



Dear all,

We had such good feedback from our last newsletter, that we have decided to make it a regular feature. So here goes.....



HILLY 100

The time again has come for the 3am alarm, alas it must be the annual Hilly 100!

The event, which this year takes place on **May 12th**, starts and finishes in Stratford-Upon-Avon. Teams are made up of 10 with each runner having a support cyclist/runner. A fun day out for all, regardless of pace, with usually plenty of cake!

**This event is fully subsidised by BDRC
all you need to do is run 10 miles!**

For more information or to register your interest, please contact Natasha Berry

(Clip Clop) or email info@brackleyrunningclub.co.uk by the **12th April**.

Please state whether you'd like to run 10 miles or support cycle.

Time Trial

The Time Trial sessions for 2019 start on 25th April.

For the newer members who haven't run these before, these are great social club race nights. We run **5 qualifier events** through the summer months (April to August) with a **final in September**. You need to **run at least 2 qualifying events to qualify to take part in the final**.



These are speed sessions over a four mile hilly track. Runners have their own start times, with the aim of all runners arriving back at the finish line at a similar time. Specific rules apply about how runners start times and future TT adjustments are calculated are on the [website here](#), please check it out.

Time Trial

If anyone has any questions please do ask me at any club session, or drop me a note on FB messenger.

YT (Adrian Crookes)



10th Anniversary



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CHICKEN RUN MARSHALS/VOLUNTEERS

There was an HUUUGE response to help at this year's Chicken Run on Sunday 16 June, thank you, thank you, one and all. An email was sent out on Mon 1 April to all that volunteered asking you to reply and confirm you are still going to be available on the day. If you haven't received it, check your Junk Mail or Spam folders and if you still can't find it, let me know by emailing: chickenrun@brackleyrunningclub.co.uk .

We may also need help with transport on the weekend of the race. If you have a van and would be happy to help out, please email info@brackleyrunningclub.co.uk

Noz (Chris Noble)

Club Standards

BDRC ran a new initiative last year called club standards. A way of **rewarding runners efforts throughout the year**. There has been one change to the 2019 version of the club standards, changing the Gold standard to running a minimum of

a half marathon (as opposed to a marathon last year). Please see the website for details on how it works and what you need to do to take part.

Club Standards

The awards that were offered were presented at the AGM in November, please check the AGM photos for a look at these: <http://www.brackleyrunningclub.co.uk/latest-news.asp>

Membership Renewal

All members should have received an email from me about renewing membership. If you haven't received it, please send me a message or email info@brackleyrunningclub.co.uk

SPYBT (Suzanne Peel-Yates Bass-Twitchell)

Summer Routes

Now that Winter is behind us, we will shortly be moving over to our **Summer routes!!** If you have not run these routes before they tend to be a single distance (i.e not separate 5, 6, and 7 mile groups) run in the countryside around, or within a short car drive from, Brackley.

We will still have 4 mile GPG on Summer routes nights, but these might be a foreshortened version of the Summer route, or occasionally on the usual road run.

As always, we won't leave anyone behind or to run on their own.

Keep an eye on Facebook to see which route will be run on a specific night.

Summer Routes

Colworth Marathon Challenge

The [Marathon Challenge](#) is a suite of three races which take place over three consecutive days. The races consist of a 5 mile run, an 8.1 mile trail race, and a half marathon; all of which adds up to a full marathon distance.

Races may be entered in any combination, i.e. you may enter one, two or all three.

The dates for the 2019 races have now been set as 21/22/23 June - ([Read more](#))

"Last year we were blessed with three days of wall to wall sunshine. We set up camp on Friday afternoon before running the 5 mile race, which was followed by an organised BBQ and ice creams. Saturday evening we had our own BDRC BBQ at camp. It was a fun weekend of eating, running, drinking, laughing.... The BDRC 'kids' enjoyed it too and there is even a kids fun run on the Friday evening before the adults race."



Save the date.....

The BDRC Christmas Party will be at
Brackley Town Football Club on

Friday December 13th 2019

Save the date for the social event of the year!

Thanks for reading!
BDRC Committee