

A club providing running & cycling opportunities to the local community of varying abilities, which they can pursue for fitness and / or social purposes within a supportive, friendly atmosphere and where encouragement is given to participate in organised local events.

Welcome from Victoria Bovill-Lamb



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Who would have thought that from that first village FB post enquiring whether anyone would be interested in doing the Couch to 5km that we would rapidly grow to a club with 75 members, a Facebook page, club kit and now seeking British Triathlon affiliation! Looking back over the last seven months it is easy to see what a busy club this is, responding to the Covid-19 restrictions with creativity, vigour and a determination to embrace positivity at a time of national crisis. A big thank you to all those that have played an active role in this club during these turbulent and uncertain times.

The club officially started in February this year when Georgi, Nicola, Laura, Gemma, Debbie F, Vicky B, Helen, Tara, Trudi and Vikki T took the plunge and turned up to my first coached 'Couch to 5km' sessions. The goal was to reach week 9 and then celebrate by completing the Wimpole Parkrun. Unfortunately, a certain virus halted play at week 7. Not to be deterred Vicky B organised a 'Lockdown Liberation' 5km run on the same day.

Since then we have not stopped! We have held virtual quiz nights, a charity 5km run raising over £1000 for a local school, baton relay challenges, a 10km Friendship run to cele-

brate Claire's recovery from a brain tumour, the same Claire hosting a yoga session via Zoom, weekly Strength & Conditioning classes, monthly individual / team endurance challenges and a sponsored 10km walk. I'm out of breath just writing this! We have celebrated birthdays and personal achievements.

In March Vicky B, Victoria, Abigail and Hazel crossed the line at the Cambridge half marathon. Nicola and Helen successfully completed the Leeds ITU Duathlon. Abigail and I, having completed the same event went onto complete the Lakesman virtual middle-distance triathlon. Laura's 13 - year old son, Cameron was awarded some fine bling when he completed the Air Cadet 80km Hurricane challenge, at the same time competing in the Club Gran Fondo virtual event. We also have several Strava 'Local Legends'! Wives have left husbands to fend for themselves, sneaking out for a run before the kids wake up.



Certain members had a penchant for dressing up – pink

flamingos, Snow White, Wonder Woman, Tequila bottles, WWII RAF officers and Land Girls to name just a few.

Laura became my first Open Water Swim victim – beware there will be more! Our club HAB (Husbands and Boyfriends) and his wife – a certain Jane Allton – have spent many a day cycling around Great Britain not only building up their endurance but being our club's very own 'Good Pub Food Guides'. On that note, various social events have been arranged in the gardens of the Waggon & Horses, Three Tuns, Wood Grill and the more ad hoc cake stops. After all, we are powered by cake! A big thanks go to those that helped marshal the organised events, to those that helped raise money by competing, to the cake and bread makers, the club running pooches (Blaze, Phyllis and Skyla) and to Laura for her excellent and creative IT Skills. Looking ahead, the club now has a management committee in place, membership fees will start, and British Affiliation applied for. Plenty of organised events have been arranged over the colder months – with plenty of opportunities for fancy dress! . More importantly, we will continue to have fun!



Continental Divide Team Challenge—the results!

On the 1 August 2020, 18 intrepid participants set out to make it as far as they could, along the Continental Divide. From Canada, though US states from North to South to reach El Paso; 3,113km, or as far as they could. Teams Alberta and Montana were formed. The challenge was to cycle and log distance and elevation. Routes were creative, wet and windy at times, muddy, off road sometimes and even virtual. The distance was welcomed towards the totals, however it was achieved.

Twice, participants rode to the Wood Grill in Croydon for extra distance! (Not at all for food and beer!)

Team winners were Alberta, with 2,369km, they reached the New Mexico Border, but not as far as El Paso

Individual winners by distance:
Gold: Mike
Silver: Jane
Bronze: Victoria

Individual winners by elevation:
Gold: Mike
Silver: Victoria
Bronze: Jane

Great cycling everyone!



