Via Club Team Management	TBC
7 <sup>th</sup> September	Club Championships	Saughton	ALL	Via Email/Poll	TBC

Most fixtures can be found on the SAL Events Calendar here too: [ClubServe \(sportserve.net\)](https://sportserve.net)

## Age groups

First	Surname	Track & Field
Abbas	Abdalrazig	U13
Adam	Akintewe	U13
Ariana Joy	Akintewe	U11
Cailean	Alexander	U12 & U13
Dair	Alexander	U17
Violet	Ankrah	U12 & U13
Mia	Baxter	Senior
Rory	Beattie	U15
Sam	Beattie	U17
Eve	Bogie	U15
Matthew	Bogie	U11 & U12
Lara	Brechin	U17
Caroline	Brodie	U17
Emily	Brodie	U11 & U12
Luke	Brodie	U12 & U13
Maya	Brown	U15
Georgia	Bruce	U17
Leah	Buchan	U17
Marie	Buchan	U13
Maya	Buchan	U15
Rohan	Bullock	U12 & U13
Blake	Burchill	U12 & U13
Carter	Burchill	U11 & U12
Zak	Carson	U12 & U13

Cameron	Caves	U20
Rachel	Caves	U15
Daniel	Chambers	U13
Tsz Yau (Evana)	Chan	U20
Tsz Yuet (Karis)	Chan	U15
David	Cimpean	U9
Alex	Columbine-Green	U17
Nancy	Corrie	U17
Max	Corry	U9
Zoe	Coull	U11 & U12
Amber	Cunningham	U15
David	Currie	U15
Fred	Currie	U15
Louisa	Daubney	U13
Austin	Denny	U15
Callum	Donnachie	U9
francesca	earl	U15
Matthew	earl	U11 & U12
Joshua	Evans	U11 & U12
Holly	Finlayson	U15
Alasdair	Forrest	U15
Zoe	Forrester	U15
Euan	Gammie	U15
Freya	Gilliland	U11 & U12
Ruaridh	Gilliand	U9
Tessa	Golding	U13
Reeva	Grant	U11 & U12
Vivienne	Grant	U9



John	Gray	U15
Lina	Hamidouchi	U20
Kieran	Hardie	U17
Rebecca	Hardie	U15
Lily	Hardingham	U15
Adam	Head	U15
Samuel	Head	U12 & U13
Mia	Hernandez	U11 & U12
Darcey	Hill	U15
Lois	Hills	U15
Zoe	Hogg	U13
Alexa	Holden	U15
Matthew	Holden	U17
Fraser	Holman	Senior
Harry	Howl	U15
Ollie	Howl	U17
Jessica	Hunter	U12 & U13
Murray	Irvine	U11 & U12
Archie	Irwin	U20
Alistair	Isdale	U11 & U12
Seb	Jellema	U13
Jai	Jogi	U11 & U12
Ben	Johnston	U20
Sam	Johnston	U15
Finlay	Johnstone	U15
Ella	Jones	U17
Brodie	Kay	U13
Aysa	Kealy	U15

Iona	Kealy	U17
Cerys	Kenny	U11
Frances	Kirton	U13
Ross	Laidlaw	U11 & U12
Erin	Laird	U15
Euan	Laird	U20
Yuen Shan	Lam	U13
Susie	Leask	U11
Naomi	Leathes	U15
Josh	Lee	U15
Olivia	Lee	U17
Eloise	Leslie	U11 & U12
Isla	Lindsay	U20
Eilidh	Little	U11 & U12
Heidi	Little	U13
Ethan	Lorimer	U20
Evan	Louca	U15
Leo	Loudon	U11
Ivy	Loudon	U15
Fraser	Lupton	U17
Archie	Lynch	U20
Ailie	Lyndon	U17
Bethanie	Lynes	U11 & U12
Eddie	MacDoka	U11 & U12
Harry	MacDoka	U11 & U12
Anya	Macdonald	U15
Aria	MacFarlane	U13
Elléra	MacFarlane	U9

Alice	MacQuaker	U11
Naela	MAMIAGA BOLEKA	U11
Ruairi	Marr	U15
Jacob	Marshall	U15
Skye	Marshall	U17
Anna	Matheson	U17
Anna	McBirnie	U12 & U13
Sophie	McBirnie	U17
Ben	McDonald	U17
Lucy	McDonald	U20
Laura	McErlean	U11 & U12
Mila	McGuigan	U11 & U12
Dan	McGuire	U17
Emily	Mcguire	U15
Oscar	McHaffie	U12 & U13
Daniel	Mcintyre	U17
Amelie	McKay	U15
Laila	McKay	U17
Ruby	McLay	U15
Cadha	McLuskey	U12 & U13
Zoe	McNair	U17
Carys	Melton	U15
Angus	Mitchell	U15
Ewan	Mitchell	U17
Aldyn	Morrison	U11 & U12
Cilleán	Morrison	U13
Lorcan	Morrison	U15
Willow	Morrison	U11 & U12

Lawrie	Mossman	U11 & U12
Olivia Faith	Muir	U17
Grace	Munro	U15
Angus	Murray	U11 & U12
Jemma	Murray	U17
Halszka	Musialowicz	U17
Rosie	Napier	U12 & U13
Freya	Ness	U12 & U13
Natsai	Nyabadza	U17
Tendai	Nyabadza	U20
Sam	Oliver	U13
Tamilore	Oshode	U11 & U12
Sandra	Osinska	U9
Ben	Paterson	U15
Emilie	Paul	U17
Lillie	Paul	U13
Isabella	Pearson	U13
Isla	Penman	U13
Harry	Peters	U15
Natalie	Pilcher	U13
Scarlett Hope	Poletyllo	U9
Andrew	Porteous	U15
Charlie	Pretorius	U12 & U13
Phoebe	Price	U11 & U12
Elliott	Quesnell	U15
Benjamin	Reddish	Senior
Meda Maria	Reivyitis	U17
Kate	Riches	U15

Calum	Ridgway	Senior
Ailsa	Ritchie	U11 & U12
Skye	Ritchie	U13
Hamish	Roberts	U13
Angus	Robertson	U11 & U12
Alba	Robson	U11 & U12
Fergus	Ross	U17
Finlay	Ross	U20
Scheidig	Oscar	U9
Eilidh	Scobbie	U20
Andrea	Scott	U11 & U12
Erin	Scott	U11
Rajveer	Shelar	U11 & U12
Benjamin	Shields	U17
Brodie	Shields	U17
Joshua	Shodipo	U12 & U13
Samuel	Shodipo	U15
Ben	Silver	U11 & U12
Nicholas	Sim	U17
Ernest	Skvorcov	U11 & U12
Luciana	Starkey	U12 & U13
Orla	Starkey	U11
Annie	Stewart	U11 & U12
Elizabeth	Sweetman	U15
Anthony	Szewczyk	U12 & U13
Autumn	Tas	U12 & U13
Esther	Taylor	U20
Sriram	Thiagu	U17

Douglas	Veitch	U13
Coben	Walker	U13
Alasdair	Wallace	U20
Alexandra	Waterston-Law	U17
Andrew	Watson	U13
Zach	Watson	U15
Christina	Watt	U20
Christopher	Watt	U12& U13
Ava	Whyte	U12& U13
Abigail	Williams	U12& U13
Alexander	Wilson	U15
Callum	Wilson	U13
Rosie	Winter	U11 & U12
James	Wotherspoon	U17
Fraser	Wright	U12& U13

Start your own athletics journey

# Harmeny AC

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🏠 [harmenyac.org](http://harmenyac.org)

scottishathletics  affiliated club

