THE COOL DOWN

The bi-monthly easy lap around the block . September / October 2026

THE HIGHLIGHTS . SEPTEMBER 26



ALL SAINTS CHURCH DONATION

Team BRC generously donated a cheque for £2000 to help the church in Doddinghurst repair their steeple.



THE ESSEX WAY RELAY

88 miles in relay fashion from Epping station to Harwich. What a day! Well done team green!



ESSEX CROSS COUNTRY RELAYS

Well done to the cross country relay team, good turnout and a great event. Don't miss the upcoming XC season!

September was a busy month for BRC! Huge congrats to all who took part in any of the following events...

- Our Group E BRC ladies who ***Run The Wharf***
- Team BRC ***on tour in Dublin*** (with an Irish parkrun thrown in)
- ***The Big Half*** saw Hannah, Kerry, Chelim, Claire and Teresa run
- Ben, Brad & Daisy completed the ***C2C Ultra***
- Teresa took on the ***Oslo Marathon***
- Huge BRC turnout at the ***Basildon Half Marathon***
- ***Great North Run*** with Andrew, Debbie & Brad
- ***Pleshey Half Marathon*** featuring Andy Muir
- Amazing efforts at the ***Backyard Ultra*** with Charlotte, Ben & James
- Brad & Hollie swam ***The Serpentine***
- Ben did ***Nuclear Fit*** as a fully kitted fireman
- Lewis & Daisy took on the ***Shoreditch Half Marathon***
- Fantastic Sophie completed the ***Ironman 70.3 Weymouth***
- ***Hyde Park 10k*** with Gabby, Nicky, Kirstie & Sarah
- Jacq took on the ***Durant River 10k***
- ***Vitality 10k*** conquered by Stephen, Marc, Brad & Julie
- Amazing Sam, Amanda, Claire & Mary took on the ***Berlin Marathon***



THE COOL DOWN

The bi-monthly easy lap around the block . September / October 2026

THE HIGHLIGHTS . OCTOBER 26



BRC TRACK SESSION

A wonderful hour spent running round in circles at Brentwood School Athletics Track - don't miss it!



ROYAL PARKS VOLUNTEERS

Well done to the volunteers who helped out at the Royal Parks Half. A great day out!



MORE CROSS COUNTRY ACTION

Hylands Park and One Tree Hill saw the BRC Team out in force once again. Make sure you're part of team BRC!

October started getting wet, but once again well done to all of you BRC runners who took on the following...

- Pete Hall completed the ***South Downs Marathon***
- The ***2nd Largest Half in Brentwood (with PRRC)*** completed by Lynsey and Alexa
- A huge BRC turnout at the ***Southend 10k***
- Our ***Cardiff Half*** reps Brad, Lewis & Kevin
- Andy took on the ***Yorkshire three peaks***
- Craig smashed the ***Lisbon Marathon***
- The ***Victoria Park 10k*** saw Nicola take top female
- Debbie & Marc ran around some ***Royal Parks***
- ***Chelmsford Marathon*** smashed by Andrew
- ***Chelmsford Half Marathon*** with many BRC runners
- The ***Chicago Marathon*** saw Tim and Sam compete
- Will & Andy took on the ***Amsterdam Marathon***
- The ***Cabbage Patch 10mile*** with Steve & Nic
- Steve & Mary took on the ***Canvey 25k***
- ***Jurassic Coast Ultra*** conquered by Charlotte
- Ben, Stephen & Brad took on ***Abingdon Marathon***
- ***Great South Run*** completed by James
- Our E Group ladies took over ***Beachy Head***
- The ***Dublin Marathon*** no problem for Paul
- Adele, Nicky & Jacq took on the ***Leigh On Sea 10k***
- The ***Puglia CUT 50km*** smashed by Guy!
- Hollie, Liv, Nicola, Daisy, Jade and Andrew went all spooky on us at ***Chase The Moon***



BRENTWOOD RUNNING CLUB TGT Est. 1987

THE COOL DOWN

The bi-monthly easy lap around the block . September / October 2026

BETWEEN THE MILES .

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

STEVE BIRKETT

Volunteering Leader!



How long have you been a member of BRC?
30 yrs, joined TGT in Oct96.

What's your job?
I was a civil servant in the Home Office and Ministry of Justice. Retired for 15 yrs.

