



SEPTEMBER 2023

## From the Chair

*We have seen a very busy summer of running! With Dunstable cancelling their event we held our own version of the Kensworth 5k Relay, well organised and a great club event, certainly one to repeat next year. We then saw 44 Striders and a few mini striders run at Marston on a warm Friday evening, a fantastic turn out with some great performances and so good to see so many Striders taking part. The Beginners Course welcomed some new runners to the club and they were well supported at the Beginners Graduation Parkrun by our members and some have gone on to join the club.*

*The social side of the club is very important and always will be, but the Doug Anderson 5k showed we can compete as well! We had the overall winner and also boasted 6 County Champions from the event. The following evening we fielded eight teams in the Fairlands Valley Relay, a great team event and one I would recommend to all members, our mixed veteran team also achieved an excellent second place.*

*Our 5/10 mile Trail Race showcases the club, where we welcome other club runners to our lovely trails, well done and thank you to everyone involved in the planning and helping out on the day and well done to everyone running. We saw some great individual results. Lastly, over 40 Striders took part in the Alf Brown Handicap Race – as ever a great fun club event. Thank you to all involved and well done to our 2023 winner Nadia.*

*Andy*

**\*\*\*\*\*SAVE THE DATE – CHRISTMAS PARTY, FRIDAY 1 DECEMBER 2023\*\*\*\*\***

Please save the date - once the venue and cost is confirmed, we will give more details.

## Coming Up

Bingo Night and Raffle- Friday 6th October

Sue Yates Memorial Relay- Thursday 19th October

Many of you will know Carly Eaves, a long-standing member of the club, this date sadly marks the 20th anniversary of the death of her mum from a brain tumour. We are planning on holding a run and a social in honour of her memory and to raise funds and awareness of our club charity. The Social will be at Stopsley Working Men's club and more details about the run will be announced soon.

AGM- Monday 6th November 2023

We will be holding our AGM at Stopsley Working Men's Club. All members are welcome to the event and we urge as many of you to attend if you can. A number of our current committee are stepping down this year, so we would like to thank them for their help and support to the club while being on the committee, the club cannot function without people giving up their time for this club. This therefore means we need more members to come forward for the club, so if you or someone you know wants to help us out, we will shortly be sending out a nomination form to express your interest.

### 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

15 October - Love Luton 5k, 10k and Half Marathon

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

#### October - November 2023:

1 October - Standalone 10k

8 October - Willow 10k

22 October - Stevenage Half Marathon

5 November - Hertfordshire 10k and Half Marathon

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

### Striders of the Month(s)!

May - Rudi Bartlett

June - Heather Chandler

August - Chris McLaren

Well done to all!

## Cross Country Season 2023/2024

The cross-country season is fast approaching! Following on from our success earlier this year the club will once again be hosting one of the races and we'll be aiming for another great turn out both of runners and volunteers – look out for further details in future newsletters.

The dates for this season's races (all on Sundays) are:

Event 1: Wellingborough and District – 29 October 2023 (Revised Date)

Event 2: Wootton Road Runners – 26 November 2023

Event 3: North Herts Road Runners – 17 December 2023

Event 4: Stopsley Striders – 14 January 2024

Event 5: Dunstable Lions – 4 February 2024

Details of each race will be posted here: <http://threecountiesxc.co.uk> and on Spond.

The races are open to all members and are great fun. Running one, more or all five races increases the points total for the club – so the more runners we have each race the better!

If you are planning or thinking of running even one race then please register your interest on the 'Cross Country 2023/2024' Spond event, so we can get you registered with the league. Each individual race will then be posted on Spond for sign up at a cost of £5.00 plus a small Spond fee for each race. We shall also look to car share wherever possible.



**August Run Report**  
**By Ryan Parsons and Charley Snowdon**

Striders huffed and puffed their way into August when Maria Petts kindly (ha, ha!) lead the weekly coached session up and down Cardiac Hill. “There were lots of smiles on the hills tonight, especially when it was over!” laughed Maria. “We are so lucky to have such a beautiful place to train and to host weekly coached sessions for all abilities alongside our Thursday club nights, please do join us!”



On Sunday 13th August we hosted our annual 5 and 10 mile race. Everyone worked so hard to pull this race off and the biggest thank you to the committee and everyone that stepped up to help and marshall. Our chairman Andy Durrant deserves a special mention as he really is at the helm of everything we do.

Congratulations to Captain Ryan Parsons for a top 10 finish in the 5 miler in a time of 33:47 and to Heather Chandler finishing second in her age category. Robert Barnes was his tremendous self, winning the 10 miler by nearly 5 minutes in 01:02:54! Kallum Wright ran brilliantly for third whilst our pocket rocket Christine Lathwell did what she does best by winning the ladies competition in 01:13:49. In fact, our ladies had a clean sweep in the ten miler, with Lucy Treleaven coming in second and Francesca Sewell in an impressive third! “The biggest thank you to all that helped to make today happen, you did the club proud”, said Chairman Andy. “It’s on days like this you realise what a wonderful club we are and one I’m so proud to be part of.”



Striders dream couple, Nick and Leigh Betts celebrated their wedding anniversary by going to where else, but a Tuesday track session! “I thought Nick was joking when he said we were going to track, but nope, there was no diversion to a restaurant, just straight to Stockwood”, laughed Leigh. “Nick definitely knows how to treat a lady!”



On Sunday 20th August the local charity event ‘Havathon’ took place leaving from Offley Cricket Club. The aim of the race is to complete as many 5k laps as you can in 7 hours, Nick and Leigh Betts and Evelyn



Lutterodt were tearing up the stubble with Evelyn retiring on 10 miles, Leigh finished 2nd female on an incredible 21 miles and Nick put in a phenomenal performance winning the whole event clocking in 31 miles! "The man is unreal!" said Leigh. (I think we can all agree with this statement!)



Striders came together for the annual Alf Brown Handicap Race on Thursday 24th August. It was a brilliant evening where the camaraderie was outstanding, there were laughs a plenty and with thanks to Phil Abbitt, everyone didn't finish a million miles a part! A huge congratulations to Nadia Hall for taking the win. Nadia has been off for over a year nursing an injury so to have her back and running so well is just brilliant. Again, the biggest thank you to the committee and to those who helped and marshalled. Following the event, Striders made their way

to Stopsley Working Mens Club for refreshments where it was awesome to see the legend that is our Vice President Bill Barrett in fine fettle following heart surgery at the end of July. "This was yet again another great event put on by our wonderful club" said Club President Karen Ashby. "Thanks to all those involved and congratulations to Nadia!"



### Strider of the Month

Chris McLaren for going above and beyond for the club to make sure that both our club events happened this month. Chris is always instrumental behind the scenes, mowing grass, sorting out memberships, helping with refreshments, sorting results, helping with time keeping the list goes on and on! We are so, so grateful to you Chris.



### A Note from your Captains

We're stepping into the best part of the year....Cross Country Season!! Please, please do sign up on Spond, we would absolutely welcome you with open arms whatever your ability. Yes it can be muddy, yes it can be snowy but you are guaranteed a real hoot where the camaraderie in the club is unmatched by any rival, we really do have a blast!! Your Club Needs You! :o)))