

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

FEBRUARY 2019



BE SAFE – BE SEEN

Wear a fluorescent vest for evening running

News and events for February 2019:

- **Annual General Meeting – Mon 25 Feb**
- **Membership Renewal**
- **Some dates to note...**
- **Schools Cross-Country Relays - Wed 6 Mar**
- **Senior Presentation Night - Fri 1 Feb**
- **Club Road Championship Races**
- **New Members**
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Annual General Meeting – Mon 25 Feb

We will be holding our Annual General Meeting on Monday 25th February at the Sandy Sports Centre at 7.30pm, we encourage all members to attend.

An email with full details was sent out to all members on 22nd January including details on how to vote for the committee. A form for appointing a proxy was included. Voting closes at 12 noon on 3rd February 2019. Votes or proxy votes received after then will not be counted. If you have any queries, please contact Club Secretary, Hannah Broom.

There are a number of Committee roles that you are not able to vote on, as either the roles are vacant (we welcome anyone that would like to put themselves forward for these roles) or they have been filled within the last month.

If you will not be renewing your membership with the Club we ask you to not vote on this resolution.

Some dates to note...

Fri	Feb	1	Senior Presentation Night
Mon	Feb	25	Annual General Meeting
Sun	Mar	17	Sportshall Challenge, Stratton School

Membership Renewal

This is a reminder to those who have not yet paid their membership subs (£40 for Seniors, £55 for Juniors inclusive of track pass and £10 for Little Bees) to please do so as soon as possible, as they were due on 1st January. If you have paid by alternative means (such as bank transfer), please let Georgia know so that she can liaise with our treasurer and confirm that we have received your payment.

Please do not attempt to give your subs to a coach - all payments should be through our membership portal, [LoveAdmin](#) (previously known as PaySubsOnline). Please contact Georgia if you have any problems with this.

If you have decided not to renew this year, it would be appreciated if you can let Georgia know so that she can take you off the list - otherwise you may get further reminders.

If you intend to re-join, but there is a reason why you've not paid yet, again, please get in touch. Any communication will be treated with the utmost confidence.

Georgia's Club email is bacmembership@virginmedia.com

The LoveAdmin web address is app.loveadmin.com/Login/79D9C12CAFBF239495767B4329A0504E.htm

Schools Cross-Country Relays - Wed 6 Mar

Chairman Damo has appealed for help in running the Schools Cross-Country Relays on 6 March. This is the 21st year of Biggleswade AC organising the relays, a free event for the local schools to compete in, with the fastest team and the fastest runner in each race getting medals. Boys and girls from school years 4 to 8 compete at the event.

Biggleswade AC organise this event for the local school children to get into running and also take part in a fun event. Last year, the event was cancelled due to bad weather, but the year before 204 children took part in the event and we are expecting similar number, if not more this year. Entries have been open for two weeks and already 27 teams are entered, which equates to 81 children.

This year's event is being held on Wednesday 6th March at Rowney Warren, Chicksands as normal. 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 need help are setting up the course / start / finish areas, marshalling and position recorders. Set up will start at 11:30am, which will need 4 people, people will be needed for the other jobs from 1pm. The event will have been finished and packed up by 4pm.

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.

Senior Presentation Night - Fri 1 Feb

The Senior Presentation Night is on Friday 1st February at Garden Court, Sandy (formerly the Holiday Inn). If you are going you should already have got it organised, but if not then check with Bev Strong (bev.strong@tiscali.co.uk) to see if there are any drop-outs whose places you can take.

Club Road Championship Races

The Club has chosen these events which we will use this year for our road championships. With the exception of the St Neots Half Marathon, the web sites for these races have not yet been updated with 2019 information.

