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Bedford and County AC Newsletter

September 2023

About the Newsletter

This is the sixth edition of Bedford and County's quarterly newsletter. If you have something you'd like to contribute to the next edition, please email webmaster@bedfordandcountyac.org.uk. This could be an outstanding individual or team performance, a write up of a favourite training session, a memorable performance from years gone by (see the 'Blast from the Past' section), or something else that might be interesting or informative.



Farewell Aston Lockwood

Aston came to train with the club in October 2021, recommended by his coach in Sussex. He is returning home with a change of career.

He has been a great addition to our sprint group and the club teams. Always consistent and reliable, from the first match he was volunteering to run in the 4x400 team.

In addition, he has set a fine example to the athletes in the group of all ages. He keeps the group updated on opportunities to compete and is always willing to demonstrate.

It was fitting that in the final match of the National Athletics League this year he ran a personal best of 10.73 and earlier in the season he won the Eastern Championships 100m.

Off to Uni!

At this time of year we say goodbye to those going to University. Some stay near home, others go further afield. We try to find coaches and clubs for them to continue training and competing and look forward to them coming back to compete for the Bedford and County.

This autumn wish the following the best of luck at university:

- Jasmin Wilkins (Birmingham)
- Etienne Maughan (Newcastle)
- Daniel Forbes-Harding (Chichester)
- Ben Moseray
- Noah Champion (Birmingham)
- Ellie Smart (Cardiff Met)
- Ethan Cairns (Leeds)
- Imogen Chesterton

Social Media

The club is building its social media presence, making more use of the Facebook and Instagram accounts. Social media is a great way for members of the club to keep up with news, club success and information about upcoming fixtures. It would be great to get as many people behind this as possible, athletes and parents alike, so please do give us a follow:

- Facebook: Bedford & County Athletic Club
- Instagram: @bedfordandcounty

We will also need help from you, if you have any photos or news from any event that you would like to share, provided you have the athlete in the photo's permission, please send them via a direct message on Instagram/Facebook or send an email to socialmedia@bedfordandcountyac.org.uk.

Competition Formats for 2024 – We Need Your Views!

Competition is obviously at the very heart of athletics. We all find our own level at which we can compete, and to a large degree we often compete against ourselves in the quest for a new PB. It is fundamental to the sport.

So, the club committee wants to ensure that the type and format of competition we provide as a club aligns as closely as possible with what the current generation of athletes really want. We are not sure that this is currently the case, based largely on the declining level of support for league fixtures, most notably in the senior leagues, and where the fixture involves a lot of travel.

We need to hear your views – first and foremost, those of the athletes, but also of all other interested parties – parents, coaches, officials, and team managers.

- How far are you happy to travel for league competition?
- Should leagues adopt a shorter programme, with just a range of events at each fixture?
- Do we want to participate in national leagues (NAL, YDL), and if so, what changes would we like to see – some leagues are actively considering significant changes to their structure.
- Would a more local league be more attractive?
- Should the club assist and support attendance at open meetings to a greater degree?

Before the various league AGMs, which are typically held in the Autumn, we want your feedback. To this end, we will be issuing a questionnaire very shortly, but we will also be holding two (relatively brief) meetings at the club.

- **Tuesday September 12th at 7:45pm** to discuss senior competition options.
- **Tuesday September 19th at 7:45pm** to discuss junior competition options.

Alternatively, of course, you can just speak to one of the committee and let them know your views.

This conversation is being held entirely for the athletes' benefit, so please take this chance to have your say!

Club Record Breakers

Congratulations to the athletes who have broken club records since the last edition of the newsletter back in June. Here they are:

Athlete	Category	Event	New Club Record
Raph Boujou	Senior Men	100m	10.01 seconds
Etienne Maughan	Senior Women and U20 Women	100m Hurdles	13.78 seconds.
Lyla Danobrega	Senior Women and U20 Women	1500m Steeplechase	5:06.16
Glen Kerr	M45	Hammer	53.47 metres
Ellie Garraway	W50	1500m	5:10.50
Thaila-Jade Mason	U17 Women	Long Jump	6.00 metres
John Eves	M40	3000m 5000m	8:43.61 15:07.21
Tenny James	M65	100m 100m Hurdles	13.5 seconds 17.4 seconds
Lois Fordham	U13 Girls	Pole Vault	2.12 metres
Bob Kingman	M50	Pole Vault	3.80 metres

Some of the record breakers – such as Raph, Etienne and Lyla – have broken club records multiple times since the last newsletter, in which case only the most recent record is shown.

