

APRIL 2024

The Club Insider



TEAM UPDATES & INFO

OUR INCREDIBLE MARATHONERS

BRIGHTON

Ryan 03:10
Ciara 03:36
Tom 03:39
David H 03:46
David 04:11
Ramon 04:50

LONDON

Siobhan 03:29
Nathalie 03:29
Kate 03:32
Ciara 03:33
Mike 03:39
Donna 03:48

LONDON

Katie 04:01
Jeremy 04:04
Patrick 04:28
Katy 04:38
Niamh 04:53
Jade 05:10

NEWPORT

Amy 04:07

.... And yes, you read that right - Ciara did run
Brighton & London..... both with a PB!!



RACE INFO

GRAND PRIX

SUNDAY 12TH MAY
DARRENT VALLEY IOK

WEDNESDAY 12TH JUNE
DINO DASH RELAY
CRYSTAL PALACE PARK

ASSEMBLY LEAGUE

#3 THURSDAY 6TH JUNE
CRYSTAL PALACE

#4 THURSDAY 4TH JULY
SUTCLIFFE PARK

#5 THURSDAY 1ST AUGUST
VICTORIA PARK

#6 THURSDAY 5TH SEPTEMBER
BECKENHAM

MNT

MONDAYS AT 7PM
MEET AT THE CLUB

PLEASE NOTE WE HAVE BANK
HOLIDAY MONDAYS OFF

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!

APRIL GRAND PRIX - IN PICS



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

GUEST SPEAKER - THIS WEEK

Wednesday 8th May

Ahmet Mustafa from The Medical Therapy Group will be hosting a session to chat all things Sports Injury & Pain Relief - he has clinics in Bromley & Beckenham and hopes to be able to support our athletes going forward.



This will be a group session after The Handicap, starting at 8.30pm - and everyone is welcome to attend.

DUATHLON- PODIUM FOR MEL



Congratulations Mel for coming 2nd in the AG Northumberland Duathlon Sprint Distance

This wasn't for the faint hearted - the weather conditions were pretty fierce and there was a beach run with rocks and steps involved! Ooft!

Our talented team don't just run! Our weekend training often includes cycling and swimming - keep your eyes peeled on the various social channels and listen out on Wednesdays for the announcements.

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

