



British Airways Athletics Club

Future Events August to October 2013

Please join us for any of the following events. Runners of any and all abilities and ambitions are welcome as are non-runners for our marshalling events. Joining the club is optional - though encouraged for the extra benefits.

Wednesday 28th August - Cranford Park Relay - from 17:45 *

A relay event around the fields of Cranford Park, Heston. Teams will be put together on the evening with lap distances of around 3k (2 miles). Meet at the Concorde Club by 17:45 and social with food afterwards **TW5 9PQ**.



Tuesday 10th September - 'Round the Park' - Harmondsworth Moor 12:30 *

A lunchtime race next to BA Waterside with a race distance of up to 5k. Meet outside the Gym at 12:10 or in the north car park on Harmondsworth Moor for 12:25.

Wednesday 2nd October 'Equinox' 5k - Cranford Park from 17:45 *

Celebrate the autumn equinox with a 5k race around Cranford Park and the streets around. Meet at the Concorde Centre by 17:45 for a start near the park shortly after 18:00. Followed by a club social.



Further Ahead - Surrey Cross Country League

The Cross Country Season starts on 19th October with Men's and Ladies matches at Lightwater. These are team events with most team members contributing to the overall result. We WILL be short of runners so please offer to help us out!



For more details visit the website www.baRUNNER.org.uk, the BA Yammer "Running and Jogging" group or contact:

roderick.hoffman@ba.com
neil.frediani@ba.com

- Join us for training runs most weeks:
- Monday lunchtimes at Waterside, meet near the Gym at 12:15
 - Mondays 6pm at Uxbridge Track for Track&Field training *
 - Wednesday evenings at the Concorde Centre, Heston *
 - Saturday parkruns all over West London and surrounds
- * Please make contact beforehand to confirm times and places.