



MAY 2023

## From the Chair

*Welcome to this month's newsletter – slightly belated but with two monthly run reports it's a bumper edition! We have recently seen numerous Striders putting all their training miles to good use and running a marathon. Some completed their first marathons, some achieved a personal best, some visited far-flung shores and some weren't content with only running one and completed three! Well done to all our members for their dedication to training and completing their marathons, it's a great personal achievement.*

*We have already had our first few club championship races, so well done to all that ran at the Flitwick 10k and Sandy 10 mile. As this newsletter went to press the Marston 5k and St Albans Half had just gone into the books, with great turnouts and excellent running by lots of Striders. More on that next month.*

*The summer is now upon us and we are blessed with many great local trails, so it's great to see so many runners on club nights, but would be lovely to see many more!*

*Andy*

### **Membership Renewals**

The membership requests have gone out and we're happy to report over 80% of our members have already renewed, but we urge everyone yet to renew to please do so as soon as possible.

### **Beginners' Course**

The beginners' course is going well with 40 new runners and a number of returning striders taking part. Well done to Maria for organising the course and all our coaches for their help and support. A big number of our current Striders came through the beginners' course and it's great to see new people out there running and hopefully we can see a new crop of Striders coming through.

## Coming Up

We are returning to Stopsley Working Men's Club for our **monthly socials**. Please bring food and/or a donation to the club charity. The next dates are:

Thursday 15 June – Liz and Amanda will be doing a Stopsley Steppers walk

Thursday 13 July – This is the last day of the beginners' course.

All beginners are welcome. Many thanks to Liz Evans for her help in booking the venue.

The beginners will be doing their **Graduation Parkrun** on Saturday 15 July. Please do come along and support them.

Our club's own race, the **Stopsley 5 Mile & 10 Mile Trail Race** takes place on Sunday 13 August. You can enter via our website or through Active Training World. We will also need help on the day (marshals etc.) and so we will soon be asking for volunteers. Keep a look out for news on this on Facebook and in future issues of this newsletter.



**JOIN US FOR 5 OR 10 MILES OF TRAILS THIS SUMMER!**

**Sunday 13th August 2023**

**Starting from Luton Inspire Sports Village, LU2 8DD**

**Registration: 8:30am – 9:45am**  
**Race Start: 10:00am**  
**(3 hour max. time limit)**

**Chip Timed**



**SCAN ME**

## Striders of the Month(s)!

March – Carly Eaves, Ruth Doyle and John Chapman

April – Leigh Betts, Nick Betts, Theresa Gunnell, Dawn Keveren, Charley Snowdon, Shaun Mutter, Claire Bracey, Eammon Devane and Sam Whaley

Well done all! You can read more about their fantastic achievements in the March and April run reports from our Captains, Charley and Ryan.

### **Club Championships 2023 – remaining races**

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

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: June - July 2023**

Salcey Forest Day/Night trail (Women Only) – Friday 16th/ Saturday 17th June

St Albans Striders Summer Solstice 10k – Wednesday 21st June

Silsoe Stride 5k/10k – Sunday 25th June

Luton Race for Life 5k- Sunday 25th June

Luton Foodbank 5k Charity Colour Run – Saturday 1st July

Hitchin Triathlon – Sunday 2nd July

Chilton Ridge Trail Half Marathon – Sunday 2nd July

Dunstable Downs Trail Half Marathon – Sunday 16th July

St Albans 10k Race for Life – Sunday 16th July

Doug Anderson 5k – Wednesday 19th July

Bedford 10k/Half Marathon – Sunday 23rd July

Please email [chairman@stopsleystriders.org.uk](mailto:chairman@stopsleystriders.org.uk) if you want to recommend any upcoming races.

## March Run Report By Charley Snowdon & Ryan Parsons

Va Va Voom into March and it was all go from the start! The month started off on Saturday 4th March with Nick Betts being an utter hero and completing the Amersham 50K Ultra in 5 hours 30 mins. This was not just a PB for Nick, this was a massive PB for Nick, smashing his previous time by 1 hour and 2 minutes!



The boys were out 'being boys' at Dunstable Parkrun and were proud to all finish in the top 3, all with course PB's! Tom Rankin lead the way, closely followed by Ryan Parsons and then a determined Kallum Wright for 3rd. "It's always a friendly competition between the three of us", said Tom, "It was great that Kallum managed to hold off a Dunstable Road Runner for a striders 1,2,3!"



On Sunday 5th March, Paul Duffy was a 'Lone Strider' at the Berko Half, we do look forward to seeing where Paul is going to pop up next, it's always somewhere off the beaten track but it's fabulous to have the Strider flag flying, even if it's just the one! We also must mention across the Irish Sea, Strider Donna Wiggett who took part in the Omagh Half Marathon for an age category PB.



Carly Eaves has been absolutely smashing it and ran an exceptional Tokyo Marathon for a PB of 4:37:11. That's Carly's 3rd PB in 6 months and her fastest marathon in 7 years. Carly beamed, "I am beyond proud of my efforts and thankful for all the love and support I receive from my Striders friends!"



