

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

JUNE 2017



BE SAFE – BE SEEN
wear a fluorescent vest when running at night

News and events for June 2017:

- Core Conditioning
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Core Conditioning The Club will be starting Core Conditioning Sessions on Monday nights at 8.30pm on the grass at the track with the first session on Monday 5th June. The cost will be £2.50 per session, and you won't need a track pass. The sessions are being run by Simon Desborough who runs Triumph Wellbeing in Potton with a view to continue all year round. These sessions are for over 18s.

Core Conditioning is about strengthening the multiple muscle groups in the centre (core) of the body, including the abdominal and low back muscles, diaphragm, pelvic floor muscles, latissimus dorsi, hip flexors and the gluteal muscles. All these muscles work in concert to stabilize the spine while moving your limbs.

Membership Subscriptions - 2017

Georgia Barker, Membership Secretary, makes the following plea:

As you are hopefully aware, membership subs for 2017 were due on 1st January. There are still some members who are yet to pay, despite still being attendees at the club. Whilst we don't wish to be in the position of "expelling" members from the club, the club rules which are published on our website are clear that:

Membership Arrears - No Member of the Club whose subscription is more than one month in arrears shall be entitled to compete for the Club in any athletic event.

The Committee shall have the power to expel any Member whose subscription is over six months in arrears, provided one month's notice has been given in writing to the said Member. Notice of any such expulsion may be notified to the Bedfordshire AAA after one year.

Can I please ask that overdue subs are therefore paid with immediate effect. If you have any queries or concerns regarding this, please do not hesitate to contact me at membership@biggleswadeac.org.uk. I assure you that correspondence will be kept entirely confidential.

Sandy Athletic Track Resurface - DONE

The contractors have now handed back Sandy Athletic Track to Central Beds Council and us (Biggleswade AC). This means from week commencing 29 May 2017, we can use the track again.

This is great news that the track resurface has now been completed and we have at least 10 years before the track would need to be resurfaced again.

Thank you to those that helped moved the high jump and pole vault beds back into place on the track and for moving the hurdles out of the Liz Yelling building on Saturday 27 May.

Track fees have not been increased at all for members or non-members, the only increase is to the track hire cost, which is now £40 without lights and £50 with lights – our website has been updated with the new hire fees.

If you have any questions please contact Damien Pitts - chairman@biggleswadeac.org.uk

Track Reopening Event – Sat 10 June

To mark the long-awaited completion of the track, chairman Damian Pitts has invited Club members and their families to come down to Sandy Athletic Track on Saturday 10 June from 2pm-5pm, to be in a new club photo and try out the newly resurfaced track/new shot put area, as well as new events. The club photo will take place at 2:15pm and please could you be in club kit for this photo. This photo will be used on the Biggleswade AC website, Facebook page and future articles in the local papers.

Following the club photo, you will be invited to take part in the club pentathlon. This event is normally held on a club night and trophies for the event are awarded at the presentation evenings. The pentathlon comprises of 100m, 800m, long jump, javelin and shot put. It doesn't matter whether you have done one or none of these events before - our coaches will be at each event to provide you with help and guidance.

During this afternoon there will be free tea, coffee and squash available from our catering ladies. There will be some food and other drinks for sale, or you can bring your own (no alcohol in the school or at the track, please).

Track Passes

Now that the track is again open, all valid track passes have been extended to take account of the closure. New certificates will be emailed out over the coming week. If you are using the track during an organised club session (under the supervision of a club coach) you can pay the casual track fee of £3.50 per session. To use the track at any other time, you MUST have a valid track pass (£60 p.a. or £36 for six months).

Having a valid track pass means that you can use the track after 5.30pm on school days and at any reasonable time during school holidays and weekends. Track lighting, however, will only be available for Club organised sessions and usage outside Club sessions is entirely at your own risk. Please check the Club calendar for outside bookings that will take preference.

Round Norfolk Relay - 16/17 Sep

For the last twelve years we have been competing in the Round Norfolk Relay (RNR), which happens each year in September and is made of 17 stages which range in distances, are on/off road, happen in daylight and through the night. We have entered a team for this year's event, which is happening on Saturday 16 & Sunday 17 September.

The relay starts and finishes at Lynnsport, Kings Lynn, where we normally start around 7am on the Saturday and finish around 9am on the Sunday. For more information on RNR and stage details (directions, maps and photos), please see the RNR website - www.roundnorfolkrelay.com

Our team is always made up of a mixture of abilities. You don't have to run to be part of the team, we do need support for the team in the form of cyclists and night car drivers. If you would like to be part of this year's team, please download and complete a RNR questionnaire, which is located on the RNR page on the Biggleswade AC website. **The questionnaire needs to be returned by Tuesday 13 June, if you would like to join the team in one form or another.**

If you have any questions, please contact a member of the BAC RNR Committee - Damo, Deb Bryant, Mark Stead and Rob Morgan.

