

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

NOVEMBER 2017



BE SAFE – BE SEEN

The clocks changed at the end of October, and the evenings are now dark - dig out your reflective or high viz vests and jackets, or wear light clothing

News and events for November 2017:

- **Your club needs you! - Current Vacancies**
- **Vikki Vowles**
- **How is your training?**
- **County AAA Championships Cross Country, Sat 6 Jan 2018**
- **New Members**
- **Training...**

Your club needs you! - Current Vacancies

Biggleswade Athletic Club relies on the passion and commitment of members to support it, enabling us to thrive, grow and compete. It is volunteers who regularly give their time as coaches or in club management who ensure we have the membership offer you all value.

Whatever your skills and interests are, we have roles where you can give time regularly.

We are looking for members who are interested in helping the club in formal roles as committee members. Current vacancies are:

- **Treasurer – managing the club accounts**
- **Vice Chairman – stands in for the Chairman for meetings and responsibilities**
- **Track Manager – ensuring Sandy Track is maintained**

Aside from the committee, we also need support with club catering from either one person or a group:

- **Catering role**

Please think about how you can help; see the Forum item on the Biggleswade AC website for more details on the roles, contact the club chairman (Damien Pitts) to discuss these roles.

Vikki Vowles

The Club blog has an item describing Vikki's adventures with the Club, with many photos, and news of how members have celebrated Vikki:

biggleswadeacnews.wordpress.com/2017/10/13/vikki-vv-vowles-1970-2017

How is your training?

Are you supporting your running with circuits, conditioning or weight power sessions? Running to optimum is not moving those legs as quick as possible, but supported with arm exercises, having a strong core and support for those rehab periods.

If possible four sessions a week of only 20 mins would get improvements and should have less injuries. Whilst watching that favourite TV programme you can do some curls, sits ups, plank, etc, 20 sits ups x 3 should take less than 5 mins.

Do you know the difference between a circuit and a conditioning session?

As a club your coaches cover all of these events for you to help improvements in performance, core and support in rehab.

County AAA Championships Cross Country, Sat 6 Jan 2018

This event is being held at Shuttleworth:

first event 11:30 U13 girls 3000m

final event 2:45 U17 mens 6000m

The County AAA has asked if we can provide some help in marshalling and car park duties, all volunteers get a free lunch. It is expected car parking assistance will be from 9:30 until approx 12:30 pm (car parking and entry is in the Shuttleworth's Aerodrome Collections main gate). Marshalling will be from 11:30 until 3:15. The course requires 6 marshalls so if we get many volunteers we can do shifts of 2 races. For more information contact David, Nigel or Damo.

New Members

Welcome to the following members that joined us recently:

Marley Rogers
Louise O'Donnell
Charlotte Day
Ronnie Byrne
John Luff
William Deards
Annabel Deards

Kristina Chambers
Kevin Goody
Paul Swinburne
Max Collins
Oran Blake
Tom Steele

Training...

The weekly training schedule is outlined below, see the Training page of the website to see what the sessions involve, and the **Club calendar** for the latest information

Mon	18:00	Senior Road Running	Wed	19:00	Senior Session
	19:00	Senior Running		19:00	Senior Structured Training
	20:30	Core Conditioning			
Tue	17:30	Sprint Session	Thu	17:30	Sprint Session
	18:00	Track Session - 800 to 1500m		18:00	Track Session - 800 to 1500m
	18:00	Track Session - over 800m		18:30	Field Event Session
	18:30	Field Event Session		18:30	Junior Sessions
	18:30	Junior Sessions		19:00	Senior Distance Running
	18:30	Road Running Session		19:00	Senior Road Running
	19:00	Senior Distance Running Session	Sun		Coffee & Cake Run
	19:00	Senior Road Running Session			

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".

Core Conditioning

Sessions will run on Monday nights at 8.30pm on the grass at the track. 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.

