

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

MARCH 2020



BE SAFE – BE SEEN

Wear a fluorescent vest for evening running

News and events for March 2020:

- **AGM – Mon 16 Mar (date changed)**
- **Some dates to note...**
- **Sandy 10 – Sun 5 Apr**
- **Membership Renewal**
- **Sportshall Challenge – Sat 14 Mar**
- **New Members**
- **CAU Intercounties Cross Country - 7 Mar**
- **Training...**

AGM – Mon 16 Mar (date changed)

The date of the AGM has changed and will now be on
MARCH 16 IN THE AUDITORIUM AT SANDY UPPER SCHOOL

Some dates to note...

Sat 14 Mar	Sportshall Challenge at Stratton
Mon 16 Mar	AGM
Sun 5 Apr	Sandy 10 Sandy Fun Run
Sun 3 May	EYAL Sandy
Wed 17 Jun	Jumps fest Sandy (<i>was 10 Jun</i>)
Thu 2 Jul [tbc]	Track Fest Sandy
Thu 6 Aug [tbc]	Throws Fest Sandy
Sat 26 Sep [tbc]	Biggleswade Open

Sandy 10 – Sun 5 Apr

Biggleswade AC organises the Sandy 10 road race, which this year will be held on Sunday 5th April 2020.

The club could not hold this event without our members helping with various tasks, such as course marshalling, car parking and race HQ duties. With this in mind, we ask that BAC members do not enter the race, but make themselves available to assist on the day, if at all possible. Ideally, we'll need you between about 8.30am and 12.30pm. If you've volunteered before, we'll assume that you're happy to do what you did last year, unless you'd like a different job. If you are available to help and haven't already told him, please let Gary Baldwin, Chief Marshal, know, by email to gazb26@gmail.com.

A job we do need to fill this year is for one or two people to help put up the course signs. This involves getting out there at about 6.30am (sorry!) on the Sunday morning. The signs all need to be placed in their correct locations before the race starts and then collected up afterwards. It would also be helpful if those same people could spare a couple of hours on the Saturday to load up the hire van ready for the following day. If anyone feels able to help with this important job please let Gary know.

Membership Renewal

If you haven't yet done so, this is a reminder to please pay your membership subs (£41 for Seniors, £56 for Juniors inclusive of track pass and £10 for Little Bees) 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 Barker, Membership Secretary, 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](#). 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

Sportshall Challenge – Sat 14 Mar

The annual Sportshall Challenge, a competition with the other clubs in the county, for U11s and U13s (school years 3 to 8), will be held at Stratton School, Biggleswade, 10am to 12 noon on Saturday 14th March. All help will be greatly appreciated.

New Members

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

Corey Scanlan Holly Smith Katarzyna Czarnota Hayley Swords

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CAU Intercounties Cross Country - 7 Mar

Runners from Biggleswade AC have been selected to represent Bedfordshire in the CAU Intercounties Cross Country at Loughborough on 7th March. This is a televised event by Sky so look out for the white vest with Black Gold and Red vertical stripes of Bedfordshire.

Sen Women: Hannah Broom, Natalie Garner, and Natalie Morgan

U17 Men: Elliott Swinburn.

Elliott has also been selected for Bedfordshire Schools in the Schools Championships in Liverpool on 14th March.

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".

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

Please check the calendar for updates

Tue	Mar 3	Hillwork led by Juliet
Thu	Mar 5	Biggleswade Loop led by Juliet from Runners Need, A1 Shopping Park, Biggleswade SG18 8NE
Tue	Mar 10	Starbursts led by Juliet
Thu	Mar 12	Sandy Loop led by Damien
Tue	Mar 17	RSPB Loop with torches led by Damien
Thu	Mar 19	??
Tue	Mar 24	Sandy Loop led by Damien
Thu	Mar 26	Everton Loop led by Juliet
Tue	Mar 31	Route 51 with Damien
Thu	Apr 2	Biggleswade Loop led by Juliet <i>from</i> Runners Need, A1 Shopping Park, Biggleswade SG18 8NE
Tue	Apr 7	RSPB Loop led by Damien
Thu	Apr 9	Black Barn led by Juliet
Tue	Apr 14	Wrestlingworth away day led by Damien <i>from</i> The Chequers, 43 High St, Wrestlingworth, SG19 2EP
Thu	Apr 16	RSPB Loop led by Damien
Tue	Apr 21	Blunham Loop led by Juliet
Thu	Apr 23	Route 51 led by Damien
Tue	Apr 28	Everton Loop led by Damien
Thu	Apr 30	Hillwork 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.

