



THE COOL DOWN

The bi-monthly easy lap around the block . March / April 2026

THE HIGHLIGHTS . March 26

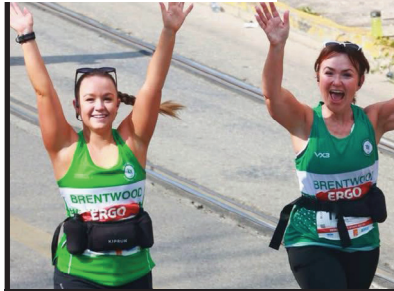
(click the images below to see more)

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THE GRIZZLY

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ESSEX 20

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BRENTWOOD HALF VOLUNTEERS

THE HIGHLIGHTS . April 26

(click the images below to see more)

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BRIGHTON MARATHON

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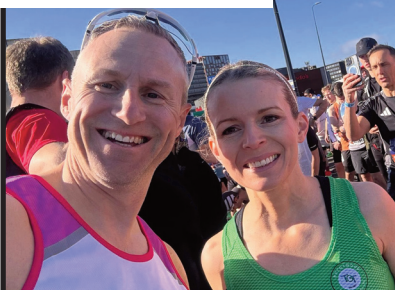
AGM & AWARD WINNERS

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500TH PARKRUN

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MANCHESTER MARATHON

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LONDON MARATHON

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OUR MEDAL WINNERS

Check out more news and info at www.brentwoodrunningclub.co.uk



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BETWEEN THE MILES .

A quick chat with the membership about running and 'the stuff' between the runs!

Brian Harding

Our Esteemed Leader!

How long have you been a member of BRC?
20 years

What's your job?
Postman

What would be your dream job?
Head Postman

Your go to food choice?
Spaghetti Bolognese

Holiday for sun, sea & sand or to get a run on Strava?
Bit of both

Biggest sporting icon?
Ben Whateley-Harris

One thing we might not know about you?
I was once quicker than Mo Farah

Your greatest running achievement?
Completing 10 marathons in 10 weeks!

Your favourite running distance?
10k

Next aim in life or running?
To keep plodding on



Ben Whateley-Harris

Our Socials Guru!

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Postman

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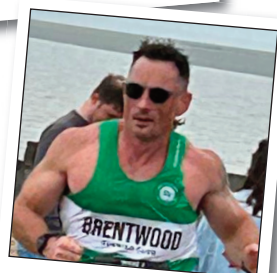
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THIS OR THAT?

Early morning or evening run?
Early morning

Parkrun PB or marathon medal?
Parkrun PB

Long run or hill session?
Hills

Trails or pavements?
Trails

Sunday roast or takeaway pizza?
Pizza

Long run or hill session?
Hills

Tea or coffee?
Tea

Beer or wine?
Beer

Cinema or TV?
Cinema

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PREPARE TO WARM UP, AGAIN .

Upcoming news, the championship and info for the next few months!



The BRC Events Calendar is on teamup

◀ click the logo on the left to take you there. You can sign up to teamup which makes it easier to use. If you have any events you'd like us to add, just WhatsApp us!

Upcoming Events...

Click the images below to take you to the teamup links.



**WEDS 10th JUNE
PAUL EVANS SESSION**



**SAT 20th JUNE
PARKRUN TAKEOVER**



**WEDS 24th JUNE
MEMORIAL 5K RUN**



**SUN 6th SEPTEMBER
ESSEX WAY**



2026 CLUB CHAMPIONSHIPS

Click here to keep up to date with the Club Champs with 3 qualifying events the aim. Top women so far are **DEBBIE, JACQ and MARY!** (password TGT2026)



CLUB KIT ORDER HERE

If items are in stock then Martin Hurst will organise things with you. If not then we'll add it to the next order.

March Fun Fact...

The UK shattered mass-participation running records in March 2026, with parkrun hitting 1,395 events nationwide and over 4 million unique finishers.

April Fun Fact...

The London Marathon ballot recorded a world-record 1,133,813 entries, causing analyst reports to dub 2026 the biggest running boom in history!

Cool Down Pin-Up!



Not all heroes wear capes. Some wear lion suits and negotiate with poultry!

NEXT EDITION COMING EARLY JULY

www.brentwoodrunningclub.co.uk