British Airways Athletics Club
Future events winter 2013/14

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.

Winter Five Mile Handicap Series
Monthly on Wednesday Evenings at the Concorde Centre

A monthly 5 mile race with points awarded according to how close you finish to your target time. Join us for a one-off challenge or see if you can compete for the series prize. Each race has a staggered start with the aim that all runners should finish at around 18:50 each evening. Starts from the Concorde Centre in Heston on October 30th, November 27th, December 11th, January 29th, February 26th, March 26th and with club socials afterwards.

Club "Run-of-the-Month"
Sunday 3rd November - Marlow Half Marathon
Sunday 1st December - Perivale Five {mile}

The monthly pick from local races - enter independently and share stories at the end.

Wednesday 13th November
Winter Quiz Evening - Concorde Centre from 20:00

The club's annual general knowledge quiz - with no running required! Traditionally £1 to enter with all proceeds going to the While Lodge Centre. Teams can either pre-form or be put together on the night.

Surrey Cross Country League - Ladies and Men*

9th November - 15:00 Men @ Roundshaw Downs
7th December - 12:00 Ladies @ Farthing Downs, Coulsdon
11th January - Men @ Oxshott / Ladies @ Putney Vale.

These are team events with most team members contributing to the overall result. We are likely to be short of runners so please offer to run with us!

Saturday 14th December
KLM Club Championships - Beach/Dunes 6k/10k*

Our KLM running colleagues traditionally make us very welcome at this challenging event - with free race entry and transportation to and from the airport. All we have to do is take care of the sand, wind and cold!

Parkway Mile and Christmas Social - Wednesday 18th December

One mile sprints followed by our Christmas social with an optional Santa's Sack.

Join us for training runs most weeks:

- Monday lunchtimes at Waterside, meet near the Gym at 12:15
- Mondays 18:00 at Uxbridge Track for Track&Field training *
- Wednesday evenings at the Concorde Centre, Heston *
- Saturday parkruns all over West London and surrounds
- Club featured parkrun Black Park on 30th November.

* Please make contact beforehand to confirm times and places.

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

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