

**Children's Running Group (Emma Hagues)**



The club was delighted to be awarded £500 by the Cala Homes Community Bursary Fund which helps to fund projects which make a vital difference in and around the local community. We decided to put this money to good use and approached the village school about setting up an after school running club for the children. The idea proved to be a huge success and the club was inundated with children wanting to take part. Due to the club's popularity, staff members Miss Stovold and Mrs Comber assisted during the sessions to enable more children to take part than was originally planned. The course was run by Emma and Ian and ran over 5 weeks in September and October, helping 34 local children develop their running skills and fitness. All the children completed a set of challenges and were awarded a certificate and Benson Striders water bottle for their achievement. Much fun was had by all. Look out for this news in the December edition of the Benson Bulletin!

## Remembrance Day Parade in Benson

For the first year Benson Striders are contributing a wreath and will be laying their wreath along with other local clubs and organisations to show their support at the Remembrance Day Parade on Sunday 12<sup>th</sup> November. Do come along to show your support.

## Wednesday Intervals (Dee and Emma)

These sessions are free and open to all members and are a great way of building up your stamina. Don't forget your head torch and high viz jackets.

## Monday Circuits (Dee)

These are great 'secret weapon' sessions for all members. A quick way to gain fitness and running speed. Space is limited, check availability with Dee Bryson.

**London Marathon club ballot place:** Congratulations to Dee and good luck with the training!

## Facebook Members Group (Anna Malkin)

Keep in touch and up to date with all the news on social media via Facebook. There's a new Members Only Group, so if you want to organize a run with your fellow running members without it being public, or a social event, or share photos please feel free. We'll be adding all new members, but if we've missed you off by accident, feel free to request to be added.

## Welfare (Anna Keith)

- Did you know 112 is better than 999 - if you are in a poor signal area.
- And you can use the emergency button on someone's smart phone if you don't know their passcode. Just press the button in the bottom left of the passcode screen.



- Jog leader refresher training is due after three years, so we'll be in touch to let individuals know when this is.

### **Club kit**

We have a range of merchandise available for purchase:

Vest tops - £19.99 (in stock)

Women's - 34", 36" & 38"

Men's - 38", 40" & 42"

Caps - £7.95 (need to be ordered)

Water bottles - £3.50 (in stock)

Long sleeved tops (need to be ordered)

Men's - £25

Women's - £27

If you are interested in any of these items, please email Dee at [deirdrebtuson@hotmail.co.uk](mailto:deirdrebtuson@hotmail.co.uk). Payment should be made in the usual way with reference of your name and item you are interested in.

### **Dates for your diary**

**Club run:** Saturday 2<sup>nd</sup> December, Henley on Thames parkrun, 9am start.

**Christmas Party:** Saturday 2<sup>nd</sup> December, Avanti, Wallingford. Tickets sold out, but contact Jennie for reserve list.

### **Club Contacts:**

Club Leader and general enquiries: Julia [Hayes: bensonstriders@gmail.com](mailto:Hayes.bensonstriders@gmail.com)

Membership: Lindsey [Stark lindseykstark@googlemail.com](mailto:Stark.lindseykstark@googlemail.com)

Club Secretary, Joint Social Secretary: Jennie [club.hempleman@hotmail.co.uk](mailto:club.hempleman@hotmail.co.uk)

Run Leader Roster, Welfare Officer, Joint Social Secretary: Anna [annajackson99@yahoo.co.uk](mailto:annajackson99@yahoo.co.uk)

Treasurer: Clare [Read claremread@yahoo.co.uk](mailto:Read.claremread@yahoo.co.uk)

Communications Officer: Anna [aamalkin@outlook.com](mailto:aamalkin@outlook.com)

Head Coach: Emma [Hagues emmalhagues@gmail.com](mailto:Hagues.emmalhagues@gmail.com)

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