

OCTOBER 2023

The Club Insider



TEAM UPDATES & INFO

PETTS WOOD 10K - NATHALIE

For the 10th Grand Prix of the year, 40 of us headed to Petts Wood to run a mostly off-road 10k race. First time running it and it's been a positive experience from start to finish. The event is popular with over 800 runners. The staggered start was very useful as the first one mile is on narrow pavements. Then the rest of the route is very scenic and goes through parkland and woodland, including a few lovely hills! What really impressed me is the number of marshals. I don't think I've done a race with so many cheerful marshals. Surprisingly too, there were lots of supporters and music along the way. No medals at the finish but chocolate bars with a chance to win a prize!

Overall a great local race, extremely well organised. What made it special was not only the beautiful weather but the fantastic achievements of the 40 Beckenham runners. We got a few prizes: Men's team came second (Ryan, Nick, Dan W), Women's team came first (Aurelia, Siobhan, Nathalie), Aurelia came first in her age category and 4th woman overall.

Well done everyone, another great GP race!





PARTY
TIME

WEDNESDAY 13TH DECEMBER

7PM

Shortlands Golf Club





RACE INFO

GRAND PRIX

SUNDAY 19TH NOVEMBER
BRIGHTON 10K

SATURDAY 9TH DECEMBER
PARKRUN

CROSS COUNTRY

SAT 11TH NOV
DANSON PARK, BEXLEYHEATH

SAT 25TH NOV
SWANLEY PARK, SWANLEY

SAT 2ND DEC
CENTRAL PARK, DARTFORD

SAT 6TH JAN
BRANDS HATCH, FAWKHAM

SAT 5TH FEB
NORMAN PARK, BROMLEY

MNT

MONDAYS AT 7PM
MEET AT THE CLUB

AGM

WEDNESDAY 8TH NOVEMBER

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!

MALAGA HALF MARATHON - CLAIRE

With an 8.30am start, thankfully the Malaga Half was on Sunday 29th October and the clocks went back, so the pre-dawn darkness and chill in the air was quickly replaced with blue skies and warmth from the sunshine.

The start was busy standing among the c.5,000 runners who had gathered outside the football stadium after dropping off their bags, but the crowds soon spread out on to the wide roads that led from the stadium to the heart of Malaga and beyond.

The course is nice and flat with views of the sea on one side and hills on the other, and as the sun got stronger, everyone was thankful to reach the beautiful stretches of tree-lined roads alongside the port of Malaga as they provided some welcome shade, before heading out past the lighthouse towards the sea.

The race was very well organised with plenty of volunteers, water stations, supporters and DJs along the way to motivate everyone. As runners journeyed out they could marvel at the elite runners returning back pushing for some PBs, and as an out and back course it was nice to look out for and see some familiar faces along the way. The final push towards the stadium was tough as legs were tied but on turning into the stadium and crossing the finish line, runners were welcomed with cheers, medals, plenty of refreshing drinks and lots of fresh fruit, to enjoy a well-deserved rest in the glorious sunshine before heading back to the beach to cool off in the sea.

Well done to everyone who ran, the Malaga Half is highly recommended as everyone really enjoyed the day.



AGM - ALL WELCOME

Our AGM is on **Wednesday 8th November at 8.30pm** in The Long Room. All members are welcome to attend. It's a relatively relaxed meeting - you are more than welcome to bring food and drink in with you.

We will be doing a review of the year and voting in the new committee for the coming year.

Our Current Committee:

- Chair – Lou Black
- Vice Chair – Simon Carter
- Club Treasurer – Emma Newcombe
- Club Secretary – Nicky Howard
- Member Secretary – Julie Johnson
- New Members – Stuart Wilson
- Mens Captain - Joe Newcombe
- MNT – Richard Selway
- Volunteer Coordinator – Steve Ferrar
- Grand Prix – Paul Flether & Jeremy Hodgson
- Socials – Gail Arnott
- Welfare Officers – Paul Booth, Viv Greig, Dan Dyer