



Newsletter No. 1

July 2010

News from the Editor

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Welcome to our very first newsletter from Bedford and County Athletics Club. We hope that this will be useful and informative to all members. Over the forthcoming editions we plan to share, and celebrate with you, the achievements of our young and maybe not so young athletes. We hope that future issues will include more reports from our coaches or athletes, of the achievements from the track season.

We are hoping to produce this newsletter quarterly, which can be viewed on our revamped website. Limited hard copies will be available at the front desk.

We are obviously always looking for new ideas, and if anyone has any news or photographs they would like to include in our next edition please send an email to duncan007saunders@sky.com.

We hope you enjoyed sharing our news and look forward to our next newsletter at the end of September.

We're on the Web
www.bedfordandcountyac.org.uk

2009/10 Cross Country Award Winners

Well done to all the athletes who have competed during the very wet, snowy conditions of 2009/2010. Eventually all fixtures were completed and congratulations to the following winners.

Club Champions

Senior Men	Darren Deed
Senior Women	Nicola Sykes
U20 Men	Tom Corbett
U17 Men	Matthew Bergin
U17 Women	Emily Wallbank
U15 Boys	Ben Alcock
U15 Girls	Rebecca Murray
U13 Boys	Jonathan Janes/Alex Hepburn
U13 Girls	Kelly Rodd
U11 Boys	Jake Keech
U11 Girls	Ellie Shreeves



Winter Endeavour Awards

Matt Bergin	Jack Douglas	Josh Saunders
Ben Alcock	Matt Bray	Patrick Stewart
Ryan Isaacson	Alex Hepburn	Michael Harrison
Kelly Rod	Ellie Hemming	Rebecca Murray



Team Manager Award

Senior Men	Matt Janes
Senior Women	Rebecca Newstead
Young Male	Scott Proctor
Young Female	Leah Relton

Sydney Smith Shield - Neilson Hall

Whitbread Inns Trophy - Emily Wallbank

Who's Who at Bedford



Senior Men	BAL	Allen Adamson (Sprints)
		Darren Kerr (Throws)
		Gavin Fordham (Jumps)
		Tony Forrest (Middle Distance)
Senior Men	SML	Graeme Packman
Senior Women	UKWAL	Ian Roberts
Senior Women	SWL	Teresa & Michelle Webster
Junior Men/ Women	NJAL	David Brown
Boys U/17/15/13	UKYAL/EYAL	Biggleswade/Luton/Bedford
Girls U/17/15/13	UKYAL/EYAL	Frank Jackson
Veteran Men		Frank Jackson
		Jim Keech

Team Managers

A full list of all team managers can be found on our noticeboard and at www.bedfordandcountyac.org.uk



Management Committee Meeting Dates

Tuesday 13th July
 Tuesday 10th August
 Tuesday 14th September
 Tuesday 12th October
 Tuesday 9th November
 Tuesday 14th December

What would you like to see in this space???

This is your newsletter and we want to hear from you.

Please send us your reports, news and photographs.



2010 TRACK & FIELD FIX-

Date	Event	Venue
03-July	BAL2	Bedford
03-July	UKWL2	Bedford
07-July	EVAC3	Sandy
09-July	English Schools	Birmingham (to10 ^h)
10-July	SML4	Havering
11-July	EYAL4	Bedford
17-July	Eastern Champs	Cambridge
18-July	UKYAL4	St Albans
25-July	NJAL4	Cambridge
31-July	BAL3	Glasgow
31-July	SML5	Cambridge
31-July	UKWL3	Liverpool
04-Aug	EVAC4	Milton Keynes
07-Aug	SWL4	Bedford
15-Aug	B I G	Bedford
15-Aug	EYAL5	Colchester
21-Aug	BAL4	Guernsey
21-Aug	AAA - U17/U15	Bedford (to 22nd)
02-Sept	UK Schools Games	TBA (to 5th)
04-Sept	SWL5	Bromley
05-Sept	EVAC Final	Bedford
11-Sept	Hibberd Trophy	Chelmsford
12-Sept	EYAL Final	TBA



Kit on Sale



Competitors representing the club must wear the a club vest. These are available from the club kit shop in the main entrance or upstairs in the bar on most training nights. We also stock a wide range of other items in various sizes. Orders for items not in stock can be placed but must be paid for in advance.

Description	Price	Description	Price
Mens Club Vests (all)	£16.00	T-Shirts Large	£6.50
Womens Club Vests (all)	£16.00	Med, Small, 13/14	£6.00
Hooded Sweatshirts		Shoe Bags	£5.00
XL, Large	£19.00	Spike Bags	£5.00
Med	£18.00	Caps	£4.00
Small	£17.00	Fluorescent Bibs	£3.00
13/14	£16.00		

Fundraising

We are looking at ways to fund-raise for the club. Some suggestions are:-

- Race Night
- Fancy Dress Fun Run
- Bag Packing

If anyone else has any other ideas please send an email to duncan007saunders@sky.com.

I will pass suggestions to committee.



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