



Lincoln Wellington AC will have a team competing in the East 2 League, Northern Section Division of the National Young Athletes Youth Development League (Lower Age Group) this year. This is for athletes in the U13/U15 age group. The League provides tremendous competitive opportunities for thousands of young athletes throughout the UK. In addition to being great fun the league also acts as one of the major developmental steps, preparing athletes for competition at the U17/U20 age group (YDL Upper Age Group) and senior level.

Two LWAC athletes can compete in each event and each athlete can compete in 3 events and one relay at a meeting. These are excellent opportunities to represent the club, in a friendly environment.

We will endeavour to ensure athletes compete in at least 2 events and a relay or 3 events if they are agreeable.

Age ranges

Under 13 (Age 11 or 12 on 31 August 2016)

Under 15 (Age 13 or 14 on 31 August 2016)

Our Fixtures

Saturday 23 April at York

Saturday 21 May at Cleckheaton

Sunday 19 June at Lincoln

Saturday 16 July at Scunthorpe

Events on the programme

Under 15 Girls	Under 13 Girls	Under 15 Boys	Under 13 Boys
100m	75m	100m	100m
200m	150m	200m	200m
300m	n/a	300m	n/a
800m	800m	800m	800m
1500m	1200m	1500m	1500m
75m Hurdles	70m Hurdles	80m Hurdles	75m Hurdles
4 x 100m Relay	4x100m Relay	4x100m relay	4x100m relay
4x 300 relay	n/a	4x300m relay	n/a
Shot	Shot	Shot	Shot
Javelin	Javelin	Javelin	Javelin
Discus	n/a	Discus	n/a
Pole Vault	n/a	Pole Vault	n/a
Hammer	n/a	Hammer	n/a
Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump

Please complete the attached form, including contact details, and return it to the Information Centre at the Hub as soon as possible or email to susan.mouzon@lwac.org.uk or nasus_mouzon@yahoo.com

For further information see the League website on <http://www.ukydl.org.uk/index.html>

Parents – The club has to provide a minimum of 6 officials for each match, each official gains 10 points for their team score, which could easily affect the final match result. Parents willing to help even if not qualified, please indicate this on the availability form. There is a link the meeting venues on the website where the fixtures are listed.

Thank you
Susan Mouzon



Name _____

Age Group _____

Availability (Circle if available)

23 April
York

21 May
Cleckheaton

19 June
Lincoln

16 July
Scunthorpe

Preferred Events

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Other Events _____

(prepared to compete)

Officials: _____

(Prepared to help)

South of Humber YDL Team

All interested U20 and U17 athletes, who wish to compete for The South of Humber YDL Team, are requested to complete the form below and hand it back to one of the managers or send it by email. By completing this form it will give the management an idea of who is willing to take part and which events they would prefer to do.

Match Dates:-

01/05/16 – Doncaster - Keepmoat Stadium Doncaster

29/05/16 – Doncaster - Keepmoat Stadium Doncaster

26/06/16 – City of York - TBC

24/07/16 – Kingston upon Hull - Costello Stadium

First Name	
Surname	
Date of Birth	
Age Group	U20 or U17
E-mail address	
Contact Number	
1 st Choice Event	
2 nd Choice event	
3 rd choice event	
Relay choice	

We will always try and ensure that you get to compete in at least 1 of your 3 choice events, but would ask all athletes to consider doing other events to help the team.

Return to:

Dave Harmes – Manager

During training on a Tuesday or Thursday or e-mail to dmharmes@btinternet.com

Or Via your Club Rep's