



THE COOL DOWN

The bi-monthly easy lap around the block . May / June 2026

Edition no.2

THE HIGHLIGHTS . May 26

(click the images below to see more)

[CLICK FOR BRC WEBSITE](#)



WHITSTABLE 10K

[CLICK FOR FACEBOOK](#)



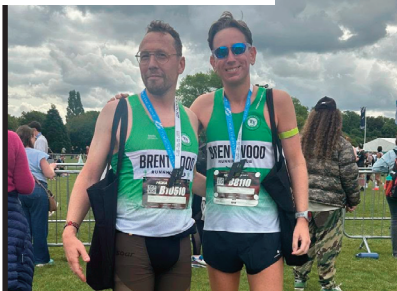
COLCHESTER 10K

[CLICK FOR FACEBOOK](#)



RUN FOR MICHELLE

[CLICK FOR FACEBOOK](#)



HACKNEY HALF

[CLICK FOR FACEBOOK](#)



SOUTH AFRICA MARATHON

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HATFIELD BROAD OAK 10K

THE HIGHLIGHTS . June 26

(click the images below to see more)

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CLUB TIME TRIAL

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PAUL EVANS SESSION

[CLICK FOR BRC WEBSITE](#)



SOUTHEND HALF

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500TH BRENTWOOD PARKRUN

A BIG WELCOME TO...



OUR NEW BEGINNERS / MEMBERS

[CLICK FOR FACEBOOK](#)



BRC MEMORIAL RUN

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

BETWEEN THE MILES .

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

Lynsey Prentice

Everything Social!

How long have you been a member of BRC?
Now coming up to 14 years.

What's your job?
I work at the European Bank for Reconstruction and Development... that's a lot of words! EBRD for short! In their Transformation office.

What would be your dream job?
Mmm something to do with dogs or shopping... or both!



Your go to food choice?
Can't beat a nice steak (with red wine obv's).

Holiday for sun, sea & sand or to get a run on Strava?
Sun sea and sand...

Biggest sporting icon?
Michail Antonio 🇬🇧

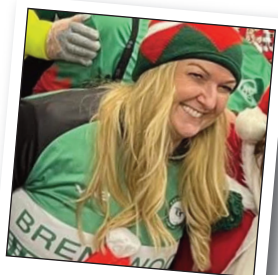


One thing we might not know about you?
I was a fitness instructor... spin, pump, step and combat.

Your greatest running achievement?
Defo my two marathons... in memory of my beautiful mum.

Your favourite running distance?
6 / 7 miles is comfortable these days (need to up my game), but half marathons are great.

Next aim in life or running?
Get back to my former glory!



Lorna Mess

All things Welfare!

How long have you been a member of BRC?
About 12 years.

What's your job?
I'm a mental health nurse, currently working in a role that focuses on patient safety.

What would be your dream job?
Managing a cleaning company that specialises in High Net Worth & Ultra High Net Worth properties.

Your go to food choice?
Boiled or scrambled eggs.

Holiday for sun, sea & sand or to get a run on Strava?
Run/walk on Strava.

Biggest sporting icon?
Jasmine Paris. Her incredible finish at the Barkley Marathons shows how strong women are. If you haven't seen it watch it on you tube, it's amazing and emotional.

One thing we might not know about you?
I have recently passed the foundation amateur radio course.



Your greatest running achievement?
Completing St Peter's way ultra on a bright cold February day with Mary and David.

Your favourite running distance?
10 miles.

Next aim in life or running?
To get back to running regularly and to get back to leading C group. I need to leave the injury bench asap.

Ed note - we all can't wait to get you back to C Group Lorna!!



NOTE - Alexa being a person, not the smart home device!

NOTE - Or Phil's hills session, winter edition on pavement!

THIS OR THAT?

Early morning or evening run? Evening for me	Parkrun PB or marathon medal? Marathon	Long run or hill session? Long run I guess
Rainy run or treadmill? Rainy run, (if y'know (Alexa) you know!)	Sunday roast or pizza? Sunday roast with stuffing & gravy	Trails or pavements? Oooh summer trails are beautiful
Tea or coffee? Coffee	Beer or wine? Impossible choice	Cinema or TV? TV

THIS OR THAT?

Early morning or evening run? Early long runs	Parkrun PB or marathon medal? Marathon medal	Long run or hill session? A long run with hills
Rainy run or treadmill? Rainy run	Sunday roast or takeaway pizza? Sunday roast	Trails or pavements? Country lanes and trails are the best
Tea or coffee? Decaf coffee	Beer or wine? Wine	Cinema or TV? TV - long run series



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PREPARE TO WARM UP, AGAIN .

Upcoming events, the championship, club kit 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 22nd JULY
PAUL EVANS SESSION**



**SUN 6th SEPTEMBER
ESSEX WAY**

WE NEED YOU!

We have 6 legs already taken of the 10 needed for The Essex Way - sign up NOW to take on one of the other 4 legs!

**CLICK THE LINK
FOR MORE INFO.**

MORE INFO TO FOLLOW!



**SAT 5th DECEMBER
XMAS PARTY & CLUB CHAMPS**



2026 CLUB CHAMPIONSHIPS

Click here to keep up to date with the Club Champs with 3 qualifying events the aim. Our top men so far are **BEN, ANDREW** and **BRIAN!** (password TGT2026)



CLUB KIT ORDER HERE

If items are in stock then Martin Hurst will organise things with you.

NEW ORDER COMING SOON!!

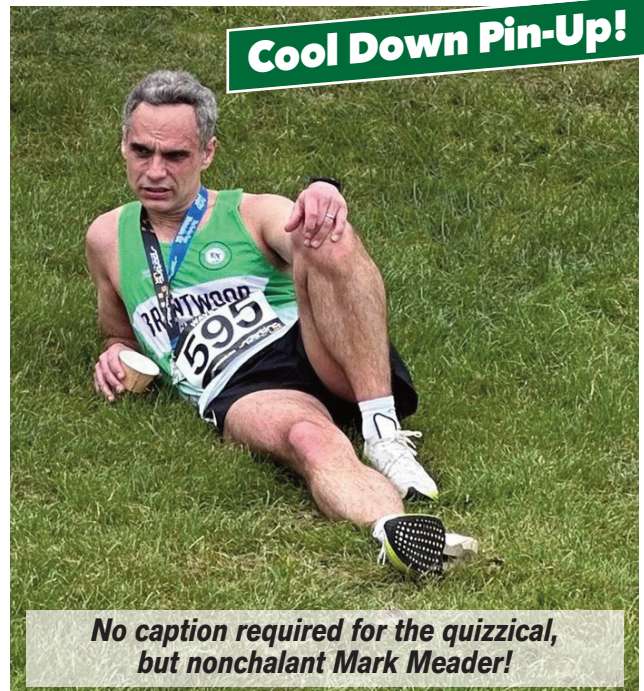
May Fun Fact...

Running a half marathon - you are doing something that 98% of the world's population will never accomplish!

June Fun Fact...

Victorian-era marathoners drank champagne during races, as they believed the alcohol acted as a performance enhancer.

Cool Down Pin-Up!



No caption required for the quizzical, but nonchalant Mark Meader!

NEXT EDITION COMING EARLY SEPTEMBER

www.brentwoodrunningclub.co.uk