News From the Teams

Girls' Track & Field Round Up

The girls' team had a good season this summer, with 58 girls taking part in both the Eastern Young Athletes League (EYAL) and the Youth Development League (YDL). The numbers competing this year are up on the last couple of seasons and put us in a good position for the next season on the track. For many this was their first season competing. Between them they produced 207 PBs and 49 SBs. We finished 14th in the EYAL and 7th in the YDL.

There were so many outstanding performances that it is too difficult to pick out any individuals. Our increasing strength in depth was shown by the athletes who achieved Gold, Silver Or Bronze standards in the new PB Awards.

Gold standard:

- Lily (U17 1500m)
- Lyla (U17 1500m)
- Thaila (U17 Long Jump & High Jump)
- Ria (U17 200m)
- Bronwyn (U13 100m, 150m & 200m)
- Mia (U13 100m)
- Serena (U13 800m)

Silver standard:

- Thaila (U17 80mH & 200m)
- Chloe (U15 Pole Vault)
- Lyimefin (U15 200m)
- Bronwyn (U13 75m)

- Mia (U13 150m)

Bronze standard:

- Eva (U17 Triple Jump)
- Lyla (U17 800m)
- Thaila (U17 300m)
- Holly (U15 Long Jump)
- Lyimefin (U15 100m)
- Elsa (U13 High Jump)
- Lois (U13 High Jump)
- Mia (U13 75m & discus)
- Serena (U13 150m)

Three Bedford and County girls represented their county at the English Schools Championships. Representing Bedfordshire were Lyla (1500m Steeplechase, 2nd 5.06.16) and Thaila (Long Jump, 2nd 5.59m). Representing Cambridgeshire was Eva in (Triple Jump , 11th 10.04m). Lyla and Thaila went on to represent England in the Schools International (SIAB) where Lyla finished 2nd in 5.06.53 and Thaila finished 2nd with 6.00m.

Bronwyn and Kymiriah represented Bedfordshire in the Derek Crookes U13 Inter Counties. Bronwyn finished 7th in the 100m in 13.21 and 8th in the 200m in 27.96. Kymiriah finished 10th in the 70mH in 13.04.

The following athletes have been selected to represent Bedfordshire in the U15/U17 Southern Intercounties on 10 September: Eleanor (U15 1500m), Holly (U15 75mH), Kiana (U15 Long Jump), Lilly (U17 1500m), Lyla (U17 800m), and Verity (U17 Hammer).

We have been very well supported by many parents who have transported athletes to competitions and training, and a total of twenty-four parents helped Martyn with officiating duties.

I have been very impressed with the way the girls have performed this summer, with the numbers who have competed and the way they have conducted themselves. They have all demonstrated ambition, resilience and sportsmanship.

I am already looking forward to next year's track and field season.

Tina Blackwell

Girls' Team Manager

Boys – Final Eastern Young Athletes League (EYAL) Match of 2023

With the sun shining on Sunday at Bedford stadium, it was far less a soggy day than our last fixture! This was our final EYAL fixture of the 2023 season. Bedford and County AC finished 3rd overall on the day and all of the boys teams all came 3rd individually with the under 13's scoring 69, under 15 scoring 68 and under 17's scoring 57 points.

We welcomed some new athletes to the team, who all performed incredibly well. It was great to see that many athletes will finish the season with a personal best:

U13

- Morgan 100m & 200m
- Rafi high jump
- Noah long jump & discus
- William long jump and javelin
- Henry shot put & 100m
- Oskar javelin & pole vault
- Harry 200m

U15

- Daniel 200m
- Archie 800m
- Harry 1500m
- Owen hammer & discus
- Berkley discus
- Dane shot put

U17

- Archie long jump & 200m
- Oliver 400m
- Leo 200m
- Dylan 800m

We had some great performances that clocked up the points over the day. The following athletes scored 6 points for their event by coming 1st place in their string:

- U13 A string: Morgan 100m; Ethan 800m.
- U15 A string: Quadri 100m; Owen hammer.
- U15 B string: Daniel 200m; Archie 800; Finn 1500m; Berkley discus.
- U17 A string: Archie long jump.
- U17 B string: Oliver 1500m.

A big well done to all of the Boys' team for 2023, it's been a pleasure working with you! I have always been blown away with how you get stuck in and support the team by doing events that you don't normally train for.