5km	Doug Anderson, Bedford	31 Jul
10km	Standalone	6 Oct
10 mile	Fenland	27 Oct (Date TBC)
Half Marathon	St Neots	17 Nov

New Members

A warm welcome to the following members that joined us recently:

Helena Wynn	Grace Laird	Süreyya Akay	Leyla Akay
Sarah Gallichan	Danae Karavaggelis	Beth Price Williams	Abigail Smith
Paula Frost	Harry Williams	Jack Williams	Bradley Cant
Autumn Handscombe	Natalie Stokes		

Lions in EYAL

For the Eastern Young Athletes' League this summer we have agreed to combine with Leighton Buzzard and Luton, to be known as the LIONS. A gathering of minds with Amanda Trudghill and David Brown representing Biggleswade took place in Silsoe on a Friday evening. To get to know the youngsters and parents and coaches we have agreed 3 dates to have come and meet and training sessions:

Sat Feb 23 Rowney Warren 10:30am

Sat Mar 9 venue to be arranged

Sat Mar 30 Sandy

What we did in our (Christmas) Holidays

David Brown has sent this account of activities at the turn of the year

Over the festive period 10 people took the opportunity to have a training session at the High Performance Centre (HPC) at Lee Valley Enfield on Thursday 27 Dec. Also at the HPC at the time were athletes training for various national and international events coming up in the coming weeks, as were ours that took part in the session. Being indoors we could concentrate on areas we find difficult in the cold and dark nights on our track.

On Saturday at the hills session it was a hard but rewarding session using the hills of Rowney Warren, Chicksands. The paths were firm dry and a good session for those that attended. Where possible a hills session would benefit any training plan on a regular basis on the low part of the plan.

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".

SportsHall Sportshall sessions at Biggleswade Recreation Centre, Stratton School, will start again on Monday 15 October, at 6pm, for kids of 6 years upwards (school year 2).

Our **Sportshall Challenge** this year is on Sunday 17th March 11am to 1pm at Stratton School Sportshall.

EYAL Lions

Please note these "come and meet and training" sessions:

Sat Feb 23 Rowney Warren 10:30am

Sat Mar 9 venue to be arranged

Sat Mar 30 Sandy

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).

Plse check the calendar for updates

Thu Feb 7 Biggleswade Loop led by Juliet
from Runners Need, A1 Retail Park, Biggleswade SG18 8NE

Tue Feb 12 Baldock away day led by Ian Grimwood
from The Orange Tree, Norton Rd, Baldock SG7 5AW

Thu Feb 14 Sandy Loop led by Damien

Tue Feb 19 Route 51 with torches led by Gary

Thu Feb 21 Fartlek led by Juliet

Tue Feb 26 Hillwork led by Damien

Thu Feb 28 Sandy loop led by Vicky Berry

Tue Mar 5 RSPB loop with torches led by Gary

Thu Mar 7 Biggleswade away day led by Juliet
from Runners Need, A1 Retail Park, Biggleswade SG18 8NE

Tue Mar 12 Hitchin away day led by Nick Haworth

Thu Mar 14 Sandy loop led by Damien

Tue Mar 19 Fartlek led by Gary

Thu Mar 21 Sandy loop led by Juliet

Tue Mar 26 Starbursts led by Damien

Thu Mar 28 Sandy loop led by Vicky Berry

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

5km	Doug Anderson, Bedford	31 Jul
10km	Standalone	6 Oct
10 mile	Fenland	27 Oct (Date TBC)
Half Marathon	St Neots	17 Nov

David Brown has compiled this list of fixtures, he is likely to have later information about others

**CAUTION: The dates for some of these events may be out by a day or two
– please check for any event you are interested in.**

