



Beaumont Running
Club

Newsletter

September
2015

Membership still on the up

Club Membership reached 102 members at the end of August which is 10% ahead of the same position in 2014. Only 4 years ago was at a low point of just 60.

Local Running Leagues and Race Events

We have continued to compete in local and regional cross-country events. Both Vet and Senior men's teams were promoted to Division 1 for 2015 and we have had a Vet Ladies, Senior Ladies and 2 further ladies teams competing this year – a great effort and showing the growing strength in numbers of competitive runners. We now have 2 club tents for the numbers supporting and competing at events.



Ray Robinson at Bradgate cross-country event 2015

In 2013 Ray Robinson joined Beaumont to take up running in his late fifties. Eight months later he finished second MV55 in the LRRL Winter Season and in 2015 came top. Ian Murdey also lead home his age category in the V40s and was also the 2015 County half-marathon champion at the Bosworth race on 10 May. At the same event men also won the male team prize against stiff competition. It was also pleasing to see Steve Gibson's sterling efforts in the 2014/15 cross-country local league being recognised by the award of a county vest.



Rothley 10k – Steve Gibson accepting 2nd prize (and Terry Simms in background giving unbiased commentary support as ever to Beaumont RC



Theo Potter and Jim Hassell at the West End 8 2015

For the Livingston Relays we built on the high number of teams entered in 2014 and ladies team captain Danni Mayes put together an impressive 5 ladies team.

Markfield 10K race

The race that Beaumont organises for the LRRL race calendar took place in February. Nearly 600 runners started (and all finished) making it one of the most popular races of the Winter League. The official race adjudicator reported that our event was safe and well marshalled – thanks to the efforts of all our 54 volunteers and marshals. Frank Lusk, Race Director, will be approaching members for support for the 7 February 2016 event.

The Park Run

Park Runs are a global phenomenon and Leicester's Braunstone Park Run regularly attracts more than 15 Beaumont entrants, and Club volunteers are a mainstay of the local event's organisation. The club takes over all volunteer duties at least once a year and will do again on 12 September 2015.

Beaumont Parkrun flashmob is a new phenomenon and Rushcliffe Parkrun has been followed by Melton Mowbray and Market Harborough. More are planned.



Katie Parker's 50th Parkrun celebrations

Structured training

On Wednesdays (6pm start) Gareth Wilkins leads a track training session at **Saffron Lane Stadium**. It is open to all club members and all who take part see real improvement in his/her running. If you prefer something less intense and more rural the Club almost always offers **interval training** at Thursday Club sessions. Bradgate Park this Summer provided an imaginative variety of flat and hill circuits to improve fitness and pace. No one gets left behind, and it's fun. Finally there are beginners and improvers groups with structured targets: 0 to 5km for beginners, 5 to 10km for Improvers with training led by Run England qualified coaches.

Executive Officers

At the Club's AGM on 23 February 2015 John Baldwin (our only remaining founder member) agreed to continue as President, and Gareth Wilkins and Frank Lusk also agreed to continue in their respective roles of Chairman and Secretary. Cliff Fung took on the role of Treasurer (includes Membership) and the outgoing Treasurer Andy Burnett was thanked for all his work during his term of office.

Charity Fundraising

The club's annual Thornton Reservoir relay event took place on 26 June and had full support from members and family. The weather held on the day and there was a relaxed and enjoyable post event picnic. Over £600 was raised for Pancreatic Cancer UK.

The club continued to support the Rainbows 100-lap Relay at Saffron Lane event. It's fun, it raises funds for the Rainbows Hospice, and this year the team was leading the event at the half-way stage!

Website

Launched this Easter the new club website has scope for many publishers to contribute. We want to build it up to be a first-class repository of useful club information that is complementary to the Facebook site of current news. Features are events calendar, library of race reports etc. If you can help contact please Steve Gibson or any committee member.



Club post-race Champ and Chump (the "donkey") awards at Prestwold 10k June 2015

More ideas for Beaumont's Activities

The Club's 30 year Anniversary party in September 2014 at the Linford (Newtown Linford) was a great success with over 100 former and current members attending and our very own James Hassell's tribute band providing the musical entertainment. John Baldwin received a Lifetime Achievement award on the night, the very first awarded in the club.

If you have any ideas for improving the club experience either socially, training, or running one-off events please let us know. Recent ideas include purchasing more training equipment for track night and support equipment for when we are out and

about such as tea urns and portable tables. Get involved and make a difference.

The club is building up a range of keynote events such as the Valencia half-marathon in November and Race the Train in Wales in early August which is a real family-friendly affair.



Group photo at 2015 Race the Train

Kit and Equipment

Last year Spring the club introduced the Beaumont hoodie which has been in grey with green Club name and logo – and with the wearer's own initials. Order yours from kit co-ordinator Jackie Davisworth. We are looking now at club beanies and a refreshed club logo and colour scheme for cross-country and road race events for the 2016 season. Have your say at the Special General Meeting being called in October – check the Club Website Events calendar for date or notices at club night.



Switland 6 race 2015 with club tent in support

Social

The Club used to have a monthly post-run get-together in a pub or New Parks bar. We would like to get it going again when we are back at New Parks for the winter. Our Social Secretary Portia organises nights out so keep a look-out for the offers.

The Annual Awards night ("Nibbles night") is set for after club training on Monday 7 December at New Parks Leisure Centre. Get the date in your diary as it is an enjoyable club night out. This is also the night when we make the draw for the two club places allocated for the London 2016 marathon.

Winter Training

We are back to New Parks on the 14 September 2015 for club meetings. Please consider what to wear when running at night so you are highly visible and staying safe.

End of newsletter – comments to ecretary@beaumontc.co.uk