

Minutes of the Committee Meeting 4th February 2019

Present:

Zena Ellis	Chairman
Karen Bull	Secretary
Thom Darby	Treasurer
Christine Lathwell	Ladies Captain
Martin Smith	Mens Captain
Estelle Perkins	
Helen Morris	
Lucinda Philpott	
Amanda Rankin	
Tom Rankin	

Apologies

Dave Debnam
Penny Kilbey

Chairmans Comments

February comments

One of my favourite nights of the year is the annual Awards Evening this was again a wonderful night and we celebrated the many achievements of our runners. We also showed that Stropsley Striders all have a good sense of humour. Well done to all our award winners and thank you to Cheryl and Richard for the lovely food. Thank you also to all of you who came to support and celebrate the achievements of the club, it was great to see so many of you there in your best outfits.

It was also great to see so many more runners get a performance award too. These awards are a good incentive to work towards over the year. I checked all of the times and so many of you missed out on the award above by only a few seconds - it is worth looking now at those times to beat.

That same weekend we had our inaugural Stopsley Challenge. Thank you to Tom and Amanda and the Rankin crew for a wonderful event, despite the terrible weather it was a fantastic event and very popular. I think we could have sold the same number of entries again easily. It was miserable weather but the beautiful scenery, fantastic marshalls and plenty of goodies at the food station made it a pleasure to run. This is definitely in the calendar for next year. Thank you to all the marshals who had the most difficult job of the day. A special well done to Annalease, Miriam and Evelyn who all ran over 30 miles!

The evenings are starting to get lighter and spring is definitely on its way which makes running even more enjoyable than normal. Remember to stay safe and good luck with all your training.

Zena

Running Report for January 2019 by Christine Lathwell

It's the start of a new year and it's been a very busy month. The Cross Country Championships are starting and the last of the Three Counties Cross Country. The road races are starting to get longer and a number of you are getting into your Marathon training.

January 1st – It's a new year and many Striders got up early and did Wardown parkrun. One Strider Estelle Parkins 32:47 PB. A number of Striders then travelled quickly to Houghton parkrun for the double. One Strider doing this Geraldine O'reilly did 33:27 PB.

January 5th - it was a very cold windy day for the The Bedfordshire County Championships at High Wycombe. The course was challenging, steep hills up and down and what should be a water crossing but was very dry from having no rain. The men ran over 12km Rob Barnes ran an excellent race to finish 5th and got selected automatically for the Inter Counties in March. The other men also had great runs Gez Fallon 28th, Pat Blessing 31st, Martin Fallon 37th and Richard Hardy started at the same time and ran 8km in the over V60 distance to come 4th. The Ladies ran 8km in a very competitive race I finished 3rd also getting selected for the inter Counties and Miriam Linforth 19th had a great run.

January 13th - Our fourth Three Counties cross country race was at Ampthill Park. We had a great turn out of 41 striders. It was a tough course but you all seem to enjoy it. Rob Barnes led us all home to finish a great 2nd. Men Team 8th, Women Team 10th and Mixed Team 9th.

January 20th - We had a 10 Striders that left their lovely warm homes for a freezing morning running the Fred Hughes 10. Not many running braved vest and shorts only. I lead the striders home in 1:06:12 1st V35, Charles Nelis 1:16:39, Andrew Durrant 1:17:48 PB 3rd Herts Country Champion, Ian Curry 1:25:50, Dawn Boon 1:35:58 PB, Kate Neale 1:45:15, Finbar Willis 1:48:09, Zena Ellis 1:48:09, Clare Slowey 1:48:52 and Valerie Dawson 1:51:36.

January 26th & 27th - One Strider ran Wardown Parkrun Phil Sleet 58:51 PB.

The Southern Championships at Parliament hill was again a lot dryer than it usually is. A very tough hilly course but 6 Striders took it on. This year was record breaking entries and then record breaking runners to start the race in the Mens and Womens race. In the Mens race 5 Striders ran the 15km Cross Country course it's a great race Gez Fallon 740th, Martin Fallon 855th, Danny Kelly 875th, Pat Blessing 931st and Charles Nelis 1050th out of 1154 who finished in 90 minutes the cut off time many men finished after that. In the Womens race I came 76th out of 698 women who finished before the cut of time again many women finished after that.

On the following day it was the last of the Three Counties Races at Wooten. We had 26 Striders that walked or run the one and half miles to the start. It was very windy on the open field but lovely in the woods. Like all the other races we congratulated you all for finishing and went back for cake and the presentation that we just made. Men finished 9th, Women 10th and Mixed Team 9th. Rob Barnes 2nd Overall Man, I finished 2nd Overall Women and Andy Reid finished 1st V65.

One Strider travelled to Romey for the 5 mile Vicki Crowston 43:31 PB.

Two Striders travelled not far to the Harpenden 10km. when getting their realising it was more Cross Country than a road race and four not very kind laps. Thom Darby 53:52, Nicola Abubacker 56:39.

Well run to all those not mentioned but have competed this month. Thank you to all Striders that competed at any of the Three Counties Cross Country this season it was lovely to have so many of you try it out and enjoy it. It was a great team get together before, during and after the races. Thank