

# Biggleswade Athletic Club



## Sportshall athletics

**Start your athletics  
journey from  
Mon 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, featuring groups for under 11s and under 13s

**Training is at Biggleswade Recreation  
Centre, Eagle Farm Road, SG18 8JB  
Mondays\* from 6pm-7pm — £2.50 per session**

Compete against teams from Bedford, Luton, Ampthill & Flitwick and Leighton Buzzard!

\*Please note: there are no sessions Mondays 24 & 31 December

### Events include ...

- Sprints
- Relays
- Soft javelin
- Shot put
- Standing long jump
- Standing triple jump
- Vertical jump

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