

SEAA INDOOR CHAMPIONSHIPS, LEE VALLEY – Saturday 21st & Sunday 22nd January 2012

At the Southern England indoor championships at Lee Valley last Saturday, Biggleswade AC's Euan Dickson-Earle set a new personal best and club record in the sprint hurdles to take the title of Southern Champion! Euan won all of his heats and kept his best performance for the final.

Euan's brother Callum was also representing the club at these championships and set a new personal best in the under 15 boys hurdles – watch out Euan!

Tom Boggon's long jump of 5.27m was also a personal best and earned him a 4th place, over six rounds. Tom set another personal best in the 200m. This was Tom's first indoor event and we can expect to see more from him in the future.

Euan, Callum, Tom and Josh Watson, who competed in day 1 of the championships last week, will now compete in the National Indoor Championships at the NIA Birmingham next month. We'll be cheering them on!

Full Biggleswade AC results:

Euan Dickson-Earle	U17 60m hurdles	1 st	8.09s (PB) (CR)
Callum Dickson-Earle	U15 60m hurdles	6 th	9.90s (PB)
Tom Boggon	U15 200m	3 rd (heat)	25.68 (PB)
Tom Boggon	U15 Long jump	4 th	5.29 (PB)

BEDFORD PARKRUN – Saturday 28th January 2012

Andy Lee and Geraldine Mason represented Biggleswade AC at the Bedford ParkRun on Saturday 28th January. Geraldine achieved a new PB – a great start to 2012.

Results:

Andy Lee V40 99th 28:03
Geraldine Mason V60 133rd 36:18

ASHTON COURT PARKRUN – Saturday 28th January 2012-01-31

Just a stone's throw from Bristol city centre lies Ashton Court Estate, 850ha of ancient woodland and meadows, and the home to the Ashton Court Parkrun. Among the 150 participants last Saturday was Biggleswade AC runner, Rob Hemming, who managed to negotiate the out-and-back course in a timely 20:46 (20th place).

Results:

Robert Hemming VM45-49 20th 20:46

SEAA CROSS COUNTRY CHAMPIONSHIPS, BRIGHTON – Saturday 28th January 2012

Two Biggleswade AC runners made the long trip to Brighton on 28th January to compete in the South of England (SEAA) Cross Country Championships. Both club Chairman, Nigel Bush, and former club Treasurer, Chris Clarke, had run in these championships several times before, but that was a decade or more ago when they were considerably younger and a bit quicker. Now, racing against finely tuned athletes, some of whom were 40 years their junior, was a daunting prospect. But the lure of combining the race with a visit to see a new granddaughter who lived in the area was too much to turn down.

Arriving at the venue at Stammer Park on the side of some very steep South Downs hills, almost made Nigel change his mind about racing and head back to push the baby buggy instead! And this thought

was almost confirmed when past cross country champion Gerry North was asked what he thought of the Stanmer Park course he opined ... “this is a tough one!” ... and surveying the rolling hills of the South Downs one couldn't help but agree with him. The going was firm but there was not a level stretch anywhere, and of course it was 15 kilometres in length.

But Chris and Nigel couldn't resist the challenge of racing against (and behind) the best runners in the south of England and see if they could minimise the number of runners who would lap them on the tough three lap course. The weather was sunny but cold when the gun went, and almost 800 runners charged off at a speed more often seen in a 100 metre sprint. The two grinding hills on each of the three laps were a real test, but neither Chris nor Nigel were phased, and both maintained a running action when many were reduced to a walk. Running over the top of the final hill and letting gravity pull them down to the finish was both exhilarating and a huge relief.

But the agony was not quite over even after crossing the finishing line, as each runner had to bend down to remove the chip timing device strapped around their ankles: Not an easy manoeuvre when you are old enough to hold a bus pass and have just run nearly 10 stamina-sapping miles. Needless to say the granddaughter didn't get her buggy ride until the following day when granddad could stand up straight again.

Biggleswade AC Results:

670th Nigel Bush 1:20:43

706th Chris Clarke 1:26:11

REEDHAM 10 MILE – Sunday 29th January 2012

Biggleswade AC runner John Kenyon clocked a personal best in the Reedham 10 mile run in Norfolk on Sunday 29th January. Just over 400 brave (or mad!) runners took on the cold weather with temperatures just above freezing but despite this John finished in a time of 1 hour 19mins and 30 seconds.

Result:

John Kenyon 1:19:30