Team Alberta

- Jane
- Victoria
- Laura
- Lynne
- Candice
- Abigail
- Hazel
- Emma



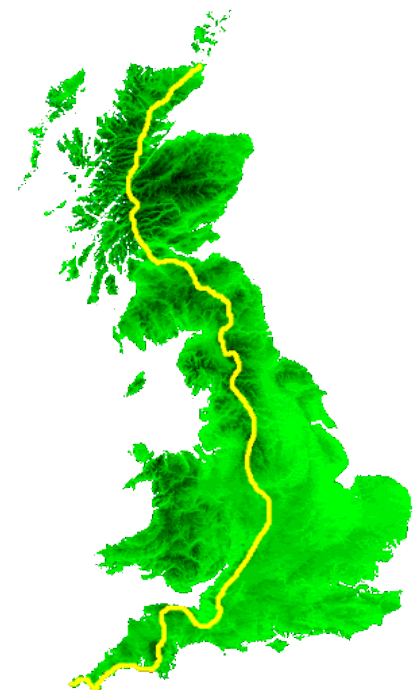
September Challenge: Land's End to John o'Groats

We have kicked off with the September LEJOG virtual challenge where 5 teams containing a total of 38 club members will battle it out to get to John o'Groats.

With 1,407 Km to run or/and walk, teams need to cover on average of 46.9km per day to successfully reach the end. There are 3 winning categories; the team who reaches the end first or if nobody does it then the winners will be the team who got the furthest; and individual winning categories of the individual who runs/walks the furthest and the individual who submits the most runs/walks. It's up to the team captains to motivate and keep the team in check ! We've so far had

some creative strategies like team runs and team walks with some fab photos also posted. Keep going teams!

The club are also organising the 10k Friendship Run/ Walk on Sunday 20th Sept. Due to Covid-19 government guidelines, we sadly won't be able to gather at the same start/finish area, which is something we had hoped to do. The intention is to arrange different starting points with minimal contact between large groups of runners and walkers. Updates will follow so please keep an eye on the Facebook page.



Dates for the diary

20 Sept

10km Friendship Run

28 Sept

Week 1 of C25k programme

17 Oct

Baton Challenge

31 Oct

Halloween Fun Run

7 Nov

10 Miler

14 Nov

Night Run

13 Dec

Santa Fun Run

TBA

End of year Social

Join the events advertised on the Facebook Group for more information.



Strength & Conditioning 12-week course

This 12-week course will focus on exercises that will help with building strength, increasing speed, improving endurance and building up resilience against injury. The course will start on Thursday 8th October with Victoria delivering an introductory presentation to explain what the course will involve and the specific benefits of strength and conditioning training for runners and cyclists.

This course is ideal if you are new to training or want to rebuild your body, get back to basics and develop greater kin-aesthetic awareness. The other benefit is that minimal equipment is required as most exercises involve the use of your own bodyweight.

The maximum number of participants allowed in the village hall will be confirmed nearer the time.

Course start date:

Thursday 8 October

Time: 1900 – 2000hrs

Venue: Steeple Morden Village Hall.

Cost: £2 per session

(required to cover hall hire)

Ask Victoria if you would like to join.

“FOCUS ON EXERCISES THAT WILL HELP WITH BUILDING STRENGTH, INCREASING SPEED, IMPROVING ENDURANCE AND BUILDING UP RESILIENCE AGAINST INJURY”



Your committee

With a growing number of members it made sense to formalise the club structure and seek British Triathlon (BT) affiliation. The benefits of BT membership including Public Liability Insurance of up to £15 million, access to a club management system (ClubSparks), and the ability to involve the wider local community with organised events.

Steeple Chasers fall under the category of a 'community club' as it is a not-for-profit organisation with less than 150 members. The long-term vision of the club is to seek the BT Bronze Tri-Mark. This is awarded to sports clubs that operate in the local community, with an active management committee, a recognised constitution and an active activity programme in place.

Chair: Victoria Bovill-Lamb
(aka Vic Ribble)

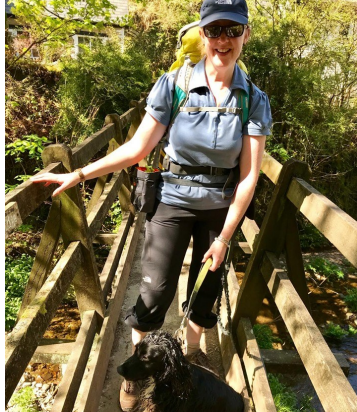


Victoria says: "A person's definition of achievement and challenge is very personal. If it wasn't for being diagnosed with Multiple Sclerosis becoming a triathlete would have remained a mere aspiration. Obviously, I would not choose to have this medical condition however it has changed my life in an extremely positive way. Determined to face it head on and let it know that I am still in control I took up skiing, sailing and triathlon. To now be part of setting up such a great sports club is just fantastic where I can support people in achieving their own personal goals and

inspire people never to give up when faced with the challenges life regularly throws our way. Made Strong!"