Track, Field, and Indoor Fixtures 2019

Fri	1	Feb	Varsity Match
Sat-Sun	2-3	Feb	Eastern Indoor Champs (Lee Valley)
Sat-Sun	16-17	Feb	AAA (England Champs) Indoors Birmingham
Sat-Sun	16-17	Feb	BUCS Indoor Champs Sheffield
Fri-Sun	23-24	Feb	National Indoors U15/17/20 Sheffield
Sun	17	Mar	[tbc] Sportshall Challenge Stratton
Sun	24	Mar	Sportshall Regional Final Norwich
Sat	6	Apr	Beds Open Luton
			Lee valley Spring open warm up meet
Sat	13	Apr	SAL (St Ives)
Sun	14	Apr	EYAL Bedford
Sat	20	Apr	[tbc] LICC Lee Valley Poposal
Sat-Mon	4-6	May	BUCS T&F Champs Bedford
Sat	4	May	EYAL St Albans
Sun	12	May	[tbc] Beds AAA Champs Luton
Sun	12	May	[tbc] QUAD KIDS Luton
Sat	18	May	SAL (Sandy)
Sun	19	May	Loughborough International
Sat-Sun	25-26	May	National CE Sen/U20 Bedford
Sun	2	Jun	EYAL Hemel Hempstead
Sat-Sun	8-9	Jun	SEAA U20/Sen Champs Bedford
Thu	13	Jun	[tbc] Jumps fest Sandy
Sat	15	Jun	SAL Peterborough
Sun	16	Jun	[tbc] LICC Allianza Proposal
Sun-Mon	16-17	Jun	National U23/20 Champs Bedford
Sun	23	Jun	SAL (Parliament Hill)
Sun-Mon	30/1	Jun/Jul	National champs and European Trials Birmingham
Thu	4	Jul	[tbc] Track Fest Sandy
Sat-Sun	6-7	Jul	SEAA Combined events Champs Horspath
Sun	7	Jul	EYAL Stevenage

Fri-Sat	12-13	Jul	ESAA Schools
Sat	13	Jul	SAL Battersea
Sat	27	Jul	[tbc] LICC Allianza Proposal
Sat-Sun	27-28	Jul	UK CAU Manchester
Sat	27	Jul	U13 Intercounties
Thu	8	Aug	[tbc] Throws Fest Sandy
Sat-Mon	10-12	Aug	U15/17 SEAA Champs Lee Valley
Sun	11	Aug	EYAL Allianza
Sat	17	Aug	SAL (Perrivale)
Sat-Sun	24-25	Aug	AAA U15/17 Champs Bedford
Sat	31	Aug	U15/20 SEAA Intercounties
Sat	31	Aug	[tbc] LICC Allianza Proposal
Sat	7	Sep	EYAL Finals
Sat	7	Sep	Hibbard
Sat-Sun	14-15	Sep	ESAA CE Champs
Sat	28	Sep	[tbc] Biggleswade Open

Road/Cross Country 2019

Sun	3	Feb	BUCS Cross Country Exeter
Sun	10	Feb	Chiltern League Capbell Park Milton Keynes
Sat	23	Feb	National Cross Country Leeds
Wed	6	Mar	Schools Cross Country Relays (Rowney Warren)
Sat	9	Mar	CAU Intercounties Loughborough (Prestwold Hall)
Fri	15	Mar	ESAA Champs
Sun	24	Mar	SEAA 12/6 Stage Relays, Milton Keynes
Sun	7	Apr	Sandy 10 Sandy Fun Run
Sun	28	Apr	London Marathon (mini Marathon)
Sat	31	Jul	Doug Anderson, Bedford (Club 5k Championship)
Sun	6	Oct	Standalone (Club 10k Championship)
Sun	27	Oct	[tbc] Fenland 10 (Club 10 mile Championship)
Sat	2	Nov	ECCA Cross Country relays Mansfield
Sun	17	Nov	St Neots Half Marathon (Club Championship)

key:	BUCS	<u>British universities & Colleges Sport</u>
	CAU	<u>UK Counties Athletic Union</u>
	Chiltern	<u>Chiltern Cross Country League</u>
	ECCA	<u>English Cross Country Association</u>
	ESAA	<u>English Schools' Athletic Association</u>
	EYAL	<u>Eastern Young Athletes' League</u>
	LIG	<u>London Indoor Games (at Lee Valley)</u>
	SAL	<u>Southern Athletics League</u>
	SEAA	<u>South of England Athletic Association</u>
	3 Counties	<u>Three Counties Cross Country League</u> <i>more info about 3 Counties fixtures on the forum</i>

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:

- the Three Counties Cross Country season finale arrives
- Chiltern Cross Country
- SEAA Indoor Championships
- County Cross Country Championships
- the Fairy Run

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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