

STOPSLEY STRIDERS



NEWSLETTER

Jan 2026



- The Chair's Monthly Run-Down
- Club Championships
- Race suggestions
- Social Updates
- Strider of the Month
- Breaking News!



January 2026



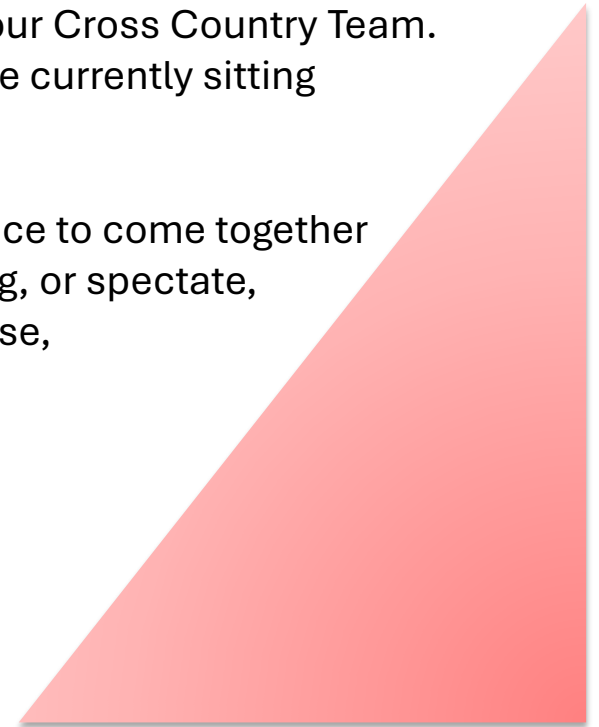
Hello everyone!

January is always a month of fresh starts and renewed motivation, and our club has already set an inspiring tone for the year.

A huge highlight has been the phenomenal performances from our Cross Country Team. Their dedication and teamwork has paid off brilliantly, and we are currently sitting proudly in the **top three** of the league.

With the final race taking place on **1st February**, this is our chance to come together and give the team the support they deserve. Whether you run, jog, or spectate, we would love to see as many of you as possible out on the course, cheering loudly helping the team push for a strong finish. Your support genuinely makes a difference.

Claire
Chair, Stopsley Striders.





!TRACK TASTER SESSION!

A massive thank you to everyone who joined our Free Track Tuesday session. The turnout was fantastic, and the feedback has been overwhelmingly positive.

These sessions are a brilliant opportunity for all round run improvement—speed, technique, confidence—and we hope to see you all again.

Your enthusiasm made it a real highlight of the month.



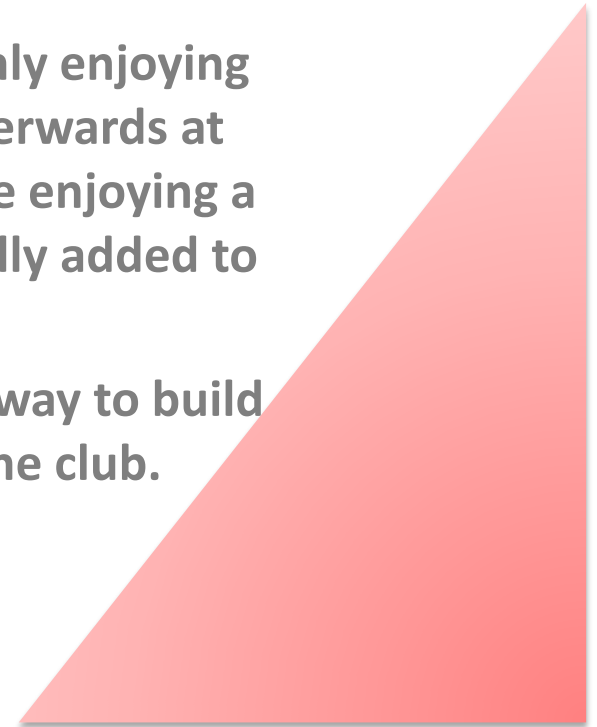


Sunday Long Run

Another special mention goes to our First Sunday Long Run, which was a real success.

