



MARCH 2023

On Saturday 4th March we had our annual awards evening. It was well supported by our members and congratulations go to all the recipients of the various awards that were presented, celebrating all levels of performance and recognising support and commitment to the club.

The evening went very well, so a massive thank you to all those involved in planning and organising the event, the committee, coaches, past and present captains, Charley for sorting the buffet, Liz and Amanda for booking the venue and Tessa for taking the photos, which are now on Facebook.

Don't forget to record your races on our website to be considered for an award next year.

This year's Club Award winners:

Senior Female: Lucy Treleaven; **Senior Male:** Tom Rankin;

Vet Male: Rob Barnes; **Vet Female:** Christine Lathwell;

Super Vet Female: Ruth Doyle; **Super Vet Male:** Gez Fallon;

Super Great Vet Female: Pam Abbitt; **Super Great Vet Male:** John Chapman

Performance Awards: Paul Abrahams; Sandy Reeve-Smith; Sam Whaley; Martin Ball; Shaun Mutter; Thom Darby; Chris Treleaven; Andy Durrant; Karen Ashby; Danny Kelly

Improvement Awards: Charley Snowdon; Nick Betts; Amrik Singh; Claire Bracey; Leigh Betts; Ryan Parsons; Miriam Linforth; Theresa Gunnell; Peter Breslin; Chris McLaren; Dawn Boon; Peter Brown

Special Awards: Nicola Abubacker; Annalies Gerber; Ian Pitkin; Dawn Keveran; Graham Crouch; Charles Nelis; Sileshi Tesema; Liz Evans

Newcomer Female: Charley Snowdon; **Newcomer Male:** Kallum Wright

The Bill Barrett Award Female: Christine Lathwell; **The Bill Barrett Award Male:** Nick Betts

The Ken Abbott Award: Denis Rowley

Chairman's Award: Thom Darby

Rosa Trophy: Charley Snowdon

Club Membership Renewals

The membership renewals are due from 1st April 2023. The club prices are the same as last year, however England Athletics affiliation has gone up from £16.00 to £17.00. You will soon receive an email inviting you to renew your membership. If you wish to change your affiliation status please email Chris at newmembers@stopsleystriders.org.uk.

For the 2023/24 year renewal fees are:

England Athletics Affiliated Members - £47; Non-affiliated Members - £30

Affiliated Members: Students/65 & over - £37; Non-affiliated Members: Students/65 & over - £20

New Membership fees (includes club vest) are:

England Athletics Affiliated - £62; Non-affiliated - £45

Affiliated Students/65 & over £52; Non-affiliated Students/65 & over £35

Post AGM Membership will be reduced by 50%

Benefits of Club Membership:

- Insured Running at Club Running Events
- Free Club Nights with Coached Sessions and Social Running
- Regular Club Social Nights
- Other running events organised on Spond
- Entry to Three Counties Cross Country League
- Discount on ARC-organised Events
- Discount on all ATW-organised Events

(See Website for full list of discounts)

Benefits of England Athletics Affiliation

All of the above, plus:

- Discount on all EA-organised events
- Paid entry to County, Southern and National Cross Country Events
- Entry to Club Ballot for London Marathon place (subject to additional rules)
- Ongoing Running Discounts in Monthly Newsletter from EA
- Ability to be a Club Coach at Stopsley Striders (subject to training)

Three Counties Cross Country League Fixtures 2023-24

The fixtures for next season have been agreed and are:

Event 1 - October 22 - Wellingborough

Event 2 - November 26 - Wootton

Event 3 - December 17 - North Herts Road Runners

Event 4 - January 14 - Stopsley Striders

Event 5 - February 4 - Dunstable Lions

We had such a great time and organised such a superb event we thought we would do it again, so we will again be calling on our fabulous members to help us out again. Unfortunately Wootton again clashes with the Hatfield 5, so we are looking for another 5 mile race for the Club Championships, please contact us if you have any suggestions.

Beginners Course

Our annual Beginners course starts on 27 April and runs for 12 weeks. Details of the course are on the website with a QR code that helps you sign up. Please spread the word if you know anyone interested in taking part.

Bank Holiday Alert!

Inspire will be closing at 4pm on Monday 10 April and on Monday 1, 8 and 29 May. No club nights on these dates.

Strider of the Month!

Strider of the Month for February is Eamonn Devane! Please see the run report for the full details.

Barrels Social

The next Barrels social will be on Monday 3rd April, please sign up when it appears on Spond.

