

## **Message from our new chair Donal McGurk**

Hello Striders, welcome to our first newsletter in a while.

I'd like to start by welcoming all our new committee members – you will see them all in the who's who a little later on. I'd also like to thank the previous committee members, in particular Julia and Lindsey, for all of their hard work.

I'd also like to welcome all our newest members, many of whom have recently started the Couch to 5K course – well done and good luck.

I hope everyone enjoyed the Club run in Wallingford a few weeks ago – thank you Ken for planning the run and organizing the coffee shop, sorry you managed to break a bone in your ankle a few days prior to the event and so missed out on the run. We all had a very pleasant brew and chat afterwards – these socials are a key part of the Club's success.

On that note don't forget to sign up for the Summer Party at the Shepherd's Hut on 16 June, I'm sure it will be another top evening.

Some of our runners have completed some fantastic events recently including the London Marathon, Brighton Marathon, Henley Trail Half, Treehouse 10K and the Marlow 5 (amongst others I am sure). Running in these sort of events isn't everything but it is nice to get a bit of bling sometimes!

Finally, we are investigating setting up a Youth section of the club, for 11-18 year olds, so please do get in touch if you would be interested in helping with this especially if you have any skills that might help, or if you fancy becoming a Run Leader for the normal Saturday Morning runs.

Donal

## **Summer Party!**

Don't forget to buy your tickets for the summer party! A chance to enjoy an evening with running friends, partners and family.

You do need to buy tickets in advance to help us plan numbers. Please transfer money by 4<sup>th</sup> June. Thank you!

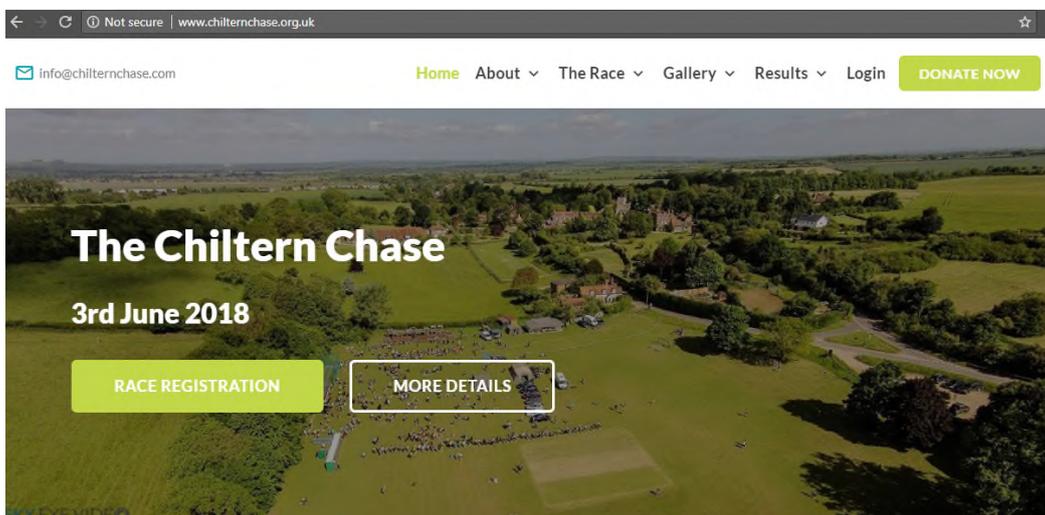


## Friendly reminder



Please remember your ID tag and to have it scanned when you arrive for Saturday mornings and Wednesday evening running club. If you arrive late please remember you need to see Ken, Simon or Dee to be registered / ID scanned. As the club grows we need to keep tabs on members who turn up for our insurance.

**Chiltern Chase (Sunday 3<sup>rd</sup> June) club ballot places:** Congratulations to Sara Rafferty, Neil Pocock and Emma Hagues. Good luck with the training! We hope that there will be lots of Benson Striders support and fellow members running with you on the day. And for everyone else don't forget to sign up, it's Benson Striders' local run and we are always there in large numbers. <http://www.chilternchase.org.uk/>



## Couch to 5k

We are delighted to welcome our new group of Couch to 5k runners to the club, and wish them all the very best for their 9 weeks or so of training and we look forward to you running with the club soon. Perhaps even finish it off with a local 5k event and medal.