Congratulations to those athletes who have achieved great results in 2023 and have been selected to represent Bedfordshire for the SEAA Intercounties on 10th September!

For those taking part in cross country over the winter, I'll no doubt see you in a muddy field at some point over the coming months.

Otherwise, I look forward to seeing you in 2024,

Jodi Henderson,

Boys' Team Manager

Jim Black's Endurance Group

Alongside the group racing in track events during the summer which have been mentioned in other reports, 3 individual performances are worth celebrating – and congratulations to all of them.

During the heat wave we experienced in June, the UK's "hardest half marathon" was held on and around Box Hill on probably the hottest day of the year. This incorporated 10 significant climbs of Box Hill resulting in over 1000m of elevation gain during 21k. Laura Kaye finished in 1hr 56 mins which won the women's race. Laura came 3rd overall and was one of only 4 runners to finish under 2 hours.

Further afield Robin Reynolds went to the Azores in July to compete in Ultra X, which is held on a mid-Atlantic volcanic archipelago. The race has 2 stages held over a weekend with day 1 consisting of 68 Km with 2245ft of elevation and day 2 consisting of 57Km with 1755ft of elevation. In total that is 125K with 4000 ft of climbing. 250 brave runners tackled this challenge and Robin finished 18th in his age category.

Finally, closer to home, new member Dee Bains completed the Colworth Weekend Marathon challenge at the end of June and won her age category. This event involved a 5mile race on

Friday, an 8 mile on Saturday and a 13 mile run on Sunday, combining to make the full marathon distance.

The group is growing in numbers, with some older members returning to the club to join in with the training sessions, and a number of athletes training for longer distance races and the upcoming cross country season.

A team of six athletes drawn mainly from Jim's group represented Bedford and County at the 2023 Greensand Ridge Relay (which is a handicap) on Saturday 17th June. In hot and humid conditions, the team raced across 35 miles of trails, in 6 legs of varying lengths, from Leighton Buzzard to Northill village. Run in a handicap format, the team set off in 32nd place, well over an hour after the first team to start. Each team member (Ewan Wilson, Andy Blair, Tom Hayman, Charlie Palmer, Jim Black and Anna Folland) beat their handicap, overhauling slower runners in front of them to ultimately finish in 6th place overall, 2nd in the open category. The total time of 4hrs 04mins 24secs was the fourth fastest on the day.

Outstanding Individual Performances

Gracie Hits the Highs

Gracie Wall won the Women's Under 20 High Jump gold medal at the England Athletics Championships in Chelmsford on 18th June. Gracie's winning jump of 1.78 metres was a personal best, and she finishes this season in third place in the UK Under 20 rankings and 13th in the overall UK rankings. Gracie also came seventh in the (Senior) UK Athletics Championships in Manchester on 8th July.

World Semi-Final for Raph

Life member Raph Bouju reached the Semi-Final of the 100m at the World Athletics Championships in Budapest on 20th August, finishing 5th in 10.20 seconds. Raph had previously won his heat in 10.09. Earlier in the summer, Raph also set a new club records of 10.01 seconds for the 100m, and 20.65 seconds for the 200m. Raph also won silver medals at the European Under 23 Championships in both the 100m and 200m. Truly world class performances.

International Recognition for Jack

Jack Goodwin's excellent 2023 form won him international recognition, with a call-up to run for England in the Home Nations 5k in Cardiff on 12th August. Jack finished 5th in a road PB of 13.59, and helped England to win the event. Jack also set an excellent 1500m PB of 3.46.27 later in August.

Top Five for Tia

Tia Wilson enjoyed an excellent track season. Her 16:04.72 5000m PB at the Hercules Wimbledon 5000 Metre Night on Saturday 5th August put her in the top 5 in the UK Under 23 rankings and in the top 40 overall.

Ben's Flying 1500

Ben Davies set an excellent 1500m PB of 3.43.38 in the BMC Gold Standard Races at Watford on Wednesday 23rd August. It is thought that Ben's time is the second fastest ever by a Bedford and County athlete (second only to Mark Draper's club record of 3:41.03 from 2010). This time gets Ben in the UK top 50 this year, and he has also improved his 800m PB to 1:52.46.

Sub-14 for Ben Alcock

In the British Milers Club Grand Prix at Trafford on 12th August, Ben Alcock broke the 14 minute barrier for 5000m with a time of 13:56.89.



