

#READREDANDORANGE

The very occasional
newsletter of Balsall Common
Run Club

Autumn Edition

October 2025

#4

Hello Again!

This edition includes the usual round- up of activity by the Club and its members – events, charity and what we have been up to in general.

It was great that so many of our existing members stayed with us this year but also that we have had several new members join #teamredandorange – welcome again! We now have 54 paid up members which is up on last year and almost a Club record!

Our members have been really active supporting great causes close to their hearts over the summer and early autumn – details of which are in the following pages but include The William Wates Memorial Trust, Epilepsy Action, Cancer Research and the Motor Neurone Disease Association, whilst Nicky also coordinated a collection of unwanted kit to be donated to the Refugee Run Club.

Several social events are lined up between now and end of the year as follows (see also on our website):

Thursday 30 October – Halloween Run and Quiz

Tuesday 9 December – Christmas Curryoke

We will also hold our annual Santa Dash (to include the draw for any London Marathon 2026 place allocated to the Club) – date to be confirmed.



Running Matters

New Kit

- Our web-based club shop opened for the first time this year and enabled our members to get kitted out or to 'refresh' their running wardrobe.
- We noted that members are expected to wear Club colours when participating in events unless running for charity and wearing kit for their chosen charity; and we prefer that members wear Club kit to help promote the Club in the village and surrounding areas. If you still need kit then please reach out to Nigel or Dawn Court who can assist with availability, ordering and sizing.

Another Track Session

- Following the popularity of our first session in March we held another at the Warwick Uni track in July. Warmer conditions meant Jill didn't need to freeze and Richard assisted with clipboard and whistle. Another fun evening for all paces with intervals, team games and the inevitable relay.
- The session was followed by a social curry back in BC organised by Umang and Ali GB. Another good turnout!
- Due to the dates of the Uni Xmas break the track is only available very close to the festive season so our next track session will be in the Easter holiday. We will look to arrange a couple more next Summer too



Saturday Distance Groups

- After positive early feedback we hope the distance-based options are still working for you and giving you the chance to vary your Saturday mileage to better suit weekend plans, training schedules for events, and that the 4 mile group gives a better option for those who have recently got to 5k and for whom 10k would be a leap.

Interested in Becoming a Run Leader?

- We remain reliant on our run leaders to help make sure our sessions are safe and fun and held in line with England Athletics protocols. If you are interested in joining their ranks then please consider taking the Leader in Running Fitness qualification. The course isn't onerous and has lots of interesting components. We can support funding so please speak to Jill or any member of the Committee if you feel you can step up and bolster the ranks..



