



## NEWSLETTER

July 2026



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# July 2026



Hello everyone

July was certainly a busy month for Stopsley Striders, with graduations, championship races and plenty of running in some very warm conditions. A huge well done to everyone who took part, volunteered and supported club events throughout the month.

Firstly, huge congratulations to our Class of 2026, who graduated on 11<sup>th</sup> July after completing their 13-week course. Completing the programme is a fantastic achievement, and we are delighted to welcome so many new runners into the club. A special thank you goes to our coaches and run leaders who generously gave their time, support and encouragement throughout the course.

We also saw the launch of our new 5-Mile Club Championship event at Aston, and what a brilliant debut it was. On a very hot day, Striders turned out and delivered some outstanding performances, including two PBs and a new club PB. Congratulations to everyone who took part and gave it their all in difficult conditions.

Finally, a special mention must go to our annual visit to the Fairlands Valley 3K Relay. With six Stopsley Striders teams taking part, it was fantastic to see such a strong club representation.

Thank you to every Strider who put on the vest and gave it their all, and to the supporters who came along to encourage everyone around the course.

Events like this showcase everything that's great about our club: participation, teamwork, encouragement and plenty of smiles along the way. Well done, everyone!

Claire

Chair, Stopsley Striders



## !Go Striders Go!

As we look ahead to our Annual Trail Race on Sunday 9 August, everything is shaping up for another fantastic event. With a great turnout expected and plenty of runners already signed up, it's set to be a brilliant day for the club and the local running community.

The forecast suggests it could be a warm one, so a huge thank you goes to the many volunteers who have stepped forward to help make the event a success. We have a fantastic team of marshals in place, and we are especially grateful to the Girl Guides who will be volunteering at the mid-point water station to help keep runners hydrated and encouraged along the route. We are also delighted to welcome StepNPump Ladies Activewear, who will be joining us on the day with a range of products available to browse and purchase. If you're not racing, it would be fantastic to see more Striders out on the course supporting. A friendly face, a cheer, and a bit of encouragement can make all the difference, especially on a warm day when runners are working hard out on the trails.

A special thank you must go to **Kal**, our Run Director, who has invested countless hours behind the scenes planning and organising the event. Race day only happens because of the dedication of volunteers like Kal and the wider team who work so hard to make it all come together.

Here's to another successful Trail Race, plenty of smiling faces,  
and hopefully a little sunshine without too much heat!  
See you all on the trails!

***#strideon***





# The Mighty Alf!!

**Alf Brown Time Trial & Post-Run Social – Thursday 20 August**



One of the highlights of the Stopsley Striders calendar is almost here...

.....the Alf Brown Time Trial and Post-Run Social!

This is not your typical race. In fact, it's one of the few events where being the fastest doesn't guarantee success. That means everyone has a chance, and it's often one of our newer runners who walks away with the glory!

The route takes us out onto the trails before the traditional finale and the infamous climb up The Alf, where tired legs meet sheer determination in a final battle of willpower to the finish line.

Adding a little extra excitement is the coveted Alf Brown Trophy, currently held by last year's champion, **Mark Bates**, who will be on hand to pass it over to this year's winner, if he does not win it again!

Will an experienced Strider judge their pace to perfection, or will one of our newer members continue the tradition of upsetting the favourites? Only time will tell! What makes this event so special is that it perfectly reflects what Stopsley Striders is all about: runners of all abilities coming together for a fun evening of friendly competition, encouragement and laughter, and once the running is done, we will round off the evening with our post-run social, giving everyone the chance to relax, catch up and celebrate another fantastic club tradition.

So, whether you're aiming for silverware, bragging rights, or simply a good evening out with fellow Striders, we hope to see you there.

Good luck everyone... and may the best pacer win! 🏆



# STOPSLEY STRIDERS



## Strength & Conditioning Opportunity with Run Strong

Gayle Harvey from The Run Strong community has kindly invited us to join her Strength & Conditioning programme once again.

This excellent 6-week course is available for £55, with one session per week. This is a fantastic opportunity for all Stopsley Striders members.

As runners, we know that strength and conditioning plays a vital role in improving performance, reducing the risk of injury, and building a strong foundation for long-term running success.

If you'd like to take part, please contact Gayle on 07977 190 888



**RUN STRONG**  
STRENGTH & CONDITIONING  
**COURSE**

**6 WEEKS**

BUILD STRENGTH. IMPROVE PERFORMANCE.  
FEEL STRONGER EVERY RUN.

**1 SESSION PER WEEK**  
Designed to fit into your schedule with one focused session each week.

**MIX YOUR DAYS**  
Train on the day that works best for you.

**STRENGTH. ENDURANCE. CONFIDENCE.**  
Build a strong foundation to run stronger and stay injury-free.

**ALL LEVELS WELCOME**  
Perfect for runners looking to get stronger, faster and more resilient.

**ONLY £55** | 6 WEEKS | 1 SESSION PER WEEK | MIX YOUR DAYS TO SUIT

**SIGN UP TODAY**  
STRONGER YOU. STRONGER RUN.



# Club Championships

- 10 mile - 20<sup>th</sup> September Leighton\*
- 10k - 4<sup>th</sup> October - Standalone (this is a very popular event sign up early)
- Half - 11th October - Luton\*
- 10 mile - 31<sup>st</sup> Dec - Buntingford 31<sup>st</sup> Dec
- 20 mile - Any: not virtual
- 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](http://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:

9<sup>th</sup> Aug – Stopsley Strider 5,5,10 Trail

5<sup>th</sup>-6<sup>th</sup> Sept – Bedford Running Festival (20-mile club champ opportunity)

5<sup>th</sup> Sept Track Mile Wodson Park

13<sup>th</sup> Sept – The Harvathon

13<sup>th</sup> Sept – Great North Run

20<sup>th</sup> Sept – MC5K Maulden Village Hall (local)

26<sup>th</sup> Sept – Windsor Womens 10k

27<sup>th</sup> Sept – Vitality London 10k

11<sup>th</sup> Oct – Love Luton run fest (includes a Club Champ – get in there!)

**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](http://www.stopsleystriders.org/record-your-race)

**For all ATW events remember to claim your 10% Strider Discounts, use the code STOPSLEY\_10**



## Diary Dates

**\*\*9<sup>th</sup> August – Stopsley Trail Race \*\***

- **20<sup>th</sup> Aug – Annual Alf Brown Race and Social** (please bring food for your buffet)
- **23<sup>rd</sup> Aug – Sunday Long Run from Harpenden**
- **18<sup>th</sup> Oct – XC Social run and post pub meet at The Hansom Cab**

**XC XC– ITS NEARLY TIME!! Race #1 – 25<sup>th</sup> Oct – Dunstable Lions XC  
XC**

**➔ Save the date – 2027 Award Ceremony !! Sat 6<sup>th</sup> Mar ←**



Watch this space for more info!





