

CORNELLY STRIDERS

FEBRUARY NEWSLETTER

Issue #10

NEWS UPDATE

Striders remember a legend, deeply emotional day for everyone who knew Keith. A Strider original and proud life member, he'll be hugely missed by us all.

Keith was one of the kindest people you could ever meet — an incredible runner, a passionate drummer, and a true legend in every sense.

Seeing so many Striders, old and new, come together was powerful. Walking and running side by side, colours worn proudly. #Striders #Legend #RunwalkForKeith



Just some pictures of Striders supporting st Davids day runs

🐉🌸 A Funny St David's Day Tale: The Legend of Dave (and the Impossibly Clean Shoes) 🌸🐉

Only on a St David's Day run could something like this happen — and only *Dave* could be the star of it! The plan was simple: a **COASTAL PATH 10K**, and bit of Welsh spirit, and maybe a dragon or two spotted in the distance. But somewhere around the 2k mark, Dave took what he confidently described later as "a minor scenic diversion." In Strider language, that means: **He got completely lost.**

Not just a little lost — he somehow managed to run *over the golf course*, across three fairways, past a very confused group of golfers, and directly through what looked like the boggiest patch of ground in Wales.

Or... it *should* have been.

Because when Dave finally reappeared — from entirely the wrong direction, smiling like he'd just popped out for a pint — everyone noticed the impossible:

Not. A. Speck. Of. Mud. On. His. Shoes.

🐉 The St David's Day Striders Limerick 🌸

There once was a Strider named Dave,
Whose sense of direction misbehave;
He veered off the track,
Golfers stared at his back,
While his trainers stayed spotless and brave!

The Striders all raced with a cheer,
In bright yellow kit far and near;
They splashed through the muck,
Got covered in gunk,
While Dave stayed suspiciously clear.

They finished all soaked to the skin,
With mud on each ankle and shin;
But Dave strolled on by,
Bone-dry as the sky,
Not a mark on him—NOTHING! A win!

So each St David's Day they recall,
How the Strider who'd wandered off-trail
and off-wall,
Ran fairways instead,
Turned golfers bright red,
And still ended up cleanest of all!



Help & support info

MILESTONES

Amazing achievements all round—well done everyone! ❤️

- 👑 Nicola - 50 Parkruns
- 👑 Andrew Evans - 50 Parkruns
- 👑 Laura Cox - 100th Parkrun
- 👑 Jim - 100th Parkrun
- 👑 Judy & Wayne - 50th Parkrun

CONGRATULATIONS Anna on completing her 1st Parkrun. 🙌🎉

NEW MEMBER ANNA



Porthcawl Park run record If you are feeling quick this weekend

Jonathon Hopkins

🏆 **Fastest Male – Porthcawl parkrun14:42**
Set by **Jonathan Hopkins**

🏆 **Fastest Female – Porthcawl parkrun16:40**

Striders Personal best time this month

The latest updates to get you through the day

Steven Daniel 29:40 🏆 5k PB FT -

Fraser Jenkins 18:34 🏆 5k PB FT 5th M

Laura Jenkins 32:12 🏆 5k PB FT

Nikki Dowie 28:15 🏆 CPB 5th F

Emily Davies 26:50 🏆 5k PB

Anna Beck 42:36 🏆 1st Parkrun PB

Andrew Phillips 20:34 🏆 CPB 5th M

Kayleigh Sutton 24:54 🏆 CPB

Steve Perry 32:27 🏆 5k PB

Sarah Louise 32:24 🏆 CPB

Emily Fraser 24:39 🏆 CPB 1st F

Jim Davies 18:54 🏆 5k PB 9th M

Josh Powell 19:13 🏆 5k PB

Kate Phillips 20:28 🏆 5k PB 4th F

Curtis Bennett 23:33 🏆 5k PB

Michael Davies 23:56 🏆 5k PB

Anita Knill 27:54 🏆 5k PB

Emma Davis 44:27 🏆 5k PB

Megan Davis 45:48 🏆 5k PB



45 Cornelly Striders arrived at St Davids



Well done Milly & Geraint they made it to the top of Cefn hill

Dementia partner training

A big thank you to Paula Wilfort for putting this on and well supported also great idea and a huge success !!!



