

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

FEBRUARY 2018



BE SAFE – BE SEEN

Wear a fluorescent vest for evening running

News and events for February 2018:

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Renewing your Membership

Membership subscriptions were due on 1st January 2018, so for those who haven't yet paid, please can you do so as soon as possible. An email reminder was sent out on 27th January - if you have not received a payment request and reminder, please email Georgia Barker at membership@biggleswadeac.org.uk to check that we have the correct contact details for you.

Annual General Meeting – 26 Feb

The AGM will be on 26th February at 7:30pm, in the Theatre Hall, Sandy Sports Centre. The Club Secretary recently emailed members (subject: Resolution for Annual General Meeting, sent 19 Jan) with a link or attachment for members to vote on some questions ahead of the AGM regarding the Committee. The closing date for all votes is **12 noon 14th February**, any votes received after this date/time will not be counted.

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 are £20 for adults and £10 for under 12s, and can be bought from Bev Strong on the trackside this week (end Jan / start Feb), or email her bev.strong@tiscali.co.uk

Facebook and the Forum If you post anything on Facebook relating to training sessions/races etc please remember to mirror your post on the Forum and vice versa so all members are aware. You can reach the Forum from the home page (www.biggleswadeac.org.uk) of the Club and clicking "Forum".

Oakley 20 – 18 Mar

Bedford Harriers, the organisers of the Oakley, are requesting helpers for this years race. There is a post on the Forum, please respond on the post if you are able to help, they are promising a free Oakley 20 jumper without having to run 20 miles!

Sandy Ten - Sun 8 Apr

The SANDY 10 event has been organised by the club since 1998; the race is in fact 35 years old having started in 1983 (see www.sandy10.org.uk for more information). The event requires an enormous number of club volunteers on the day, and so we ask all our members NOT TO ENTER THE RACE unless they can provide a substitute adult person to help in their place.

Helping with the event's organisation (course setup, marshalling, car park, registration, refreshments, etc) is not only a great help to the club and our reputation, but gives individuals the chance to see how much work is involved in staging a road race that attracts 600 entries.

If you can help, please email Tim Huxtable (tim_huxtable@hotmail.com).

Schools Cross-Country Relays - Wed 28 Feb (Rowney Warren, Chicksands)

This is the 21st year of the Schools Cross-Country Relays hosted by Biggleswade AC. This is a free event for the local schools to compete in, with the fastest team and the fastest runner in each race, getting medals. The Club organise this event for the local school children to get into running and also to take part in a fun event. Last year 204 children took part in the event and we am expecting similar number, if not more this year. Currently 46 teams are entered, which equates to 138 children.

We need some help on the day in order for the event to be as successful as it has been in the past. In total we will need at least 11 people on the day. The jobs that we need help with are setting up the course / start / finish areas, marshalling and position recorders.

Set up will start at 11:30am, for which we will need 4 people, and we will need people for the other jobs from 1pm. The event will have been finished and packed up by 4pm.

We know this is on a week day and most people will be at work, but if you can help out, please add your name to the forum thread.

New Members A warm welcome to the following members that joined us in January:

Annabel Howells
Poppy Cohn-Brown
Oscar Hudson
Thurston Edwards

Thank you for your help

The Club offers a big thank you to all those that helped out with the recent Cross Country race at Bedford Priory Park. The race was a success with positive comments from the competitors.

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
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

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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 - go to "Events" then "Coffee and Cake".

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).

to date, the only planned training for February and March is:

- Thu Feb 1 Biggleswade Loop led by Juliet
from Runners Need Biggleswade, Unit K, The A1 Shopping Park, SG18 8NE
- Tue Feb 6 Fartlek led by Gary
- Thu Feb 15 Sandy Loop led by Damien
- Tue Feb 20 St Neots away day led by Nigel Bush *from* Market Place, St Neots PE19 1DJ
- Thu Feb 22 Starbursts led by Gary
- Tue Mar 20 Potton Away Day lead by ?

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:

- Jan 14, Three Counties Cross Country, Bedford
- Jan 14, Chiltern Cross Country, Keysoe
- Jan 6, Bedfordshire County Cross Country Championships, Shuttleworth
- Jan 6/7, England Athletics Indoor Combined Events Championships, Sheffield
- Dec 23, Fairy Run Sandy
- Dec 3, Chiltern Cross Country, Luton (Stopsley Common)

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.

The following is an indoor event at Lee valley:

Sat/Sun 3/4 Feb Eastern Athletics Indoor Championships - Closing date 11 Jan
*details on the Eastern Athletics website www.easternaa.co.uk/
NB the home web page currently has the wrong year for this event*

If you have any questions about these events, ask David Brown or your coach

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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