

The British Airways Athletics Club

The club is a relatively informal group of airline linked runners of all abilities, who take part in many different events each week. The club hosts an in-house event each month, recommends an external run-of-the-month and organises several events over the year and teams for relay races.

Wednesday Evening **SOCIALS**

Monthly socials are held at the Heston Venue Sports Ground (formally The BA Concorde Centre) with varied interesting events starting at 18:00 and the socials from 20:00. These are a great opportunity to meet other club members before or after joining.

MAGIC MILE

Held on the first Thursday of each month with a straight, uninterrupted mile alongside the Bath Road. Meet outside the Waterside gym at 12:20.

parkrun

We promote running and volunteering at parkruns across the UK and around the world. Members will have run at 250 different parkruns and around ten parkruns close to Heathrow feature club runners most Saturdays.



CROSS COUNTRY

Ladies and Men's' League matches from October through March and our own Cross Country Championships.

Small print: Running can be addictive. 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.



World Airline

ROAD RACE

The biggest inter-airline sporting event of the year with 5k and 10k races and related parties! WARR is held in a different city each year depending on the hosting airline. Recent events have been held in Chicago, Dubai, Dublin and Stellenbosch. The 2017 event will be hosted by Singapore Airlines in early October.

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TRACK and FIELD

In house and interclub leagues throughout the summer and the Club Track & Field Championships and Family Fun Day.

MARATHON

30 or more club runners take part in the London Marathon each year and we'll also have runners in

many of the country's and world's leading marathons.

MARSHALLING

The club provides over 120 marshals for the London Marathon each year, performing a vital role enabling the success of the event. We also provide marshals and finish teams for many other events including the BA Fun Run. Marshalling is fun, rewarding and doesn't require as much training as running!

For more details see the club's weekly news digest.

There is a link to this in the BA Yammer group "Running and Jogging" or visit the website

www.baRUNNER.org.uk or email news@barunner.org.uk. Also search for "BA Runner" on Facebook.

