

Bigger and better than ever!

As we hit the half-way point of the Club year it's great to say welcome again to several new members and report that we are now a bigger Club than we have ever been with 58 members.

The 5 to 5k course was well received with several deciding to join us and continue their running journey with BCRC.

Lots more Club news in this edition and any contributions to future editions most welcome.



Red Alert

There's been lots of running (and walking) action with another visit to the track, our "5 to 5k" programme, what might be the inaugural DIY half marathon and 10k, Dawn S doing an epic walk along the Camino, and Nicky doing the longest ultra any of our members has ever attempted. Kim and Alison also chalked up more parkrun* achievements plus lots of you smashed it at other events.

Frustratingly some weather happened again – this time forcing us to cancel some sessions due to extreme heat. Taking account of England Athletics' guidance, we agreed that running in temperatures above 30 degrees wasn't sensible.

We also abandoned one session due to lightning but are most grateful to Helen B who led an impromptu gym session at the Club instead. We are an inventive bunch!

* the lower case "p" is important as you will discover later

5 to 5k

Over 5 weeks on Tuesdays from 9 June we intended to hold a 5 to 5k course for people locally who were interested in getting into (or back into) running and might potentially consider joining us. We had a great take up via social media promotion and some word of mouth with 7 budding runners joining us.

It didn't all go to plan with the extreme heat causing us to cancel a couple of sessions, so we extended the programme to the end of July.

Many thanks to our Club members who came along to assist and support and show what a friendly bunch we are. The programme was a great success with everyone enjoying an easy 'chatty' run on several Tuesday evenings – we will undoubtedly run a similar programme in the near future

At the track again



- Monday 20 June saw another session at Warwick Uni athletics track – well attended by a couple of dozen of us in temperatures that were warm but thankfully not the extremes we had seen recently.
- The focus was on intervals through different exercises – rolling dice and mixed team games to place and collect cones along the straight.
- As ever the aim was for a fun and engaging session for everyone to enjoy irrespective of pace with the inevitable post-track curry at Sumatra back in the village (thanks to Umang for sorting that again).
- Next visit to the track will be **Monday 21 September** – stick it in your diary!



Dates for your Diary

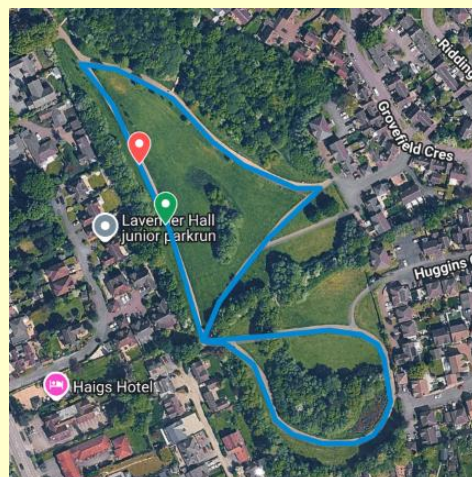
- **Monday 21 September** – track session and curry
- **Tuesday 22 September** – join us at the Lant for a fundraiser for Ali and Lisa who are running the Royal Parks HM for MNDA and Battersea.
- **Sunday 25 October** – volunteers sought for putting up posters for the Lions bonfire display
- **Saturday 31 October** – informal DIY half marathon and 10k – probably ending up at Spoons
- **Sunday 1 November** - volunteers sought for taking down posters
- **Thursday 5 November** - our bonfire night quiz

Junior parkrun

A shout out to Phil who has spearheaded the setting up of a Balsall Common Junior parkrun – a weekly 2k event for juniors aged 4 to 14.

The event takes place every Sunday at 9:00 in Lavender Hall Park.

There has been much work involved in establishing and promoting the event, including getting volunteers in place but it is proving popular with an average of 60 young runners each week. Several BCRC members have volunteered with more always welcome – you need to be registered with parkrun which is quick and easy to do and drop an email to lavenderhalljuniors@parkrun.com



Informal, Unofficial 10k and Half Marathon to Kenilworth Spoons



A sub-group of members wanted to run a half marathon but, having struggled to settle on a date and organized event that suited them all, decided to “DIY” a half marathon in two parts – a circuit of the village of 10k or so plus similar distance along the Greenway to Kenilworth, finishing at Abbey Fields and heading to Wetherspools to celebrate.



