



NOVEMBER 2023

From the Chair

Firstly, I'd like to thank last year's committee and all our members for their support in taking the club through another successful year. Maria, Hilary, Sileshi, Shaun and Kate have stepped down this year, so on behalf of the club I would like to express my thanks for their help and the support that they have given to the club and its members and I know they will carry on supporting the club going forward. Your new committee held its first meeting this month. Roles and responsibilities for this year are as follows:

President - Karen Ashby, **Chairman** - Andy Durrant, **Secretary** - Kate Warren,

Membership Secretary - Chris McLaren, **Treasurer** - Andy Durrant

Club Captains - Charley Snowdon and Ryan Parsons, **Race Director** - James Rankin

Coach Liaison - Tom Rankin, **Charity/Social Events** - Charles Nelis

Kit/Trophies - Martin Pretoria, **Newsletter** - Sam Whaley, **Webmaster** - Evelyn Lutterodt

Social Media - Charley Snowdon, **Social Runs/Run Talk** - Club Captains

Thank you all, here's to a great 2024!

Andy

*******SAVE THE DATE - CHRISTMAS LIGHTS RUN & SOCIAL, MONDAY 18 DECEMBER *******

We will be doing our annual Christmas Lights Run to the Disney house on the Old Bedford Road where we will be treated to mulled wine and mince pies. There will be a 5k and 8k option, lead and tail runners will be needed, details to follow.

This will be followed by a social at Stopsley Working Men's Club, at which we hope to conduct the draw for our club's 2024 London Marathon place. As in previous years we'll ask for rejection emails once we have confirmation of our place from England Athletics.

Club Championships

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

Due to the Sandy 10 mile being unlikely to go ahead in 2024 and some clashes with cross-country races we have made some changes this year.

5k- Marston Forest 5k 7 June 2024 or Run Round The Garden (Letchworth) 8 September 2024

5 Mile- Mayor's 5 Mile Charity Race (Dunstable) 17 March 2024 or Phoenix 5 (Stevenage) 12 May 2024

10k- Flitwick 10k 14 April 2024 or Love Luton 10k 13 October 2024

10 Mile- Fred Hughes 10 (St Albans) 21 Jan 2024 or Leighton 10 29 September (provisional date – tbc)

Half Marathon – St Albans Half Marathon 9 June 2024 or Love Luton Half Marathon 13 October 2024

20 mile - Any (Non Virtual) **Marathon** - Any (Non Virtual)

Don't forget your England Athletics discount (if you're an EA-affiliated member) or your ATW discount

STOPSLEY 10

Cross Country - Three Counties League:

Remaining Fixtures

NHRR - Sunday 17 December 2023

Stopsley - Sunday 14 January 2024

Dunstable Lions - Sunday 4 February 2024

We will again be hosting a league meeting in January, it was a huge success last year, so we're sure it will be again this year. As well as our runners on the day, we will again need an army of helpers to help with marshalling, catering etc. A Spond event will be created, so if you can help out, please sign up and indicate the areas you can help in.

Cross Country – County, Regional, National

Beds County - Sunday 7 January 2024 - Southill Park, Biggleswade.

Southerns - Saturday 27 January 2024- Beckenham

Nationals - Saturday 24 February 2024 - Shropshire

The club pays for runners to attend these meetings, look out on Spond for details to sign up.

Strider of the Month!

Our Strider of the Month for October is Kate Neale!

Congratulations Kate and thank you for all your amazing work raising money for the club charity - more details in the run report.

Other Race Suggestions for December 2023 – February 2024

Some forthcoming races that may be of interest:

Milton Keynes Winter Half Marathon - Sunday 10 December 2023

Buntingford 10 mile - Saturday 30 December 2023

Pednor 10 mile (Chesham) - Sunday 31 December 2023

St Albans New Years Eve 10k - Sunday 31 December 2023

Chilterns Winter 10k (Aldbury) - Saturday 6 January 2024

Welwyn Half Marathon - Sunday 7 January 2024

Bedford 5/10 mile - Sunday 28 January 2024

Watford Half Marathon - Sunday 4 February 2024

Welwyn 10k - Sunday 11 February 2024

Baldock Beast Half Marathon - Sunday 25 February 2024

Gade Valley 12/17 mile - Sunday 25 February 2024

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

If you want to let other Striders know that you're running a particular race then please do post about it in our Facebook group.

