

BRAT MATTERS.

29th September 2003

As the Club continues to grow, it is becoming increasingly difficult to maintain strong communication links between all the members. In an effort to remedy this situation, I have produced the first of what I hope will become a regular bulletin containing information on some key issues. This is not meant to replace the newsletter, which will remain the principal method of communicating the numerous successes of the Club. If anyone would like to include anything in future bulletins, please don't hesitate to get in touch.

Can I also remind people that if they have a message to go to all BRATs, can they send it via the club secretary Mark Easter. We are having problems with email going to old addresses or people who are no longer members and Mark is the only person with the up-to-date list. Contact him on marke@bratclub.co.uk

TRAINING SESSIONS: As some of you will be aware, over the past 12 months there have been some clashes between training sessions, namely on a Tuesday night where the run session has coincided with the bike bash, and on a Wednesday night where the spin sessions have prevented me from going to Swan Pool. After consulting various members of the committee, I would like to propose a new training programme that, unless there are huge amounts of negative feedback, will be introduced **week commencing Monday 6th October.**

MONDAY: Easy run session, 3 groups of different fitness levels meeting at the Midlands Arts Centre in Cannon Hill Park at 7.00pm. **There will still be a public Studio Cycling Class at Tiverton Pool, taught by an excellent instructor, Simon Baxter.

TUESDAY: 6.00pm Studio Cycling, taught by Paul Robertshaw.

7.00pm Studio Cycling, taught by Steve Washbourne. Both classes currently at Tiverton Pool, although Steve's Class may be re-located to Billesley Indoor Tennis Centre within the next month or so,

WEDNESDAY: During the Winter, whilst Swan Pool is not so popular, the run interval session will take place on a Wednesday at 7.00pm. Until further notice, the rendezvous will remain the University Guild of Students. Once Swan Pool is an option again, it is hoped that to organise a similar session in Sandwell Valley after swimming for those who wish.

THURSDAY: 6.30pm Studio Cycling, taught by Paul Robertshaw.

THE WEEKEND SWIM SESSIONS WILL REMAIN AS THEY ARE. FOR THE NEXT 3 SUNDAYS, 5/10-19/10, THERE WILL BE 2 SESSIONS; FOR SUNDAY THE 26/10, AND 1/11 (THE START AND FINISH OF HALF TERM) THERE WILL ONLY BE ONE SWIM SESSION, AT 3.00PM. AFTER HALF TERM, THE COMMITTEE WILL BE RE-EVALUATING THE DEMAND FOR THE SECOND SESSION AND DECIDING ON ITS VIABILITY.

There is also the possibility of adding a bike session on Saturday's based on the Tuesday night bash course. If anyone is interested in this, could they please get in touch with Mark Easter (0121 744 2518 marke@bratclub.co.uk)

BIKE AND RUN SESSION LEADERS: I would like to ask for anyone who feels confident enough to volunteer to lead either the Sunday morning bike rides, and the Monday night run sessions to get in touch with me. I then intend to draw up a rota for the next few months to ensure that all of these sessions are suitably organised.

UNIVERSITY OF BIRMINGHAM ROAD RELAYS. 3km legs.

Scheduled for the 15th November, I would like to think that we could get 3 or 4 Men's teams, and a couple of Women's teams in this event. As this is not a Midland Counties event, we will be able to compete as BRAT's, again, if anyone is interested, could they please let me know.

LINK WITH BIRMINGHAM ROWHEATH ATHLETICS CLUB.

The link with Birmingham Rowheath Athletics Club (BRAC) continues to grow, last weekend, 6 members of the BRAT Club raced for our partner Club in the Midland 6 Stage Road Relays. There are a couple of other areas where we may be able to strengthen this link which I have detailed below:

BRAC are looking to develop their Women's section, and are keen to hear from any BRAT's who may be interested in running either Cross Country or in the Road Relays held in the Spring next year. It is hoped that the teams for the University Relays will form the springboard for this development?

Lastly, BRAC are looking for help with the coaching/supervising of their junior section, and have asked me to ask if anyone might be interested. Initially, no formal coaching qualification would be required, although eventually the opportunity to obtain these would be offered. The sessions take place between 6.30 and 7.30 on a Monday and Thursday at the University of Birmingham track, anyone interested could again get in touch with me, or phone Nick Price, the Chairman of BRAC on 07967 492186, or (w) 464 6042.

KIT UPDATE.

We are hoping to have a full range of BRAT Club kit, including cycling and running apparel available early in the New Year. It is 90% certain that we will be sourcing the kit from a Canadian Manufacturer, Sugoi, and that the Up and Running Store will stock a range of items. Other less popular items will still be available by order from Up and Running. Massive thanks must go to Steve Washbourne for all the time and effort he has put in on this important project, and once the kit arrives I am convinced that everyone will agree that it has been worth the wait.

CLUB RACE PROGRAMME.

Next year the Club are planning to host a series of Swim/Run Biathlons. Currently myself and John Wheeler are working on establishing the possible venues and format and frequency of these events. As it is anticipated that there will be more work than the two of us can cope with on our own, we would very much like to hear from anyone who would be interested in getting involved in the planning of these events. The more people that are involved, the more events that we can host, and the more money the Club will generate.

LAST CHANCE 10 mile TT

The last of the K37 (A435) 10 miles time trials takes place this Saturday at 3pm. Meet as usual at @2:15pm at the club house on Silver street in Wythall. We are hoping for a good turn out especially from female BRATs. If you are not sure where to meet call Paul R, Washy or Mark.

OK, I guess that's enough pleading. In future, I will liaise with the Club Social Secretary, Wendy Easter, and make sure that there will be a party orientated section to these bulletins!

Paul Robertshaw
Club Chairman