



# Bexley AC News

Open to all, providing athletics for the community since 1954

Spring 2019

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## “New newsletter news”

Bexley AC is as busy as ever so we've reintroduced a club newsletter. We hope to turn this into a regular publication to help remind ourselves of the club's achievements and the good times that we've had, as well as things to look forward to.

The Club continues to thrive as you can see from the Secretary's Review on page 2. A considerable ongoing effort happens 'behind the scenes', including all the work done by our dedicated coaches,

plus other vital volunteers who take care of equipment maintenance, liaising with the facility owners and council, coordination of entries to the various leagues, managing events, attending mandatory training. All this work is needed just to keep the club ticking along every week. In return we are thankful for the dedication, hard work and support shown by all of our athletes. We hope you find this



useful to keep you up to date, and as a supplement to the information on the website. Any ideas/comments for future newsletters please let us know - the email address is on the back page.

**Karen Winfield** *President*

## Breakfast Run

On 3rd Feb we had over 90 runners choosing to run either 6, 10 or 15 miles. A good training run for those aspiring to run marathons or to improve their 10k time, this annual event is always popular. The run was followed by a choice of

breakfast snacks available at the run HQ in Wilmington. Our sincere thanks go to organisers **Rose Arnold** and **Tony Garrett**, and all the other volunteers who kept everyone safe on the run and then fed & watered afterwards!



## Other news....



**TV Star!** On Weds 6th Feb Eileen Noble was interviewed by ITV News about her 30 years of running. Still going strong at 84 Eileen is an inspiration to us all. Great to see Bexley AC being promoted by Eileen and her fellow runners.

### New Coach on board!

Congratulations also to Stephanie Ham on completing her Coaching course, fantastic to give back to the club the inspiration, guidance to current and future members of the club.

### Half Term Course

On 19th Feb, 21 young athletes (6 to 11 yrs) took part in a number of Sportshall activities. Try as we might we didn't manage to wear them out!! Some of the event performances were rec-

orded and 'scored' and the participants will be receiving Sportshall award badges. In addition to three coaches we had two brilliant young sports leaders assisting, Joy Kelvin and Rebecca Williams. The next holiday course will be in the Easter holidays - Tuesday 9<sup>th</sup> April.



## Secretary's Review of 2018

What better way to start my review than by mentioning the letter I received from England Athletics, congratulating Bexley AC for the successful year we have had. To receive such a letter on behalf of the Club was an honour.

To mention just a few of the successes England Athletics were referring to; the mens' masters team reaching the regional finals for the first time in Bexley AC history, the SAL senior team unbeaten in their division and gaining promotion, the under 13 boys relay team were invited to participate in the Club Connect relay at the Anniversary Games. Not only have we had massive success as a Club but individual success also with high rankings in the UK in numerous events, as well as athletes representing Kent at the English Schools track and field championships, representing England and the Great Britain junior team. We have also had success on the road with many runners competing in races throughout the season and achieving personal bests whether it is their first season with us or their 20th. With the highlights being outstanding performances in the Dartford Bridge 10k including the first

# 2018

four finishers, first place in both men and women's over

50's and second place in men's over 40.

Due to the increase in demand of athletes wanting to participate in athletics this year the Club had to introduce a waiting list for both Tigers and the transition group at 6pm. With the Club welcoming new coaches to its Tigers team we have been able to move athletes on and welcome everyone who was on the list as new members to the Club, supporting our ideals to provide athletics to all members of the local community.

On to home fixtures, I seem to say every year but when it comes to hosting matches, Bexley AC are one of the top Clubs in Kent and this is proven when Kent choose to return here and ask us to host their prestigious end of season multi events championship year after year, as well as the league competitions returning each year asking us to host again, and school events like the inter counties that we have been asked to host in 2019. Words can't describe how essential volunteers are to us and the happening of these events and the Clubs' day to day running. So I would like to say a massive thank you to everyone no matter what role you fill, every job is as important as another and without

***"We can have great pride in what we have achieved on and off the track and road this year"***

your help the Club wouldn't be able to run as successfully as it does. However, with that being said we are always looking for more volunteers; to help with home meetings, Tigers coaching on a Sunday morning, behind the counter and many more. If anyone is interested in volunteering, please speak to either myself or a member of the committee and we will be very pleased to welcome you to the team.

As a Club we can have great pride in what we have achieved on and off the track and road this year, so let's aspire to continue bringing great success to Bexley AC into 2019.

**Laura Crane**  
Club Secretary

## Athlete Development Programme

The Athlete Development Programme is designed to enable and encourage athletes to reach their full potential.

There are three levels to the programme and each level has its own entry criteria and subsequent benefits which may include:

- Life Membership
- Competition discounts (travel and hotel)
- Access to physiotherapy.