For example Marlow Twilight 5k on Saturday 28<sup>th</sup> July – a twilight evening run along the river at Marlow – sounds lovely!

<https://www.letsdothis.com/e/marlow-classic-twilight-run-5-10km-82063>

## Coaching (Emma Hagues)

Wednesday running is now at Ewelme for the summer evenings, why not come and join in the fun. We promise you'll feel great! (Photo Anna Malkin Wednesday evening 9 May).



## New Website (Alice Jones-Evan)

Check out our lovely new website at [www.bensonstriders.com](http://www.bensonstriders.com)

Please keep visiting – the more clicks it gets to sooner we can get it up on the first page of Google!

Members need to register to access the Striders Pages (Alice is usually super fast at approving your registration).

Please get in touch if you have suggestions of things that you would like to see on the website or if you have any good photos! Also let us know if anything is incorrect!

Thank you!

**Benson Striders**  
Club of May 7, 2018 - May 13, 2019

RUNS	DISTANCE	TIME	ELEVATION
14	64.0m	10h 16m	2,826ft

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### Welcome to the Benson Striders website

Benson Striders is a friendly, local running club based in the village of Benson, South Oxfordshire. We aim to encourage our members to achieve their personal goals, whatever they may be, with the help of a fun and supportive bunch of fellow runners. The club consists of a wide range of members, some who are lifelong runners and some who are only just beginning, but they are all united by a passion for running and being active.

We cater for all abilities in small groups, offering a variety of different distances so you'll always have someone to run alongside. We run on a combination of roads, footpaths and bridleways in the beautiful countryside around Benson. In the summer we enjoy running on the towpath by the River Thames and in the winter, you'll find us on country lanes in the Chilterns around the villages of Warborough, Ewelme and Chalgrove.

For those who like a challenge, we always have groups entering the local Chiltern Chase, Chalgrove and Wallingford 10K and Oxford and Reading Half marathons each year. Some of our more experienced runners also enter the London marathon and other long-distance races around the country. If these events appeal to you, we can help by providing other runners to train with, as well as training plans and general advice.

**Why not come along and "try before you buy"!**  
If you're able to run a 2 mile or 5K distance, come and join us for a free trial session on Saturday morning at 8.15am. Drop us an email so that we can be sure to give you a warm welcome at [info@bensonstriders.com](mailto:info@bensonstriders.com).

#### SATURDAY SOCIAL RUN

Saturdays at 8.15am  
Benson Parish Hall (Sunnyside)

This is our main social run. After a 5-minute warm up, our trained leaders will offer a selection of different routes to ensure there is a distance and pace to suit everyone. These smaller groups, which are all accompanied by a leader, allow us to provide an enjoyable, safe run for everyone.

#### SPEED AND STAMINA

Wednesday evenings at 7.30pm  
Benson Parish Hall (winter)  
Cow Common (summer) - CURRENT LOCATION

Wednesday night (interval) sessions (hills in the summer) are coached sessions aimed at increasing cardiovascular fitness and speed as well as improving running form. They follow a varied programme of sessions that are inclusive and appropriate for most level of runner. It's all about challenging yourself and making improvements alongside fellow runners who

#### CIRCUIT TRAINING

Monday evenings at 7.30pm  
Benson Youth Hall

On a Monday indoor training in the form of circuits focuses on building core strength and muscular endurance. These sessions are held on a Monday at 7.30 in Benson Parish Hall, throughout school term time. Please be aware that there is an additional cost involved and for safety purposes there are limited spaces. If you are interested in attending, email the club to enquire if there are any spaces available.

**Strava** (Alice Jones-Evans)



You'll see on the new website a feed from Strava. This is a running/cycling/sporting app that records your exercise. We've set up a Closed Group for Benson Striders. Have fun checking out your running stats and progress as well as fellow members within the club and get involved in other personal challenges. See where others are running, get motivated to get out running. The leader board is constantly changing!

