

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

DECEMBER 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 December 2017:

- **Fairy Run – Sat 23 Dec**
- **Monday Circuits Suspended**
- **Membership Renewals due January**
- **Half-Marathon Club Championships**
- **Annual Christmas Kingfisher Way Run/Jog – Wed 27 Dec**
- **County AAA Cross Country Championships – Sat 6 Jan 2018**
- **3 Counties Cross-Country – 14 Jan**
- **Senior Presentation Evening – Fri 23 Feb**
- **Round Norfolk Relay**
- **New Members**
- **News of Members...**
- **Training...**

Fairy Run – Sat 23 Dec

This year's Fairy Run, when members of the club show their true colours in a members-only handicap race starting and finishing at the RSPB Lodge, is on 23 Dec. The Junior race (about 1 mile) starts at 10am, the Senior race (about 3 miles) at 10:30, followed by a free buffet at the William Peel PH in Sandy, when the best dressed fairy will be chosen (and names drawn for the London Marathon Club places).

There's more information on the website and the message board; see the message board to register, and the website for the rules and route.

The RSPB gives us permission for the Fairy Run each year and they have asked that no dogs are brought on site, so please do not bring any dogs along to the Fairy Run or this will jeopardise gaining permission from the RSPB in the future for this event.

See the Fairy Run event page on the club website for the race rules and the course, and register to run on the forum thread.

Monday Circuits Suspended

Due to reduced numbers over the last month, the circuits session on a Monday night at 7pm next to the Athletic Track have been suspended for the time being. The sessions may be restarted in the spring, when it's better weather

Membership Renewals due January

England Athletics are putting up their affiliation cost for members by £1 for the 2018/2019 year. As a result, club membership will be going up for Junior and Senior first claim membership as follows: Junior First Claim membership - £55 Senior First Claim membership - £40. Please note that we will be going paperless in 2018 to make the membership system more streamlined & environmentally friendly for all - therefore all subscription renewals will be processed online through our current membership & payment system of PaySubsOnline. The usual email will be sent out on 1st January requesting payment and includes a link to the login page, but please don't hesitate to contact the membership secretary at membership@biggleswadeac.org.uk if you have any queries.

Half-Marathon Club Championships

Based on age-adjusted times from the St Neots Half Marathon on 19 Nov, our Half-Marathon Champions are Jamie Hall and Elaine Livera. Detailed results are in the Results section.

County AAA Cross Country Championships – Sat 6 Jan 2018

This winter's Beds County Cross Country Championships are being held on our door step at Shuttleworth near Biggleswade. 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.

Races are for all ages from U13s upwards. Speak to your coach about entering, or download the entry form for individual entries. This is a great opportunity to race locally on a challenging course and great chance for individual and team medals.

This event is a precursor and selection meeting for the televised UK CAU Intercounties being held at Loughborough in March, which is also the qualifiers and selection for the world cross country champs

Timetable (Distances are approximate):

11.30	U13 Girls	3000m
11.45	U13 Boys	3000m
12.00	U15 Girls	4000m
12.15	U15 Boys	4000m
12.30	U17/U20 Women	6000m
13.00	U20 Men	8000m
	Vet 60+ Men	8000m
	Senior/Vet 40/50 Men	11000m
14.00	Senior/Vet Women	8000m
14.45	U17 Men	6000m

Closing Date for Entries Thursday 21st December 2017,

entry form available on the Beds AAA website www.bedfordshireaaa.org.uk (select "Cross Country")

New Members

Welcome to the following members that joined us recently:

Robin Lewis	Daniel Beach	Wendy Presland
Steve Baldwin	Teresa Pringle	Henry Gibb

Annual Christmas Kingfisher Way Run/Jog – Wed 27 Dec

To celebrate the festive season some of the club members traditionally run/jog the Kingfisher Way, a 20.5 mile trail that roughly follows the route of the Ivel river from its source just outside Baldock all the way to the pub in Tempsford. It is mostly off-road and goes through some lovely and scenic countryside.

We won't be running it fast and will stop on a very frequent basis and you can even just run a section of it. The route (where you can choose to join or drop-off) is as follows:

- Baldock, Salisbury Rd	start
- Stotfold Playing Fields	3.0 miles
- Arlesey Railway Bridge	5.0 miles
- Langford Garden Centre	6.5 miles
- Broom/Biggleswade South, Jordans Mill	8.0 miles
- Biggleswade North, Sainsbury's	9.5 miles
- Sandy, Tesco's	13.5 miles
- South Mills, Chalton	16.5 miles
- Blunham Bridge	18.5 miles
- Tempsford, Wheatsheaf pub	20.5 miles

Meet at 9am at the Wheatsheaf pub in Tempsford to drive down to Baldock together – approximate start 9.30am. Beer & Sandwiches in the Wheatsheaf afterwards.

