

SEPTEMBER 2023

The Club Insider



TEAM UPDATES & INFO

WEALD 10K - AMY

Wonderful Weald 10k - After dancing til midnight at the clubhouse summer party; sat in the child seats at the back of a camper van at 8.30am on route to run BRC's September Grand Prix race I contemplated what on earth I was doing - especially because I only signed up the day before.

Welcomed by a starting line in a picturesque Sevenoaks Weald village and the small crowd of friendly BRC runners, it was worth it. The warm up consisted of watching much more coordinated Kate and Mel T follow the complicated dance routine (more dancing!) and then we were set to go.

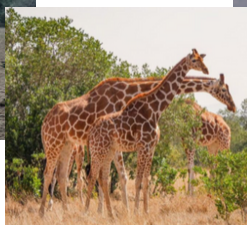
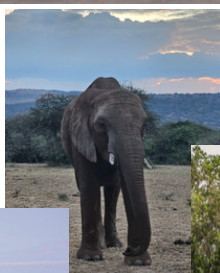
A 10k of meandering country roads lined with habitat rich hedges. It was largely downhill for the initial 5k followed by long slog up gentle hills for the second half. Finally, there was a horrible sharp hill just before the village green finish making it hard to smile let alone sprint across the line. Lovely well supported and organised race, I'd do it all again.

Fantastic third prize for the incredible BRC Men's Team, Nick Coogan, Neil Phillips and Ian Galbraith. Some amazing runs from all of the BRC team and I loved the support everyone showed for each other.



FOR RANGERS ULTRA - SIOBHAN

Standing on the start line, surrounded by members of the army and quite experienced runners it was hard not to feel a little out of place and a lot more than daunted at the challenge ahead. But there I was, too late to back out now. As the count down began, the helicopter (tasked with watching over us for the next few days) flew up from behind us and we were off! Altitude difficulties was the first thing that hit me. I struggled to catch my breath and had a thudding head for the entire day. However, none of that matter once I was 3km into the race a saw a rhino and her baby less than 100m from me! Nothing like a wildlife sighting for motivation I soon discovered. The first two days went quickly and I was continuously uplifted by my fellow runners each night at camp. The camaraderie that develops in such a short time always amazes me but was certainly something that kept me going. Day Three was the dreaded day, the longest and with the steepest hill of the race (also the hottest, hitting 42° we later discovered). The 'hill' a 3km almost vertical climb straight up, and the weight of my pack seemed to be getting heavier somehow! However, we made it and the views were the most beautiful I've ever seen. The next two days were tough, really tough. But once you've made it past day three there's no way you cannot make it to the end. A gruelling challenge but once filled with incredible wildlife and meeting the rangers who protect them was one of my highlights. One of the hardest, but without question the best thing I've ever done!



RACE INFO

GRAND PRIX

SUNDAY 8TH OCTOBER
PETTS WOOD 10K

SUNDAY 19TH NOVEMBER
BRIGHTON 10K

SATURDAY 9TH DECEMBER
PARKRUN

CROSS COUNTRY

SAT 14TH OCT
FOOTSCRAY MEADOWS, SIDCUP

SAT 28TH OCT
SOMERHILL SCHOOL, TONBRIDGE

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

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!

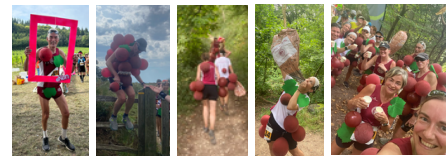
BACCHUS HALF- LOU W

When the idea was floated a few months back of running a half marathon around a vineyard whilst sampling their wares at various points along the course, I don't think any of us could have predicted quite how much fun and laughter we'd have! The fact that prizes are awarded not for the first finishers but for the best costumes says it all, added to that it's a well organised 'race' with volunteers and marshals who go out of their way to ensure participants have an unforgettable day.

A total of 13 BRC runners signed up for the half and we decided to embrace the spirit of the event and dress-up as bunches of grapes which, as luck would have it, matched our maroon club vests perfectly. Hats off to Andy Regan who hands-down won the prize for having the most grapes (aka balloons) pinned to him (check out the pics) - and who I think had the most intact at the finish - which is no mean feat given the branches, narrow paths and undulating terrain that we had to tackle.

We were lucky with the weather: it was dry, sunny and 26 degrees when we set off. After 4 miles, we reached the first wine and refreshment stop and it's fair to say that way more cold water than white wine was consumed given the hot conditions! Fortunately the temperatures eased as we embarked on a few hills, which made it easier to imbibe more wine at the subsequent stops! This event was the best half I've ever 'run' thanks to the amazing sense of camaraderie and team spirit we had. After the first five (very hot!) kilometres, we decided to run as one group which was hilarious fun! More and more balloons popped as we went along - eliciting increasingly raucous cheers - as more and more wine was consumed. Mike Reich did a great job keeping spirits up (and those of our fellow competitors!) by leading us in singing and chanting.

This half deserves to become a club fixture and an experience that every runner takes part in at least one in their running life! I can't recommend it enough and am already looking forward to next year with hopefully an even bigger BRC contingent!



VITALITY 10K - MEL T

A few of us BRC club runners headed into town to run the Vitality 10000. The start time was at a nice sociable hour, from 10:30 for my wave and from 10:05 for the speedies! The weather conditions were also dry and not too hot.

10 waves or 15000 people took part but not everyone received their race pack so there was a 2 hour queue for some just to collect their new number.

There were plenty of toilets with long but fast moving queues to do who knows how many nervous wees whilst we wait for our wave time.

A very cosy warmup tool place at the start line where we were meant to swing our legs in a space where you couldn't even swing cat.

The crowds and entertainment were very very good giving London marathon vibes in places - if you were lucky enough to not queue for your replacement number otherwise you're running on your own pretty much.

A very long wait for results, over 24 hours for most and it took an extra day for mine to come though but I was pleased to knock off around 7 minutes since the Weald 10K only 3 weeks ago! It's also crazy to think I ran the marathon there back in 2010 at an even faster pace!

The event was too big and chaotic for all of the BRC runners taking part to be able to get together pre and post race. It's definitely one to remember though and we went home with a snazzy pink medal as well as a technical shirt. Would I recommend it? Yes if you can get it cheap!

