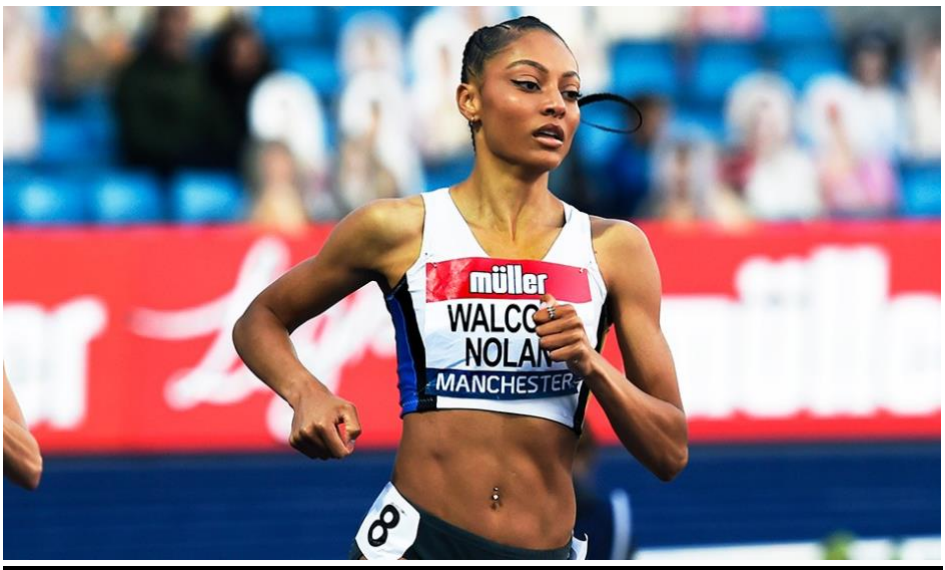




HANDBOOK & FIXTURES 2024





Jenny O'Shea

In June 2023 we lost Jenny O'Shea, a long-standing servant of Luton United and Luton AC. She was a stalwart of the club and held many positions over the years including Chairman, Secretary, Treasurer and Team Manager. Jenny was a Sprints coach for over 50 years and was named National Coach of the year in 1995. She was also supportive of the Bedfordshire County Association and was Track and Field Championships secretary for many years. In addition, Jenny was a highly qualified timekeeper and was seen at many club, county and regional level matches in all weather conditions. Jenny will be missed enormously by the club and all who knew her.

CLUB OFFICERS

| | | |
|-------------------------|---|--------------|
| CHAIRMAN | PAUL BROOKS email: paul_a_brooks@hotmail.com | 01582 750474 |
| SECRETARY | STEVE BASSILL email: steve@bassill.co.uk | 01582 882043 |
| TREASURER | NICOLA ABUBACKER email: nicabubacker@gmail.com | 01582 895819 |
| MEMBERSHIP SECRETARY | LINDA BASSILL email: linda@bassill.co.uk | 01582 882043 |
| OFFICIALS SECRETARY | TO BE APPOINTED | |
| STATISTICIAN | GERRY GOUGH email: gerald.gough@ntlworld.com | 01582 751086 |
| COACHING COORDINATOR | ALAN DAGLISH email: alan.daglish@ntlworld.com | 07906 509068 |
| WELFARE OFFICERS | NICOLA ABUBACKER email: nicabubacker@gmail.com | 01582 895819 |
| | DES WILKINSON email: des110h@hotmail.co.uk | 01525 795098 |

TRACK & FIELD TEAM MANAGERS

| | | |
|--|---|--------------|
| SAL DIV 3(N) (MEN) | DAWN WILLIAMS email: treacle77@hotmail.co.uk | 07733 099138 |
| SAL DIV 3(N) (LADIES) | LINDA BASSILL email: linda@bassill.co.uk | 07909 678993 |
| EAL (BOYS & GIRLS) (U11/U13/U15) | PATRICK DAVIS email: patrick_davis@sky.com | 07734 541771 |
| EAL (Ladies) (U17) + (Senior) | DAWN WILLIAMS email: treacle77@hotmail.co.uk | 07733 099138 |
| EAL (MEN) (U17) + (Senior) | LEE CAREY email: leenortoncarey@gmail.com | 07794 903925 |
| EYAL (Bedfordshire Lions combined Team with Biggleswade) | DAWN WILLIAMS Will liaise with EYAL Team Managers At Biggleswade email: treacle77@hotmail.co.uk | 07733 099138 |
| VETS T & F (MALE) & (FEMALE) (MASTERS) | ALAN DAGLISH email: alan.daglish@ntlworld.com | 07906 509068 |

CROSS
COUNTRY
CHILTERN
LEAGUE

ALAN DAGLISH
Details above

ROAD RELAYS

ROSIE McNABOLA
email: rosiemcnabola@gmail.com
LIAM McNABOLA
email: liammcnabola@hotmail.com

07975 680773

07835 174119

TRACK & FIELD ABBREVIATIONS

| | |
|------|---------------------------------------|
| SAL | SOUTHERN ATHLETICS LEAGUE |
| EMAC | EASTERN MASTERS ATHLETIC CLUB |
| EYAL | EASTERN YOUNG ATHLETES LEAGUE |
| EAL | EAST ANGLIAN LEAGUE |
| EA | ENGLAND ATHLETICS |
| SEAA | SOUTH OF ENGLAND ATHLETIC ASSOCIATION |
| ESAA | ENGLISH SCHOOLS' ATHLETIC ASSOCIATION |
| BMAF | BRITISH MASTERS ATHLETIC FEDERATION |
| BUCS | BRITISH UNIVERSITIES & COLLEGES SPORT |
| EAA | EASTERN ATHLETICS ASSOCIATION |

Please check the website/Social media and communications from Team managers for any changes to dates, venues or other details.

