



British Airways Athletics Club

Forthcoming Events June to August 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 26th June - Bridges Relay - Westminster - 7pm *

Join us opposite the Houses of Parliament for relay races with teams of 3 ladies or 4 men (and mixed) with each running a 2.3 mile lap including two of London's bridges.



Wednesday 10th July - Parkway Mile - Concorde Centre - 6pm

The club's traditional summer one mile races - with different races for runners with different capabilities. Followed by the Club AGM. Meet at the Concorde Centre Heston TW5 9PQ



Thursday 11th July - Great City Race - City-of-London - 7:30pm *

Join us as we help marshal the Standard Chartered Great City Race for the London Marathon Group. Good fun, for a good cause and with refreshments provided afterwards.



Saturday 13th July - Richmond parkrun - Richmond Park 9am

This month's Club Featured 5k parkrun is at Richmond Park (start near Richmond Gate). Register for free at www.parkrun.org.uk, look for our vests before the start or at the finish and say hello.



Thursday 18th July - Fun Run Training - Waterside - 5:30pm *

Would you like a preparation session before the following week's BA Fun Run? Let us know if you do and we'll shape the session around what you want to do or what you think you need.

- 15:00 Gates Open
- 16:30 1k Little Legs
- 17:30 5k Fun Run

Register via the BA Intranet, Facebook "FunRun BA" or via the baRUNNER website.



BA Fun Run 2013 Theme



Thursday 25th July - BA Fun Run - Waterside Parkland

Are you running at this year's BA Fun Run in aid of Cancer Research UK? Good on you if you are. If not, then how about joining us to help marshal the event? No experience necessary and you'll be contributing to the good cause without (as much) effort as the runners. Neither? Come anyway for the Carnival!

Saturday 3rd August - Upton Court parkrun - Langley 9am

August's Club Featured 5k parkrun is at Upton Court near Langley (SL3 7LT). Register for free at www.parkrun.org.uk and use this as the excuse to get out of bed on Saturday morning.



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.

For more details visit the website www.baRUNNER.org.uk or contact:

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Further Ahead - WARR 2013

This year's World Airline 5k & 10k Road Races will be in Cape Town in October. All abilities welcome so if you ever wanted an excuse to visit South Africa this is it.