



Bexley AC News



Open to all, providing athletics for the community since 1954

Issue 2: Summer 2019

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Club update

Since the last newsletter we've enjoyed the Spring 2019 marathon season, including the prestigious London Marathon, which every year seems to get harder to gain entry to. Despite this we still managed a good number of personal and Club achievements. Now the Track and Field (T&F) season is well underway and we are seeing some great performances. While we use the Club's facilities all year round for training, there are a number of mandatory standards that we need to adhere to in order to host a competition, which requires considerable effort. When 30+ members offered to volunteer on 'maintenance day' we were able to overcome several challenges and get everything ship shape. Your help was very much appreciated.

As well as preparing for the T&F season, the core volunteers who help run and manage the Club continue to work hard in the background to keep things ticking along. The management committee usually meets once a month, and there are always a

variety of items that need taking care of. Sometimes the day to day running seems to absorb all of our spare time and energy, but we are now refocusing specifically on strategic items, e.g. how we grow and improve as a club, what our long term aims are, and how we can ensure all of our members, coaches and volunteers continue to be proud to be associated with Bexley AC. We will also aim to achieve the various accreditations we need from UKA and Clubmark, which set out best practices for clubs like ours. As part of this we will be asking you as a member to feed us your ideas, giving everyone a chance to tell us what's good and what could be better about Bexley AC. It's your Club, after all.



Karen Winfield *President*

Maintenance and Equipment

After the winter, there is always a fair bit of maintenance to do and this year was no exception. Samm Crane and John Askew were instrumental in facilitating the work and thanks to over 30 volunteers who all spent several hours cleaning and preparing our track, equipment, run-ups, pits and covers, we were able to get everything 'ship shape' in time for our first home meeting on 18th May. Thank you all!

As well as performing general maintenance, we also invest in new equipment to ensure the safety and quality of our facilities. Lex Leisure, from whom we hire the track, are responsible for the purchase of the larger items but we have recently invested in new training hurdles, rakes, tape measures and are awaiting delivery of new javelins.

In May we took delivery of a new high jump bed which we used for the first time at our first home competition of the season on 18 May. Bexley athletes made the most of the occasion!

Samm Crane
Meeting and Equipment Manager



Social Update

In March we held our annual Quiz Night. This is a popular annual event, and this year the hall was packed with Club members with their friends and families to take part in a challenging but fun quiz. We raised over £300 for the Club, and everyone had a good night.

The next major social event is the **Summer Barbeque on 23rd June**. Tickets are available from the Clubhouse.



Track & Field

We kicked things off in March with the pre-season Club Champs, which provided an ideal opportunity for U13, U15 and U17 athletes to sharpen up ready for the season. Well done to all who competed and to Wendy Masters for organising this.

Since then we have seen Bexley AC competing far and wide, in Sheffield (England Indoor and Combined Events Champs), Lee Valley (Kent Indoor Champs), Basildon and Brighton (Southern Athletic League), Woodford, Medway, Erith and Mile End (YDL) and Ashford for the Kent Champs.

In the Masters League (for ages 35+), so far this season we have competed at Sutcliffe Park, Dartford and Tonbridge. Results can be found on the T&F Fixtures section of the Club website, or alternatively on the "Power of 10" website (www.thepowerof10.info).

We've already seen some great winning performances from Andy Rushbrook, Angela Smart, Venessa Robinson, Wendy Masters, Sarah Dodds, Martin Lloyd, Graham Holder. There's more to come, and it's great to see some new Bexley AC members trying the Masters events for the first time.

Across the Club there are, as ever, too many great performances to mention, and we will never have enough space to mention everyone's efforts, but some notable performances include:



- Michael Fagbenle taking his first National Championship title on 24th February winning the England Athletics U20 Indoor championship in Sheffield.
- Gold medals for the following in the Kent Champs, Ashford on 11/12th May: Paul Slater (110 hurdles), Graham Holder (Hammer), Ted Higgins (1500m), Ridwaan Ahmed (80m hurdles), Conrad Davis (100m), Luc Legon (3k walk),

Matthew Crane (3k walk), Timothy Masters (Hammer), Marianne Berndt (Shot), Mia Bonner (Javelin).

- Jack Higgins on achieving a bronze medal at the International World School Champs in Croatia on 15th May.
- Jessie Sargeant – breaking the Club U15 javelin record, not just once, but twice during April.



Coaching and Officiating

Since our last update we have welcomed three road running members into the world of coaching: Alan Wright, Brian Crane and Corinne Crane. They have all completed their LiRF courses (Leadership in Running Fitness). These courses are designed to ensure safe leadership of road running groups in line with UK Athletics guidelines. This qualification also involves background checks and safeguarding training. This has already proven useful to provide cover when other coaches have been away on holidays etc.

We are also pleased to announce that Josh



Masters, Nathan Masters and Marion Osborn have completed their assistant coach course – congratulations! We cannot run the Club without volunteers. This including coaches and officials,

who are required to undertake specific training. The Club will invest in this training for those who are interested in pursuing coaching or officiating as a pathway, in return for dedicating the required time and commitment to help out when required. If you are interested in coaching or officiating, please speak to your coach or a member of the committee to find out more. In particular we have vacancies right now for Tigers and Sprint coaches. Filling these spots would help us avoid having to create additional waiting lists for new members.

