



Message from our chair Donal McGurk

Hello Striders and welcome to your club's latest newsletter.

As we approach the end of the year I am amazed by what you have achieved during the last 12 months. Thanks to Lindsey, Ian and their team we have delivered and graduated two Couch to 5K courses, helping to bring in new club members and helping beginners to build up the fitness to be able to run 5 Kilometres.

You have also taken part in several Club Runs including Wallingford and Abingdon (at the parkrun). I love these events because they bring together Club members who normally finish running at different times and therefore struggle to socialise.

Since the last newsletter Striders have, amongst other events, completed: the Blenheim and Wargrave 10K runs; the Henley, Oxford, Windsor, Bisham Abbey, Stonor Trail and Maidenhead Half Marathons; the Brighton and Snowdonia Marathons; and the Race to The Stones 100Km Ultra Marathon.

Thank you to everyone who completed the questionnaire, we will be working through all of your suggestions and comments at our next committee meeting. If any of you are interested in helping you Club out by becoming a Run Leader (we are always on the lookout for new volunteers) do get in touch.

We now have our Christmas Party at Avanti to look forward to including the Club's Award Ceremony which should both recognize achievement and poke fun!

Finally I hope you get a chance to get some running in over the Christmas period (to make up for any mince pies and mulled wine you come across).

Donal

Couch to 5k

Congratulations to all the Couch to 5k finishers this year! We've had two fantastically successful groups, wonderfully led by Lindsey and her team – a huge thank you for their support and encouragement, we are delighted to have so many new members join us.



We hope their comments might inspire others to take up the challenge:

"I always hated running and seriously amazed that I can now run for 30 minutes!"

"It was surprisingly ok, I thought 60 seconds was impossible, but 30 minutes was great!"

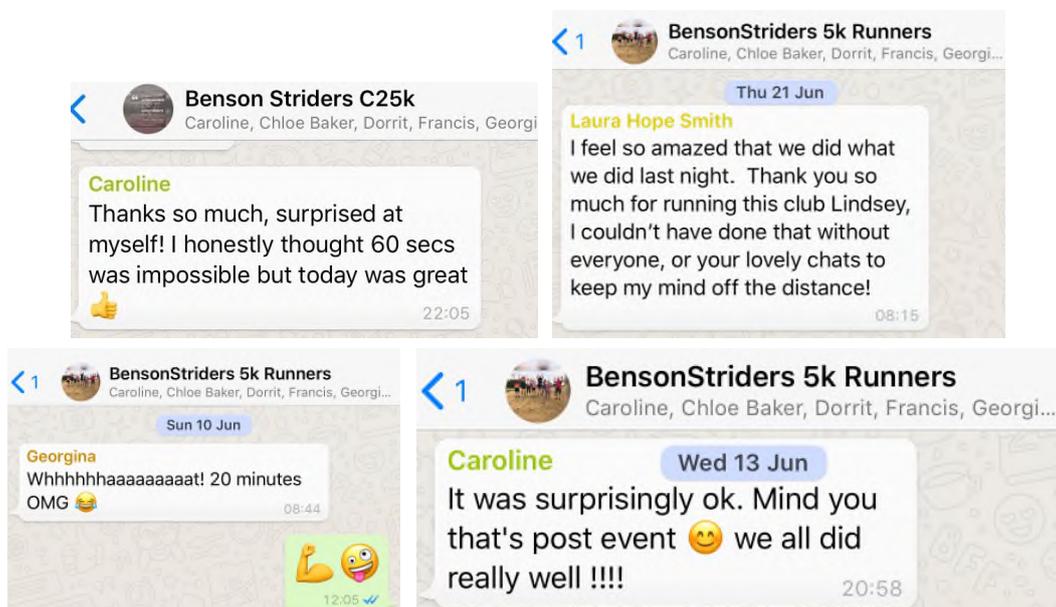
"I'm so glad I signed up, I was astounded!"

"On my own I would never have enjoyed running or kept up the enthusiasm!"

