



MAY 2024

From the Chair

Last month saw the start of our beginner's course with over 40 beginners there on the opening night, where they were also joined by members getting back into running. The turnout seems to go up every week! It's also great to see many of them attending on a Monday with the 30 min run group and also at parkrun. The commitment they are already showing leads me to believe many will complete the course and hopefully see them go on to join the club. This is down to a lot of hard work by our coaches and members, so a massive thank you to everyone involved. We have also had numerous marathons and ultras taking place recently, so well done to all our runners who ran them. I can speak from personal experience that they can be challenging, so a big thank you to all our amazing supporters who helped us get round and looked after us.

Andy

PS Membership renewals were due on 1st April and many of you have already renewed, along with some new members. Those yet to renew, we urge you to renew as soon as possible as the deadline for renewals is 30th June. Any issues please contact Chris at newmembers@stopsleystriders.org.uk

Personal Bests

We have had so many personal bests already this year, I thought we should include them in this month's newsletter. We will also try and read them out on a club night that our PBers are attending.

February-

Nick Betts- London 10k- 41:52; Leigh Betts- London 10k- 59:46; Lauren Embleton- Welwyn 10k- 1:22:01

March-

Nick Betts- Oakley 20 mile- 2:36:17; Sam Whaley- MK 20 mile- 3:08:23;
Ian Pitkin- Cambridge Half Marathon- 1:37:30; Dawn Boon- Oakley 20 mile- 3:09:42
Nicola Abubaker- MK 20 mile- 3:36:11 * New club age group record *
Peter Brown- Twin Lakes 20 mile- 3:08:26;
Sileshi Tesema- MK Half Marathon- 1:39:01 & Oakley 20 mile- 2:42:52

April-

Kat Tuloo- London Landmarks Half Marathon- 2:07:47; Heather Chandler- Flitwick 10k- 48:40;
Peter Brown- Brighton Marathon- 4:38:49; Dawn Boon- London Landmarks Half Marathon- 1:55:29;
Sileshi Tesema- Bedford 10k- 43:52; Gez Fallon- Stevington 12k- 52:06

May-

Nick Betts- MK Rocket 5k- 20:18; Leigh Betts- MK Rocket 5k- 29:35; Lauren Embleton- MK Rocket 5k- 35:52;
Dawn Boon- MK Marathon- 4:18:22 ; Sam Whaley- MK Marathon- 4:28:26;
Kulwinder Assra- Hitchin 10k- 1:02:32
Amy-Louise Clark- MK Rocket- 35:52 & Stevenage Phoenix 5 mile- 1:06:42 - Welcome to Striders and your first races!
Heather Chandler- Stevenage Phoenix 5 mile- 38.49 *New club age group record *
Jane Few- Stevenage Phoenix 5 mile- 58:18

Congratulations to everyone!

Tony Riley Memorial Run & Social – Monday 3 June

We will be holding a memorial event for Tony, this is open to everyone as we hope to have as many various running, run/walk and walking groups as possible. Tony always wore a white head band, so the club will be providing a head band for everyone to wear on the evening! We shall meet up, say a few words about Tony and his achievements, don our headbands, take lots of photos and head off in our various groups, meeting up later at the working men's club for a social and buffet. Please sign up on Spond, so we know how many will be attending.

Dates for your diary

Parkrun Beginners Graduation- Saturday 13 July

Stopsley 5/10 mile Race- Sunday 18 August

Alf Brown Handicap Race- Thursday 22 August

More dates for your diary - Next Season's Cross Country Fixtures

Event 1 - Wellingborough- Sunday 20 October 2024

Event 2 - Wootton- Sunday 24 November 2024

Event 3- North Herts Road Runners- Sunday 15 December 2024

Event 4 - Stopsley (yes, us again!) – Sunday 12 January 2025

Event 5 - Leighton Fun Runners- Sunday 2 February 2025

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

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.

Race Suggestions - June

Southend Half Marathon - Sunday 9th June; Aldbury 5 mile - Sunday 16th June

Silsoe Stride 5k & 10k - Sunday 30th June

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