

Social Events



Late October saw our now traditional Halloween run and quiz. Members donned their brilliant array of spooky costumes to do a short run round the village with a stop off at the chippy to pick up some hot food to take back to the Lant.



The room was decorated brilliantly by our Entertainments Crew and resident quiz master Scott did the honours again with several rounds of questions to befuddle teams of members and friends. A frighteningly good night with the winning team “Blood Crows” taking the prizes.



Running Events



Cardiff Half

Alcester 10k

Coombe 8



Supporting the Balsall Common Lions

Another big thank you to:

- those who bought tickets for the Balsall Common Fireworks raffle. We raised what is for us a record breaking £302 which we passed on in full to the Balsall Common Lions – as in previous years the Club chose not to take the share of the proceeds offered meaning that all of your kind donations will help the Lions with their work for local good causes.
- the volunteers who gave up their time to put up posters around the village to promote the fireworks event and/or take them down the day after. Your efforts are much appreciated.



Movember

Scott put the razor in storage for the month of November to grow this splendid ‘tache to raise money for the cause which funds men’s charities – focussing on mental health, suicide prevention, prostate and testicular cancer. You can still support at: <https://movember.com/m/15005488?mc=1>

Dates for your diary

2026 Warwickshire Road Race League dates are out with some old favourites back for 2026. Remember some WRRL events sell out quickly when entries open.

Date	Race	Venue	Promoting club
Sun 12 th April	Massey 5k	Coventry Mem. Pk	Massey Ferguson RC
Thur 21 st May (eve)	Ryton 5	Ryton Pools	Spa Striders
Weds 3 rd June (eve)	Sphinx Summer 5	Coventry Mem. Pk	Sphinx AC
Sun 14 th June	Two castles 10k	Warwick/Kenilworth	Kenilworth Runners
Sun 28 th June	Arden 7 (new race)	Solihull	Knowle and Dorridge AC
Sun 12 th July	Northbrook 10k	Allesley, Coventry	Northbrook AC
Fri 14 th Aug (eve)	Stratford summer 6	Stratford upon Avon	Stratford AC
Wed 19 th Aug (eve)	CoBS Summerfield 5k (new race)	Summerfield Pk	City of Birm. Striders
Sun 6 th Sept	Kenilworth ½ mara	Kenilworth	Kenilworth Runners
Sun 13 th Sept	Balsall Common 10k	Balsall Common	Solihull & Small Heath AC
Sun 27/9 or 4/10	Rugby 10 mile	Barby	Rugby & Northampton AC

Don’t forget our “Christmas Curry Bingo-oke” on Tuesday 9 December and Santa Dash (for members and adults only) on Sunday 21 December. Thanks to Steve and his family for generously hosting us again at the Dash. You can also make a New Year’s resolution to learn life saving skills e.g.CPR and defibrillator use – just sign up to our invaluable Fast Aid session at the Lant on Monday 19 January at 7:30. Our website includes a calendar of lots of 2026 Club, WRRL and other local running events. Check it all out at www.balsallcommonrunclub.co.uk



Running as mixed paced groups

Following the last run leaders meeting at which we reviewed the structure of our Club sessions, we felt that it was important to issue a reminder about our protocols for running with mixed pace groups, which are based on England Athletics advice.

As a Club we try our very best to ensure that no one (including our run leaders) runs alone or gets left behind. This is done in the context of managing groups with runners of varying paces and with a finite number of run leaders.

Unfortunately, we do not have enough leaders to allocate a dedicated leader to runners of every pace at every session, but we always do our best to distribute the run leaders we have available across the groups in the most appropriate way.

Sometimes this means that we offer the **option** for similar paced runners to run together in a 'sub-group'. These sub-groups will not have a run leader running alongside them at all times but will always have a run leader back-marking them and taking responsibility for them.

We know that many of you are happy with this approach but if you are not comfortable running unless a run leader is directly with you at all times, then you may need to tailor your pace (most likely slow down) to stay closer to a leader.

Our health and safety policy and risk assessment (which, as members, we have all signed up to) state that whenever mixed ability occurs within a running group, regrouping should take place at appropriate times along the route to ensure that no one individual gets left behind. We leave it to the discretion of a sub-group to decide whether to continue to run on ahead or to periodically muster or loop back to a main group if they prefer to remain closer to a leader - you are all adults and have that choice.

When we have a limited number of leaders, we typically allocate leaders to the slower paced groups as (a) this is consistent with back-marking and (b) faster runners have the option to loop back - slower runners typically cannot accelerate to loop forward. However, there are occasions when leaders are allocated to groups whose running pace is a little faster than the run leader's own pace. In these instances, we do expect those groups to regroup at appropriate times throughout the session and not to leave the leader running alone.

We also expect runners to be familiar with the route before setting off - we publish it in advance and explain it before we leave. This is particularly important for sub-groups who may go on ahead. If you do not fully understand the route, then please don't be embarrassed to ask your leader to explain it again. If you don't say otherwise, the leaders will naturally assume you know the route.

Please remember that our run leaders are volunteers and we can only operate the Club with their goodwill, attendance and support. Leaders want to enjoy their run and run safely too.

As ever we are keen for other members to become run leaders as it gives us more options and flexibility. Disappointingly, no one has stepped forward so far this year, so please do speak with a Committee member if you are interested.

Finally, we would like to thank you all for taking these protocols onboard. We rely on our members as well as our leaders to take responsibility to support each other so that we all stay safe and have an enjoyable run together.



Your feedback matters

We are always keen to hear your views. If you have any feedback on the way we are running the club and its sessions, or suggestions as to how we can improve – whether it be about our distance-based options on a Saturday, our pace-based options on a Thursday or anything else - then please share your thoughts with a member of the Committee, or one of our run leaders, either in person or by email – email addresses of the Committee members (and welfare officers) are on the noticeboard at the Lant.