### **Membership** (Simon Jarvis)

A final reminder that if you haven't paid up (due 1<sup>st</sup> April), you are not insured to run with the club and we will have to turn you away. You have been warned!

As at 10<sup>th</sup> May we had 72 members paid up, with more to pay. New members - Please remember to complete a membership form as well as paying subs. Membership form here: <https://goo.gl/hHLxPd>

GDPR - we will shortly be sending out a questionnaire for you to re-consent to us collecting some basic data about you - email address, date of birth, photographic permission etc. This allows us to collate membership & attendance data so we can do things like apply for grants & funding.

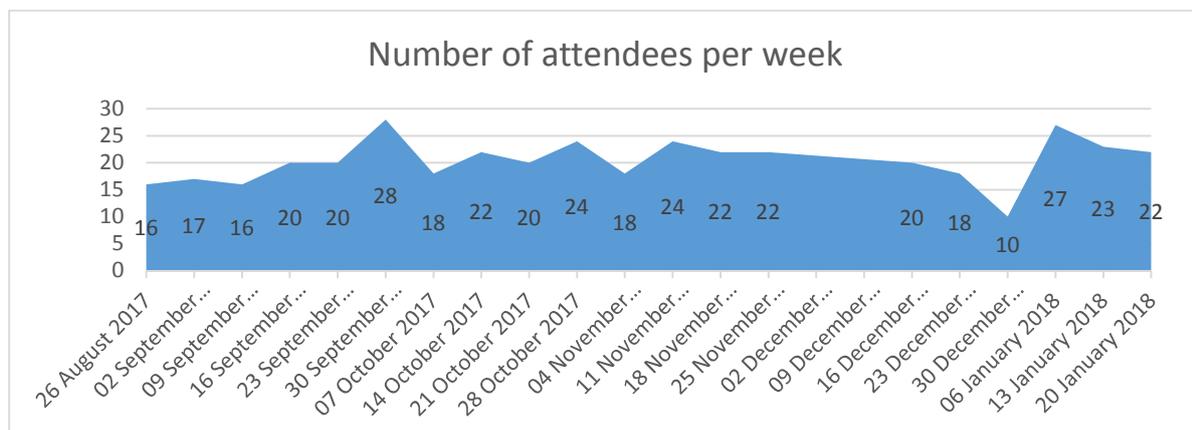
Now we have our bar codes up and running we can share some fun stats with you – please remember to bring your barcode for scanning.

Over a total of 22 Saturdays from 26 Aug '17 to 20 Jan '18 a total of 408 runs were recorded by 55 members.

71% of our members are female, although only 60% ran during this time.

68 = average monthly number of runs

20 = average weekly member attendance



## Fundraising/Grants

We were delighted that our application to SODC Councillor Grants was successful. The club have been awarded £500 to go towards building a new website and to pay for training for two new jog leaders. Well done to Julia for preparing a fairly complicated application form!

## Club kit (Ken Swan)

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)

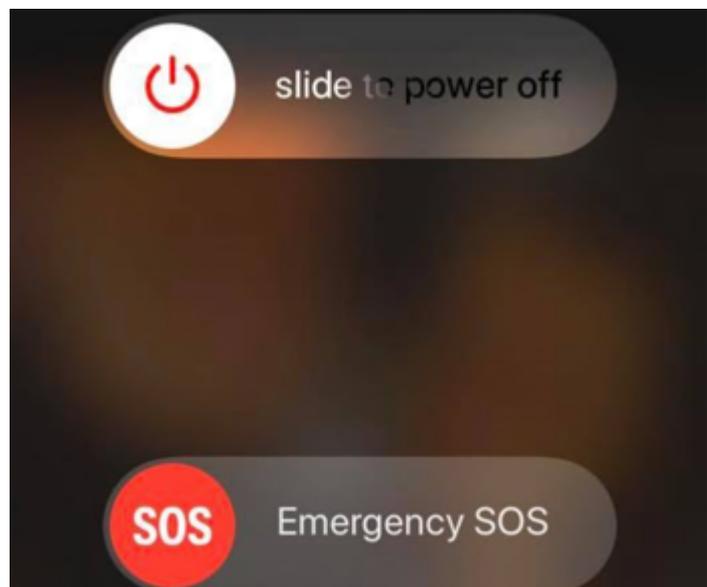
Men's - £25

Women's - £27

If you are interested in any of these items, please email Ken. Payment should be made in the usual way with reference of your name and item you are interested in.

