

# October Newsletter



The nights have drawn in and the weather is turning, autumn is truly upon us! It's more important than ever to run together- so let's look at what's been happening and what's coming up in Stopsley Striders.

At the end of August, we started sharing our track sessions with Dunstable Road Runners. The benefits of this are a bigger group to run with and it reduces the cost to put on the session for both clubs.

In September, we trialled new Monday club runs and coaches are reviewing how this went. Thanks to everyone to joined in, feedback form [HERE](#)

4<sup>th</sup> of October, marked one year since, club member, Mark Layzell passed away. To remember him and his love of parkrun, many members ran or supported parkrun on 3/10/26 wearing Striders kit, LTFC tops or baseball caps.

- Stopsley Striders Committee

## **What's coming up? (more info further down)**

17/10/26 – parkrun tourism – Wimpole Estate

18/10/26 – Sunday Run and Walk

21/10/26 – Club Charity Meal at The Baltistan

25/10/26 – Three Counties Cross Country – Dunstable

29/10/26 – Halloween Headtorch Run & drink at The Cannon

2/11/26 - Annual General Meeting

2/11/26 - London Marathon Place Draw

15/11/26 - Three Counties Cross Country – Wooton

22/11/26 – Sunday Run and Walk

11/12/26 – Christmas Meal and Party

17/12/26 – Christmas Lights Run & Social

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## **17/10/26 – parkrun tourism – Wimpole Estate**

Our monthly parkrun tourism is heading to Wimpole Estate, about 40min drive from Stopsley.

## **18/10/26 – Sunday Run and Walk**

Our monthly Sunday run is setting off from The Plough café in Offley. We have a number of led routes or come along and do your own run if these do not suit. More details on Spond

Starting at 9:00am:

- 11 miles, 9min/mi
- 9 miles, 10min/mi
- 7.5 miles, 10:20min/mi

Starting at 9:30am:

- 3.3 miles, 10min/mi+
- Walk



## **21/10/26 – Club Charity Meal at The Baltistan**

One final charity fundraiser for the year is a meal out at The Baltistan in Round Green. For £25 you get a starter, main, side, rice/naan and a coffee afterwards. More details and to sign up visit Spond.

## **25/10/26 – Three Counties Cross Country – Dunstable**

The Three Counties Cross Country league kicks off with the first race hosted by Dunstable Lions. Expect mud, hills and a tea and roll for afterwards. More details and to sign up visit Spond.

## **29/10/26 – Halloween Headtorch Run & drink at The Cannon**

On Thursday 29<sup>th</sup> we will be heading out on the trails for a head torch run around the Alf Brown loop. This is a great opportunity to try out running with a head torch for the first time. Heading to The Cannon afterwards for a drink. Fancy dress optional, if you don't have a head torch, let us know!

Jane Few, will also be taking a 5k group around the roads as an alternative.

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## **2/11/26 - Annual General Meeting**

Our Annual General Meeting (AGM) is on the 2<sup>nd</sup> of November, 7pm at Stopsley Working Men's Club including the usual buffet social. Members in attendance can vote for the club charity and committee for the next year. There will be no club run this night. You can nominate a club charity [HERE](#) or a committee member [HERE](#).

## **2/11/26 - London Marathon Place Draw**

We will also be drawing the London Marathon club place at the AGM. To be in the draw please send your rejection email to

[treasurer@stopsleystriders.org.uk](mailto:treasurer@stopsleystriders.org.uk)

You must be affiliated and not have received the club space for past two years to qualify.



## **15/11/26 - Three Counties Cross Country – Wooton**

The second XC event will be in Wooton, more details on Spond soon.

## **22/11/26 – Sunday Run and Walk**

More details including venue to follow.

## **11/12/26 – Christmas Meal and Party**

On Fri 11<sup>th</sup> of December we'll be having our Christmas meal and party at Savci in Stopsley. More details and sign up will be out soon.

## **17/12/26 – Christmas Lights Run & Social**

Our annual Christmas Lights run to the Disney house will be on the 17<sup>th</sup> of December. We will have two running groups and a walking group. Social will take place afterwards at Stopsley Working Men's Club. More details and sign up will be out soon.