"I was one of those people who used to say "I can't run." So when I signed up to the C25K group I was in complete doubt of making it to week 2, let alone completing. But, seeing how much my fitness improved over the 9 week course was astounding! Not only did my cardio significantly improve, but I'd gone from struggling to run for 2 minutes to running for 35!"

I'm so glad I signed up now. I could never have done it without the amazing support from those who ran the group, as well as those who participated.

While I'm now hoping to progress further in distance... words I never thought I'd say, it's all thanks to the C25K group." Chloé Rose Baker



“When I first joined the Benson Striders C25K group, I had already been running solo (on a treadmill) for a few weeks. This with a past history of running gave me a confidence boost however, I quickly realised that despite all this I was still a beginner. Lindsey (and the other run leaders) were able to take this into consideration and gave me confidence in myself, advised me when to push myself and when to take things easier.

On my own, I would never have enjoyed running and not kept up the enthusiasm. A great group to run with and I look forward to each and every session. Thank you!” Simon Argent

Coaching (Emma Hagues)

Run leaders: On Sunday 23rd September two members Alice and Neil kindly volunteered to train as run leaders for the club. The session explored what it takes to be a run leader and how to effectively manage groups to enable fun and safe runs. Their natural qualities shone through on the day and both have what it takes to excel and embody the ethos of the club as a friendly and inclusive place to run. They were joined by existing run leaders for the second part of the training and guided by UK athletics principles five key factors were identified for us to work toward as run leaders:

1. Inclusive – Make sure everyone is welcomed and you talk to people to find out about what they want to get from running. Be a friendly face for people to turn to if they have any queries.

2. Organisation – Use the Teamer app to keep your availability to lead up to date and arrive at 8am on a Saturday to plan groups and routes.

3. Group management – Request group members periodically loop back to keep together as much as possible and help leaders keep track of the groups progress. Ideally the person at the front of the group should be aware of who is at the back. If it becomes apparent that more than one runner would like to form a breakaway group this can happen if communicated to the leader first.

4. Safety – Look out for other runners welfare, make dynamic risk assessments regarding potential hazards and encourage good road safety. E.g. run on right hand side of the road unless approaching a tight right hand bend or restricted view hill. In these instances switch to the left to maintain visibility. And use pedestrian crossings when available, especially on the A4074 as you cross over from Warborough towards Shillingford.

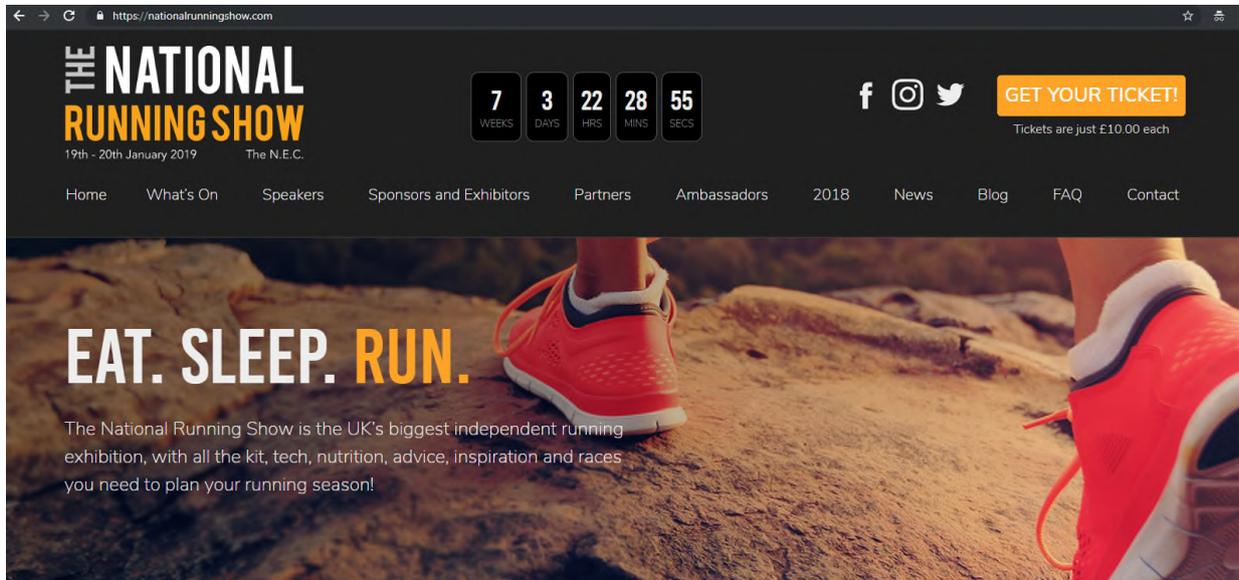
5. Empowerment – Encourage and enable members to take personal responsibility for their own welfare, needs and development.