And please don't forget to enter your race results at <https://www.stopsleystriders.org.uk/record-your-race/>

October Run Report By Charley Snowdon and Ryan Parsons

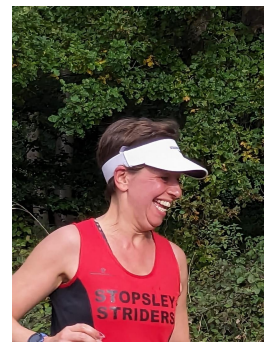
October begun by celebrating our founder Tony Simmons' 75th birthday! For those of you that haven't met Tony, all we can say is what a true legend and total gentlemen he is! Tony represented England in the commonwealth and Olympic Games and held the world record for the half marathon in 1978 in a time of 1:02:47!! Many happy returns Tony!!



On Sunday the 3rd October, Striders one and only Richard Hardy was up to his usual awe inspiring antics when he took part in the half marathon at the Xterra World Trail Running Championships at Sugarloaf Mountain, Maine, USA! "I probably had my best race for years and came third in my age category in a time of 2hrs 54, there was only four minutes separating the first 3!" explained Richard. "The first 8km of the course climbed and descended Sugarloaf Mountain, there was 3200ft of ups and downs across the whole course!"



The undulating Ridgeway Run took place on Sunday 8th of October with both Robert Barnes and Miriam Linforth achieving course PB's. Miriam finished in a time of 1:23:49 and Rob in a time of 58:02!! "This is the fourth time I've run this race and I absolutely loved it", beamed Miriam. "I am delighted to have got a 6 minute PB!"



The Willow 5 & 10k also took place on the 8th and team Stopsley turned purple to support The Willow Foundation. A great morning was had by all in the unexpected high temperatures of autumn sunshine. The Willow Foundation helps seriously ill young adults make precious memories in the the toughest times.

The 10th of October was Mental Health Awareness Day which happened to fall on a Tuesday and that could only mean one thing.....Track! Gez and Maria kindly lead a fun session where some unconventional drills were thrown in for good measure. "We are all part of this amazing club because we enjoy running but there are so many things within running that makes us smile", said Mental Health Champion Kate Mutter.



Whether that's getting a PB, the runners high or doing hopscotch on the track like we did tonight!"



On October 13th, Sean Mutter set to achieving the mind blowing feat of running The Centurion Autumn 100. The Autumn 100 is a 100 mile continuous trail race based in the twinned villages of Goring and Sreatley on the River Thames. The course reflects the shape of a cross and takes runners on a series of 4 different 25 mile out and back spurs using sections of both the Ridgeway and the Thames Path National Trails. "I am one super proud wife. Shaun set off at 9am Saturday morning and completed his 100mile race in a an incredible time 24hrs 51mins and 14 seconds", reported Sean's proud wife Kate. "I joined him for the last 25 miles and he was simply amazing and just kept going!"

A special well done and huge respect to Kate for keeping her hubby company through those last gruelling miles!! What a tremendous

partnership and inspiration you two are!

The highlight for many Striders this month was The Luton Run Fest, especially for Dawn Keveren who got to have a selfie with the best looking football manager in the Premier League, Rob Edwards! There were also PB's for Mark Smith in the 5k finishing in a time of 22.29, Paul Abraham's, who was, "well pleased with that!" to finish in a time of 40:59 in the 10k and Paul Whitford also PB ing in the 10k with a time of 49:53. Special mentions go out to Chris Lamont who stormed home in the half for a time of 1:40:32 to win the V70 and claim a new club record, Anthony Green who came first in his age category in the 5k, Paul Keech on his age category PB in the 10k, Thomas Darby and Miriam Linforth on their age category PB's in the half and to Robert Barnes who was the overall winner of the 5km competition in 17:02!



Meanwhile, Gary Fowler was in the Czech Republic running in the Trebon 10km, and Annelies Gerber was running Chelmsford Marathon for an age category PB in a time of 4:34:22. "I can really recommend this marathon it was a really scenic and undulating route along country lanes", reported Annelies.

