

BIGGLESWADE ATHLETIC CLUB

NEWSLETTER

SEPTEMBER 2020



News and events for September 2020:

- **We're Back !!**
- **Tuesday and Thursday Road Runners Training Sessions**
- **Competitions**
- **David Brown – hidden in Manchester**
- **Results**

We're Back !! On Monday 23rd March, all club training activities and access to the track ceased. The past 5 months have been extremely hard and stressful for all of us and our families and it has been particularly sad that the wonderful community that is Biggleswade Athletics Club has effectively been shut down. COVID-19 has posed the committee, coaches and run leaders with huge challenges which really couldn't be predicted. We have diligently worked through the implications of the ever changing guidance from England Athletics and the government, with everyone's safety of our paramount concern.

And so, we are now absolutely delighted to announce the following:

From Tuesday 25th August, all members will have access to coached training sessions – here is the initial training timetable:

- **For the time being juniors will be given priority access to the track between 6:00pm and 7:30pm on Tuesdays and Thursdays.**
- **Seniors will be able to access the track, under the supervision of their coach / run leader on Tuesdays and Thursdays between 5:00pm and 6:00pm and again after 7:30pm, and on Wednesdays between 6:00pm and 7:30pm (led by Giles Hawthorne).**
- **In addition to the track sessions, from Tuesday 25th August coach / run leader led road running sessions for Seniors will recommence on Tuesdays and Thursdays at 7:00pm (led by Damien Pitts, Juliet Grimwood and Julian Brunt).**
- **Coffee and cake runs on Sundays will also officially restart with immediate effect.**

Due to the particular challenges associated with trying to enforce social distancing amongst young children, at this time we are unfortunately unable to recommence training sessions for the Little Bees. However, we will keep this under review as we attempt to normalise activities over the coming weeks, and aim to restart these sessions as soon as possible.

There's a shortage of coaches at the moment, so to fill the gap, David Brown will be taking senior track sessions on a Tuesday and Thursday from 7:30pm

Remember - all who train on the track must fill in a Covid-19 health disclaimer and fill in the attendance register for "test and trace", and sanitise your hands on arrival at and on departure from the track.

We would like to thank everyone for their continued patience during these unprecedented times and look forward to seeing you all again from next week!

Tuesday and Thursday Road Runners Training Sessions

Juliet has posted this information on the Forum:

England Athletics guidance for the Tuesdays and Thursday training sessions is:

- a COVID-19 Warning and Disclaimer will have to be signed before the session (if you haven't already done so with the Club)
- sign in for each session (for covid-19 test and trace)
- Tuesdays - limited to 12 people at one session
- Thursdays - can take several groups of 6 according to pace as this will be a planned run

Attendance Session Plan

- Sessions will be put onto the BAC Forum and BAC Members Facebook pages, where you will be asked to add your name to the thread
- Your place will be confirmed by your post being LIKED
- Meet outside the Sandy Upper School
- Sign Covid-19 disclaimer (if you haven't already done so with the Club)
- Sign in for test and trace
- If you cannot attend, please contact Juliet via BAC Forum, Facebook or text
- If the schedule (see below) changes Juliet will let you know

Schedule

<i>Date</i>			<i>Leader</i>	<i>Session</i>
Tue	1	Sep	Juliet	Negative splits
Thu	3	Sep	Juliet	Everton Loop, 6 miles, off and on road
Tue	8	Sep	Juliet	Intervals
Thu	10	Sep	Juliet	RSBP Loop, 5.4 miles, off and on road
Tue	15	Sep	Juliet	Fartlek
Thu	17	Sep	Juliet	Route 51, 5.25 miles, (to the road bridge) out and back, off road
Tue	22	Sep	Juliet	Hillwork
Thu	24	Sep	Juliet	Sandy Loop (1st of the season) 4.4 miles on road
Tue	29	Sep	Juliet	Pyramid

Competitions

Competitions have re-started, and the Club is looking for as much competition as we can do. The season has been extended until the 31st October and the Club is looking to see if we can have some local competitions once things have settled down.

David Brown – hidden in Manchester

David Brown has been selected as a Technical Official for the British Championships being held at Sport City, Manchester, in early September. It will be a surreal experience, as it will be behind closed doors with no spectators - the last two outdoor events David was selected for were at the Olympic stadium in London, where there were over 20,000 spectators and the atmosphere was electric.

Results

Leone Brunning took part in a minor international event and returned home with 2nd place and a season's best of 1.67m in the High Jump, which is an U20 outdoor club record.

Leone Brunning also competed at the South of England Senior and U20 track and field championships at Chelmsford, with a Long Jump of 5.02m, a season's best and a new U20 club record.

Biggleswade Athletic Club contacts

Most contacts can found on the Club website, together with a map of where the club meets

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