



JULY 2024

From the Chair

This month saw the end of our beginner's course with their Graduation at Luton Wardown parkrun, it was a great turnout of around 20 beginners and their coaches and well supported by our members. Huge congratulations to them for completing the course and I hope this is just the start of their running journeys and their association with the club. Thanks must go to Tom Rankin for planning and organising the course along with our many coaches who helped out, not only on the Thursdays, but also on the Monday sessions and at parkrun. It's so important for the future and growth of the club to continually welcome new runners and members, so our beginner's course will always play an important role in this.

In June we held a memorial run for Tony Riley, it was a great event where we all wore headbands in his honour, We supplied 84 headbands and didn't have enough, a fantastic turnout from our members and we also welcomed Tony's son David and his wife to the event.

We have also had a few club championship races, another great Striders turnout at Marston 5k and recently we had 7 teams at Fairlands valley relay, some Striders making their debuts at the event, always a great club night, where we are easily the most supportive team.

Andy

Recent Personal Bests

May

Sileshi Tesema - Phoenix 5 mile - 35.45

Rob Barnes - Great Lakeland 3 day - 18.38.49

Rob Barnes - The Fellsman - 12.52.48

Carly Eaves - ultra x Finland 50k - 9.11.08

Evelyn Lutterodt - Ultra London 55k - 8.59.14

June

Dawn Boon - Marston 5k - 26.25

Heather Chandler - Marston 5k - 23.25

Paul Abrahams - Marston 5k - 20.29

Congratulations to everyone!

Strider of the Month - May

Sileshi Tesema

Sileshi had a great month of running, he is going from strength to strength at the moment. His achievements were running Oakley 20 mile in 2.42.52, Bedford 10k in 43.52 and Phoenix 5 mile in 35.45,

Well done Sileshi!

Coming Up

Stopsley 5/10 mile Trail Race - Sunday 18

August

Entries are now open for the race, it is a new course this year, so please sign up if you intend to run, there is a link on the Striders website, just look for host races. James Rankin our race director will also need lots of help on the day with marshals, registrations, post race handouts, etc. so if you don't intend running it but would like to help out, please sign up on spond or speak to James, Tom or Andy.

Alf Brown Handicap- Thursday 22 August

The form is now out to submit your times, please do so by the cut off date so we can organise the handicaps, this is a great event and we welcome any of our graduates from the beginner's course to take part. This will be followed by a social at Stopsley working men's club, at which Andy will also be doing the draw for our London marathon place, so if you haven't sent him your rejection email yet, please do so now.

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 – August/September

Affinity Hatfield 5k Series (3 Wednesday evening races) – 28 August, 4 September, 11 September

Bedford Running Festival – 5k, 10k, Half Marathon, 20 Miles – 7 & 8 September

Dunstable Downs Challenge - Half Marathon, 20 Miles, Marathon – 8 September

Sandridge 10k – 15 September

Welwyn Half Marathon – 29 September

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

**ENTER
NOW!**



STOPSLEY STRIDERS^{JC}
PS

5 MILE & 10 MILE TRAIL RACE

Starting from Inspire Sports Village, Luton
LU2 8DD

Race Start

10:00
Chip Timed
Medals and Winners Trophies

Contact

✉ racedirector@stopsleystriders.org.uk
🌐 stopsleytrailrace.co.uk

**18TH
AUGUST**



**NEW
COURSE
FOR 2024!**