

# Sportshall athletics

**Start your athletics  
journey from 15<sup>th</sup> October  
as Sportshall sessions  
return – until Easter 2019!**

Get ready for track and field with these fun, safe indoor sessions for ages 6 and over, with groups for under 11s and under 13s

**Training is at Biggleswade Recreation  
Centre, Eagle Farm Road, SG19 8JB  
Mondays from 6pm-7pm – £2.50 per session**

Featuring sprints, relays, soft javelin, shot put, standing long jump, vertical jump and much more!

**Biggleswade  
Athletic  
Club**

