

STOPSLEY STRIDERS



NEWSLETTER

May 2026



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- Shout out!
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May 2026

Hello everyone

Firstly, a quick apology for the delay in sending out the May newsletter – I've been away on holiday and, as we all know, life has a habit of getting busy!

What a month May turned out to be. Once again, you've raised the bar and reminded us all what this club is about. The dedication, resilience and sheer determination so many of you continue to show is genuinely inspiring.

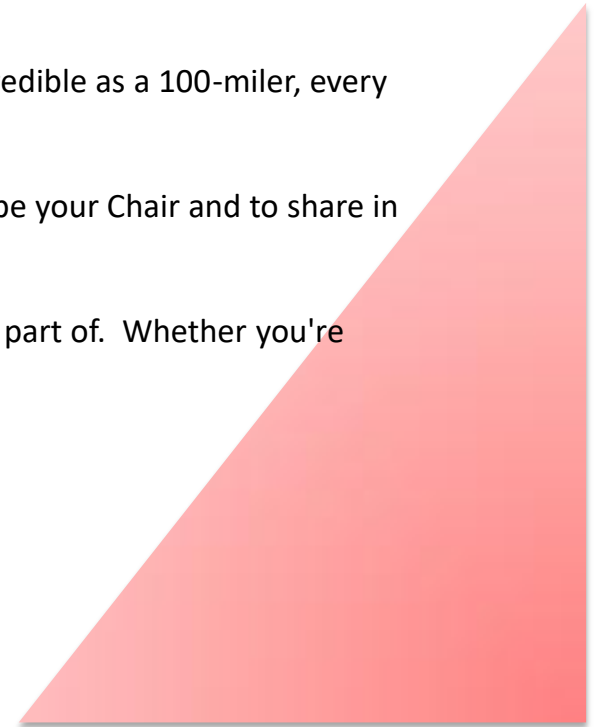
Whether it's a 5k PB, taking on a new distance, or completing something as incredible as a 100-miler, every achievement matters and deserves celebrating.

I'm constantly in awe of what you all accomplish, and I feel incredibly proud to be your Chair and to share in these moments with you.

Thank you all for continuing to make this such a supportive, inspiring club to be part of. Whether you're chasing a goal or just enjoying being out running, every mile counts.

I'm really looking forward to seeing what June brings.

Claire
Chair, Stopsley Striders





When 100 Miles Turns Into a Proper Adventure...

Massive shoutout to Shaun and Annelies for taking on the Thames Path 100 on 2nd May — because apparently a casual weekend jog just wasn't enough! 😊

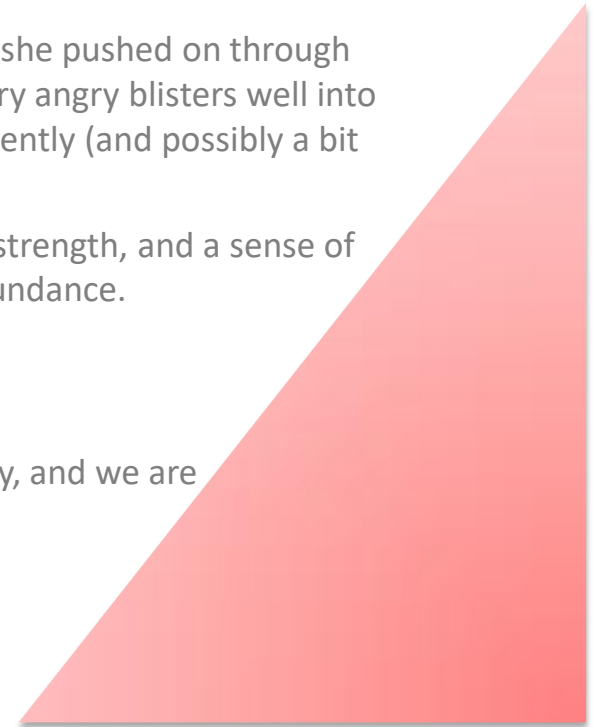
Shaun absolutely smashed it, completing the full 100 miles in an incredible 26 hours and 53 minutes — which is roughly the time it takes most of us to decide if we're going out for a run or staying on the sofa!

Annelies showed unbelievable grit and determination. Battling injury, she pushed on through the miles and somehow found the strength to keep going with two very angry blisters well into the 85-mile mark — proving that Striders are clearly built a little differently (and possibly a bit stubborn in the best way!).

Ultra running isn't just about distance — it's about resilience, mental strength, and a sense of humour when things get tough... and these two showed all that in abundance.

We are incredibly proud of you both — truly inspiring.

A special note to Annelies - wishing you a smooth and speedy recovery, and we are all looking forward to seeing you back with the club soon ❤️





Club Championships



- 10k - 26th June - Beds AAA*
- 5 mile - 12th July – Aston 5 mile
- 5k - 22nd July - Doug Anderson*
- Half - 11th October - Luton*
- 10 mile - 20th September Leighton*
- 10 mile - 31st Dec - Buntingford 31st Dec
- 20 mile - Any - consider Oakley* 29th March (usually a big Strider presence)
- Marathon - Any: not virtual

Races with * are County Championships

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

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

26th June – Beds AAA 10k

28th June – Silsoe Stride ATW

12th July – Aston 5 mile

16th July – Fairlands Valley relay

19th July – Dunstable Lions Summer XC

19th July – St Albans 10k ATW

22nd July Doug Anderson 5k

9th Aug – Stopsley Strider 5,5,10 Trail

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



Diary Dates

22nd June – Post run social at SWMC

9th August – Stopsley Trail

➔ ➔ ➔ Save the date - Graduation Day!! Sat 11th July ← ← ←

****Thursdays Coached Sessions with your Run Director****



Watch this space for more info!