It was great to see so many members not only enjoying the miles together but also catching up afterwards at Venue 360. Supporting a local business while enjoying a well-earned post run coffee or breakfast really added to the community feel.

If you haven't joined one yet, it's a fantastic way to build endurance and connect with others in the club.





Testing a new social venue

Our January post run social, took place on Monday 26th January at The Cannon Pub, opposite Inspire on Cannon Lane.

This is a change from our usual venue, we hope you enjoyed a relaxed catch up and a well-earned drink.

Who knows—this temporary switch might even end up becoming our regular spot! After all, runners are experts at adapting... whether it's a surprise hill, a sudden downpour, or a last-minute pub change. Let's call it cross training for our social skills!

We welcome your feedback, please message me with your thoughts on the venue and any other places you would like us to try.

chairman@stopsleystriders.org.uk





Club Championships



We are pleased to announce our Club Championship races for this year.

- 5k - Marston 12th June + Doug Anderson* 22nd July
- 5 mile - Dunstable* 19th April + Phoenix date TBA
- 10k - Flitwick 12th April + Beds AAA* 26th June (bulk club discount avail again this year)
- 10 mile - Buntingford 31st Dec + Leighton* 20th September
- Half - St Albans 14th June + Luton* 11th October
- 20 mile - Any - consider Oakley* 29th March (usually a big Strider presence)
- Marathon - Any: not virtual

Races with * are County Championships

Beds AAA – Bulk entry by the club as per last year, entry fee discounted to £10 for club members normally £17. This will be added to Spond, sign up quick as spaces sell out fast!!

Submit your race results on the website:

Club Competitions > Record your race > Your Races and add to the form.

Alternatively: www.stopsleystriders.org/record-your-race



Race Suggestions

Events suggestion, please also check our Facebook 'Race Suggestion' page for other events taking place that may not be mentioned below:

8th Feb – Cattle Creep 10 mile

15th Feb - ATW Welwyn Garden City 10k

22nd Feb – ATW Bedford Half Marathon + 10k

1st Mar – Striders Challenge

15th Mar – Essex 20

29th Mar – Oakley 20

Submit your race results on the website:

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Alternatively: www.stopsleystriders.org/record-your-race

For all ATW events remember to claim your 10% Strider Discounts, use the code STOPSLEY_10

STOPSLEY STRIDERS

Strider Socials



Club 100 is LIVE!!

Long run Sunday – Feb TBC

Award Night – coming soon

Mothers Day Run

Easter Sunday Charity run

Club Championships



Further announcements to be made

Watch this space!





Strider of the Month

We are also excited to shine a spotlight on our Strider of the Month — a title we want to give the recognition it truly deserves. This isn't just an award; it's a celebration of the spirit of our club.

Each month, we honour a member who embodies what it means to be a Strider: commitment, positivity, teamwork, perseverance, and that extra spark that lifts those around them.

Whether it's supporting others at training, smashing personal goals, showing outstanding improvement, or simply being the heartbeat of a group run, our Strider of the Month represents the very best of who we are.

Keep your eyes on future newsletters, because we'll be highlighting your achievements, your stories, and your impact — and we can't wait to celebrate more of you throughout the year.



Strider of the Month
JANUARY ★

ELLIE DAVIES



STOPSLEY STRIDERS

The logo for Stopsley Striders, featuring a stylized red 'S' and 'P' combined into a single graphic element.

BREAKING NEWS

And lastly... Save the Date! The legendary Stopsley Challenge is back on 1st March, and this year it's shaping up to be bigger, bolder, and possibly even slightly chaotic (in the best Strider way). We're going to need loads of marshals — the more hi vis the better — along with truck loads of food and drink to fuel the masses.

Here's the big news: for the first time for a looong time, we're opening the event to the public! Yes... the actual public.

And yes... Kal is still pretending to be calm about that decision!

This iconic event is always brilliantly supported by our Strider community — whether you're running, cheering, or feeding half of Bedfordshire with your legendary flapjacks, we look forward to seeing you there.

We will be sharing more details very soon, but if you have any questions, please contact our Race Director, Kallum Wright.