

#READREDANDORANGE

The very occasional newsletter
of Balsall Common Run Club

Spring / Summer Edition

September 2024

Welcome

This is the first of what is likely to be a very occasional newsletter from Balsall Common Run Club.

The Committee was delighted with how many members attended what was effectively our inaugural AGM earlier in the year. It was great to hear your comments and suggestions and as a Committee we are endeavouring to take a number of those forward. It was also great that a number of you have volunteered on a number of fronts – coordination of events (social and running), kit and helping us to re-establish our website.

We hope this newsletter gives a useful recap and reminder of some of our activities but we would be really keen for anyone to submit articles for a later edition that you think would be of interest to other members.

At point of publication we have 45 members – almost the same as last year but if you know anyone who is interested in joining us it would be great to have them along. We also hope that re-establishing our website presence will prompt more interest.



Running Matters

Thursday Sessions

Over the last few months we have used a wider variety of formats for our Thursday sessions to keep life interesting. We know some of you prefer some formats over others but hope there has been something for everyone. We will try to navigate particular preferences (we know some of you aren't great fans of trails!) but we may not be able to keep everyone happy all of the time. If you have other suggestions, please do let us know – particularly as we approach the darker nights when options are a little more limited.

New Groups

We introduced new pace groups from the start of this month. With a little more capacity from a run leader perspective we have also introduced extra groups and hope that this improves your club running experience.

The new groups have been designed around our analysis of the pace at which members run and a recognition that there was considerable variation of pace within some of our previous groups.

We hope that the new groups better reflect the pace at which you all run and that you can choose the group with a pace that suits you best. As ever we will keep this under review and welcome any feedback. Our most important consideration is that no one, who is in an official club session, runs alone and no one gets left behind.

Ad-hoc Sessions

Also responding to feedback we are trying, based on demand and run leader availability, to arrange additional runs outside our normal Thursday and Saturday sessions as we know some of you would welcome an additional run on other days. We will try to keep these going and, as they will tend to be for 'all paces', they will be centred around drills e.g. hills or intervals to keep everyone together.

Winter

With the darker nights approaching we will be expecting everyone to remain visible on our evening runs (Thursday or other nights) – so get your running lights charged and at the ready!



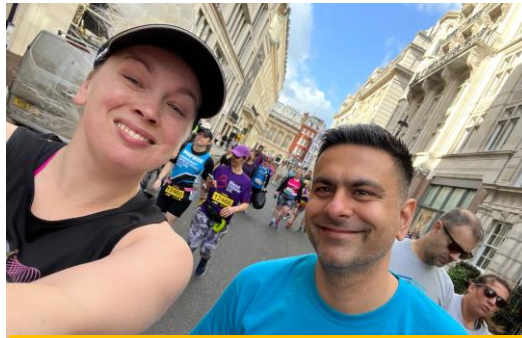
Run Leaders

Congratulations again to Dawn Court and Rhys Mainwaring who recently completed the UK Athletics Leadership in Running Fitness qualification and have joined the ranks of our run leaders.

The course is mainly web-based and an interesting mix of running theory, safeguarding and first aid enabling you to lead sessions that are fun, safe and runner-centric.

Having more run leaders enables us to better tailor our sessions to the needs and preferences of our members and, as ever, if others are keen to take the course please get in touch with a member of the Committee. The Club will make a contribution towards the cost of the training.

You can find out more by searching "England Athletics LiRF"



London Landmarks Half Marathon

Running around

As ever our members have been at events far and wide – here's a selection of what you have been up to over the last few months (with apologies to any we have inadvertently missed!)

Boston (UK!) Half Marathon



London Marathon



Edinburgh Half Marathon



Chariots of Fire



Scottish Half



Two Castles



Leamington Half



Offa's Dyke 15



Northbrook



Ryton

What Running as a Club Means

As this is our first newsletter we thought it worth repeating an article from Heyford Ardvaarks Running Club that has been shared a couple of times by WhatsApp in the past but worth reitherating as it sums up much about what running as a Club is all about – essentially a thought for the day:

Something I hear time and again from a number of people is “I don’t want to slow you down” or similar. Three people have said this to me in the last week alone and I want to address something both as a club member and a mental health champion.