Website www.lutonac.co.uk

FIXTURES BY LEAGUE 2024

EAST ANGLIAN LEAGUE (EAL)

APRIL 28th - CAMBRIDGE - CB3 0EQ
MAY 26th - PETERBOROUGH - PE1 5BW
JUNE 23rd - ST IVES(Cambs) - PE27 6SJ
SEPT 1st -Finals- BURY ST. EDMUNDS- IP33 3TT

EASTERN YOUNG ATHLETES LEAGUE (EYAL)

As a member of Bedfordshire Lions

APRIL 14th - THURROCK - RM16 2QT
MAY 5th - BRAINTREE - CM7 1FF
JUNE 2nd - SANDY - SG19 1BL
JULY 28th - BEDFORD - MK41 9SB
SEPT 8th - FINALS - TBC

SOUTHERN ATHLETICS LEAGUE (SAL)

MAY 18th - BEDFORD - MK41 9SB
JUNE 15th - LUTON -
JULY 14th - OXFORD - OX4 2RR
AUGUST 17th - OXFORD - OX4 2RR

EASTERN MASTERS ATHLETICS LEAGUE (EMAC)

MAY 1st - CORBY - NN17 2FB
JUNE 5th - BEFORD - MK41 9SB
JULY 3rd - MILTON KEYNES - MK14 6BN
JULY 31st - SANDY - SG19 1BL
SEPT - FINALS TBC

Website

www.lutonac.co.uk

AGE GROUP LEAGUE COMPETITION 2024

- UNDER 11** - EAST ANGLIAN LEAGUE (EAL) only
- UNDER 13&** - EAST ANGLIAN LEAGUE (EAL)
UNDER 15 - EASTERN YOUNG ATHLETES LEAGUE (EYAL)
- UNDER 17** - EAST ANGLIAN LEAGUE (EAL)
- EASTERN YOUNG ATHLETES LEAGUE (EYAL)
- SOUTHERN ATHLETICS LEAGUE (SAL)
- UNDER 20&** - EAST ANGLIAN LEAGUE (EAL)
SENIORS - SOUTHERN ATHLETICS LEAGUE (SAL)

MEMBERSHIP FEES (INCLUDES EA REGISTRATION FEE)

| | |
|--|-----------------------------|
| Seniors | £66 per annum |
| Junior (under 20) | £51 per annum |
| Student | £29 per annum |
| Under 11 | £10 per annum |
| Family Membership (Parents plus any children under the age of 20) | £80 + £19 per person EA Fee |
| Social Membership | £10 per annum |

Veterans (athletes over the age of 35) who wish to compete in the EMAC League matches must join EMAC. (£10.00)

Club vests are available from Patrick Davis (patrick_davis@sky.com) at a cost of £20/£15 (30 inch chest & above/26 & 28 inch chest sizes). Crop tops are available to order (minimum quantity required) please contact the Club Treasurer Nicola Abubacker.

Track fees are charged at Stockwood Park – please contact Active Luton for details

Website www.lutonac.co.uk

LAC TRACK & FIELD FIXTURE LIST 2024

APRIL

21 SUN – LONDON MARATHON
14 SUN – EYAL – THURROCK
28 SUN – EAL - CAMBRIDGE

MAY

01 WED – EMAC – CORBY
05 SUN – EYAL – BRAINTREE
11- 12 SAT/SUN – BEDS & HERTS COUNTY CHAMPIONSHIPS - WATFORD
18 SAT – SAL – BEDFORD
26 SUN – EAL – PETERBOROUGH

JUNE

02 SUN – EYAL – SANDY
05 WED – EMAC - BEDFORD
08-09 SAT/SUN – SEAA SENIOR/U20 CHAMPIONSHIPS – TBC
15 SAT – SAL – LUTON
23 SUN – EAL – ST IVES(CAMBS)
29 SAT – EASTERN COUNTIES CHAMPIONSHIPS - CAMBRIDGE
29 - 30 SAT/SUN– SEAA COMBINED EVENTS – OXFORD

JULY

03 WED – EMAC – MILTON KEYNES
12- 13 FRI/SAT – ENGLISH SCHOOLS CHAMPS – BIRMINGHAM
14 SUN - SAL – OXFORD
19 - 21 FRI/SAT/SUN - EA SENIOR/U20 CHAMPIONSHIPS – TBC
26 – 28 – FRI/SAT/SUN – EA U15/U17 CHAMPIONSHIPS - TBC
28 SUN – EYAL - BEDFORD
31 WED – EMAC - SANDY

Website

www.lutonac.co.uk

LAC TRACK & FIELD FIXTURE LIST 2024

AUGUST

10 - 11 SAT/SUN – SEAA U13/U15/U17 CHAMPS – WALTON
17 - SAT – SAL – OXFORD

SEPTEMBER

01 SUN – EAL FINALS – BURY ST. EDMUNDS
- EMAC FINALS - TBC
07 - 08 SAT/SUN – SEAA U15/U17 INTER COUNTIES CHAMPS - OXFORD
08 SUN – EYAL FINALS -TBC

Please check the website/Social Media and communications from Team managers for any changes to dates, venues or other details.

NOTE: CLUB VESTS MUST BE WORN FOR ALL COMPETITIONS

Website

www.lutonac.co.uk