On Wednesday 8th March, John Chapman won the V65 category of the Boscomb Winter 5k Series and was rightfully over the moon. "I am so pleased to have both won the series and achieved the club V65 record for the 5K in the process", said John.



On Saturday 11th March, Striders joined forces with Luton Lions Running Club to help raise money for Luton Foodbank for their 10K

School Run. This was an amazing experience and the Lions were so genuinely grateful for our support. The Lions are very much about running for mental health, to beat isolation and to support the local community rather than racing. I know that we are very much looking forward to collaborating with them again in the future.



The 12th of March was a very busy Sunday with Striders out in force at both The Great Yarmouth Half Marathon and The Milton Keynes Festival of Running. Many congratulations to all that took part. Theresa Gunnell ran her longest distance to date as part of her London training when she took part in The MK 20. "The two flooded underpasses weren't pleasant and the fact you had to run them three times was the pits!" said Teresa. "Thank you Kate Mutter, Claire Bracey, Hilary Wildman, if I hadn't of met you I wouldn't be pushing myself to run this far." Many congratulations also go to Dawn Keveran for clocking a



PB at Great Yarmouth Half.

On the 19th March, Striders Dawn Keveran (PB) and Claire Bracey went and took part in The Twin Lakes 20 miler as part of their London preparations.



On Saturday the 25th Striders took over Luton Wardown Parkrun. This is great PR for the club and always brings a great sense of pride to us all as we showcase what a truly great club we are.



While Striders were strutting their stuff around the paths of Wardown, some of ventured off piste to take part in the Ashridge Boundary Run. This run was beautiful but was extremely tough! Huge kudos to Tom Rankin, Kallum Wright and Chris Treleven for their great runs over this 17 mile undulating course.

The next Sunday was jam packed too when the infamous Oakley 20 took place. Nick and Leigh Betts and Evelyn

Lutterodt took part with Nick and Leigh both putting in PB performances. "This was a very wet and hilly route", said Leigh who was absolutely delighted with her 32 minute PB. Leigh's husband, Nick Betts also ran an absolute belter finishing in an incredible 02:39:25.



On the same day, Ruth Doyle was absolutely over the moon to break the club record when she ran The Hampton Court Half along with club chairman Andrew Durrant. "I am absolutely delighted to break the club V55 record and to get an age group PB", said Ruth. "The course was so wet and muddy, it was more like a cross country course in places!"



### Strider(s) of the Month!

**Ruth Doyle** for breaking the V55 club record for the half marathon distance.

**John Chapman** for breaking the V65 club record for 5k

**Carly Eaves** for really progressing with her running, clocking up the PB's and running a brilliant marathon at Tokyo.

So many congratulations to you all. Please do remember to upload your race results on to the website and post what you've been up to on Facebook, it makes writing these run reports so much easier! Many thanks, Charley and Ryan.

## April Run Report

### By Charley Snowdon and Ryan Parsons

April is just bonkers nuts for running and we don't really know where to start, it's just been AWESOME! Okay, we do know where to start and it starts with our one and only Robert Barnes who on the 1st April started running across the border of Scotland from one side of the country to the other, (as you do!) Strider's got on the Northern Traverse tracker app and were avidly following and sending messages of support to Rob who went two days without hardly sleeping to come third and complete the 300k run in a fantastic time of 48 hours 37 minutes! "I had a couple of small naps when I was feeling a bit low. Stuck to 5 minutes, lying down on a bench", said Rob. "I felt really tired in the late evening, then I took some caffeine and was absolutely fine." This was Rob's longest continuous race to date, but his incredible performance demonstrates that this is an area in which he absolutely flourishes. Rob you're our hero!

On 1st April, Gary Fowler fancied a change and headed to The Czech Republic for The Prague Half Marathon. "It was my first experience of jeffing", said Gary. "I hadn't been able to train for 2.5 weeks in the run up due to injury and I got very tired at 16k". Despite these hang ups, Gary still managed to complete in way under 2 hours.



Annelies Gerber was up to her usual 'frolics' also on the 1st April when running around Horseheath racecourse for the 'Horseheath April Fools Frolic Run!' The course was based on a 5.3km lap and you could run as many as you liked. Obviously, our ultra loving Annelies wasn't going to run just one lap and kept going until she had run a full marathon on "very wet, muddy and challenging ground."

On the 2nd of April Striders ventured to the scenic back end of Sandy Industrial Estate to take part in The Sandy 10k. This is always a popular race, with a hilly start and a downhill finish. Christine Lathwell was on fire to come 1st in her age category. "I'm very happy as I haven't been able to race properly since the County Championships in January", said Christine. Sam Whaley also ran incredibly well and in his words, "loved that!" Sam clocked a new PB by 6 minutes and loved the downhill finish!



