

# #READ RED AND ORANGE

The very occasional  
newsletter of Balsall Common  
Run Club

Summer 2026 Edition

June 2026

#7

## AGM Edition

Thanks again to the 15 members (including Committee) who turned out for our 3rd formal AGM on Tuesday 19 May.

The Club continues to be in a good position and this Newsletter sets out the highlights. Members received papers in advance with formal draft minutes being circulated separately.

Some key highlights are:







- We had a record number of members last year (56)
- We continue to be fully compliant with all England Athletics standards
- Our splendid members did loads last year in terms of Club socials, raising money for great causes and generally volunteering in many ways to make the Club what it is. Thank you all!
- The Club is in a good state of health financially.
- Our fees remain comparable to other clubs in the area – as a member pointed out, membership costs less than £1 per week.
- The Committee members are grateful for you voting us back in for another term and we are always willing to hear from you with any feedback (good or otherwise) or suggestions to make the Club even better.
- Onwards and upwards!



## Highlights from 2025/2026 Club Report










Membership	Governance	Other Developments
<ul style="list-style-type: none"> <li>• <b>56 paying members</b></li> <li>• Up from 50 in 2024/25</li> <li>• <b>8 new joiners</b> during the year</li> </ul>	<ul style="list-style-type: none"> <li>• <b>We remain compliant</b> with all EA requirements (“7/7”)</li> <li>• All <b>policies refreshed</b></li> <li>• <b>Committee</b> has met 4 times since last AGM</li> <li>• Regular <b>Run Leader meetings</b></li> <li>• <b>Volunteer groups</b> continued to organise events and kit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>3 newsletters</b> issued and some blogs</li> <li>• <b>Fast Aid</b> – second session</li> <li>• <b>Resync speaker evening</b> and advice on warm up routine</li> <li>• <b>Website portal for kit sales</b></li> <li>• Represented at BBCSCA “sports day”</li> <li>• 2 further <b>track sessions</b></li> <li>• Engaged with council and other clubs (‘Sports Roundtable’) and responded to consultation on sports facilities needed as the village expands</li> <li>• Ad-hoc informal, unofficial <b>walking group</b></li> </ul>
Running Events	Social	Charity
<ul style="list-style-type: none"> <li>• Warwickshire Road Race League</li> <li>• Multiple events of distances from 5k to Ultra in UK and overseas</li> </ul>	<ul style="list-style-type: none"> <li>• Games Night</li> <li>• Birthday Breakfast</li> <li>• Rhys “Le Loop” Celebration</li> <li>• Snowdon Thankyou</li> <li>• Cardiff Half Fundraiser</li> <li>• Halloween Quiz</li> <li>• London Marathon draw mini-event</li> <li>• Bingo-oke</li> <li>• Santa Dash</li> <li>• Run Club does Darts</li> <li>• Several curry nights</li> </ul>	<ul style="list-style-type: none"> <li>• Hannah’s Kingdom</li> <li>• William Wates Memorial Trust</li> <li>• Myton Hospice</li> <li>• Refugee Run Club</li> <li>• Epilepsy Action</li> <li>• Cancer Research UK</li> <li>• Balsall Common Lions</li> <li>• Movember</li> <li>• FastAid</li> <li>• MNDA</li> </ul>

## Thank yous and shout outs

OUR RUN LEADERS 	THE EVENTS CREW 	THE KIT CREW 
LEADERS WHO ARRANGED INFORMALS 	STEVE FOR OPENING HIS HOUSE AT CHRISTMAS 	THOSE WHO RAISED LOADS FOR CHARITY 
NEWSLETTERS AND WEBSITE 	VOLUNTEERS 	COMMITTEE MEMBERS 










...not to mention all of our members who continue to support us so fabulously.

## Update on what we said we would focus on last year

-  **More run leaders** – disappointingly no volunteers stepped forward
-  **Coach in Running Fitness** – not taken forward
-  **Kit sales via website store** – up and running with two sales windows
-  **Guest pass** – for adult friends & family to run with us occasionally – not felt necessary
-  **Another FastAid session** – held in January, but low levels of attendance
-  **Events** – several more socials arranged and held last year
-  **Further track sessions** – two held (Summer and Easter Uni holidays)
-  **Saturday runs** – new distance options which seem to have been welcomed
-  Continued **focus on inclusion** not exclusion – hopefully this is just what we do!

... and we put more emphasis on cool down/stretching – but could still do better

## Focus for 2026/27

-  We still **need more leaders** - please step forward for LiRF!
-  Develop our **Club vision and values** with input from members and run leaders
-  Explore what support **England Athletics regional support** can offer
-  **Couch to 5k** – planning to hold a course on Tuesday evenings from 9 June
-  Can /should we encourage increased Club **representation at local events including “cheer stations”**?
-  Can we do more to support local **junior ParkRun**?
-  **More track sessions** – 3 rather than 2
-  **Lower kit prices** – prices lowered on website portal - removing the Club’s margin
-  **Village Expansion** – continued engagement with Berkswell and Balsall Sports Roundtable in any further discussions on future of village sports facility provision.