Steeplechase Records and Medals for Lyla

Lyla Danobrega has been tearing it up in the Steeplechase all year. As well as breaking club records four times, her 1500m Steeplechase time of 5:06.16 puts her sixth in this year's UK Under 17 Women's rankings, and her 2000m Steeplechase time of 7:34.4 puts her third. Lyla's 1500m Steeplechase time is also an overall women's club record. Additionally, Lyla claimed the silver medal over 1500m steeplechase representing England at the Schools International Match in Scotland in July.



Thaila: Southern Gold and Schools Silver

Thaila-Jade Mason took a second South of England Championship gold when she added the U17 Long Jump title to the Heptathlon U17 title she had won a fortnight earlier. Competing at Lee Valley on Sunday 13 August, three of her four valid jumps (5.73m; 5.68m and 5.57m) were comfortably ahead of the silver medalist who jumped 5.30m. Thaila also won a silver medal in the Long Jump representing England at the Schools International Match in Scotland in July. On her very first jump, Thaila exploded off the take too board and soared though the air to cut the sand at precisely 6 metres – a huge improvement on her previous best of 5.59 metres. At first Thaila refused to believe that she had jumped that far, but recorded 5.91 metres in a later round to prove it was no fluke.

She held the lead for three rounds but had it snatched from her by Daisy Snell, also of England who jumped 6.05 metres

Thaila's jump of 6 metres improved the U17 Club record previously held by Etienne Maughan.

Top Twenty for Noah

Noah Campion's 8:21.53 PB at Watford on 9th August put him 17th in the UK Under 20 rankings for this year.

English Schools Championships - Senior Relay Team the Golden Cherry on top of a Silver Speckled Cake

Bedford and County athletes in the Bedfordshire Schools Senior Relay Team put a golden cherry on top of a silver speckled cake at the English Schools Athletics Championships held at Birmingham's Commonwealth Stadium last weekend.

In the inaugural running of the mixed 4 x 100m relay event, the well drilled quartet of Etienne Maughan, Jasmine Wilkins, Daniel Harding-Forbes and Ben Moseray stormed away to win the "A" final in a time of 45.05 seconds, beating the time of the winners of the B final by over a second. With this being the first running of this particular event, their time will mean that Bedfordshire currently hold five Championships Best Performances from over the 98 years of these national championships.

The silver speckles come in the form of three silver medals over the two days of the championships.

On the first day of the championships, Thaila-Jade Mason contested the Inter Girls Long jump in the face of strong but varying winds. Nevertheless, her second jump went out to a new personal best of 5m 44cms placing her in 4th with the top eight athletes to have three further jumps. Waiting for the wind to drop, she was perfect on the board on her fifth jump cutting the sand at 5.59 metres some 20 centimetres further than she had ever before. This moved her into what she thought was third place, however she was wrong! When the final result was announced, she discovered that she had displaced the athlete in second by a single centimetre.

Lyla Danobrega's silver medal in the Inter Girls 1500m Steeplechase was the product of a year's planning a towards this goal. Having run the 1500m last year she switched her target to the steeplechase. Refusing to go with what, for her, would have been a suicidal fast pace set by the eventual winner, Lyla bided her time and slowly made her way through the field until on the final back straight she was in contention for the silver medal. With 200m to go



she moved into 2nd, but the girl on her shoulder looked ominously strong. However, Lyla's superior technique and concentration proved decisive as her rival fell in the water and Lyla powered down to home straight to an emphatic second place, recording a five second personal best time of 5 minutes 06.16 seconds.

Meanwhile Etienne Maughan climaxed her English Schools career by adding a silver medal in the Senior Girls 100m Hurdles to the bronze she won at 80m Hurdles in 2021. She set a fourth personal best of the season, clocking 14.00 sec to win her heat and then shaved another one-hundredth off recording 13.98 in the final. Whilst there is no school's international for seniors, Etienne is stepping onto a bigger stage having been invited to compete at the Great Britain Senior Championships to be held in Manchester next weekend.

Gracie Wall, proud holder of a full set English Schools medals and current England U20 Champion, finished a frustrated 4th in the Senior Girls High Jump (1.75m), having had her competition and concentration disrupted by the Grand Parade marching within a metre behind the start of her run up.

Noah Campion had a great run for 4th place in his first Championship in the Senior Boys 3000m (8m 44.75 sec). Euan Supple completed the top eight places with 8th place in the Senior Boys 2000m Steeplechase in 6 minutes 23.24 sec.