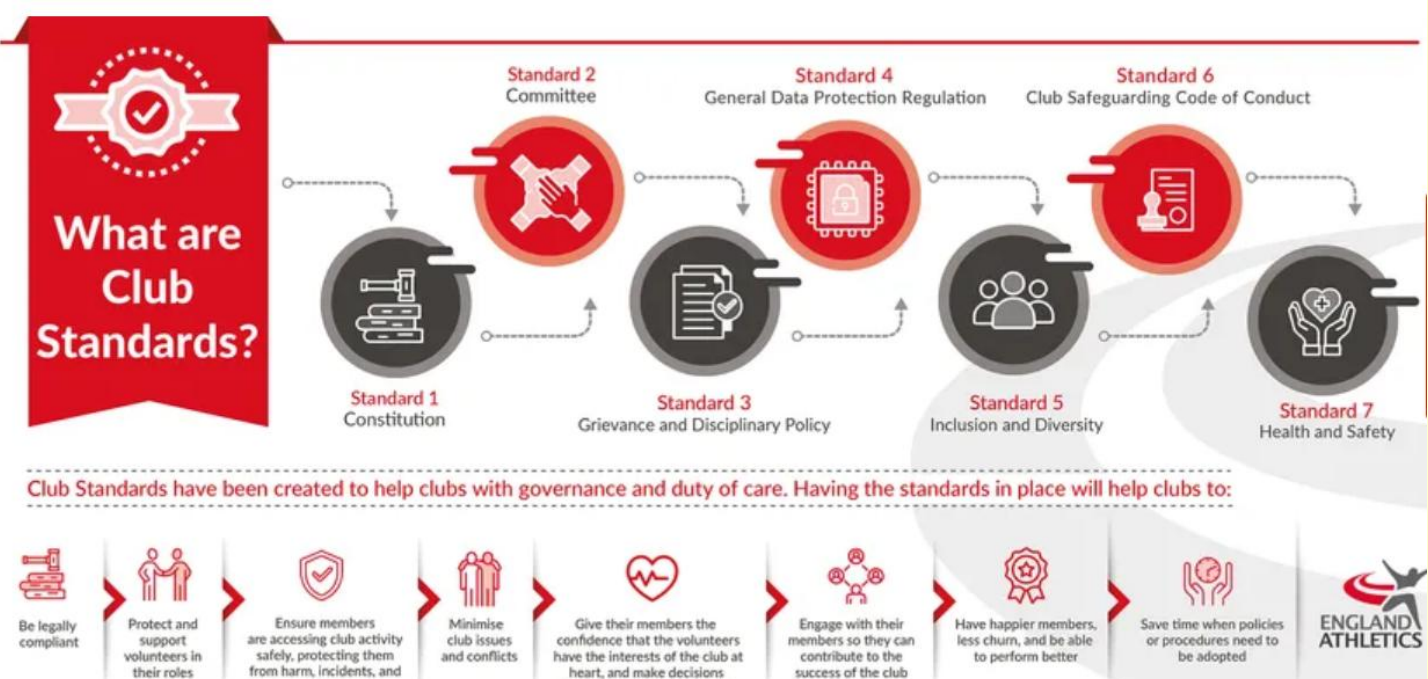
Your Club is a 7/7

Over 2024/25 we have focussed on meeting the 7 standards that England Athletics now requires Clubs to adhere to and thought it would be useful to summarise what those standards are and why they are important. The key reasons for putting the standards in place are:

- To ensure good governance of our Club - protecting the Club's reputation and looking after the Club's funds and people and being clear about who is accountable for the Club's actions and decisions through its structures, rules, policies and practices, and
- Reflecting that Clubs have a duty of care towards their members and are responsible for ensuring all Club activity is safe. We all have a role to play in keeping others safe and members should know what to do if they have any concerns.

The Safeguarding Standard became mandatory for this Club year and ALL 7 standards will be mandatory from next year. BCRC is pleased that we have met ALL standards this year. The England Athletics infographic below summarises the 7 standards and how they help.

As ever, if you have any comments, questions or suggestions please contact any member of the Committee.



Social and Charity

Our members have been hard at work over the last few months raising lots of money for a number of great causes.....



Having been nobbled by Nicky at a vulnerable moment (Thursday night drinks after Club!), several members joined the Myton Hospice Butterfly Voyagers Dragon Boat Team for the Warwick Avon Rotary's Annual Dragon Boat Race.

Whilst fancy dress was optional, team captain Nicky ensured that there were plenty of butterfly themed accessories available for all team members to wear.

Despite having never met before they decided against a pre-race training session, a tactic which resulted in them finishing with the distinction of posting the three slowest times of the day.

However, what they lacked in skill was more than made up for in enthusiasm and resulted in over £1,200 being raised for The Myton Hospices.



THE COOPAN REFUGEE RUN CLUB

Why the Refugee Run Club exists

In their time of need, refugees displaced from their countries arrive in the UK and are unable to rebuild their lives. They are given less than £10 per week to live, are banned from working, not integrated into society and left alone to suffer with the traumas that forced them to leave their country. Officially, 1 in 5 develop mental health problems but the charity's experience is that it's nearly 100% who are suffering.

A number of members donated kit that they no longer require to the Refugee Run Club. Thanks to Nicky for organising.

You can read more about the charity at: [Refugee Run Club](#)

What they Do

The charity creates localised running communities for refugees and asylum seekers. Being part of a running community can transform the mental health of refugees as running gives them:

- a passion.
- friendship, and
- health.