Vice Chair: Laura Sims



Laura says: "With a lifelong love of the outdoors, green and open spaces, I guess it was inevitable that running would get me in the end. Though I have kayaked and roamed the mountains for decades, I'm new to running. I answered the rallying call to join in the Couch to 5k that the Club offered from January 2020 and haven't looked back. In fact I've looked forward more and more to running, and I hope I continue to run, improving my skills, fitness, core strength and endurance. I've enjoyed the Club's fun and motivation and I hope to inspire club members to develop their fitness, have fun and grow in confidence through challenges and activities."

Treasurer: Emma Gypps



Emma says: "If it makes you move your body, I love it! Anything physical. Being fit is important to me after a major life event. I'm passionate about motivating people, especially those getting started and those (like me) striving for consistency."

Club Secretary: Vikki Thorp



Vikki says: "I am THE reluctant runner. I've never had any desire for any form of exercise. I saw Victoria's message on fb and with a big birthday careering towards me, thought I should probably give it a go. The first sessions were not pretty but each week it became easier and now I'm so glad I did it. I've discovered that running is not so bad and have met some really encouraging and fun new friends. If I can do it anyone can."

Events Organiser & Risk Assessor:
Abigail Salter (aka Abs Salt)



Abigail says: "I'm less about speed and more into endurance. Love entering challenging endurance events and training has now become a positive enjoyable lifestyle! Completed ironman 70.3 Canada (2018), Half Outlaw Holkham (2019) and the Berlin Marathon (2019). My dream is to achieve a full ironman distance! Love organising (aim to do a race director course when available) and risk assessment is in my professional background. I hope to do a good job for you all!"

Your committee

Social Media Officer: Emma Brown



Emma says: "Over the past year I have grown to love running and never more so than when I became a part of this friendly, supportive club. Running has fast become a very important part of my life - it gives me better control of my type 1 diabetes and makes me a nicer person to be around (according to my family!!). I'm sure you'll love being a part of this inspiring club and I look forward to meeting you all."

**Welfare & Covid-19 Officer:
Helen Shelswell**



Helen says: "I really didn't think I'd ever run again. My osteopath had advised me to stop or 'you'll store up problems for when you're older'. Well now I'm older and decided it was time to gently try again, aiming to eventually complete a slow 5k. Little did I know that with the encouragement, friendship, training and belief that I've found as being part of this fab group ... I'd be happily doing 10ks just for the fun of it! Can't wait to be able to do more together as the months go by."

Committee Member: Jane Allton



Jane says: "I've done exercise classes for many years, but only got into regular running a few years ago through parkrun. I love it! I've become a keen road cyclist too. I firmly believe that regular exercise is vital for both mental and physical well-being and I hope that being a member of this fantastic club will inspire you to have a go, especially if you are new to exercise. You might be surprised at what you can achieve and how good it makes you feel!"

Committee Member: Astrid Slijkkoord



Astrid says: "I haven't done any running for 20 years, but started the c25k during lockdown as a way to keep focussed and get me out of the house for some much needed breathing and thinking space. I also enjoy my cycling and setting a yearly challenge, so last year I completed the London Prudential 100 miles.... Still hate hills though... It is great to be involved in such a friendly, local bunch to support each other to stay active, sane and have some fun. Hope to meet all of you very soon."

In the spotlight



Do you have a story to tell, and event achievement to shout about, or would you just like to share a short autobiography to inspire other club members?

Here's your chance to shine. It's great for club members to be able to read a little about fellow club members, especially as so much has to be virtual at the moment. If you would like to send information, achievements or your story to be included in future issues, please email to steeplechasersrcc@gmail.com by the 20th of the month, and it will be included in the next issue.

**Thank
you for
reading
our Club
News-
letter!**

