

Thetford Athletic Club 2011/2012 junior fixture list - <http://www.thetford-ac.co.uk/>

Cross Country	Age groups	Date	Web-site	Instructions
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 9th October 2011	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
Wibly Log Jog	16 years +	16th October 2011	http://www.bfh.org.uk/	Individual entry - download form
Suffolk Winter League - Framlingham	U13 years +	30th October 2011	http://www.suffolkathletics.org.uk/	Club entry, see Dean Kirton team Manager
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 13th November 2011	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
Suffolk Winter League - Woodbridge	U13 years +	4th December 2011	http://www.suffolkathletics.org.uk/	Club entry, see Dean Kirton team Manager
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 18th December 2011	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
Suffolk Winter League - Nowton Park	U13 years +	15th or 22nd January 2012	http://www.suffolkathletics.org.uk/	Club entry, see Dean Kirton team Manager
Norfolk Cross Country Championships	Under 11's to Senior/Veteran	January 2011 date t.b.c (7th or 8th)	http://www.norfolkaaa.co.uk/default.asp	Individual entry - download form
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 15th January 2012	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
South of England Championships, Brighton	U13 years +	28th January 2012	http://www.seaa.org.uk/	Club entry, see Dean Kirton team Manager
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 12th February 2012	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
Suffolk Winter League - Ditchingham Bungay	U13 years +	19th February 2011	http://www.suffolkathletics.org.uk/	Club entry, see Dean Kirton team Manager
National Championships - Parliament Hill	U13 years +	25th February 2012	http://www.englishcrosscountry.co.uk	Club entry, see Dean Kirton team Manager
Suffolk Winter League - Haughley Park	U13 years +	4th March 2012	http://www.suffolkathletics.org.uk/	Club entry, see Dean Kirton team Manager
Ryston Runners AC/Shouldham Warren	Under 9's to Senior/Veteran	Sunday 18th March 2012	http://www.rystonrunners.org.uk/index.htm	Enter on the day - individual entry
English Schools Championships	School years 8 to 13	March 2012 date to be confirmed	http://www.esaa.net/	Qualification via your county required
Sportshall Competitions				
UEA, Norwich	U11's - U17's	Saturday 15th October 2011	http://www.norfolkaaa.co.uk/default.asp	Club entry, see Emma Nicholson, Team Manager
Kings Lynn	U11's - U17's	Saturday 5th November 2011	http://www.norfolkaaa.co.uk/default.asp	Club entry, see Emma Nicholson, Team Manager
UEA, Norwich	U11's - U17's	Saturday 26th November 2011	http://www.norfolkaaa.co.uk/default.asp	Club entry, see Emma Nicholson, Team Manager
UEA, Norwich - county championships	U11's - U17's	Saturday 14th January 2012	http://www.norfolkaaa.co.uk/default.asp	Club entry, see Emma Nicholson, Team Manager
Social Events				
Thetford AC Christmas Party	Athletes, family and friends	Friday 2nd December 2011	http://www.thetford-ac.co.uk/	7.30 p.m start - Barnham Village Hall
Hammer and Discus Throwing Competitions				
Bury Track - 12 to 2 p.m	All age groups	28th January 2012	http://www.thetford-ac.co.uk/	Pay coach on day - £3.00
Bury Track - 12 to 2 p.m	All age groups	25th February 2012	http://www.thetford-ac.co.uk/	Pay coach on day - £3.00
Bury Track - 12 to 2 p.m	All age groups	31st March 2012	http://www.thetford-ac.co.uk/	Pay coach on day - £3.00
Bury Track - 12 to 2 p.m	All age groups	28th April 2012	http://www.thetford-ac.co.uk/	Pay coach on day - £3.00
Road Races				
Breckland 10K	15 years +	Monday 7th May 2012	http://www.thetford-ac.co.uk/	11 a.m start
Lord Mayor's 5k City Centre Classic	16 years +	July 2012 date to be confirmed	http://www.conac.org.uk	Individual entry - download form
Track & Field Competitions				
Keith Ward Indoor Competition	U11 years +	January 2012 date to be confirmed	http://www.westnorfolkac.co.uk/	Individual entry - download form
Norfolk County Track & Field Championships	U11 years +	June 2012 date to be confirmed	http://www.norfolkaaa.co.uk/default.asp	Individual entry - download form
Suffolk County Track & Field Championships	U11 years +	June 2012 date to be confirmed	http://www.suffolkathletics.org.uk/	Individual entry - download form
Anglian Schools Track & Field Championships	School years 8 to 13	June 2012 date to be confirmed	http://www.norfolkaaa.co.uk/default.asp	Qualification via your county required
English Schools Championships	School years 8 to 13	6th and 7th July 2012	http://www.esaa.net/	Qualification via your county required
Hibbard Trophy at Cambridge	U13 years +	September 2012 date to be confirmed	http://www.easternaa.co.uk/	Qualification via your county required