Special mention should also be given to Lily Farr who smashed her personal best by three seconds in the Inter Girls 1500m recording 4 m 41.82. Strong negative winds of up to minus 3.7 metres per second destroyed the hopes of the sprinters for fast times and negatively affected other events as well.

In addition to those in the Bedfordshire and Luton team, two Bedford & County AC athletes represented Cambridgeshire at the ESSA Championships last weekend.

Eva Henry came 11th in the Inter Girls Triple Jump Final with 10.04m. This was a big shock for Eva to get the call up as she had only jumped over 10m 3 weeks beforehand and received the call up 2 weeks before the Championships.

Sadie Werrett came 8th in the Senior Girls Javelin Final with 36.10 metres. This is the 3rd year that Sadie has represented Bedford & County and Cambridgeshire at the ESSA Championships.

Full Bedford and County Results from the English Schools:

Event	Name	Heat or Pool		Final
IG 1500m	Lily Farr	4m 41.82 sec PB		
IG 1500m SC	Lyla Danobrega	-		2nd 5m 06.16s PB
IG Long Jump	Thaila- Jade Mason	-		2nd 5.59M PB
SG100m	Jasmine Wilkins	5th 12.52 (w -2.2)		
SG 100m H	Etienne Maughan	1st 14.00sec (w +2.9) PB		2nd 13.98sec PB
SG High Jump	Gracie Wall	-		4th 1.75M
SB 100m	Ben Moseray	7th 11.65sec (w-1.9)		
SB 100m	Daniel Harding-Forbes	6th 11.39sec(w - 3.7)		
SB 3000m	Noah Campion	-		4th 8m 44.75s
SB 2000SC	Euan Supple	-		8th 6m 23.24sec
Senior Mixed 4x100m Relay	Etienne Maughan ; Jasmine Wilkins; Daniel Harding-Forbes; Ben Moseray	-		1st 45.05 sec

IG Triple Jump	Eva Henry			11th 10.04m
SG Javelin	Sadie Werrett			8th 36.10m

Eastern Champions

There were some excellent performances at the Eastern Championships in Cambridge on 24th June, with wins for Aston Lockwood (100m – 10.89 seconds), Glen Kerr (Hammer – 50.05 metres), Bryan Zapnahiah (Under 17 High Jump – 1.85 metres), and a win and a Championship Best Performance from Sadie Werrett in the U20 Women's Javelin (37.67 metres). Well done to all those who took part.

Pentathlon Bronze for Darren

Darren Kerr claimed the Bronze Medal in the British Masters Athletics Federation Throws Pentathlon Champs at Horspath, Oxford in the M50-54 age group on 20th August.

This event consists of 5 different throwing events- Hammer, shot, discus, javelin and weight.

Darren achieved Personal Bests in his first 2 events- Hammer (47.82 M) and shot (9.75 M).

The Track

An Update from our Chairman, Paul Gooding, about the state of track

I hear many rumours and much speculation around the current state of, and future plans for, the Bedford track. As I communicate regularly with the council, EA, and others about this, I thought an update to members about what we currently know might be helpful.

To obtain a competition permit – which we need to host any of our events – the hosting track needs to have a current accreditation from UKA/EA, which is called “TrackMark”. This is normally issued every 3 years, albeit this time this was extended to 4 years because of the covid hiatus. Bedford's TrackMark expires in November this year.

The last assessment in 2019 mentioned that the track was ‘nearing the end of life’, and that it was considered likely that a full resurfacing would be required before further accreditation was achieved.

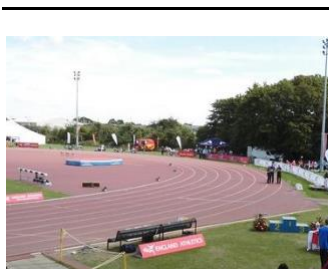
But at this stage, the track still does have a current accreditation, albeit only until November. I have recently been in contact with Labosport, who conduct the assessments on EA's behalf, with a view to getting the survey and assessment of the track done in the coming weeks. This review costs in excess of £3k, so the hope is that the council will pay for this, as it is ultimately their facility... ..but this is an ongoing conversation.

If the track fails to gain accreditation, we should be able to continue training on it under a local risk assessment. There may be small caveats, but essentially we expect the track to remain open as a training venue.

