



CLC Striders



Issue 3

March 2010

Welcome to the third, much shorter, CLC Striders newsletter! Since Phil does such a good job of keeping the website up to date, we've decided to cut the race results and include other items which may be of interest...

Cross Country Heroes 09/10

Congratulations and a big thank you to everyone who was involved in the fourth Gloucestershire cross country league fixture at Pittville Park on 6th February 2010. We co-hosted the event with Cheltenham Harriers and Almost Athletes and enjoyed our most successful day ever as a club...

In only our second season on the scene, and following a series of excellent performances across all four fixtures, the women's A Team took the league gold. Well done to the team members Laura Kent, Liza Barry, Naomi Kellett, Hilary Agate and Rachel Vines. The women's vet team, comprising Laura Kent, Naomi Kellett, Sylvia Koster and Amelia Mullins scooped the bronze in their category.

And the excitement didn't end there... In the men's race, Will Ferguson won his first ever Gloucestershire cross country fixture, beating Steve Milward of Gloucester in an epic race to the line. Rich Dare, Ben Pedley, Chris Driskell, Chris Hale and Dave Billingham brought the team home in third.



The race results also led to a flurry of other medals:

- Glos League LV35 gold for Laura Kent, LV60 gold for Sylvia Koster and SL bronze for Liza Barry
- County Championships SM gold for Will Ferguson, JM silver for Ben Pedley, SL team gold for the women, SM team silver for the men, LV35 silver for Laura Kent, LV40 silver for Naomi Kellett and SL bronze for Liza Barry

Well done to everyone, competitors and marshals alike, for making Brendan's cross country dreams come true!

Strider of the Month

Ever since September, Brendan has been casting his eagle eye across the club in order to identify a monthly high achiever.

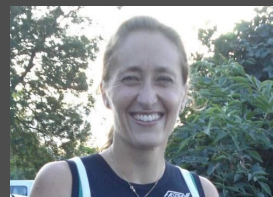
Our Strider of the Month prize is awarded in conjunction with Steve Milward at Gloucester Sports, Worcester St, Gloucester (www.gloucestersports.com). Steve very kindly donates a £25 voucher each month and adds to this fund every time a strider makes a purchase from his shop, so get down there asap.



Our winners so far are:



Liza Barry
September 2009



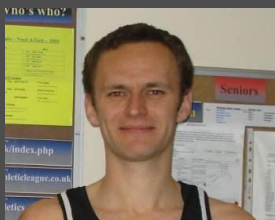
Laura Kent
October 2009



Naomi Kellett
November 2009



Georgia D'Esterre
December 2009



Rich Dare
January 2010

Striders Fashion Update

Dave Smeath, men's team captain and running fashion guru, has worked hard to source us a smart, high quality range of club clothing which is now available for order. The following items are included in the range:

- Jackets - £36
- Hoodies - £30
- Long sleeved tops - £23
- Short sleeved tops - £18

If you'd like to see an item up close, just ask Dave and he'll point you in the direction of the nearest model at your next training session or race. The hoodies are being modelled by Liza, Lisa and Rachel below:



Ten Questions (name doesn't count)



Name: Chris Slade

Years running: I started running for my school cross country team and it has become a part of my fitness training ever since. Later I competed in half marathons before getting into triathlons for about 5 years. More recently, I've got back into road running and cross country.

Most memorable running moment: Winning the road relay

in the Glos inter school champs - that got me hooked on running for life. Also, the impact the Striders made in our first race as a club at the Whitehorse 5k back in August 2008 - so many vests!

Best course you've ever run: The Cheltenham Half Marathon, probably because of the local support. It used to be a big race - it is missed.

Most difficult race you've ever run: The Malvern

Triathlon 5K run was especially tough. After completing a hard bike course, the run starts on a hill and continues steeply upwards for some distance. Equally tough was the 2008 Cotswold Farm Park cross country, that hill 3 times!

Other hobbies and interests: Pretending to listen to Brendan when I'm training in the gym - hey I love him really!

Favourite holiday destination: Relaxing on a hot beach anywhere.

Favourite film: Donnie Darko

Favourite album: That's a tough one, probably 'Silent Alarm' by Bloc Party or 'The Bends' by Radiohead.

Three things you'd take to a desert island: I'd need some music... so something like a solar powered ipod, a big friendly puppy for some company (you'd have to call it Wilson!) and yes of course, I've always been told never to forget my Striders Vest!

Running-related ambition for the next year: Some longer races and maybe a few track events if I'm injury free



Name: Chris Hale, aka GPS

Years running: 4 years running (19 months seriously)

Most memorable running moment: Breaking what I thought was my first sub 40 10k at Bourton (only to find it was short afterwards!), also completing the 2009 Stroud Half Marathon in 1.23.28, taking 3 minutes off my PB.

Best course you've ever run: The Cirencester 10k for scenery, the Bourton 10k for speed!

Most difficult race you've ever run: The Bourton cross country last year (a common answer among our survey respondents!).

Other hobbies and interests: My family and more running!

Favourite holiday destination: France

Favourite film: All of the old Star Wars films

Favourite album: U2 - The Joshua Tree

Three things you'd take to a desert island: Running shoes, a TV and lots of suntan lotion!

Running-related ambition for the next year: To break 38 minutes for 10k and run my first 20 mile race. Most importantly, to keep fit and enjoy it.