



JANUARY/FEBRUARY

2024

From the Chair

December was a very busy month of running and events. We had the third event in the cross country league at Baldock on 17th December where we achieved an amazing fifth place overall, with some amazing individual and team performances. The following evening over 60 striders ran down to the Disney house for our hugely popular Christmas lights run, where we were treated to mince pies and mulled wine. Many thanks to Carol and her parents John and Judy, who made us feel welcome and to Nicola and Sara for organising this event.

This was followed by a well-attended social, which saw nearly £500 raised for the club charity with a raffle and a Dutch auction for Gill's brilliant Christmas cake, well done to all involved and a good start to Charles' fundraising year for the Multiple System Atrophy Trust. We also drew the club marathon place, which I was delighted to get, not a fix honest, I just hope I can do it justice.

Another club tradition saw 20 striders run along the cycle path on Boxing Day followed by drink, cake and chatter at Starbucks. As we progress into 2024, I hope all Striders have a great running year, achieve your goals, stay injury free and most importantly have fun.

Andy

*******SAVE THE DATES*******

Sunday Long Run- Stopsley Challenge: Sunday 18th February 09.00-12.00. This is a 3-hour max run with looped options, open to all members, you can run at any time, any pace and any distance, so come and join us. Look out for details posted on Spond.

Monthly Social: Our next social is planned for **Thursday 22nd February** at the working men's club.

Annual awards night: Our annual awards night will take place on **Saturday 16th March** at the working men's club. This is a great night where we celebrate the success of our members. We will let you know more details when we have them. The club runs an award scheme based on times across a range of distances and ages. You need to submit times for three distances over the 2023 season. Please forward the completed form to chairman@stopsleystriders.org.uk or print it out and hand it to me. You can find more details at

<https://www.stopsleystriders.org.uk/award-scheme/>

Club Championships

These races have age category 1st, 2nd and 3rd certificates for all age categories. Don't forget to record your results on the website!

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.

Three Counties Cross Country League

We have just hosted the 4th event in the league. Mo followed up his win at Baldock with another at the Stopsley event, however the men were outshone by the ladies who, led by Christine finished an amazing 3rd place. The men weren't far behind with a 6th place finish, which gave us a combined 4th place. This puts us in 5th place out of the 14 clubs with 1 race left. We are only a few points ahead of the teams in 6th and 7th so still need a strong finish. This has been an amazing season so far, so well done to our captains and all that have run. To illustrate the support we have had, we currently have 15 runners that have run in every race and are in line for one of our coveted cross-country t-shirts.

Our event saw us welcome 408 runners and supporters, 43 running in the red of Stopsley, with some making their cross-country debuts. The day really couldn't have gone any better on or off the course and the feedback we have received from other clubs has been amazing. This level of success doesn't come by chance and was down to many hours of planning and organising, so special mention to Chris McLaren for organising the catering team, Tony Green for sorting out the marshals, Kate Neale for the finish funnel and Ryan, Tom, James and Charley for course set up and parking. They were well supported by too many people to mention who helped out on the day, so a massive thanks to everyone; you should all be proud of how it went. It is a lot of hard work, but the feel-good factor and the way it brings the club together is well worth it.

Other Race Suggestions for February – March 2024

Some forthcoming races that may be of interest:

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

Bedford 10k Half Marathon - Sunday 25th February

Great Yarmouth Seafront 10k & Half Marathon - Sunday 3rd March

Oakley 20 Mile - Sunday 24th March

Gade Valley 17/20 Mile - Sunday 24th March

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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/>