Rhys Does Le Loop

Not running but we allow Rhys the occasional trip out on his bicycle including to successfully take on Le Loop in June – over 3 weeks cycling all 21 stages of the Tour de France route, a week ahead of the prestigious cycling event in an organised tour for charity. The stats are impressive:

- Distance travelled: 3,561 kms (2,012 miles)
- Elevation climbed: 54,408m (178,504 ft)
- Riding time: 165 hrs 34 minutes

Rhys raised over £3,000 for the William Wates Memorial Trust supporting projects that encourage young people experiencing disadvantage to keep away from anti-social behaviour and criminal activity so they can fulfil their potential. Rhys's achievement was celebrated with a homecoming celebration at the Lant with drinks and snacks.

<https://fundraising.wwmt.org/fundraisers/rhysmainwaring>



Conquering Snowdon

EPILEPSY ACTION

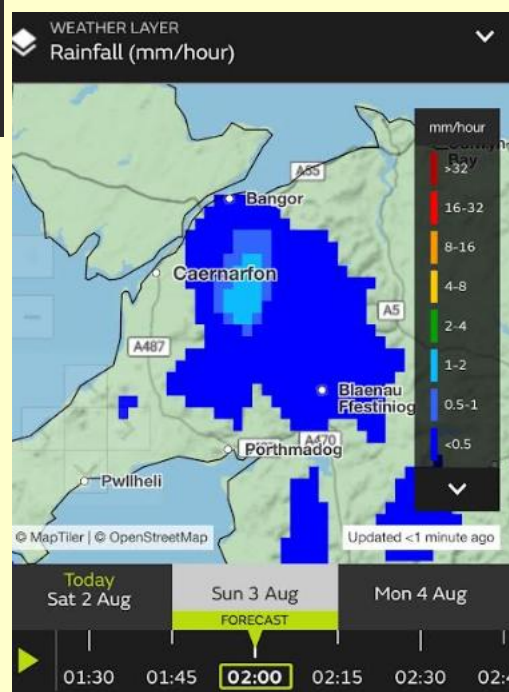
Three of our intrepid members – Steph, Jill and Nicky – dodged the summer heatwaves to brave very inclement weather and a night climb of Snowdon (Yr Wyddfa), the highest mountain in Wales at 1,085 metres above sea level.

The forecast in advance was ominous with the Met Office showing a large splodge of blue over North Wales and the weather was indeed challenging as the photos show – 40 mph winds and heavy rain but the organisers concluded that conditions were just about OK for the event to proceed and our heroes battled the gradient and elements to reach the summit by dawn.

Their adventure was in tribute to Steph's son Tom and raised an incredible £2,370 for Epilepsy Action.

<https://tomacford.muchloved.com/Fundraising/Events/713013076>

Fantastic achievement for a great cause – well done again to the three of you!



Conquering Ben Nevis

In other mountaineering news a shout out to Steven Leemon who climbed Ben Nevis (1,345 metres above sea level).

Steven was attempting the UK 3 peaks challenge of climbing Ben Nevis, Scafell Pike and Snowdon in 24 hours but after triumphing on the first leg was forced to abandon play due to mechanical problems on the M6 down to the Lake District. But climbing Ben Nevis and battling the M6 are no mean feats in themselves!

Steven has been raising money for cancer research and so far raised almost £700.

<https://fundraise.cancerresearchuk.org/page/stevens-giving-page-101216>



Global News

Umang not running at the Taj Mahal



...but dutifully wearing Club colours nonetheless!

Kim and Alison Burnaby Parkrun, Vancouver, Canada



Warwickshire Road Race League



The Ryton 5



Kenilworth Half



The Sphinx Summer 5



Balsall Common Fun Run



Two Castles: Start (Warwick) and Finish (Kenilworth)

Other events



Alison's amazing achievement of completing 500 Park Runs



Chris at the Tysoe Windmill 10k



Umang at the Knowle Fun Run



Carron pre- and post-the Scottish Marathon



Turned out nice again at the end of the Chariots of Fire Beach Race



Some members at the start of the Offas Dyke 15 – an undulating adventure along the English/Welsh border



Nigel and Carron - Scottish Half



Rajesh, Chris and Nigel at Stratford Half



Nicky and Chris Solihull Half



Leanne and Tim at the Leamington Half



Nicky competes in the Mavrick Peaks 55km Ultra in Derbyshire (that's an ultra 34 miles!!)