

ABERDEEN AAC WINTER PROGRAMME 2018-2019

DATE	ALL EVENTS MALE AND FEMALE UNLESS OTHERWISE SHOWN
3 Oct	SSAA Secondary Road Races, Falkirk Stadium
7 Oct	Benachie Hill Race U15+
10 Oct	Stirling University Freshers Cross Country Match, Stirling
13 Oct	East District XC Relays, Glamis Castle U13+
17 Oct	Scottish Student Sport Freshers Match, Glasgow
20 Oct	East XC League, Stirling University U11+
27 Oct	scottishathletics National XC Relays, Cumbernauld U13+
27 Oct	SSAA Primary Road Races, Falkirk Stadium
3 Nov	Pentathlon International, Emirates Arena, Glasgow
3/4 Nov	Scottish Student Sport Cross Country Championships, Balgownie (tbc)
4 Nov	BSAC Knockburn XC, Knockburn U11+
10 Nov	scottishathletics National Short XC Championships, Lanark U15+
11 Nov	Peterhead Marathon Oil 10km, Peterhead
17 Nov	Braids Hill Race, Edinburgh
18 Nov	Fraserburgh Half Marathon, Fraserburgh
24 Nov	East XC League, Broxburn U11+
1 Dec	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
8 Dec	East District XC Championships, Balgownie U13+
16 Dec	Aberdeen AAC Indoor OGM, ASV U11+
4 Jan	scottishathletics National Indoor 3000m Championships, Glasgow U13+
12 Jan	Inter-District XC, Stirling U13+ (see note)
12 Jan	scottishathletics National Indoor Open, Glasgow U13+
13 Jan	Scottish University & College – Indoor Championships, Glasgow
19 Jan	East XC League, Livingston U11+
20 Jan	Aberdeen AAC Indoor OGM, ASV U11+
26 Jan	scottishathletics National Indoor Senior Championships, Glasgow scottishathletics National Indoor U17 Championships, Glasgow
27 Jan	Gathimba Edwards XC, Haddo House, U11+

(Continued over)

Where age groups are specified, U11+ means athletes in the U11 age category are eligible as well as those in categories above.

Note: The Inter-District XC fixture is a selection based event. AAAC athletes are eligible to represent the Scottish East District. Usually, 12 athletes in each age group (U13 and above) are selected to represent the district and race against equivalent teams from the West and North districts.

Selection is based on participation and performance at the previous two East League XC fixtures and the East District Championships.

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DATE	ALL EVENTS MALE AND FEMALE UNLESS OTHERWISE SHOWN
2 Feb	Run 4 It Metro Proms 3Km Road Race (1pm) U20+
2 Feb	scottishathletics National Masters XC Championships, Hawick, 35+
2 Feb	scottishathletics National Indoor U20, U15 & U13 Championships, Glasgow
2 Feb	British University XC, Exeter
6-7 Feb	SSAA Indoor Championships, Glasgow
9 Feb	Scottish Student Sport Indoor Championships, Glasgow
9 Feb	Glasgow 5 Mile Road Race, Glasgow
10 Feb	scottishathletics Indoor SUPERteams, Glasgow U12
15-17 Feb	British University Indoors, Sheffield
16 Feb	scottishathletics National Relay Championships, Glasgow U13+
16-17 Feb	scottishathletics Indoor Combined Events Championships, Glasgow U13+
17 Feb	scottishathletics Indoor Masters Championships, Glasgow 35+
17 Feb	NESAP XC, Balgownie U11+
23 Feb	scottishathletics National Cross Country Championships, Falkirk U13+
24 Feb	Aberdeen AAC Indoor OGM, ASV U11+
2 Mar	SSAA Secondary Schools XC Championships, Hopetoun House Estate
2 Mar	Allan Scally Road Relays, Glasgow
Mar	AAAC XC Champs, Balgownie U11+ Date TBC
15 Mar	RGC and Albyn Invitational XC Championships, Balgownie
17 Mar	scottishathletics Young Athletes Road Championships, U13-U20
17 Mar	Aberdeen AAC Indoor OGM, ASV U11+
23 Mar	SIAB XC International, Santry, Ireland
24 Mar	scottishathletics Road Relay Championships, Venue tbc, U20+
April	AAAC Spring Open Track & Field Meeting, ASV U11+ Date TBC
20 Apr	SSAA Primary XC Championships, Kirkcaldy

NB Please see the club website and complete the cross-country google form if you wish to compete in any of the listed district/national cross-country league or championship events: [XC Google Form](#)

If you wish to compete in any of the indoor championships, details and entries are available on the Scottish Athletics website (events.scottishathletics.org.uk/events), with entry deadlines often four weeks before the event. For Scottish Schools events speak to your school's PE Department.

The club will endeavour to put on as much transport as possible to team events, however this will depend on numbers.