For more information on the route see www.letsgo.org.uk/walk/KingfisherWay.aspx

If you wish to join please put your name on the forum thread and state whether you can provide or need transportation. There may be some more details nearer the time, check forum thread.

3 Counties Cross-Country – 14 Jan

The Club is hosting the 5th race in the 3 Counties Cross-Country League on January 14th, in Priory Park in Bedford with the Bedford Stadium as HQ. We need volunteers to marshal the race from 09.30 till 11.00, AND please will you get baking and freezing cakes - we need lots of cakes!

If you can marshal please let Jackie Thompson or Juliet know (you'll get free cake and a hot drink!)

If you can bake a cake or 2 let Juliet know.

Senior Presentation Evening – Fri 23 Feb

The senior presentation evening is booked for Friday 23rd February so make sure you get the date in your diary. This year it will take place at Garden Court, Sandy (formerly the Holiday Inn on the A1 roundabout). There will be a hot buffet and live music from Rumour Has it, a 5 piece band. Tickets will be on sale next month and are £20 for adults and £10 for under 12's.

Round Norfolk Relay

The organisers are looking for a new race director to enable the race to continue after Neville Knight's retirement following the 2018 race, as well as other staff. There's more information on the bulletin board.

News of Members...

Carol Brunning one of our newly qualified timekeepers went to the South of England Officials Conference. She was selected as a National Technical Official (NTO) for the Grand Prix (Anniversary) games in the Olympic Stadium in July. She has not been selected for the World Indoor Championships in March at Birmingham, but we hope and expect that she will be selected for future international events.

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			
	19:00	Senior Road Running Session	Sun		Coffee & Cake Run

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).

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	Starbursts led by Damien Pitts
Tue	Dec	19	Fartlek led by Gary
Thu	Dec	21	RSPB Loop with torches led by Juliet

no training during Christmas week

to date, the only planned training for January is the St Neots Away Day:

Tue	Jan	16	St Neots Away Day led by Nigel Bush
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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).

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

- 3 Counties Cross Country, Dunstable, 26 Nov
- St Neots Half Marathon, 19 Nov – *also club championship, see below*
- 3 Counties Cross Country, Wootton, Northampton, 12 Nov

Half-Marathon Club Championships Based on age-adjusted times from the St Neots Half Marathon on 19 Nov, our Half-Marathon Champions are Jamie Hall and Elaine Livera.

Posn	Runner	Time	Age Graded Time	
2	Jamie Hall	1:13:54	1:13:54	Male Club Champ
36	Robert Morgan	1:22:19	1:18:24	
54	Marcus Davey	1:24:10	1:16:59	
74	Elaine Livera	1:26:54	1:26:54	Lady Club Champ
77	Paul Davies	1:27:05	1:18:20	
79	Paul Cooke	1:27:07	1:22:58	
111	John Stott	1:28:53	1:19:57	
238	Damien Pitts	1:36:32	1:36:09	
242	Giles Hawthorne	1:37:23	1:31:17	
280	Natalie Morgan	1:37:53	1:34:08	
301	Aaron Ball	1:39:46	1:39:46	
482	Sarah Geeson Orsgood	1:47:23	1:43:16	
558	Neil Harvey	1:50:32	1:31:55	
575	Martha Ford	1:51:23	1:51:07	
598	Clark Skerratt	1:52:43	1:25:13	
631	Stuart Goodwin	1:53:39	1:49:57	
634	Lucinda Shenton	1:53:42	1:42:47	
640	Ian Clayton	1:53:54	1:39:53	
684	Andrew Bruce	1:55:30	1:39:32	
742	Ian Grimwood	1:58:16	1:31:12	
748	Amy Stamp	1:58:24	1:58:07	
853	James Rastrick	1:58:03	1:51:32	
797	Stephen Atkins	2:00:21	1:34:38	
836	Frank Mcloughlin	2:01:53	1:43:12	
872	Simon Strong	2:04:43	1:53:08	
897	Vicky Berry	2:06:25	1:47:28	
906	Sally Jones	2:07:17	2:01:34	
1030	Andrew Hedley	2:17:11	1:56:09	
1031	Juliet Grimwood	2:17:10	1:56:36	
1057	Julian Brunt	2:20:25	2:10:33	
1118	Janice Blake	2:27:59	1:59:21	
1136	Julia Mackay	2:31:50	2:09:04	
1166	Tim Gardiner	2:55:31	2:41:51	

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.

Sat	2 Dec	English Schools AA CE International Glasgow
Sat	9 Dec	Richmond Park 5k & 10k, London
Sat	16 Dec	Valentines Park Santa Dash 5k, Ilford
Sat	23 Dec	Fairy Run, Sandy
Sat	6 Jan	County AAA Cross Country Championships, Shuttleworth
Sun	14 Jan	3 Counties Cross-Country, Bedford

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
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