Also on the 15th, Striders super couple Nick and Leigh Betts took part in the Amsterdam Marathon 'in very wet' conditions. Leigh ran absolutely superbly for a 9 minute PB in a time of 5:15:34! Nick, even though he said, "it wasn't his best race", still managed to finish in an awesome time of 3:30:18!!

The Great South Run shared the same date and Striders were out in force Jill Bywaters, Theresa Gunnell, Nicola Abubacker, Amanda Rankin were supported on the ground by an unfortunately injured Martin Pretoria.



SUE YATES

#FOREVER44

Battled a GBM for 10 months



WALK OF HOPE

Brain Tumour Research
Together we will find a cure

The Sue Yates Memorial Relays organised by Kate Neale, took place on Thursday 19th October at the new Wandon Park. This was an incredible evening where Striders came together to support Brain Tumour Research in memory of Strider Carly Eaves' mum who sadly passed away from a brain tumour 20 years ago. Carly was so super brave talking about her mum at the start of the evening, I don't think there was a dry eye. Teams were made up of 5 people with the option of fancy dress and a bonus prize for the best baton! Every team went properly all out on the fancy dress and the biggest congratulations go to team Wunderfrau (especially the chaps!) for their leotard wearing success! It really was a brilliant night that was finished off with a chocolate tombola and spare change collection that raised over £200.



The last weekend of October took Robert Barnes to his happy place, The Welsh Mountains! This time he was accompanied by Charley's dear friend Ruth Barker who kindly stood in for her following injury, to take part in the 54th Original Mountain Marathon! (Obviously, Charley was devastated.....Not! lol!) The pair who had never met before, spent two days navigating their way up and down mountains whilst having to carry all their gear for eating and sleeping! Fortunately, they seemed to get on just fine, which was good news as they had to share the tiniest of tents! (that only weighed 1kg!) The pair absolutely smashed it to podium for overall second place in the medium distance. "Rob ran the legs off me in the second day!" laughed a delirious Ruth. "He literally pushed me up the last climb! Rob's navigation over the two days was outstanding and I have had the best time, I have put first dibs down for Rob for Saunders next year!"

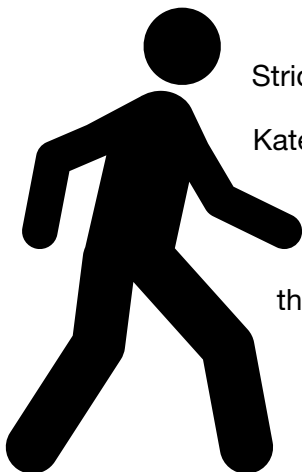
Meanwhile, in a country park near Wellingborough, Charley made a miraculous recovery to join Ryan to proudly Captain the first cross country event of the season. It was fantastic to have such a strong team out and it was a joy to see some Striders making their mud debut! We had a great turnout of 21 men and 13 woman which is just fantastic and we looked super smart gathered under our new gazebo! It's always such a privilege to watch the faster runners in action and this season we have our very own 'Marvellous Mo'! Watching Mohammed Elbayan run is pure poetry in motion! Mo battled it out for a top three finish, it's so awesome seeing a Striders vest up their in contention! Striders finished in the top half overall, finishing 6th out of 14 teams. Big thank you to Chris Lamont for being scorer and supporter extraordinaire!

Please, please, if you would like to give cross country a go, whether you're super slow or super fast, we would love to have you join us! Cross country isn't just about league tables, it's about supporting each other and having fun!



October came to a close with a fancy dress Halloween Social Run. Two fancy dress occasions in one month would probably be too much for some, but not us Striders!

Special mention to new member Paul Whitford for his blood and gore make up skills!!



Strider of the Month

Kate Neale for organising the Sue Yates Memorial Relays and for all her hard club charity work this year. The charity events don't just raise money for a good cause, they bring the club together. Kate has worked relentlessly, raising over £4000 through the support of the club for Brain Tumour Research (whilst running goodness knows how many miles!!) Kate we salute you and thank you for all that you do.