

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

JUNE 2018



BE SAFE – BE SEEN

Wear a fluorescent vest for evening running

News and events for June 2018:

- **Round Norfolk Relay - 15 & 16 Sep**
- **Pole Vault Training - 7th June**
- **Club Communications**
- **Club 10 mile Championship**
- **New Members**

Round Norfolk Relay - 15 & 16 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. We have entered a team for this year's event, which is happening on Saturday 15 & Sunday 16 September. The relay starts and finishes at Lynnsport, Kings Lynn, where we normally start around 8am on the Saturday and finish around 9am on the Sunday. The 17 stages range in distances, are on/off road, happen in daylight and through the night.

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 you to be part of this year's team, please see the RNR event page on the BAC website for more details and the BAC RNR questionnaire. **This questionnaire needs to be completed and returned by Tuesday 12 June.**

If you have any questions, please contact Damien or another member of the BAC RNR Committee.

Pole Vault Training - 7th June

The next Pole Vault training session will be on Thursday 7th June. 5:30pm to 7:30pm. This will be open to athletes of all ages and abilities. It's preferable if any seniors could train between 5:30 and 6:30 as there was a large interest from the Juniors, especially little bees from 6:30/45 onwards.

New Members

A warm welcome to the following members that joined us in January: **Ailsa Heal** and **Mike Brettle**

Club Communications

Stu G is now able to continue as Communications Coordinator for the next year, so the Club is not currently looking for a new Coordinator. However, help with press reports is always extremely welcome, and Stu hoping to build something resembling a proper Press Team, so that all areas of the club's activities are always covered by someone who knows what they're talking about

Club 10 mile Championship

With the cessation of the Swineshead race, the club has been looking for a replacement race for our 10 mile championship. The favourite seems to be the Fenland 10, at West Walton, near Wisbech, with a date (to be confirmed) of 28 October. Keep an eye on the forum page. The Fenland 10 web page currently only describes the 2017 race.

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	25 Jul	Doug Anderson 5k, Bedford
?? Sun?	28 Oct ??	Fenland 10 ??
Sun	7 Oct	Standalone 10k, Letchworth Garden City
Sun	18 Nov	St Neots Half Marathon

Members in events

To see what events our members are intending to take part in, or to tell us what events you are interested in, check the forum, look for these topics:

- for road races, distance running events and similar: *What races are you doing this year?*
- for track and field events: *What track and field meetings are you targeting this year?*

Ampthill and Flitwick Flyers Running Club Invitational Evening run

Tuesday 19 June at 7pm, see the forum for more info

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. Substantial 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:

- Casterbridge Half Marathon, Dorchester, 27 May (several members ran in memory of Vikki Vowles)
- Alicante - European Masters Athletics Non-Stadia Championships, 20-22 May (Helen Middleton representing GB in walking races)
- BIGish Jumps & Throws Fest, Bedford, 25 May
- Bedfordshire County Championships, 13 May
- Flitwick 10k, 29 Apr

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

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".

Sports Hall and Circuit Training

Sportshall sessions at Biggleswade Recreation Centre, Stratton School, have finished for now; we expected them to resume in October.

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" or "Senior Road Running Session" on Tuesdays and Thursdays).

- Tue Jun 5 Starbursts led by Gary
- Thu Jun 7 Biggleswade loop *from* Runners Need, A1 Shopping Park, Biggleswade SG18 8NE
- Tue Jun 12 Everton loop led by Juliet
- Thu Jun 14 Route 51 led by Damien
- Tue Jun 19 Steeple Morden away day led by Vicky Berry
from Waggon and Horses, 19 Church St, Steeple Morden, Royston SG8 0NJ
- Thu Jun 21 RSPB loop led by Gary
- Tue Jun 26 Hillwork led by Damien
- Thu Jun 28 Black Barn led by Juliet
- Tue Jul 17 Broom away day led by Nick Haworth
from The Cock, 23 High Street, Broom, SG18 9NA

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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