

## 29/03/10: Beckenham Running Newsletter Issue 1:

### Welcome:

Ok, the aim of this is to keep the club informed of events in the future, round up the weekends racing and try to produce a club history. It is not to detract from the email banter, just a place to find weekly information about the club. Feel free to write in with any comments, suggestions, ideas or complaints to [willum50@yahoo.co.uk](mailto:willum50@yahoo.co.uk)

### This week's events:

Wed 7pm – Club night

Sat afternoon – “Piece of Cake” Time Trail (subject to late course inspection) – See our website for details.

### Events ahead:

Assembly League Thu 8 April – For those that do not know the Assembly League starts again on Thursday week. It comprises six fast paced competitive road races run over 4.6 to 5.6km (2.9 to 3.5 miles) for men and women. The venue for the 1<sup>st</sup> one is Beckenham, and it starts at 7pm. All are encouraged to race and now you know, you have no excuse! More information may be found here: <http://www.cambridgeharriers.org.uk/#/assembly-league/4526621968>

### Club History:

The current club history is not very well documented, with only tales handed down from more senior members of the club. So the aim here is to start some sort of history of the club.

I thought we would start with an easy one. So, let's produce a list of our personal best 10 mile times, scour your archives and send me your PB for 10miles. Please try to include a date and where you ran it. Note, currently the Sidcup 10 does count! This is not just for the fast guys (and girls); we would like everybody's best times: [willum50@yahoo.co.uk](mailto:willum50@yahoo.co.uk) So far the list reads:

Steve Kemp	54.35	Sidcup	25/03/84
Jim Addison	57.23	Battersea Park	06/03/10
Will Withecombe	58.44	Sidcup	08/02/09
Nolan Wilkens	58.46	Sidcup	14/02/10
Craig Williamson	61.05	Sidcup	12/02/06
Richard Selway	62:25	Sidcup	14/02/10
Paul Browning	66.25	Sidcup	12/02/06
Melanie Burdett	67.19*	Canterbury	31/01/10
Georgina Selway	80:00	Sidcup	14/02/10

\*CHIP time

## Race News:

Craig W writes:

“Beckenham got **2nd Master's Team** prize at Hastings only beaten by the home club. (I didn't even know until we got sent the local paper with a results special).

Craig Williamson  
Richard Selway  
Chris Lydon  
Tom Simpson”

Jim A writes:

“the Carterton 10k oxfordshire. Came 3rd. pb in 34:20. no results up yet so not sure how many ran but probably couple of hundred no more. small affair.”

Ok, I realise quite a few Beckenham Runners were out in force at Cranleigh yesterday. Currently, the results are not on the web. So next week I will include them but as far as I'm aware:

Nolan 2.18.40

Craig 2.28

Simon 2.31

Kate 2.45

Nicky 3.00ish

Mel W 3.15ish

Andy S “I only know that I finished and that I can get down stairs unaided. That's a result.”

Andy H Still on the course

Nolan W writes:

“Race report Cranleigh 15/21 - Thanks to the clock changes, effectively making this an 8am start according to my body clock, we arrived very bleary eyed. I should have done that A20 race! With only 4 weeks to go until London there's not alot of recovery time left, and still trying to wake up, I started off the race running the first few miles at comfy 7:00's with the aim to hit marathon pace during the later stages. Although abit nippy at the start, the weather was perfect and the first 9 mile lap went by relatively quickly. Then it was on to a 5 mile loop thats run twice, (or once if you run the 15), even though I was feeling strong and running ok, it was still very tempting to turn off into the 15 mile finishing shoot at the start of the last lap. Despite having to weave in and out of people who were on their 1st lap of the 5 mile loop, and also having to dodge 4x4's down the country lanes, my plan seemed to be going ok as I ran the last 10 miles at or near my taget pace. Jobs a good un. Well done everyone else who ran, very impressive runs and a really well organised race on a very nice route.

& for those that like there stats.....only me then!

5 miles 34:08, 6:50mm,

10 miles 33:00, 6:36mm

15 miles 32:15, 6:27mm

20 miles 31:47, 6:22 mm and

21.2 miles 07:25, 6:16 mm

2:18:40, 17th place.”

**Fixture List:**

April 2	Folkestone 10	Folkestone
THU April 8	Ass. League	Beckenham
April 11	Paddock Wood Half	Paddock Wood
<b>April 18</b>	<b>Darent Valley 10k</b>	<b>Darent Valley</b>
	Brighton Marathon	Brighton
April 25	London Marathon	London
<b>MON May 3</b>	<b>Ted Pepper</b>	<b>Park Langley</b>
THU May 6	Ass. League	The Dome
WED May 12	Beckenham Relays	Beckenham
SAT May 22	Green Belt Relay	M25
May 23	Green Belt Relay	M25
	Myra Garrett 10k	Bexley
THU June 3	Ass. League	Victoria Park
June 6	Beckenham 10k	Beckenham
<b>June 13</b>	<b>Eltham Park 5mile</b>	<b>Eltham</b>
	Southend Half	Southend
<b>June 16/23</b>	<b>Dulwich 5km</b>	<b>Dulwich</b>
June 20	North Downs 30km	North Downs
MON June 21	Battersea 1 mile relays	Battersea Park
FRI June 25 <i>tbc</i>	Orion Fell Race	Epping Forest
THU July 1	Ass. League	The Dome
July 4	Bowl 15	Bowl Water
	Orpington 10k	Orpington
July 11	Dartford Half	Dartford
July 11 <i>tbc</i>	Cliffe Woods 10k	Cliffe Woods
SAT July 17	Park Run Bromley	Dulwich are doing this!
July 18 <i>tbc</i>	Beccehamians 10mile	Sparrows Den
MON July 26	Battersea 1 mile relays	Battersea Park
THU August 12	Ass. League	Victoria Park
August 15	Mid Kent 5mile	Staplehurst
August 27	Pilgrims Way 7	Pilgrims Way
THU September 2	Ass. League	Beckenham
<b>September 5</b>	<b>The Weald 10k</b>	<b>Sevenoaks</b>
	Thanet Half & Mara	Thanet
<b>September 12</b>	<b>Eridge 10mile</b>	<b>Eridge</b>
	Wingham 10k	Wingham
SAT September 18 <i>tbc</i>	Sparrows Den Relays	West Wickham
September 26 <i>tbc</i>	Chislehurst 10k	Chislehurst
October 2	Capstone Park 5k/10k	Medway Way
October 3	Dulwich 10k	Dulwich
	Wimbledon 10k	Wimbledon
SAT October 9 <i>tbc</i>	Quicksand 15mile	Thanet
October 10	Petts Wood 10k	Petts Wood

October 17	Cabbage Patch 10mile	Twickenham
October 23 <i>tbc</i>	Tonbridge 5k/10k	Tonbridge
October 24 <i>tbc</i>	Wilmington 10k	Wilmington
November 13	Greenwich 10k	Greenwich
November 13 <i>tbc</i>	Capstone Park (WOMEN ONLY)	Swanley
November 21	Beckenham Trial 10k	Beckenham
November 21	Brighton 10k	Brighton
December 4 <i>tbc</i>	Danson Park 10k (MEN ONLY)	Bexley
	Pirie 10mile	Croydon
December 5 <i>tbc</i>	Thanet 10mile	Thanet

**Key:**

Grand Prix Race

Cross Country Grand Prix Race

N.b. All dates are Sundays, unless where noted.

**Caption Competition:**



A photo from the recent Orion race. Please feel free to submit your own photos for inclusion in future "Caption Competitions"!