Highgate Night of the 10,000m PBs

Nigel Bush has sent this report

A couple of weeks ago I went down to Highgate Harriers track next to Hampstead Heath in north London to watch the "Night of the 10,000m PBs".

This event was first staged in 2013 to try to revitalise 10,000m track running in the UK and it has blossomed into a very classy set of races, including the British trials for both the Men's and Women's trials for the Olympics in 2016 and the IAAF World Championships this year.

The event consists of seven 10,000m races starting in mid afternoon and finishing at about 9.30pm. The atmosphere was electric, with spectators standing in lane 3 all around the track, to get really close to the action. In addition, they have a marquee covering the back straight which doubles up as a beer tent. The home straight also has a marquee, and the runners run through both on each lap. Add to this a running commentary, two large screens, fireworks and live music, and it makes for a very special atmosphere.

Being able to watch the leading British runners circle the track 25 times from very close proximity in the British Trial races, battling it out for team selection, was very inspiring. And the icing on the cake was a live one hour seminar with Seb Coe, Paula Radcliffe, Wendy Sly and Ronnie (snooker) O'Sullivan discussing various topics including training, racing and world records.

Well worth a visit next year in May. And it's free entry!

Sainsbury's Active Kids Vouchers

As in previous years, Biggleswade AC is collecting the Sainsbury's Active Kids Vouchers, so if you are shopping or buying fuel at Sainsbury's, please say "yes" when they ask you if you are collecting the vouchers.

Please pass your vouchers to Damien Pitts or Sonia Edwards. Vouchers have to be redeemed before 28 July, so please give your vouchers to Damien or Sonia well before that date.

New Members

Welcome to the following members that joined us in March:

Celia Meacham Jenna Whinney Luci Shenton

Training...

Senior Track Training

For those middle and long distance athletes interested in track training, our coach Zoe Luscombe will be pleased to meet you. Training on the track starts at 6.00pm every Tuesday.

Senior Road Training

You will find the Seniors Training Programme and other training events in the Club calendar

Thu Jun 1	Biggleswade Loop led by Juliet Grimwood <i>from Saxon Pool & Leisure Centre, Saxon Dr, Biggleswade SG18 8SU</i>
Tue Jun 6	Hillwork led by Damien Pitts
Thu Jun 8	Black Barn led by Gary Baldwin
Tue Jun 13	Everton Loop led by Juliet Grimwood
Thu Jun 15	RSPB Loop led by Juliet Grimwood
Tue Jun 20	Broom away day hosted by Nick Haworth
Thu Jun 22	Lonely Pine led by Juliet Grimwood
Tue Jun 27	Speedwork led by Gary Baldwin
Thu Jun 29	Route 51 led by Juliet Grimwood
Tue Jul 4	?
Thu Jul 6	General Running
Tue Jul 11	?
Thu Jul 13	General Running
Tue Jul 18	Wrestlingworth away day hosted by Nat & Rob Morgan
Thu Jul 20	General Running
Tue Jul 25	?
Thu Jul 27	General Running

Sunday Morning Coffee and Cake Runs

See the schedule of runs on the club calendar; you should also check the message board for more details in the week leading up to each run. Route maps are on the web site here or go to "Events" then "Coffee and Cake".

RACE LISTINGS

For a complete schedule of races, look at the Club calendar - if you want to see a list, click "Agenda" at the top right, and use the drop-down menu to pick out the type of event you want; click on the event to see if there's any more details.

Club Championships

Wed	26 Jul	Doug Anderson 5k, Bedford – entries now open
Sun	10 Sep	Swineshead 10 mile
Sun	1 Oct	Standalone 10k, Letchworth Garden City – entries over 1/3 full
Sun	19 Nov	St Neots Half Marathon - entries now full

Fixtures for 2017

David Brown has provided a list of events (since updated)

SAL	Southern Athletics League, Division 3 North
ESAA	English Schools Athletic Association
ERRA	English Road Running Association
CAU	UK Counties Athletic Union

Track, Field, and Indoor events

17 Jun	SAL Braintree
17-18 Jun	National U23/20 Champs Bedford
24-25 Jun	Masters Outdoors Champs Birmingham
30 Jun – 2 Jul	World Trials Birmingham
7-8 Jul	English Schools Birmingham
8 Jul	SAL Mile End
29-30 Jul	CAU Bedford
12-13 Aug	National Champs U15/U17 Bedford
19 Aug	SAL Peterborough
2-3 Sep	Youth Development League Finals, Birmingham
2-3 Sep	Masters Combined Events Sheffield
16-17 Sep	ESAA Combined Events and Walks Boston

Cross Country events:

7 Oct	ERRA 6/4 Stage Relays
4 Nov	English Cross Country Association Cross Country Relays Mansfield
25 Nov	ESAA Cross Country Cup Sevenoaks
2 Dec	ESAA CE International Glasgow

Road Running:

Stu has compiled a list of upcoming events that are either (vaguely) local or which feature club members on the entry list. He hopes to keep it updated throughout the year as members declare entry to races, and as other events confirm their dates.

