

MARCH 2024

The Club Insider



TEAM UPDATES & INFO

IT'S MARATHON SEASON! - GOOD LUCK TO TEAM BRC

BRIGHTON

David

Ryan

Ciara

David O

David H

Ramon

NEWPORT

Amy

LONDON

Patrick - for Myeloma UK - <https://bit.ly/3TOTop7>

Niamh- for Living Well - <https://bit.ly/4clSYt9>

Kate - for Foal Farm - <https://bit.ly/3TJOHNr>

Nathalie

Donna

Siobhan

Katie

Ciara

Jade

4272

36654

HUGE APOLOGIES IF WE HAVE MISSED ANYONE ON THIS LIST!

PATRICK WON THE CLUB PLACE FOR 2024 LONDON

In just a few weeks from now I will be running the London Marathon for the very first time, and it will also be the first time I have run any marathon for 12 years. Just before Christmas, I was lucky enough to win a place via the Beckenham Running Club London Marathon ballot. I would like to use the opportunity to raise funds for Myeloma UK. Myeloma is often regarded as a rare blood cancer, but its prevalence is increasing. My father passed away last year after suffering from myeloma for some years, but as many of you know, it has also affected some of our friends in the running community. For me, fundraising for Myeloma UK provides a great opportunity to give a little back and do something I love (at least until mile 20) all at the same time. If you can sponsor me, I would be very grateful. The sponsor link is at:

<https://bit.ly/3TOTop7>

Thank you - and good luck to all our spring marathoners this year.



NIAMH IS RUNNING HER FIRST MARATHON

Hi, I'm running the London Marathon to raise funds for Living Well, which runs a food bank in Penge, and also offers free advice on debt management and homelessness. If anyone would like to drop a few £s in for my first (and I expect my last) marathon, I would be most grateful, and so would the people at Living Well. Thank you! Niamh

<https://bit.ly/4clSYt9>



RACE INFO

GRAND PRIX

SSUNDAY 12TH MAY
DARRENT VALLEY IOK

WEDNESDAY 12TH JUNE
DINO DASH RELAY
CRYSTAL PALACE PARK

ASSEMBLY LEAGUE

#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 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!

RACE VOLUNTEERS NEEDED

Thank You to our Relay Sub Committee for a productive 1st meeting - there has been some excellent progress made, and many hands do make light work!

Steve and his team will be looking for volunteers to support on the course and at the start/finish line on the night - **Wednesday 22nd May**. Please do get in touch to register your interest. We are looking for at least 30 additional people.

Roles Include:

- Marshall Spots
- Start/Finish Support
- Lead Bike
- Sweeper



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

GUEST SPEAKER

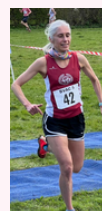
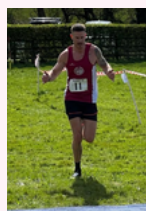
Wednesday 8th May

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.

MARCH GRAND PRIX - IN PICS



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

