

NOVEMBER 2023

The Club Insider



TEAM UPDATES & INFO

BRIGHTON 10K - ALICE

21 of us braved a super early start to head down for the Brighton 10k. Niamh, Mel and I made a pre 7am start to catch the weirdly full train down from Croydon. (Standing room only at 7.23 on a Sunday morning - who knew?!). Despite fears, transport seemed to go well for all. Including Dan, David and Ken's confusing lift miscommunications being sorted before anything went awry.

The weather by contrast was not so much on our side. It was sunny but freezing and blowing a hoolie. It took guts to remove our jackets and we huddled together like penguins at the start, desperate to get going before we iced over.

The course was an out and back along the seafront, with a little extra wiggle or two. Those 47mph winds were blowing along the coast rather than off the sea, so it was behind us for the outbound and in our faces for the return. Perhaps my fastest 5k ever on the way out. Not so much on the way back. Kilometre 8 was a particular struggle when a secret hill and a rain shower combined with the gale to make life seem pretty grim.

But it wasn't too long before we were all done, wearing our ridiculously huge medals, back safely in our coats and making free with tea, bacon sarnies and cookies in the beachfront sunshine before heading off for a bit of browsing in the Laines.

So a gale force but great experience overall. Thanks especially to the cheering squad for making it all the more fun. Recommended for next year (especially if you're an early bird and not fussy about your hairstyle.)



XMAS PARTY - EVERYONE IS ENCOURAGED TO BE THERE & CELEBRATE BRC



RACE INFO

GRAND PRIX

SUNDAY 21ST JANUARY
CANTERBURY IOMILES

SUNDAY 18TH FEBRUARY
TUNBRIDGE WELLS HALF

SUNDAY TBC MARCH
BVAC 5 MILER

THURSDAY TBC APRIL
ASSEMBLY LEAGUE RACE #1

SUNDAY 12TH MAY
DARRENT VALLEY 10K

SUNDAY TBC JUNE
MYRA GARRETT 10K

CROSS COUNTRY

SAT 6TH JAN
BRANDS HATCH, FAWKHAM

SAT 5TH FEB
NORMAN PARK, BROMLEY

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 - STEVE

In previous years we have hosted 2 races - May relay and November Trail. In 2023, the relay was another great success and well supported by our running club members, without whom we couldn't put the race on. The event has been running since the late 70's and this year was the first time we used chip timing. There must have been 500 runners and spectators on the evening - with some fantastic feedback.

If there is enthusiasm from club members we could bring back the Trail race in November 2024. Please speak to myself or Lou if you would like to help to organise this.



AGM - THANK YOU FOR YOUR SUPPORT

Thank you to Nicky for her outstanding, not to mention lengthy, stint as Club Secretary, Joe for his Mens Captain leadership, and Stuart for his support on New Members. Our club has benefitted hugely from your generous volunteering over the years. As agreed on the evening of our AGM, BRC will go forward with the following support in place:

Our 2024 Committee

- Chair – Lou Black
- Vice Chair – Simon Carter
- Club Treasurer – Emma Newcombe
- Member Secretary – Julie Johnson
- Team Manager - Mike Reich
- New Members – Claire Deane & Niamh
- MNT – Richard Selway
- Volunteer Coordinator – Steve Ferrar
- Grand Prix – Paul Flether & Jeremy Hodgson
- Socials – Gail Arnott
- Welfare Officers – Paul Booth, Viv Greig

If you would like to support the club with volunteering, then please do reach out to one of the committee, we would love to have you on board!

There are plenty of opportunities to get involved & we can make our club even better with your support!



London Marathon Place Sunday 21st April 2024



BALLOT DRAW - XMAS PARTY

We are delighted to be able to give a coveted place for the 2024 London Marathon to a member of our amazing club.

If you are interested in being entered into our ballot, please check you meet the below criteria:

- The ballot is only open to first claim members.
- Any member entering the club ballot must have been an affiliated and fully paid member of Beckenham Running Club (the "Club") for at least 12 months prior to the date of the draw.
- Ballot entrants should be active members of the Club, specifically in the 12 months prior to the draw:
 - they must have helped with at least one Club race - volunteer at relay/cross country/handicap
 - worn the Club vest more than once in events such as Grand Prix races
- Original emails/letters from London Marathon must be produced as proof that the member was unsuccessful in the public ballot.
- Members cannot enter the ballot if they were successful in receiving a place in the previous year's club ballot.
- Any committee member wishing to enter the ballot must follow the same process as any other club member.

If you are eligible, please email Lou by Monday 11th December with a copy of your "No" email/letter.

chair@beckenhamrunning.co.uk

The draw will take place at the Club Christmas dinner on Wednesday 13th.

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