



THE COOL DOWN

The bi-monthly easy lap around the block . July / August 2026

THE HIGHLIGHTS . JULY 26

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GREENWICH 10K

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BILLERICAY 10K – PLUS OUR...

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...FEMALE TEAM WINNERS!

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MONTE ROSA 100 MILE ULTRA

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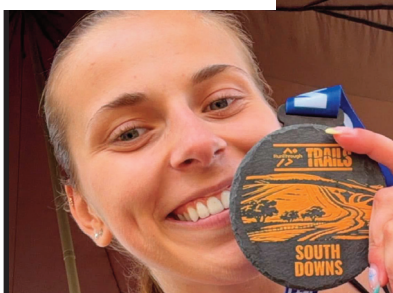
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LONDON TRIATHLON VOLUNTEERS

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OUTLAW TRIATHLON

THE HIGHLIGHTS . AUGUST 26

(click the images below to see more)

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A FAB PHIL OLSON SESSION

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CHASE THE SUN 10K

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CLACTON 10K

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!

SANDRA BASTOW

All things membership!

How long have you been a member of BRC?
I first joined BRC in the early 2000s, but I had a break while I was working in London and then in Chicago. I rejoined the club in 2019 and in 2022 I became part of the committee, taking on the role of Membership Secretary alongside Julie Buckley.

What's your job?
I am a Senior IT Director for a Global Shipping company.

What would be your dream job?
I love doing what I do!

Your go to food choice?
Dairy Milk Fruit & Nut or smashed avocado on toast with a poached egg.

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

Biggest sporting icon?
Tia-Clair Toomey (the most successful Crossfit Athlete of all time)



One thing we might not know about you?

I'm a better swimmer than runner.

Your greatest running achievement?
For me, it's the friends I've made through the club and the opportunity to support others with their marathon training, particularly first-timers. There's something incredibly rewarding about helping someone prepare for their first marathon and seeing the pride and excitement when they finally complete the distance.

Your favourite running distance?
Short and with a downhill at the start! (aka Monday night Sainsbury's Club run 🥰)

Next aim in life or running?
Berlin Marathon in Sep26 with Amanda and Claire C.

PHIL OLSON

AKA Coach Phil!

How long have you been a member of BRC?
First joined in 2003/4.

What's your job?
I'm retired.

What would be your dream job?
Nothing could beat being retired.

Your go to food choice?
Pasta.

Holiday for sun, sea & sand or to get a run on Strava?
Definitely expanding my Strava map.

Biggest sporting icon?
Seb Coe.

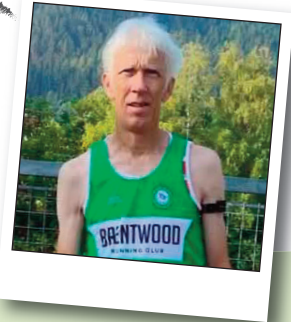
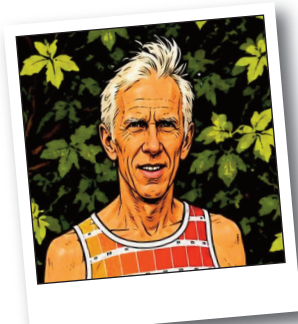
One thing we might not know about you?
Apart from being a former Guinness World Record holder, I am also a former European Champion!

Your greatest running achievement?
Still being able to finish 1st at parkrun.



Your favourite running distance?
5k @ parkrun of course.

Next aim in life or running?
To still be able to run quickly in 10 years time.



NOTE - Phil once held the World Record as the fastest chef to run the London Marathon!

NOTE - Or even better going for Sunday brunch with Claire C. instead when it's pouring down!

THIS OR THAT?

Early morning or evening run?	Parkrun PB or marathon medal?	Rainy run or treadmill?
Evening run	Marathon medal	Treadmill
Trails or pavements?	Sunday roast or takeaway pizza?	Long run or hill session?
Pavements	Veg Sunday lunch!	Long run
Tea or coffee?	Beer or wine?	Cinema or TV?
Coffee AM, Tea PM	Wine	TV

THIS OR THAT?

Early morning or evening run?	Parkrun PB or marathon medal?	Long run or hill session?
Evening	Parkrun PB	Hills
Trails or pavements?	Sunday roast or takeaway pizza?	Rainy run or treadmill?
Anything without trip hazards	Sunday roast	Rain
Tea or coffee?	Beer or wine?	Cinema or TV?
Coffee	Beer	TV



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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.



SAT 19th SEPTEMBER
CROSS COUNTRY RELAY



SUN 27th SEPTEMBER
VITALITY LONDON 10k



SUN 11th OCTOBER
TIPTREE 10 MILE



MORE INFO TO FOLLOW!

SAT 5th DECEMBER
XMAS PARTY & CLUB CHAMPS



2026 CLUB CHAMPIONSHIPS

Click here to check out your Club Champs position! (password TGT2026)



NEW BRC TRAINING KIT

Click here to order your new vest t-shirts for everyday training. **WEAR CLUB COLOURS!**



BRC CLUB RACE KIT

Click here to see stock levels and order form. Martin Hurst will organise any orders.

July Fun Fact...

Josh Kerr set the men's outdoor mile world record on July 18 at the London Diamond League meeting. He ran a time of 3:42.66!

August Fun Fact...

Elite runner Yomif Kejelcha smashed a half-marathon course record by a staggering 1 minute and 38 seconds, running under 57 minutes!

Cool Down Pin-Up!



It was The Donk's turn to book the Airbnb for the lads' weekend away!!

NEXT EDITION COMING EARLY NOVEMBER

www.brentwoodrunningclub.co.uk