YOU ARE NOT SLOWING SOMEONE DOWN

If someone is running with you it is because they want to. Whilst we talk about PBs and getting faster that is not what we run for. That’s just something runners talk about, along with new shoes, moaning about hills, over sharing bodily functions and pretending to be an authority on sports science and human physiology.

We run for fun

We run for our health, both physical and mental

We run to be social

We run to be outside

We run for a lot of other reasons and very few of these require us to run as fast as we can

I know that runners talk about a lot of stuff and sometimes talking about your running speed is the runners equivalent of talking about the weather, but don’t feel you are holding someone up on a club run.

We are a run together club. We are committed to #runandtalk. We want people to enjoy running whatever form that takes.

Current members who worry – don’t. People considering joining, someone will run at your pace , be that 7:30 minute miles or just considering starting a C25K, and they will do it not because they have to or feel guilty, but because they want to.

Our ‘when we run’ survey results are in.....

We recently took a “temperature check” of which days work best for you and the results are shown opposite. Perhaps unsurprisingly, as this was a survey of current members, there is general support for the days we currently hold our main sessions with no compelling cause to change from Thursday / Saturday albeit we recognise that the result may have been different had we surveyed a group of prospective members.

However it is clear that members would appreciate the opportunity to run as a club on other days and we will continue to offer ad-hoc sessions when we can – with some comments asking for this particularly to support training for events in the summer.

Other comments suggested that we do more to promote team participation in events e.g. Warwickshire Road Race League and whilst we do have a fair degree of participation we will see what we can do to encourage more take up of these opportunities.

Respondents 18

Monday 39%

Tuesday 50%

Wednesday 22%

Thursday 83%

Friday 0%

Saturday 83%

Sunday 33%

Focus on Inclusion

BCRC prides itself on being an inclusive Club:

- We aim to make the Club accessible to and welcoming for everyone
- We aim to treat everyone equally
- We want everyone to enjoy our running and social activities in a safe and supportive environment without fear of discrimination, bullying or intimidation

This is a cornerstone of our constitution with our commitments set out in more detail in our Inclusion Policy which is available at [BCRC Inclusion Policy - April 2024 - v1_0.docx \(live.com\)](#)

We all have a responsibility as members to uphold our ethos to

promote equality and, to oppose anything we might see that is discriminatory in nature.

This means that:

- We will do everything we can to make our Club welcoming for all, regardless of age, gender, religion, sexual orientation or any other characteristic – and look to remove anything that might act as a barrier to people joining us or enjoying our sessions
- We ask and expect all members to be considerate and thoughtful in their communication - on line and in person and to think carefully how their communications might be received by others.

- We will respond if we see anything that might make certain groups uncomfortable

We encourage anyone to speak to a member of the Committee, or to our welfare and safeguarding officers, if you feel there is something that doesn't feel right or if there is more we can do.

You can contact our Lead Welfare Officer (Scott) and Additional Welfare Officer (Nat) in confidence at safeguardingbcrc2014@gmail.com

Dates for your diary

31 October

Halloween Run & Quiz

10 December

Curryoke

12 December

Xmas Jumper Jog

22 December

Santa Dash

31 December

New Year's Eve Party at the Lant

Kit

As Nigel previously communicated highlights from our kit survey were:

- 67% of members have a preference for different fits for men and women
- A number of comments about quality and fit
- Most popular new items appear to be:
 - Shorts
 - Caps
 - Leggings
 - Beanies
 - Skorts
- Other items mentioned included running belt, visor, socks and lightweight sleeveless tank
- We will take the above into account when procuring new stock
- For any enquiries about purchasing of kit please reach out to Nigel.

Bermuda Triangle

430 Elm Road
Birmingham, West Midlands

We raised and donated £180 towards Nicky's Manchester to Amsterdam Challenge in aid of the Myton Hospice

A great turn out and a great array of Bermudan themed outfits on display at a fun night at the Lant

Nicky's fund raising is now in excess of £5,800 which is a fantastic achievement for a great cause - with many miles now under her belt Nicky's challenge will conclude with the Amsterdam Marathon on 20 October.

Go Nicky!