What would be your dream job?
Staying retired. Too busy to think about work.

Your go to food choice?
Seafood pasta, eaten at a restaurant in Naples Bay.

Holiday for sun, sea & sand or to get a run on Strava?
Neither, just like to explore, particularly on train around Europe or river cruises. I did used to run before breakfast whilst on holiday.

Biggest sporting icon?
Sir Trevor Brooking. Being a West Ham man for nearly 70 years, I had the pleasure of meeting the man, eating and drinking with him, and attending his last match. What a gent!

One thing we might not know about you?
I played club hockey for 40 years. It governed my sporting and social life until the running club gradually took over in the noughties.

Your greatest running achievement?
My first London marathon, when me, Roger Stevens, Steve Rich & Barry McDonagh trained together with a group of Trotters in 2001 for our first marathon and aimed for sub 4 hours. Did it in 3:59:25!

Your favourite running distance?
Funnily enough a marathon, although haven't been able to complete one since 2008. Other than that, maybe 10k.

Next aim in life or running?
At 75, just keep fit and well, and run as far as I can with the beginners.

NOTE - Steve used to take the Friday Hill Sessions before Coach Phil!

THIS OR THAT?

Early morning or evening run? **Early morning training is best**	Parkrun PB or marathon medal? **Marathon medal**	Long run or hill session? **A bit of both**
Trails or pavements? **Summer trail**	Sunday roast or takeaway pizza? **Sunday roast**	Rainy run or treadmill? **Rainy run**
Tea or coffee? **Neither!**	Beer or wine? **Beer (real ale)**	Cinema or TV? **TV**

JULIE BUCKLEY

Membership Secretary



How long have you been a member of BRC?
I joined in Sep 2004, did the beginners course and ran my first London Marathon in 06.

What's your job?
I'm a Police Community Support Officer with Essex Police. Before that I worked in the control room answering 999 calls.

What would be your dream job?
Owning an ice cream van & making people happy, plus I love a Mr Whippy 99!!

Your go to food choice?
Indian or Turkish but I also love a Toby Carvery!

Holiday for sun, sea & sand or to get a run on Strava?
Sun sea & sand but my trainers do make it into my suitcase, with every intention of a run, but it doesn't always happen as everyone knows what I'm like in the heat!!

Biggest sporting icon?
Brendan Foster (we worked together for Coca-Cola on the events team).

One thing we might not know about you?
I was a contestant on Bob's Full House in '88 having met Bob Monkhouse when I worked at St John's Ambulance. I won a Harrods hamper and a trip on the Bournemouth Belle.

Your greatest running achievement?
My first marathon in 06, completed non-stop in 5:15, followed by my infamous treadmill marathon in Apr20, my highlight of lockdown!

Your favourite running distance?
Nowadays it's 10k. My goal is to get as close to a sub 1hr as possible with my PB at Whitstable being 1:01!!

Next aim in life or running?
Stay healthy, have fun with family and friends and keep running for as long as poss!!

NOTE - Julie hardly watches TV due to lack of concentration and too much socialising!!

THIS OR THAT?

Early morning or evening run? **Early morning**	Parkrun PB or marathon medal? **Parkrun PB**	Long run or hill session? **Hill session**
Trails or pavements? **Has to be trails for me**	Sunday roast or takeaway pizza? **Sunday roast**	Rainy run or treadmill? **Rainy run**
Tea or coffee? **Earl Grey tea**	Beer or wine? **Red or Rose Wine**	Cinema or TV? **Cinema**

THE COOL DOWN

The bi-monthly easy lap around the block . September / October 2026

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 to add, just WhatsApp us!

Upcoming Events...

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



SUN 15th NOVEMBER HADLEIGH X COUNTRY



SAT 5th DECEMBER GLOUCESTER PARK XC



SAT 5th DECEMBER XMAS PARTY & CLUB CHAMPS



SUN 6th DECEMBER BRC TRACK SESSION



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 or t-shirt 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.

September Fun Fact...

The Vitality Westminster Mile saw over 8,000 people wearing pyjamas to complete the one-mile run for a new Guinness World Record.

October Fun Fact...



Most Important Running Fact: you don't need a PB or watch to enjoy a run with your mates!

Cool Down Pin-Up!



Had to be Dame Kelly Holmes!!!