

# ***BIGGLESWADE ATHLETIC CLUB***

## ***NEWSLETTER***

### ***SEPTEMBER 2019***



***BE SAFE – BE SEEN***  
Wear a fluorescent vest for evening running

#### ***News and events for September 2019:***

- **Biggleswade Open – 28 Sep**
- **Throws Fest – 8 Aug**
- **Some dates to note...**
- **Sportshall restart – 14 Oct**
- **Mini Bees - from Tue 27 Aug**
- **A New Club Secretary**
- **Cross Country Championships - 4 Jan 2020**
- **New Members**
- **Dorset Duddle re-visited**
- **Training...**

## **Biggleswade Open – 28 Sep**

**NOTE – the previous newsletter gave the wrong date for this event**

A reminder that the Biggleswade Open Meeting is on Saturday 28 September. On-line entry is at [www.biggleswadeac.org.uk/downloads/biggleswade open 2019.docx](http://www.biggleswadeac.org.uk/downloads/biggleswade%20open%202019.docx).

Entries close on 21 Sep.

If you aren't competing then any help would be appreciated for behind the scenes activities, measuring, collecting, catering etc – it all helps to give the good family atmosphere that we are known for.

## **Throws Fest – 8 Aug**

Detailed results from the Throws Fest on 8 Aug are now available at [www.biggleswadeac.org.uk/results2019/BAC Throws Fest Aug 2019.pdf](http://www.biggleswadeac.org.uk/results2019/BAC%20Throws%20Fest%20Aug%202019.pdf)

## Some dates to note...

Sat Sep 28 Biggleswade Open  
Sun Oct 6 10km Club Championship (Standalone)  
Sun Oct 27 10 mile Club Championship (Fenland)  
Sun Nov 17 Half Marathon Club Championship (St Neots)  
Sat Jan 4 Cross Country Championships

## Sportshall restart – 14 Oct

Sportshall athletics starts again on Monday 14th October, at Stratton School Sportshall.

## Mini Bees - from Tue 27 Aug

In case you weren't already aware, the popular athletics programme run by Biggleswade Athletic Club, which cater for 6 to 8 year olds, Mini Bees, started again on Tuesday 27th August 2019 at 6.15pm. It is held on the athletics track behind Sandy Upper/Secondary School and is an introduction to athletics for young children, running for 6 weeks.

The cost is £2.50 per session per child.

If you have any friends or family members that would enjoy these sessions we would be glad to welcome them!

If you require any further information then please contact David Brown on 01767 600094 or 07952 025176.

## A New Club Secretary

Amanda ("Mandie") Trudgill is taking over from Hannah Broom as Club Secretary, and is easing herself in with help from Hannah. Mandie has been involved with the club for approximately 12 years, mostly in the world of track and the juniors.

## Cross Country Championships - 4 Jan 2020

It's Bedfordshire's turn to host again the three counties (Beds, Herts, and Bucks) in this Cross Country Championships, and the only suitable venue is Shuttleworth. Shuttleworth has been booked for Saturday 4th January. Officials will be supplied by the 3 counties, and a team of stewards from local clubs is needed: possibly 8 max on the course, also parking stewards, a team of 6 but looking at possibly using a local youth group, AAF, AC, SC etc (or Shuttleworth will supply staff persons at an added cost).

The timetable from past years is being reviewed, considering condensing the 10 races, or possibly 12 as there are discussions about adding U11s races for boys and girls)

Catering help will be needed, Biggleswade AC hope to supply this, in which case all proceeds will kept by us.

If you can help please advise David Brown or Nigel Bush.

## New Members

A warm welcome to the following senior members that joined us in August:

**Denise Green    Mel Wilkinson    Louise Yexley**

And these Little Bees who also joined us in August:

**Katherine White    Evan Morgan**

# Dorset Duddle re-visited

*Nigel Bush describes his encounters with the Dorset Duddle...*

It was the year 1984 when I first attempted the aptly named "Dorset Duddle". Having spent several camping holidays many years previously with my young family on the Isle of Purbeck, I had fallen in love with the jagged and remote Jurassic coastline. And the chance to run along the coastal path from Weymouth to Swanage, a distance of 32 miles, was a challenge I could not resist having already completed a couple of flat London Marathons in 1982 and 1983.

My first attempt at the Duddle was a bit of a disaster as I severely underestimated the amount of climbing (about 6500 feet) and the toughness of terrain. Based on my 2nd London Marathon time of 3h 12m I estimated the Duddle would take about 4½ hours allowing for the extra distance and the hills! In reality it took me 7½ hours and taught me a big lesson about ultra running. But I vowed to return and improve my time. So started an annual pilgrimage to the Duddle which lasted about 20 years. Several other club members also became hooked by the challenge including ex club Secretary Stuart Galloway, ex club Treasurer Chris Clarke, ladies captain Jan Forrester and one of the club's best ever runners the late Roger Wadeley.

Each year we were all determined to run faster times and occasionally we did when the weather and our fitness levels co-operated. In one particular year Roger set what we believe is still the fastest ever Duddle time of 4h 20m and I managed 5h 9m which I was very pleased with. As the years went by we graduated from camping accommodation for the weekend to B-and-Bs, which were far more comfortable for our post Duddle bodies! A number of other club members also had a go including Gav Elliot, Paula Dawson and Martin Hamilton and they all agreed the Duddle is one of the toughest ultras around.

Our last attempt was in 2007 when myself and Chris Clark ran, and for various reasons we didn't return again. In my case I thought my 60 year old injury prone body had had enough of the distance and hills. Then in 2018 my youngest son and his running buddy said that we're going to tackle it and I immediately offered to provide support along the route. That experience got my competitive urges returning and I decided to enter the event in 2019 with the plan to pull out at the Lulworth Cove check point, which is 11 miles into the event, and the longest I had run in several years.

