

FEBRUARY 2024

The Club Insider



TEAM UPDATES & INFO

JANUARY IN PICTURES



FEBRUARY IN PICTURES



RACE INFO

GRAND PRIX

SUNDAY 24TH MARCH
BVAC 5 MILER

THURSDAY 4TH APRIL
ASSEMBLY LEAGUE RACE #1

SUNDAY 12TH MAY
DARRENT VALLEY IOK

SUNDAY TBC JUNE
MYRA GARRETT IOK

ASSEMBLY LEAGUE

#1 THURSDAY 4TH APRIL
BECKENHAM

#2 THURSDAY 2ND MAY
VICTORIA PARK

#3 THURSDAY 6TH JUNE
SUTCLIFFE/CRYSTAL PALACE TBC

#4 THURSDAY 4TH JULY
SUTCLIFFE/CRYSTAL PALACE TBC

#5 THURSDAY 1ST AUGUST
VICTORIA PARK

#6 THURSDAY 5TH SEPTEMBER
BECKENHAM

MNT

MONDAYS AT 7PM
MEET AT THE CLUB

Please remember to
WEAR HI-VIS/REFLECTIVE

WEAR on evening runs



Speak to a member of
the Committee to
order your Club Kit -
beautifully modelled by
Mel, Andy & Nathalie!

RACE VOLUNTEERS NEEDED

You will have seen the email from Simon about the relay - **Wednesday 22nd May** is the confirmed date. In order to host a super successful event we need some support. There are plenty of small jobs to be done in advance, and then on the evening itself it will be all on hands on deck to deliver our most successful event yet!

The types of things we would ask for support on include:

- Liaising with the park/council for access
- Coordinating with the Office Team at Foxgrove
- Organising the paramedics/adjudicator
- Advising the local police of the event
- Prep for the race numbers
- Set Up on the night
- Marshalling

If you can support in any way can you please contact Steve, Simon or Lou ASAP.



Please speak to Lou if you would like to write a race report or an article for the monthly newsletter.

GUEST SPEAKER

Wednesday 13th March

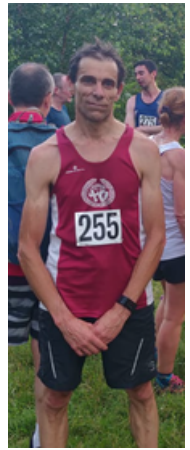
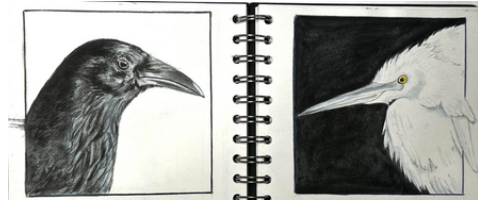
Claire is a local business owner and runs Bromley Nutrition. Those of you on social media may have seen some posts I have been putting out over the last few weeks about my own journey. As part of supporting our local community I have invited her along to meet you lovely lot!

Claire will be joining us for the March handicap, and will be on hand to run mini health checks and provide you with hints, tips and advice for a healthier you, including how to fuel better.

Bromley Nutrition gets results:

- Improved Energy
- Improved Sports Performance
- Shape Change
- Weight Loss

Please let me (Lou) know if you would like to pre-book a slot.



THE TREK - MICHAEL BEECHER

Our members never cease to amaze - we have another hero in our midst! Michael has decided to embark on a remarkable journey: he's retiring to hike the Appalachian Trail. For those unfamiliar, the Appalachian Trail, stretches across nearly 2,200 miles (3,540 km) from Springer Mountain in Georgia to Mount Katahdin in Maine, traversing 14 states. It's hailed as the longest hiking-only trail globally, offering breathtaking views and unparalleled challenges.

Not only is he incredibly fit for this endeavor, but he's also gifted in the arts. Throughout his trek, Michael plans to capture the beauty of the trail through his sketches, offering us a unique perspective of his journey.

As Michael sets off on this incredible expedition, we extend our heartfelt wishes for boundless luck and safety. Additionally, we're thrilled to share that Jeremy will be joining him for a section of the route. Their shared experiences are sure to be filled with unforgettable moments and stories that we eagerly anticipate hearing upon their return.

You can follow Michael's epic journey using this link: <https://thetrek.co/author/michael-beecher>

Don't forget to share any tips, photographs and updates for socials with Siobhan