For full details of entry criteria and benefits for each level please refer to Joe O'Hara and Chris Harris for information.

Selection is made twice a year, in April and October. Coaches are responsible to identify potential candidates and submit the relevant forms to the committee, ready for selection in April.

**Joe O'Hara**  
Athlete's Representative



## Cross Country

As we reach the close of the XC season, we can look back at some solid performances. This year Our XC team took part in the following events in the Kent Cross Country League



(organized by KCAA) as well as regional, national and schools competitions:

- Nonnington
- Tonbridge
- Danson Park
- Parliament Hill
- Foots Cray
- Dartford
- Brands Hatch
- Dover
- Bromley
- Leeds

Noteable performances this season include Ted Higgins, 2nd in Kent League

XC, Jalen Pople 5th, Niki Faulkner 7th and Victoria Croucher 11th in Kent County Cross Country Championships.

Cross Country really is open to all ages and abilities, so you are very welcome to give it a try next year. It can be tough but it's a lot of fun and helps to strengthen muscles often underutilized by road and track runners which will help with stability and endurance. Many of the

world's great athletes and olympians have been regulars on the XC circuit including Sir Mo Farah! Try it once, you might like it. Speak to Kevin Winch or Richard Long for more details and sign up for the next XC season which starts in October 2019!

**Kevin Winch**  
**Richard Long**  
XC Team Managers

## Road Running

Another bumper year continues. The 'Orange Army' has been out in force again, racing across the UK and beyond. Here are just some of the races we've taken part in during the latter part of 2018:

- Great North Run
- Goodwood Marathon
- Dartford Bridge 10k
- Chicago Marathon
- Bournemouth Marathon
- Autumn Cakeathon
- Cardiff Half Marathon
- Royal Parks Half Marathon
- Beachy Head Marathon
- Poppy Half Marathon....
- ...and the list goes on.

All the races and results are on the website but please remember to let our Results Secretary Gary Wright know of any races you are doing so that we can give you mention.

We have seen a good start to the Grand Prix season and it's great to see members from different groups



taking part. The races run all the way to September, so plenty of time to join in, check the website for details. Also see the Clubhouse notice board for details of other races in the area. Finally, for those who didn't get a London Marathon place, you can still get (very closely!) involved. We need to grow our team of helpers to attend the water station at mile 25. There are probably few vantage points along the course that will give

***"The 'Orange Army' has been out in force again racing across the UK and beyond"***

you such a front row spot to see the action, and you'll also be helping to rehydrate some very tired runners.

Please send an email to [office@bexleyac.org.uk](mailto:office@bexleyac.org.uk) for more details or to apply for a space.

**Alan Wright**  
Road Running  
Secretary

## Track & Field



As we commence the T&F season the fixture list is now available on the Club's website in printed form in the clubhouse.

Preparations for the season are underway with some new equipment on order (including a new high jump bed) and also we held a track maintenance

day where over 30 volunteers helped us to get everything ship-shape before we host the first competition of the year. Keep an eye on email, website and Facebook for more details of the next maintenance day. Finally, as our numbers increase it's even more

important that we share the facilities in a safe and respectful way.

Please review our Track Etiquette Checklist which is available in the clubhouse and on the website.

**Chris Harris**  
Coaching Secretary

# Bexley Athletic Club

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## Find us on:

 [www.bexleyac.org.uk](http://www.bexleyac.org.uk)

 BexleyAC



*Open to all, providing athletics for the community since 1954*

At 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.

## Committee Members 2019:

**Karen Winfield** (President)  
**John Gates** (Vice President, SAL team manager)  
**Laura Crane** (Secretary)  
**Paula Higgins** (Treasurer)  
**Nick Winfield** (Facilities Liaison)  
**Samm Crane** (Meeting Manager)  
**Tony Garrett** (National Young Athlete's League, LYDL joint team manager)  
**Chris Harris** (Coaching Secretary, UYDL team manager)  
**Richard Long** (Welfare Officer)  
**Wendy Masters** (Welfare Officer, LYDL joint team manager)  
**Joe O'Hara** (Athlete's Representative)  
**Alan Wright** (Road Running Secretary)  
**Brian Crane** (Communications)



## Dates for the diary

**Fri 29th Mar** - Club Quiz Night  
**Sun 28th Apr** - London Marathon & Water Station  
**Sun 21st Jul** - Myra Garrett 10k and Fun Run  
**Sat 19th Oct** - Annual Presentation Night



## Newsletter comments and input

**Any comments or submissions for future editions, please send to:**  
[office@bexleyac.org.uk](mailto:office@bexleyac.org.uk)