Joe Donnelly

Bill Barrett, John Ryan and Andy Durrant recently attended the funeral of friend of the Striders Joe Donnelly. Joe was an avid runner and when Tony Simmons first set up the club 40 years ago, he was surprised at the numbers who attended, so asked his friend Joe to help out which he gladly did.

Joe completed 25 marathons, which included running London 12 times and had a marathon p.b of 3 hours 2 mins, so he was some runner.

He regularly ran with PJ Hough and John O'Callaghan and many of you will recognise him from running the 5 mile race in his friends name, he also attended our 40th birthday event at South Beds.

We send our condolences to his son Damien and the rest of Joe's family.



Kit Update

You can order any of the items of the Stopsley Striders new kit directly from Prestige Design. Please remember they are able to print your name on running tops and hoodies.

The Club Kit is now on the Prestige Design & Workwear website at:

<https://prestigedesignww.co.uk/product-category/clubs/stopsley-striders/>

You can order direct from their website, we will continue to work with them to review and update the kit.

Race Dates

Stopsley Striders 5/10 Mile Trail Race- Sunday 13 August

Entry via our website and the ATW website. 5 Mile - £13.00 - £15.00; 10 Mile - £18.00 - £20.00

Kenworth Quarry Relay- Organised by Dunstable Road Runners- Sunday 4 June

5k relay- teams of 3, £22.38 per team, proceeds to Guide Dogs for the Blind.

Club Championships 2023

These races have age category 1st, 2nd and 3rd certificates for all age categories

2 April – Sandy 10 Mile; 16 April – Flitwick 10k

9 June - Marston 5k; 11 June – St Albans Half Marathon

24 September - Hitchin 5k AND Leighton 10 Mile

15 October - Love Luton 10k AND Love Luton Half Marathon AND Cross Country - Ampthill Trophy

26 November - Hatfield 5 Mile

20 mile - Any (Non Virtual)

Marathon - Any (Non Virtual)

Don't forget your EA Affiliation discount or our ATW races discount, code STOPSLEY_10

Other Race Suggestions: April - May

Welwyn Half Marathon – Sunday 2 April

St.Albans Easter 10k - Friday 7 April

Milton Keynes Easter 5k - Sunday 9 April

Hitchin10k - Sunday 30 April

Tring Bluebell 13k - Sunday 30 April

MK Marathon Weekend (5k, 10k, HM, Marathon Relay & Marathon) – Sunday 30 April – Monday 1 May

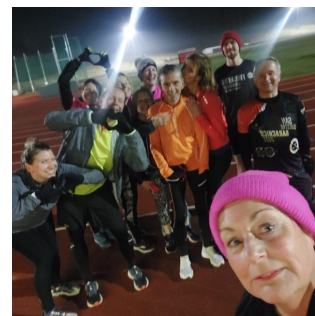
Run Bedford 5k, 10k & Half Marathon - Sunday 7 May

Wheathampstead 10k - Sunday 21 May

Please email chairman@stopsleystriders.org.uk if you want to recommend any upcoming races.

February Run Report By Charley Snowdon and Ryan Parsons

February is the month of passion and our passion for running and racing was evident from the very start! Even our coached track session that fell on Valentine's Day itself was well subscribed! (not sure if this went down well with all the running bachelor's and widows stuck at home but needs must, hey?!)



Thursday 2nd February marked Time to Talk Day for mental health awareness. Big thank you to Kate Mutter for organising The Hansom Cab for post run drinks and to Liz and Amanda for hosting a Stopsley Steppers walk alongside our regular club night. "It was so fantastic to see people returning from injury and or illness", said Amanda. "I think there were 19 of us in the end and we must have really excelled at the 'Talking' bit as we got told off for talking during the quiz at the pub!"



Jill Bywaters celebrated her 100th Parkrun on Saturday 4th February at Wardown Park "I chose Wardown because this is where I graduated from the Beginners Course back in 2018", explained Gill. "I was absolutely taken away when Martin Pretoria appeared wearing a bright pink tutu, he looked brilliant! It was great to be able to celebrate this milestone and share cake with all my Striders and Parkrun friends!"

Watford Half took place on Sat 5th February where Richard Hardy, Carly Eaves, Justina Kotlega and Hannah Roy flew the Striders flag.

Saturday 5th was also busy with the London Winter 10k Run where Nick Betts clocked an impressive PB of 43:16! Nick was followed to the finish line by his gorgeous wife Leigh (who is inching closer to the under an hour mark!) and fellow Strider and friend Jane Few.



