Hi all

Despite the sun, the winter season is fast approaching and the first few weeks are as always, busy ones especially for all you tough winter runners!

We expect all our winter boys and girls to get involved with as many races throughout the winter as they can, some races are by selection but most are open for everyone.

It all kicks off at Sparrows Den on Saturday 14th September when we host the Will Bolton cross country relays.

We will be making teams up to do the 3 x  3k and 4 x 4k relays so let me know if you are available and then get there nice and early so you can warm up and we can sort teams.

Link to info  <http://www.bandbhac.org.uk/Will%20Bolton%20Relay%20Entry%202013.pdf>

The following weekend  we have the Southern Road Relay Champs at Aldershot on Saturday 21st. (if you aren't an U13 doing the Kents). Please let me know if you can make this date as again I will be sorting teams for the day.

Link to info  <http://www.seaa.org.uk/images/2013/Entry_Forms/Road_Running/Womens.pdf>

On 29th September we have our  Club 5 mile Cross Counrty championship over the challenging but enjoyable local course.

The first Kent league cross country race is the next race on Saturday 5th October at Swanley. This season we are hoping for great things from the young athletes BBHAC teams.

On the 13th October we have the National Road relays up in Sutton Coldfield, a great day out, racing on a traffic free course against the best clubs in the country.

The 2nd Kent league fixture is at Tonbridge on Saturday 26th October, again we expect to see you all there.

Then we have the over night stay in Mansfield for the National cross country relays on 2nd Novenber. This is another well organised National  event.

If you have never done it you will find it a great experience, if you have done it I am sure you'll be doing it again this year.

  I will be in touch before each event with more info.

            Regards

        Paul Austridge

        07710094846

        Boys Team Manager