## Other matters raised at the meeting

Suggestions that the Committee consider:

- Is there a way of streamlining the renewal process to avoid members having to resubmit forms when nothing has changed in their circumstances since last year?
- Should we consider a “women’s only” section or running group option?
- Having a “Couch to 5k” promotion in the lead up to the Balsall Common Fun Run
- There is more that we can perhaps do to arrange for members to sign up collectively to local events – safety in numbers! But noted that this would need some volunteer coordination and navigate entry windows for some events that sell out quickly

## Minor Changes to the Constitution

- The Committee met 4 times last year and will meet as often as required but the Constitution now only requires a minimum of 2 Committee meetings per year, not 4
- To reflect current practice of completion of renewal forms being required each year (not just when first joining)
- The updated Constitution is now on our Club website (with all other Policies).

# The Informal Walking Group



We noted at our AGM that the occasional walking group is an informal arrangement between members. As it is not aimed at running (or run-walking) it does not fall under our normal Club protocols so does not need a Run Leader to organize. Therefore, any member who fancies a walk rather than a run for whatever reason can arrange a walking session – feel free to suggest it on the 9102 chat and see who wants to join you!



## Dates for your Diary

• **Track Sessions at Warwick Uni** are planned for:

- **Monday 20 July, and**
- **Monday 21 September**

*Both sessions will run from 19:00 – 20:00*

• **“5 to 5k” – weekly from Tuesday 9 June**

*The Club is offering a five week “5 to 5k” running course designed for complete beginners or those whose who felt their running days are long behind them .....*

*We won’t guarantee that those who sign up will be running the full distance by the end of the course they can be assured of meeting our great Club members and having some laughs.*

*Sessions will run on Tuesdays from 6:30 pm - 7:30pm starting on 9 June.*

*The full course will cost £10 in total – no obligation to join the Club, but the £10 will be discounted from the membership fee should someone decide to join us at the end of the course.*

**Informal Half Marathon** – some of our members have arranged an ‘informal’ event being a half marathon on 28 June:

- Starting with a 6-7 mile run round the village,
- Then a 6-7 mile run out along the Greenway to Kenilworth to make up the 13.2 mile distance.
- Finishing at “Spoons” for a well-earned drink and some food

*Others are doing just the second leg of the route to join in with a 10k-ish option (something for everyone!), and we have been tailoring our “up to 10 mile” group on Saturday mornings to help members increase their distance in the lead up.*

**Warwickshire Road Race League** – whilst a few have now come and gone, there are still several races left of the WRRRL season – some may be sold out but some will still be open for entries if you fancy flashing the red and orange.

Race	Date
Two Castles 10k	Sun 14 Jun
Northbrook 10k	Sun 12 Jul
Stratford Summer 6	Fri 14 Aug
Summerfield 5k	Wed 19 Aug
Kenilworth Half Marathon	Sun 6 Sep
Balsall Common 10k	Sun 13 Sep
Rugby 10 mile	Sun 27 Sep



# Social and Charity

## Celebrating 12 Years of Awesome



On Saturday 18 April we celebrated the Club's 12<sup>th</sup> birthday. A lovely sunny run partly on trails and finishing at Lavender Hall Fisheries for breakfast. A great turnout –our members will run anywhere for a bacon butty (or veggie alternative!)



For its Thursday 29 May session, the Club turned out wearing something purple – and looking mighty fine - for a trot along the Greenway and back to support member, Dinah, who was raising money for Epliepsy Action by running 50 miles in May. Well done to everyone for supporting a great cause!



# BCRC in Action



Alison – Regency  
10k



Carron – Barry Buddon  
Half Marathon



Chris – London  
Marathon



Lisa and Ali  
Birmingham 10k



Umang – London  
Landmarks Half  
Marathon



Kim, Alison and  
Nigel at the Ryton 5



Edinburgh Running Fest:  
Hannah at the 10k, Carron at the  
Half MARathon



Chariots of Fire Beach Race  
Nat, Hannah, Steph, Jill, Carron

# Super-Nicky runs miles and miles!

**Nicky has done some epic long training runs (some with Chris) in the lead up to The Wall Ultra Challenge - a 70 mile journey along Hadrian's wall on 13 June. Utterly bonkers but utterly impressive.**



**Nicky and Chris  
Giants Causeway  
20 Mile**



**Nicky  
Manchester  
Marathon**



**Nicky –  
Cotswold Trail  
Ultra 50k**



**Nicky and Chris  
Dedington Four  
Farms Challenge**

**Next Step : The Wall!**

## Chariots of Fire

The last weekend of summer half term can only mean one thing - it's time for BCRC members to make their way to St Andrews to visit Carron and take part in the annual Chariots of Fire Beach Race.

This year Carron, Steph & Jill were joined by Beach Race virgins, Nat & Hannah.

A mixed weather forecast saw them all hoping the rain would stay away for the duration of the 5km race which sees runners, wearing (mostly) white, race along West Sands beach – the setting for the famous beach running scene from the 1981 film Chariots of Fire.

After a few technical difficulties the strains of the iconic Vangelis theme rang out across the beach and they were off!

An out & back route, turning at the piper, gives those who are further back the opportunity to cheer and clap the front runners as they make their heroic return to the start point, and offer high fives and hugs to fellow run clubbers as they too pass by on the sea side of the course.

As now seems to be traditional, the sun came out as they finished the race with some heading down to the sea to cool off in the waves.



A very well run and super friendly event is one to add to your diary, especially as it's the perfect excuse to spend time in the beautiful town of St Andrews...and all runners receive an amazing fudge doughnut and a limited edition VangALEis at the end of the race.

Looking forward to next year already!