Myra Garrett 10k

Our annual 10k and 3k Fun Run is on **Sunday 21st July**. Preparations are underway, and entries are building up, but there are still spaces available. This event is great for those who are perhaps used to parkrun but who want to step it up a gear. Our 10k follows a route within Danson Park which also ventures onto surrounding roads, while the 3k Fun Run is contained entirely within the park, which is ideal for youngsters, families and new runners.

This year's guest of honour will be Andy Barrow, triple Paralympian, three-time European gold medallist and former captain of the Great Britain wheelchair rugby team, now an inspirational speaker.

As in recent years, we are proud to donate

a proportion of the proceeds from this event to Bexley Mencap.



We would like to commend Nick Marsden for all the work he does to support this charity and for bringing sport to local people with learning difficulties.

We will soon be asking for volunteers for this event, which is one of the highlights of our Club calendar. This is the one running event in the year where we kindly ask members not to participate, but instead volunteer to help the event go ahead. You can of course run if you are able to recruit a friend or family member to volunteer on your behalf.

So please help to spread the word and do keep this date free if you can: **Sunday 21st July**. Volunteers will be needed and race entries are still available online (see website for details).



Road Running

It has been a bumper spring of races – some new Club records and PBs, including:

Queen Elizabeth Park 10k, Manchester Marathon, Paddock Wood Half Marathon with a new Club record by Thomas Wright, Brighton Marathon, Paris Marathon, London Marathon.

May started hotting up more with races including the Whitstable 10K, Bewl 10K, Gatwick Half, Sawston 7K, Darent 10K, Hackney Half, Chislehurst Half, Liverpool and Edinburgh Marathons and first of Joydens woods summer series. We even reached out worldwide as far as the Van-

cover marathon.

The race results can be accessed via the Bexley AC website, expertly put together by our results master Gary Wright. Remember to let us know your results.

A big thankyou to all those volunteers who participated in the Bexley AC 'takeover' of the Bexley parkrun on 1st June. We were kindly permitted to 'takeover' the event by providing a full contingent of volunteers to perform all the usual parkrun roles, as well as handing out flyers to all the parkrunners that day. Thanks also to Paul Dallison for his invaluable help with the takeover. This



all helps to promote the Club's activities, especially the Myra Garrett 10K / Fun Run on 21st July, the Club's annual event.

London Marathon

It was great to see many Bexley AC runners in the London Marathon including the Club ballot winners Tony Warr and Suzannah Sheerin. There was another new Club record set by Thomas Wright.



We also had over 20 volunteers manning the traditional "Mile 24 Water Station", something the Club has been supporting for several years. Thanks to the dedication of the volunteers we hope to be asked to help again next year. We'd also like to say a huge thank you to all the Club volunteers that helped out at the bag

drop. These events wouldn't happen without you!

It was fantastic to see Eileen Noble completing yet another marathon and the momentous achievement of being the oldest female runner in the London Marathon, as covered by the media.

Good luck to everyone who has entered the London Marathon ballot for 2020. We will run a Club ballot again this year if spaces are made available to us. If this goes ahead you will need to have represented the Club in at least 3 races since the this year's London Marathon to qualify to enter the ballot..

Along with the London Marathon, we also took part in the London Mini Marathon, where all boroughs of London are invited to put forward a team. Bexley AC was proud to be asked again to coordinate Bexley's entry, holding the trials and organising the teams. Our thanks go to Ken and Hilary Burkett for their tireless work

in pulling this together. The outcome was some excellent performances from Bexley across all age groups, and some very happy young athletes making some fabulous memories in our capital.

There was a notable performance by Ted Higgins, who came 2nd in a field of several hundred runners. Well done indeed!



Beginners Running Course

On Sunday 12th May we started the next Beginners Running Course. In May we started our latest beginners running course. We have 15 'students' all aiming to run a 5k after the course finishes in July. The course is run by Jane Askew and Karen Winfield, assisted by a number of other coaches and some existing members who also started their running journey as part of a course like this.

The group is making excellent progress, and we hope that they continue their



journey to make running a normal part of their lives, as we all know there are great physical and mental health benefits to be had.

Next course:

For those with friends and family that may be interested, please note that we are planning to run another 10 week beginners course in **October 2019**, so please keep an eye on the website and help us spread the word.

Let's get all of Bexley moving!

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Find us on:

 www.bexleyac.org.uk

 BexleyAC



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About Bexley Athletic Club

We are dedicated to the encouragement and promotion of athletics for all members of the local community. Our members range from the age of 7 to 80+, participating in training sessions and competitions across 'Track and Field' disciplines as well as Road Running and Cross Country running.

Dates for the diary

- Sun 23rd June:** Summer BBQ
- Sun 21st July:** Myra Garrett 10k and Fun Run
(volunteers needed please)
- Sat 19th October:** Presentation / Awards Evening



Upcoming Holiday Courses (for ages 6 - 11)

Tue 30th July
Tue 6th August
Tue 13th August
Tue 20th August

Participants take part in a range of activities including running, jumping and throwing.

Places must be booked in advance. Details and booking forms available on website.



Tigers - Important notice to parents / carers

Please note that in line with current safeguarding requirements, parents and carers of children under 8 years old must stay on the premises during training sessions.

Thank you for your co-operation.

Any comments or submissions for future newsletter editions, please send to:
office@bexleyac.org.uk