Given the high probability that the track will fail the assessment in some way, we have also been talking to the council (and others) about how refurbishment or resurfacing might be funded. The preferred supplier is a company called Polytan, as their quote is significantly lower than that received from Mondo, and their ‘Rekortan’ product has been shown to be compatible with the Mondo sub-base. It is not viable to also replace the sub-base, as this would hugely increase the cost. So we must reutilise the existing waterproof (not water-permeable) Mondo sub base.

I do know that there was a capital expenditure proposal raised internally within the council for possible resurfacing, but to the best of my knowledge this has not yet come up for review, so is still in the ‘pending’ tray.

In terms of timing, resurfacing with Polytan would have to take place in the summer months – they typically only perform this during period June to August – as warm, dry weather is needed during application to avoid future delamination



So as things stand, the very best case would be resurfacing in August 2024. If this were to be undertaken, the track would be out of use for up to 4 weeks, for whilst the process should only take 2 weeks or so, due to the need for good weather, a 4 week window is typically allowed for the works.

Until the track is granted further accreditation, we are unlikely to be able to host matches.

Two points to stress:

1. The track has not yet actually failed the assessment – the possibility of such failure is only a speculative (but perhaps reasonable) view at present.
2. There is not, as yet, any confirmed funding in place for resurfacing, nor any guarantee of this being found.

Club Development Plan

We continue to make steady progress on the Development Plan. A full review and update will take place in September.

- Governance and Articles of Association
 - The Articles of Association and Club Rules have been further updated and approved at the AGM.
- Performance and Participation / Athlete Recruitment and Development
 - Athlete recruitment has seen a steady throughout the summer.
- Volunteer recruitment, development and retention
 - Over the summer months two potentially new coaches have been working alongside our existing team and two previous coaches have returned to the club.
 - The next coaches meeting will be held in September.
- Communication - website, social media and social activity
 - A social media co-ordinator has been recruited resulting in a new club Facebook page and Instagram account.
- Athletes with disability / wheelchair section
 - The target of recruiting 2 new members in the current year has been achieved.

Blast from the Past – The Oldest Record on The Board

It may be the oldest record on the board: it is – 9th July 1971.

It may be a phenomenal record: it still is – 2minutes 10.3 seconds for U15 Girls.

It may have been done at the English Schools Championships – it was.

But it did not place the athlete in the top six – How come?

Fifty- two years ago this July, the English Schools Championships were held at Crystal Palace, the then mecca of British Athletics. Bedford's Carol Pannell lined up against Lesley Kiernan of Essex in the third of three semi-finals, with the first two to qualify along with the two fastest losers. It was a tremendous tussle which went right to the wire, Lesley prevailed in 2 min 10.1 sec with Carol securing her place in the final in by finishing second in 2 minutes 10.03 sec. – and this was just a semi!

The final was, as they now say “stacked”, as it also contained Hampshire's Christina Boxer. It was destined to be fast and it was!

In a very tight finish Kiernan (2 min 10.3 s) won from Boxer (2 min 10.6 s) with Pannell not featuring in the top six. (Sixth was 2 min 20.8 sec) So, what happened to Carol? We simply

don't know. Did she fall? Or was she so exhausted by the previous day's race that she had nothing left to give? It would be intriguing to find out.

Footnotes:

Christina turned the tables the following year winning, with Lesley in third place.

Kiernan was a prodigious teenage talent, who claimed a silver medal in the European U20 Championships whilst still an U17 and also competed at the European Senior Championships as a 1st year U20, later posting a best time of 2 min 1.48 sec.

Boxer enjoyed outstanding success as a Senior, competing in four Commonwealth Games (Gold in 1982), two European Championships, two World Championships and three Olympics culminating in 4th place in 1500m at Seoul in 1988.

Dennis Johnson

Upcoming Fixtures

- Saturday September 23rd Southern Road Relays, Rushmore Arena, Aldershot
- Saturday October 7th ERRA National Stage Road Relays, Sutton Park
- Saturday October 14th Chiltern League Cross Country, Keysoe Equestrian Centre (***this is our home fixture***)
- Saturday October 21st South of England Cross Country Relays, Wormwood Scrubs
- Saturday October 26th British Masters Cross Country Relays, Long Eaton
- Saturday November 2nd English Cross Country Relays, Mansfield
- Saturday November 11th Chiltern League Cross Country, Teardrop Lakes, MK
- Saturday December 2nd Chiltern League Cross Country, Stopsley Park, Luton
- Sunday December 17th **CLUB CHRISTMAS HANDICAP**

For the full fixture list, see the [Bedford and County AC website](http://www.bedfordandcountyac.org.uk).