## Welfare (Anna Keith)

Did you know another way of calling for help in an emergency?  
If you have an iPhone and press the lock button 5 times in a row it will come up with this screen.  
Then swipe the SOS Emergency button and it will automatically send an alert to the nearest Police Station with your exact GPS location and help should arrive.



## **Club Runs** (Anna Malkin)

Do you have a great café and running routes near you? Why not host a club run? We love our away fixtures and try to find one every couple of months. We are planning our next away fixture at Abingdon parkrun in time for when our lovely Couch to 5k members complete their course, and help them celebrate their success by all doing the same run and having a coffee after. This will probably be one of the last two Saturdays in July. If you would like to host a club run send me an email to [aamalkin@outlook.com](mailto:aamalkin@outlook.com).

## **Dates for your diary**

**Club Party:** Saturday 16<sup>th</sup> June at the Shepherds Hut

**Club Run:** 21 July Abingdon park run

**Club Run:** provisionally 29 September

**Club Run:** provisionally 24 November

## **Reminder**

Please could you remember when sending payments to our bank, that you clearly reference the payment. We use the bank account for membership, parties, kit, and other things, it's really hard for Clare our Treasurer to work out who has paid for what. This is why we differentiate the price of things, e.g. membership £20, couch to 5k £19.99, party £20.50. It's also very confusing when you pay in your maiden name that doesn't match the membership forms we've had submitted. Please help us make Clare's life easier! Thank you.

## **Club Contacts - Who's Who:**

### **Committee – elected roles**

Donal McGurk (Chairman)

Dee Bryson (Vice-Chair)

Jennie Hempleman (Secretary: meeting agendas, minutes, constitution, insurances, affiliations)

Clare Read (Treasurer: banking, accounts)

Anna Keith (Welfare: safety, risk assessments, accident forms log)

Emma Hagues (Head Coach)

### **Committee – non-elected roles**

Simon Jarvis (Membership, ID Tags)

Anna Keith (Rota)

Anna Keith & Jennie Hempleman (Social Secretaries)

Ken Swan: (Kit)

Alice Jones-Evans (Web and Press / run report write up / profiles)

Anna Malkin: social media (facebook mostly), club runs

### **Jog Leaders**

Anna Keith (EA)  
Dionne Simpson (EA)  
Emma Hagues (EA)  
Gina Russell (EA)  
Anna Malkin (EA)  
Ian Robinson (EA)  
Lindsey Stark (EA)  
Julia Hayes (EA)  
Colin Suttie (EA)  
Ken Swan (EA)  
Rich Warner (EA)  
Dorrit Levy (EA)  
Dee Bryson  
Jennie Hempleman  
Harvey Poole  
Donal McGurk  
Kathryn Markey  
Gill Young  
Ben Keith  
(EA=England Athletics)

A big thank you to Simon Williams, Liz Acaster and Annie Smith who have decided to step down from their Jog Leader roles. We are so grateful for their enthusiastic contribution to leading running groups on Saturdays over the years (Simon was one of the original jog leaders) and we continue to look forward to running with them as regular members.

Another thank you to all our Jog Leaders for their continued service. As a reminder Jog Leaders get free membership and the occasional curry night get together!

If you love Benson Striders and want to give something back why be a Jog Leader. Training and support is provided.

Stay in touch with all the latest news from Benson Striders by following us on:

Facebook: <https://www.facebook.com/BensonStriders>

Facebook Closed Group for Members – for general messages, photos etc. Just click the request button to be approved.

<https://www.facebook.com/groups/1973725686243163/>

Twitter: <https://twitter.com/bensonstriders>

Website: <http://www.bensonstriders.com>

Strava Closed Group for Benson Striders.

<https://www.strava.com/clubs/BensonStriders/>

*It's your club, so if you have any suggestions or ideas about what you would like the club to offer feel free to speak to any member of the committee.*