GOOD LUCK TO ALL RUNNING MARATHONS NEXT MONTH HALF OR 10 K OR JUST RUNNING ENJOY !!!

Go Keely !!!

Keely Hodgkinson had been preparing for this moment for years. When she stepped on to the indoor track in France on Thursday, the Briton and her team "had no doubt" she was going to break the 800m indoor world record - and she did so in some style.

But it has not at all been plain sailing for Hodgkinson since she won the Olympic 800m title at Paris 2024.

The 23-year-old suffered injury issues last year which challenged her physically and mentally - but has used those setbacks to return even stronger, with her training group, the M11 Track Club, dubbing her 'Keely 2.0'.

She proved she is back to her best with her stunning indoor run in Lievin, crossing the line in one minute 54.87 seconds to smash a world record which had stood since 3 March 2002 - the day Hodgkinson was born.

And this is how Hodgkinson etched her name in the history books.

Picture Caption: To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.



THE GREAT WALL OF KIT WAS BORN

(A totally serious historical account)

It all began on a perfectly ordinary training night – or at least, it was ordinary until the Striders attempted their first ever “Ultra-Turbo-Mega-Speed Pyramid Session.”

A session so intense, so wild, so downright stupidly enthusiastic that half the team overheated before the warm-up lap.

Naturally, this led to a mass kit-removal event.

Legend says you can still hear the fluorescent jackets flapping softly in the night breeze, whispering:

“Should’ve worn fewer layers, mate.”

One by one, the Striders began shedding layers like budget triathletes in a sauna. Jackets were launched into the air. Hoodies were removed mid-stride. Hi-vis tops were peeled off with the energy of someone trying to escape a bee. Someone (naming no names...) might have tried to run while taking off a waterproof and nearly achieved low-orbit lift-off.

And with no designated clothing drop-off point, the wall became... The Wall.

A sacred, slightly damp shrine.

By the end of the night, the wall looked like a charity shop explosion:

Neon greens, pinks, blues, greys – a full rainbow of sweat-infused polyester draped lovingly over the bricks like abstract art.

Local residents were baffled. One passer-by reportedly asked,

“Is this some kind of Striders mating display?”

Another said,

“Ah, must be Tuesday.”

Eventually, as the squad staggered back from intervals, glowing with pride (and mild hypothermia), they discovered the wall. The chaotic, glorious monument to mid-session regret.

And so The Great Wall of Kit was born.

Srecko Posavec

The scoop of the day

The latest updates



A True Story of Running for the Cornelly Striders

It starts the way all good Striders stories start:

With someone saying, “It’s only a steady one tonight,”

...and everyone else silently preparing for the opposite.

A few months earlier, you’d turned up nerves jangling, wondering if you’d picked the right club. But that doubt lasted about three seconds – roughly the time it took for a Strider to slap you on the shoulder and say:

“Don’t worry, butt. We all suffer together.”

From that moment, you were in.

The Training Nights

There’s something unique about those sessions.

The mix of chatter, laughter, and mild dread as you wait to hear what the coaches have planned. Intervals on the industrial estate, hills that never seem to end, long runs that always accidentally turn out a mile or two longer than advertised.

Yet somehow, you leave every session feeling better than when you arrived – legs tired, lungs burning, but spirit buzzing.

WHY I RUN

I run because it clears my mind and reminds me what I’m capable of.

I run for the laughs, the support, and the friendship of the Cornelly Striders.

I run for the challenge, the progress, and the feeling of finishing something I once thought I couldn’t do.

I run because it makes me stronger – inside and out.

And most of all, I run because I love being part of this team STRIDERS !!!

