

## Mini League Track & Field report from Summer 2019

Summer 2019 was yet another epic Mini-League season which RAC fielding huge numbers of keen athletes...

**ML#1** and summer 2019 started off with a home fixture where RAC showed off with 95 athletes, 9 of whom were earning their blue vest for the first time, and 30 amazing volunteers. All braved a sunny but very cold and windy day that saw RAC fully smash it and finish in 1<sup>st</sup> place, a huge 30 points ahead of Notts in 2<sup>nd</sup>. We also achieved 1<sup>st</sup> place in 4 out of the 6 age categories. What a mega start to the season!

**ML#2** saw a half-term trip to Sutton. Despite the school holidays, the warm and sunny weather meant that 80 of RAC's finest were there to run, jump and throw. 5 newcomers overcame their fears, and all were smiling at the end. Notts having been shocked by their thrashing in ML#1 pulled their big guns out and narrowly beat us into 1<sup>st</sup> place.

**ML#3** was the hot one. It was crazy hot, real hot, damn hot and to increase the heat some more, the action was scorching! For most this was the first experience of Newark AC's lovely new track. People sat and wilted whilst 80 RAC'ers had to endure a difficult day. However, nothing stopped the smiles, fun and enthusiasm of our wonderful athletes. It was Notts 1<sup>st</sup> & RAC 2<sup>nd</sup> again, with Notts finally overcoming RAC's lead from ML#1.

**ML#4** was our 2<sup>nd</sup> home event of the summer and was the Ice Cream one and the tearful one! It was hot and sunny, so all athletes and volunteers got free run of the ice-cream van as a thanks for their seasons efforts. Through the winter & summer RAC had been working with CP Sport, coaching Race Running. We therefore had a break in proceedings to run 2 Race Running races. We had a world record holder there and several Team England/GB athletes, but what made everyone well-up was the amazing fortitude that a first-time race runner, with challenging CP, showed during the continually applauded 2 minutes it took him to complete the race.

Meanwhile, once everyone had pulled themselves together, back at the gazebo, the music pumped, stories were swapped and the comradery of the whole 91 strong RAC team was worthy of a trophy in its own right. Amazingly, even at this late stage of the season we had 17 (yes 17!) first time competitors wearing their newly acquired RAC blues with pride.

At the end of the day RAC once again came 2<sup>nd</sup> and therefore 2<sup>nd</sup> overall for the season. However, U11 Boys, U13 Boys and U15 Girls all came 1<sup>st</sup> which is an amazing achievement.

Throughout the season over 100 athletes, made 350 appearances. RAC hosted 2 events, recruiting over 60 volunteers from the RAC family. Whether you were an athlete, official, volunteer or parent you all did your bit to make another wonderfully memorable season.

As with every season in the world of Mini-League, we have to say good-bye to our upper age group athletes at the end of it. This is always a thought-provoking time as those athletes that start their mini-league life as children, end it as young adults. A large portion of this year's crop have done 6 Mini-League seasons and from our perspective of Track & Field team managers and coaches, you have been a joyful and inspiring bunch. You know who you are, and we wish you all the best in your U17's careers.

As this is being written (Jan 2020) the search goes on to find a team to take on Mini-League Track & Field management for 2020. By the time you read this hopefully a new crew will have taken over from veterans Martin & Amanda. If not, then get involved NOW, as your club needs you to make another summer of fun happen.

Cheers everyone

Martin Findlay & Amanda Findlay