With the idea opened up to other members it became a popular choice with several opting for just the second leg making it a 10k for those wanting to join in but for a shorter distance. Following a blazingly hot few days the weather was more amenable – still warm but with Ayaz and Rhys kindly hosting water stations on Hallmeadow and at Burton Green.



The unofficial / informal event proved really popular with positive feedback and support for it to become an annual thing. It has the advantage of enabling runners to work towards and achieve a half marathon distance but without the pressure that some can feel on an organized ‘official’ event. Well done to Scott in particular for plotting the route and organizing the logistics.



The Finish Line
The Dictum of Kenilworth

BCRC in Action



Mike, Pete and Rajesh
Sphinx Summer 5



Nicky and Chris
Tysoe Windmill 10k



Lots of Us
Two Castles



Dawn S arrives in Santiago de
Compostela after completing the
Camino de Santiago (French Way)



Nicky - The Wall – 70 miles
along the one Hadrian built



Chris and Nicky
Compton Verney HM



Nicky celebrates with a
pint after finishing the
Solihull Half



Kim and Alison
Northbrook 10k

BCRC in Action



Nigel's Great North Run



Carron at the Scottish Half



Nicky & Chris at the Stratford Half



Nicky & Pete did the Kenilworth Half but the Photographer was on strike!



Some of our Balsall Common Fun Run Crew

Supporting Balsall Common Lions

We will again be supporting the local Lions in a couple of ways this year:

- Any volunteers who can support the annual fireworks display by putting up posters on Sunday 25 October and/or take them down on Sunday 1 November. Just an hour or so of your time is needed to help promote the event – just respond to the poll on our Club 9102 WhatsApp chat. The fireworks display itself will be on Saturday 31 October.
- The Club will also be selling raffle tickets to raise money for the Lions and, as ever, BCRC will make sure that 100% money from ticket sales goes to the Lions – we will waive our entitlement to keep a share of the proceeds.



parkrun Obsessives? Actually, no....

Kim celebrates two landmark achievements by him and Alison



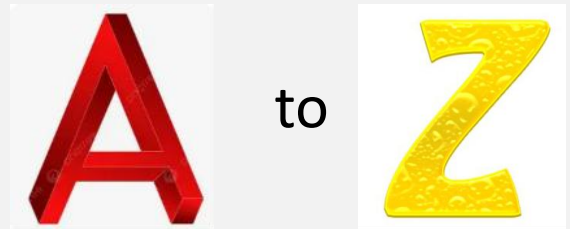
Alison and I have been taking part in parkrun (little p, it is important, apparently) since August 2011. I started on the 6th, with Alison on the 13th (she was away at a Karate weekend on the 6th). Since then, attending parkrun has been a regular Saturday morning activity (and some other days, when there are special events like Christmas and New Year), apart from illnesses, holidays and a certain pandemic.

Alison completed her 500th parkrun in June 2026 (she is pictured running in the milestone t-shirt) and is now on 547 in total, plus 50 volunteer activities. I am at a paltry 444 parkruns, with 90 volunteers (I don't run if refereeing on a Saturday afternoon).

But we both achieved a double milestone on 27th June this year, when we completed our alphabets (complete a parkrun which starts with every letter of the alphabet, except X for which there is no event), and also completed 100 different parkruns.

Our 100th parkrun was at Zielony Jar in Krakow, Poland. There are a few Z parkruns around, but this one was chosen as we had never been to Poland before. Out of the 25 letters of the alphabet, there have been a few letters which we have only done once: Isabel Trail (Stafford), Jubilee (Bedford), Quakers Walk (Devizes), Vicar Water Country Park (Nottingham) and Zielony Jar.

100



Coventry is the most frequently attended, with Alison having completed it 264 times and me 192. We could cheat and claim eXeter as our X as we have both done Edgbaston and Eastbourne parkruns as well.

In terms of different countries, we have completed parkruns in England, Scotland, Wales, Northern Ireland, Ireland, Australia, Italy, Canada, New Zealand, Isle of Man and Poland. We actually choose our holidays first and then look to see if there is a convenient parkrun, not the other way around (really, honestly, truly). And of the 100 different parkruns we have completed, four no longer exist: Yeovil Montacute, Hanbury Hall, Churchfields Farm and Dallas Burston Polo Club.

So, surely, we must be obsessive about parkrun, collecting all these stats? Actually, there is a parkrun app which does it all for you, including confirming that we aren't obsessive because neither of us has completed that particular challenge (50 or more events in a single calendar year).