When the day came in August this year, the weather was dry and not too warm, with a nice strong tail wind along the coastal path. Perfect Duddle weather. I reached Lulworth feeling ok so decided to push on to Kimmeridge Bay (18 miles) and definitely retire there. At the Kimmeridge check point I still felt reasonable, although very tired, but thought I may never get such favourable conditions again so pushed on. At the Hill Bottom check point (22 miles) I was done and said I'd retire, but the kind folk operating the check point said just take a rest and you'll feel much better. I also had a good talking to by Jan Forrester who was running with her son Joe in preparation for their Himalayan Stage race later in the year. So I pushed on yet again determined to finish another Duddle. Those final 10 miles were pretty grim, but arriving at the finish after 8h 22m of running, walking and scrambling was a great feeling. My quads did not agree, and refused to agree for another 4 days! Not too unreasonable given my training mileage in 2019 was about 8 miles per week!

I would certainly recommend the Dorset Duddle to all ultra minded runners. It is a massive challenge but a stunning route with fantastic views. Check out [www.ldwa.org.uk/Dorset/W/2007/dorset-duddle.html](http://www.ldwa.org.uk/Dorset/W/2007/dorset-duddle.html) for more details. The event was started as a WALK but they allow runners and more than half the field of 300 is now made up of runners.

**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	18:00	Sprint Session	Thu	18:00	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** sessions at Biggleswade Recreation Centre, Stratton School, will start again on Monday 14 October, at 6pm, for kids of 6 years upwards (school year 2).

**Sprint Group** From 1st April the Sprint Group (run by Coach Zoe) will meet at 6pm on Tuesdays and Thursdays at the trackside.

**Wednesday 7pm Senior Training** Sessions are intended for senior athletes who want to improve, are prepared to commit to structured training (reps, intervals, tempos and easy running) and who can currently run a 5K in about 27 mins or slower. There are a few athletes faster than this and a few coming back from injury etc. who are running / walking. The training laid on is solely geared to the club's championship races. The Wednesday sessions were initially a follow on from the club's very successful c25k programmes, taking into account the huge improvement of all of the athletes

**Senior Road Training** *mainly meeting at the front of Sandy Sports Centre on Tuesdays and Thursdays at 7pm, but also take part in occasional away days. Away days and specific sessions as currently known are listed here, check the calendar for updates*

- Tue 3 Sep Route 51 led by Juliet
- Thu 5 Sep Biggleswade loop led by Juliet  
*from Runners Need, A1 Retail Park, Biggleswade SG18 8NE*
- Tue 10 Sep Old Warden away day led by Andrew Done.  
*from The Hare & Hounds, The Village, Old Warden SG18 9HQ*
- Thu 12 Sep RSPB loop led by Damien
- Thu 26 Sep Sandy loop led by Damien
- Thu 3 Oct Biggleswade loop led by Juliet  
*from Runners Need, A1 Retail Park, Biggleswade SG18 8NE*
- Thu 24 Oct Sandy loop led by Damien

**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	-
Half Marathon	St Neots	17 Nov	

*David Brown initially compiled the following list of fixtures, since updated; he is likely to have later information about other events*

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

- BUCS** British Universities & Colleges Sport
- CAU** UK Counties Athletic Union
- Chiltern** Chiltern Cross Country League
- ECCA** English Cross Country Association
- EMAC** Eastern Masters Athletics Club *for 35+*
- ESAA** English Schools' Athletic Association
- EYAL** Eastern Young Athletes' League
- LIG** London Indoor Games (at Lee Valley)
- SAL** Southern Athletics League
- SEAA** South of England Athletic Association
- YDL** Youth Development League
- 3 Counties** Three Counties Cross Country League  
*more info about 3 Counties fixtures on the forum*

**Track, Field, and Indoor Fixtures 2019**

Sat	7	Sep	EYAL Finals
Sat	7	Sep	Hibbard
Sat-Sun	14-15	Sep	ESAA CE Champs
Sat	28	Sep	[tbc] <b>Biggleswade Open</b>

**Road/Cross Country 2019**

Sat-Sun	14-15	Sep	Round Norfolk Relay
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)

# ***RESULTS***

The Club website has a "**Results**" page at [www.biggleswadeac.org.uk/results.html](http://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](http://biggleswadeacnews.wordpress.com)). The **Chat|BAC** Club blog has extensive reports (with many photos) on recent events:

Recent entries on the Club blog include the Club's salute to outgoing chairman Damo.

## **Other recent results:**

At the recent National Championships, Leonie Brunning came 10th in the High Jump, sister Hannah Brunning 10th in the Discus, and Tegan Blake 11th in the Triple Jump finals. This is a magnificent result for them and the club, especially as this was their first national championships, which can be nerve racking.

League matches are (almost) all over for this season:

- - in the Eastern Young Athletics League (u13-17), the Club finished 16th from 26 clubs as a composite with Leighton Buzzard and Luton.
- - the YDL composite (u13/15) (with Luton, Leighton Buzzard, Bedford, and Biggleswade) is a League champion, and has been promoted to premiere south 1.
- - SAL was a difficult season but the Club finished 17th from 23 clubs.
- - in the Masters, our ladies just missed out on the league final, but the men had their best results for a while.

## ***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](mailto:secretary@biggleswadeac.org.uk)**

Web site                   **the club**                   **[www.BiggleswadeAC.org.uk](http://www.BiggleswadeAC.org.uk)**

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