Bedfordshire AAA Open, Bedford, 12th April

entries now open at Beds AAA website.

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

Key:

BUCS	<u>British Universities & Colleges Sport</u>
CAU	<u>UK Counties Athletic Union</u>
Chiltern	<u>Chiltern Cross Country League</u>
EA	<u>England Athletics</u>
ECCA	<u>English Cross Country Association</u>
EMAC	<u>Eastern Masters Athletics Club</u> for 35+
ESAA	<u>English Schools' Athletic Association</u>
EYAL	<u>Eastern Young Athletes' League</u>
LICC	<u>London Inter Club Challenge</u>
LIG	<u>London Indoor Games (at Lee Valley)</u>
MDX	<u>Middlesex University Athletics</u> (replaces SESSA)
SAL	<u>Southern Athletics League</u>
SEAA	<u>South of England Athletic Association</u>
YDL	<u>Youth Development League</u>
3 Counties	<u>Three Counties Cross Country League</u>

**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 2020

Sat/Sun	14/15	Mar	EA Champs Combined Events Sheffield
Sat	14	Mar	SPORTSHALL CHALLENGE STRATTON
Sun	22	Mar	Minithon Yr3- 7 Lee Valley (Choose 3 events from programme)
Sun	29	Mar	U13 & U15 Pentathlon and open
Sun	12	Apr	Beds Open hosted by Bedford and County AC <i>U11s to vets incl wheel chair</i>
Sat	18	Apr	SAL
Sat	25	Apr [tbc]	LICC Lee Valley Proposal
Wed	6	May	EMAC
Sun/Mon	3/4	May	BUCS T&F Champs Bedford
Sun	3	May	EYAL Sandy
Sun	17	May	SAL

Wed	3	Jun	EMAC Bedford
Sun	7	Jun	SAL
Sun	14	Jun	EYAL PROV
Wed	17	Jun	Jumps fest Sandy (<i>was 10 Jun</i>)
Sat	27	Jun	[tbc] LICC ALLIANZE Proposal
Wed	1	Jul	EMAC
Thu	2	Jul	[tbc] Track Fest Sandy
Sun	5	Jul	EYAL PROV
Fri/Sat	10/11	Jul	ESAA Schools
Sun	12	Jul	SAL
Sat	25	Jul	[tbc] LICC ALLIANZE Proposal
Sun	26	Jul	EYAL PROV
Wed	29	Jul	EMAC
Thu	6	Aug	[tbc] Throws Fest Sandy
Sun	9	Aug	EYAL PROV
Sat	15	Aug	SAL
Sat	22	Aug	[tbc] LICC ALLIANZE Proposal
Sat	26	Sep	[tbc] Biggleswade Open
Sun	27	Sep	Eastern CE Peterborough

Road/Cross Country 2019/2020

Wed	4	Mar	Schools Cross Country Relays (Rowney Warren)
Sat	7	Mar	CAU Intercounties Loughborough (Prestwold Hall)
Sat	14	Mar	ESAA Champs
Sat	21	Mar	SIAB Schools International
Sun	22	Mar	SEAA 12/6 Stage Relays
Sat	4	Apr	ERAA 12/6 Stage Relays Birmingham
Sun	5	Apr	Sandy 10 Sandy Fun Run
Sun	26	Apr	London Marathon (Mini Marathon)
Sun	13	Sep	Great North Run (Gateshead)

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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. 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:

Other recent results:

National Indoor Athletics Championship, Sheffield, 2019

Biggleswade AC had 3 athletes compete in the UK National Indoor athletics champs in Sheffield.

Freddie Steele U15 competed in the 60m and came 4th in the opening round and qualified for the semi-final with a new PB and CR that had stood since 2001. In the semi-final Freddie was drawn in lane 2 and was well motivated to get into the final. In a very tight race he ran a new PB and CR and was only 3/10ths from getting into the final.

Sister Sophie Steel U17W Shot Putt was a credible 13th first year U17 and only 10 cm away from her PB she set in January.

Finally Leonie Brunning U20W High Jump, Leonie set a new U20 indoor club record, just 1 cm off the overall club record.

Well done to all.

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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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