If you are entering a race not on the list, either close to home or further afield, you can let us know on the forum.

Races entered by members are marked "***"

Sat	3 Jun	*	Colour Obstacle Rush, Milton Keynes
Sun	11 Jun		Sutton Beast 10k, Ely
Fri	16 Jun	*	Marston Forest 5k
Sun	11 Jun		St Albans Half Marathon
Sun	18 Jun		Huntingdon 10k
Sun	18 Jun		Kings Langley Puffaten 10k
Sun	18 Jun	*	Run Bedford 10k
Sat	24 Jun	*	Giants Head Marathon (approximate marathon)
			Sydling Hill Race (approx 10k), nr Dorchester
Sun	25 Jun		Hitchin Hard Half Marathon
Sun	25 Jun		John O'Calloghan Memorial 5 Mile, Luton
Sun	2 July		March 5 Spud Run
Sun	2 July		Marcus Gynn Newmarket 10k
Sun	2 July		Wardown Park 5k/10k, Luton
Sun	9 July	*	Ware 10 Mile
Sun	9 July		Southend Half Marathon
Mon	10 July	*	Grafham Water 1 Lap Challenge (8.91 miles)
Sun	16 July		Luton 10k
Fri	21 July	*	Beds AAA 10k
Wed	26 July	*	Doug Anderson 5k, Bedford (Club Championship)
Sun	30 July	*	Riverside Runners 30th Anniversary 10k
Fri-Sun	4-6 Aug	*	Filthy Girl Mud Run, 5k/10k, Walton upon Trent
Sun	20 Aug		Kimbolton Half Marathon
Sat	2 Sept	*	Bedford Half Marathon
Sun	10 Sept	*	Swineshead 10 mile (Club Championship)
Sun	10 Sept	*	Great North Run half marathon, Newcastle upon Tyne
Sun	17 Sept	*	The Famous Canadian Beer Run, Toronto, Canada
Sun	1 Oct	*	Standalone 10k, Letchworth Garden City (Club Championship)
Sun	1 Oct		Willow 10k, Hatfield
Sun	22 Oct		Stevenage Half Marathon
Sun	19 Nov	*	St Neots Half Marathon (Club Championship)

RESULTS

The Club website has a "**Results**" page at www.biggleswadeac.org.uk/results.html with links to various places where you can find records of our activities. Press reports of more recent activities are in the **Chat|BAC** Club blog (at biggleswadeacnews.wordpress.com).

Some older race results are at:

- www.biggleswadeac.org.uk/results_2016.html for 2016 early results
- www.biggleswadeac.org.uk/results_2015.html for 2015 results
- www.biggleswadeac.org.uk/results_2014.html for 2014 results

The **Chat|BAC** Club blog has extensive reports (with many photos) on recent events:

- Loughborough International - more success for Euan Dickson-Earle
- SAL in St Albans - six victories in very wet conditions
- Beds AAA County Championships - 11 titles
- EYAL at Watford
- Blisworth 5 Mile, Northampton
- Silverstone Grand Prix 10k
- EMAC at Bedford
- Halstead & Essex Marathon
- BUCS Championships, Bedford - Euan Dickson-Earle
- Essex County Combined Events Championships
- Mayor of Huntingdon's 5 Mile Charity Race
- Milton Keynes marathon

Youth Development League

In the recent YDL Upper Age Group, Biggleswade members being part of the composite U17 and U20 teams for Bedfordshire have won both matches at Luton 29 April and Stevenage 28 May. The team is on for promotion to the premiere division, 2 matches to go at Chelmsford Essex 25 June and finally Tonbridge Kent in July.

The English Schools Championships are the top events for a school athlete. The qualification is very high with only the top 20 in the country for any event over three age groups U15 (Junior), U17 (Intermediate) and U19 (Senior).

The podium winners get to represent England against the best from Scotland Wales and Ireland

We have a few athletes in the frame so hopefully the club supports them in their endeavours to achieve their goals, we have had some achieve this recently

Biggleswade Athletic Club contacts

Most contacts can found on the Club website, together with a map of where the club meets

Club Secretary: **Hannah Broom** **secretary@biggleswadeac.org.uk**

Web site **the club** **www.BiggleswadeAC.org.uk**

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