On the same day, Striders headed into town for The London Landmarks Half Marathon which was a race goal for many Striders including Jane Few who ran her first half. "I did it! Absolutely amazing. I'm so proud of myself. My first half marathon in 2 hours 35 minutes!" beamed Jane. Mark Bradley also trained hard to up the distance to take part and finished in an impressive PB time of 01:44:08. No strangers to the city lights were Leigh and Nick Betts who both smashed their PB's over the half marathon distance. "A good way to celebrate 1 year with Striders with a circa 10 minute PB", said Nick who ran an incredible time of 01:33:43. Wife Leigh, was also ecstatic, "another fabulous Landmarks completed 6 minutes quicker than last year and a 4 minute PB!"



Vicki Crowston headed more south of the country to take part in The ABP Southampton 10k and finished under the hour for an age group PB. "This event was part of a double with a 60k cycle the day before!" explained multi sport lover Vicki. "I also improved my age category PB so was very happy with that!"

Whilst most of us were stuck in a dull, wet and cold UK, some Striders were living the high life on board a Caribbean Cruise ship, but this didn't stop them donning their Striders vests and running between their Pina Colada's! We do love this club so much and the lifelong friendship groups that are made, it's just lovely! (We weren't too jealous of your hot tub/palm tree pictures guys, honest!)



St Alban's 10k took place on Sunday 7th April and there were some Easter Bunnies spotted on social media, including a giant pink rabbit! Sam Whaley is having a fabulous year and set another PB! "My first official sub 50 10k!", beamed Sam! "It was a lovely sunny race and I am very happy!"

Talking about the weather, we now come on to our Easter Monday Trail Safari Run at Woburn! My goodness, fair play to everyone that ventured out in far from perfect conditions...It didn't just rain it absolutely poured!! We were all properly



drenched but this didn't dampen spirits as we descended into the local pub for a post run yummy lunch and drinks.

The following weekend welcomed the Manchester Marathon and the Flitwick 10k. Nick and Leigh Betts, Theresa Gunnell and Shaun and Kate Mutter took to the streets of Manchester. The training programme had been intense and for participant Theresa Gunnell who once was quoted saying "I will never run more than 5k", the hard work most certainly paid off. Nick Betts and Shaun Mutter continued to impress with both coming in under the 3:30 mark! So good!!!

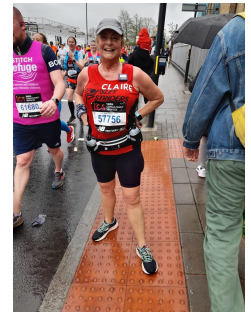


Flitwick was busy, busy, busy with a sea of red Striders tops gracing the playing fields of Flitwick for our annual 10k championship race. Kulwinder Assra "forgot how hilly it was", but was pleased with her time. Christine Lathwell played it cool for 5th place and 3rd in her age category "I am very happy with that as my health hasn't been great, so good to know that I can still race well!". Paul Abrahams ran incredibly well for a PB time of 43:10 and was understandably, "well pleased" with his results! Again, Sam Whaley just keeps getting better and better, "This wasn't a PB but a really enjoyable race and it felt the strongest out of all three of my races so far this year", said Sam who finished in a time of 48:40.





Then it was time for the big one, the one and only London Marathon that took place on Sunday 23rd April. So much training, so much time trying to keep injury free, so much time trying to work out fuelling and pacing, the day finally arrived. Dawn Keveran, Kate Neale, Charley Snowdon, Claire Bracey and Eammon Devane took to the streets of London for this epic event. Everyone's marathon journey is different but each one of these Striders embraced theirs totally! From chaffing tips, to raising money for the club charity, our members teamed together in support of our participants. The day was truly amazing from the ground support to the finish line, and I for one can't wait to go again! Leigh and Nick Betts were back to their nutty selves and ran London Virtually only one week on from running Manchester!! They followed this up the following weekend by running another but that's in the May report....Watch this space! We honestly don't know how you two do it?! Madness, brilliant madness!



The last weekend in April saw two Striders accidentally bumping into each other on a sunny Friday afternoon in Hyde Park for a whiz around the Serpentine 5k! "I was convinced I would be the only Strider there and therefore first Strider home, but was wrong on both counts when I bumped into John Chapman!" laughed Sam Whaley who scored another PB in a time of 23:09!!



The month ended on a high with The Hitchin 10k where lots of Striders had a blast running through the streets of Hitchin. Peter Brown was on fire and ran brilliantly for a time of 44.03. Evelyn Lutterodt thoroughly enjoyed the race when she ran "better than expected" in the sunshine.

Striders ground support was also out in force with childcare coming as standard as fellow mums and non mums helped each other out. Again, this is another thing that makes our club so great, we will all help each other out and that's so important especially when bringing up young families. Love our club! Go Striders!



### Strider(s) of the Month



**All our PB Marathon Runners!** (And Sam Whaley! Whilst writing this running report, we realised, how could we not?!)

- Leigh and Nick Betts,
- Shaun Mutter,
- Theresa Gunnell,
- Dawn Keveran,
- Claire Bracey,
- Eammon Devanne