Senior Road Training

The group mainly meet at the front of Sandy Sports Centre on Tuesdays and Thursdays at 7pm, but also take part in occasional away days. The away days and specific session themes as currently known are listed here, check the calendar for updates (deselect everything except "Training" on the drop-down Agenda list and look for "Senior Road Running" on Tuesdays and Thursdays).

- Thu Nov 2 Biggleswade loop by Juliet
from Runners Need, A1 Shopping Park, SG18 8NE
- Tue Nov 7 Speedwork lead by Gary
- Thu Nov 9 Sandy Loop lead by Juliet
- Tue Nov 14 Letchworth Away Day lead by Vicky Berry
- Thu Nov 16 RSPB Loop with torches lead by Gary
- Tue Nov 21 Starbursts lead by Gary
- Thu Nov 23 Sandy Loop lead by Damien Pitts
- Tue Nov 28 Hillwork lead by Gary
- Thu Nov 30 Route 51 with torches lead by Juliet
- Tue Dec 5 Speedwork led by Gary
- Thu Dec 7 Biggleswade Loop led by Juliet
- Tue Dec 12 Pace Judgement led by Gary
- Thu Dec 14 Sandy Loop led by Damien Pitts
- Tue Dec 19 Fartlek led by Gary
- Thu Dec 21 RSPB Loop with torches led by Juliet

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 Sun 19 Nov St Neots Half Marathon - **entries now full**

Fixtures for 2017

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

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

Road Running: *If you are entering a race not on the list, you can let us know on the forum. Races entered by members are marked "*"*

- Sun 5 Nov Lode Half Marathon
- Sun 5 Nov Marlow Half Marathon and Marlow 7 mile race
- Sun 5 Nov Richmond Riverside Half Marathon, London
- Sat 11 Nov Chiltern Hills Challenge, Tring (36 miles)
- Wed 15 Nov Run In The Dark 5k & 10k, Battersea, London
- Sun 19 Nov Croxley Park 10k, Watford
- Sun 19 Nov Richmond 10k, London
- Sun 19 Nov * St Neots Half Marathon (Club Championship)
- Sat 25 Nov Discover Run The Wild, Tring (approx 13 miles)
- Sun 26 Nov Bass Belle 10 mile, Bassingbourn
- Sun 26 Nov Breckland Forest 10k, nr Thetford
- Sun 26 Nov Hatfield 5 (5 mile)
- Sun 26 Nov Kingston Riverside 10k, London
- Sun 26 Nov Watford Autumn 10k
- Sat 2 Dec Olympic Park 10k winter series opener, London
- Sun 3 Dec Bedford Harriers Half Marathon
- Sun 3 Dec Putney Riverside 10k, London
- Sun 3 Dec Winter Wonderland 5k Santa Run, Thetford
- Sun 3 Dec Watford Santa Dash 5k
- Sat 9 Dec Richmond Park 5k & 10k, London
- Sat 16 Dec Valentines Park Santa Dash 5k, Ilford

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:

- Three Counties XC, Wellingborough, 22 Oct
- Town and Gown 10k, Cambridge, 22 Oct
- Perkins Great Eastern Run, Peterborough, 8 Oct
- Wimpole Hoohaah races, 8 Oct
- MBNA Chester Marathon, 7 Oct
- Standalone 10k, Letchworth, 1 Oct

Other recent results:

Lee Valley Minithon, 21 Oct

At this event for U11 and U13 athletes we had a couple of youngsters compete. For this age group you can select 3 events from the general list and then these are added to the final score.

U13 boys:	Maxime Corbett	60m	10.0 secs	CR
		High Jump	1.15m	CR
		Long Jump	3.32m	
		<i>Total</i>	<i>143 points</i>	CR
	Peter Murphy	High Jump	1.15m	CR
		60m Hurdles	11.6 secs	CR
		Long Jump	3.76m	CR
		<i>Total</i>	<i>155 pts</i>	CR

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

Newsletter Editor: **David Hindle** 6 Mallard Walk, Biggleswade, BEDS SG18 8DY
davidhindle@msn.com