Wednesday running in the winter is at Benson Parish Hall, why not come and join in the fun. We promise you'll feel great!

Social

A number of Benson Striders are going to the Running Expo on 19-20 January at the NEC in Birmingham and looks to be a fun day out. Come along, the more the merrier!

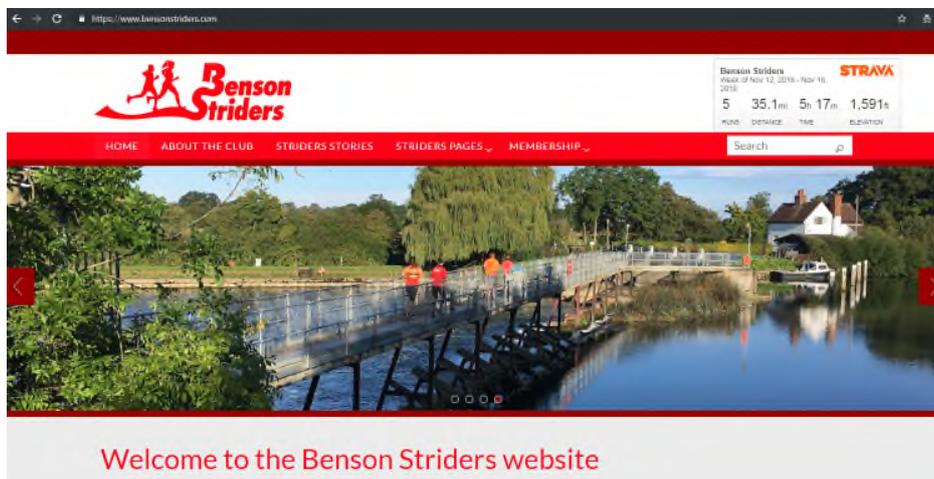
<https://nationalrunningshow.com/>



New Website (Alice Jones-Evans)

If you haven't already, get your members password 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!



Strava (Alice Jones-Evans)

Come on over to Strava and be motivated by others activities and learn some new routes! Join the club on Strava at <https://www.strava.com/clubs/BensonStriders>

Membership (Simon Jarvis)

Some interesting stats about our 99 members...it's great to see how the club is growing in the graph showing count of runners by week, year on year!



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.

Club Runs (Anna Malkin)

Do you have a great café and running routes near you? Don't keep it a secret - why not share it with the club on a club run! We love our away fixtures and try to find one every couple of months. If you would like to host a club run send an email to Anna Malkin at aamalkin@outlook.com.

Dates for your diary

Charity Club Run: Saturday 15th December at 10am after our usual group runs, bring bells, noise, tinsel, fancy dress, buckets to collect money, etc. Followed by tea and cake at a venue to be confirmed.

The National Running Show: 19 & 20th January at the NEC in Birmingham.

Friendly Reminders:



Please remember your ID tag and to have it scanned when you arrive for Saturday mornings and Wednesday evening running club. As the club grows we need to keep tabs on members who turn up for our insurance.

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), newsletters, 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 all our jog leaders that help to make it possible to run so many groups on Saturdays.

All our Jog Leaders get free membership and the occasional social get together.

Would you like to give something back to Benson Striders – we always welcome new Jog Leaders - 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/>