On Saturday 5th February the last fixture of the Three Counties Cross Country League took place at Sharnbrook. Yet again, Striders boasted a healthy field of runners and a strong ground support team. "Huge thanks to everyone that took part this year whether you were running, supporting or helping at our event. We finished 7th overall out of 14 teams and there were individual honours for Tom Rankin and Charley Snowdon who both finished 2nd in their age categories", praised club chairman Andy Durrant. "The results were only a part of it as team spirit and camaraderie shown by our members was truly amazing, no other club cheers their runners home like us, well done everyone."



A special mention to Paul Duffy who was a 'Sole Strider' at the Harrow Hill 10k on Sunday 12th February which he described as 'hilly' and to Nick and Leigh Betts who travelled to the Birmingham Running Festival on Sunday 19th. "This was such a lovely course with multiple hills and I was only 60 seconds off my PB so I was happy with that", said Leigh. "Nick unfortunately had a chest infection so was just happy to finish, he still came in under 45 minutes though which is amazing."

On the Sunday 19th February, Striders joined the Gade Valley Harriers Training Run which is great for anyone training over the longer distances. Andy Durrant, Ruth Doyle, Eammon Devane, Martin West, Mark Bradley, Claire Bracey, and Theresa Gunnell all relished the opportunity to get the miles in with the added motivation of being joined by others.



On Tuesday 21st February one Strider did something phenomenal by setting a new V65 5k time of 20:25! John Chapman, you legend! Yes, John took part in race number 3 at The Boscombe 5k Winter Series in Bournemouth and absolutely smashed it! "I was delighted again to win the V65 category beating my previous time in December by 32 seconds!" beamed John. "As you can imagine I'm overjoyed and it couldn't have gone any better on the night."

On Friday 24th February, Kate Neale organised a successful and enjoyable quiz night at Warden Hills Community Centre. "Not only did the event sell out very quickly, the night raised an amazing £1092.76 for Brain Tumour Research", beamed Kate. "A huge thank you to everyone who helped on the evening, donated raffle prizes and parted with their cash in a variety of ways to make the night so successful, many congratulations go to team 'Quiz my Pants' on their win!"



Hangovers were dusted off the following morning on Saturday 25th, for Amanda Rankin's and Liz Evens 250th Parkrun where Striders donned orange to honour their combined love of Luton Town FC. "We had a brilliant time and it was so lovely to see so many Striders out celebrating with us", said Amanda. "A brilliant morning of walking, talking and cake!"



Bedford 10k and Bedford Half Marathon took place on Sunday 26th February where Striders were out in force both running and supporting! "It was a beautiful morning for a race", said coach Maria Petts. "There were some amazing runs and at least one PB that I know of!" This PB was set by Carly Eaves who was thrilled to achieve her second PB in six months and took off 4 minutes from her previous 10k time set back in 2018. Carly struggles to attend club nights due to childcare but has obviously been training very, very hard and often with a buggy! Gez Fallon enjoyed being on flatter ground for under the hour and a half mark, whilst Eammon Devane ran a blinder for 1:41:43! (Please do remember to upload your results as we struggled to find them on the ATW website as it wouldn't let us search for just the team, so our apologies if we have missed any PB's!)

Also on Sunday 26th it was time for the Stopsley Ladies to shine at The Baldock Beast 1/2 Marathon! The Ladies team of Lucy Treleaven, Miriam Linforth and Charley Snowdon did an amazing thing when they took the crown from North Herts Road Runners by winning the team event. Lucy steamed off in front and clocked an impressive 1:43:57 whilst Miriam overtook



Charley at the halfway point to come in on 1.48.46! Charley finally joined the others for a time of 1:52:48. I can speak for us all when I say we were all absolutely beaming and we're already scouting out other races to enter as a team in the future! It feels so good to be on an actual podium, we want more! Lol! I guess, I should also mention the gents that also took part that day ;o)) ...Well done to Chris Treleven and to Richard Hardy, here's to the next one!

Strider of the Month

Eammon Devane

Eammon is genuinely one of the nicest and kindest people we know! Eammon has been going from strength to strength with his running after securing a ballot place for this years London Marathon. Even though Eammon has a ballot place he is still raising funds for the charity that helped

his fiancé Daisy after she suffered a horrendous cardiac arrest at home back in June 2022. Unfortunately, Daisy suffered another arrest very recently and Eammon has been continuing to work his training around caring for Daisy so he can raise as much money as possible by getting to the start line in April. Eammon, you're one gorgeous human and we send you and Daisy our well wishes.