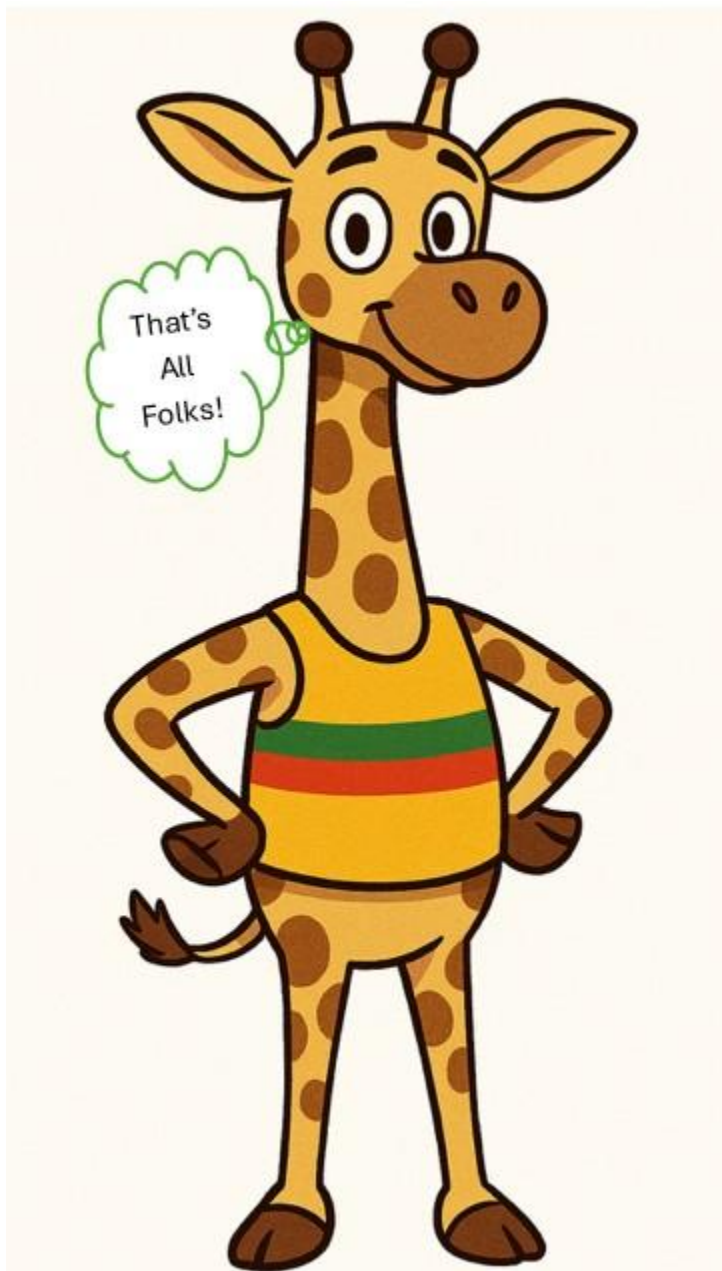
How to Get Motivated - Real, Useful Tips

- 1 Set Tiny Goals, Not Huge Ones**
Instead of thinking, "I need to do 10K," try:
→ "I'll run for 10 minutes."
Most of the time, once you start, you keep going.
- 2 Lay Your Kit Out the Night Before**
When your shoes are right by the door and your Striders top is staring at you, it's harder to bail.
- 3 Run With Others**
This is the Striders superpower. If you know people are expecting you, you're 10x more likely to go. (And they'll take the mick if you don't – also motivating.)
Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it. When you work on a table, click where you want to add a row or a column, and then click the plus sign. Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.
- 4 Don't Wait to 'Feel Like It'**
Motivation comes after you start, not before.
Begin moving → motivation kicks in → job done.
- 5 Use the "2 km Rule"**
Promise yourself:
"I'll run 2 km, and if I'm still not into it, I can stop."
You almost never stop.

- 6 Track Your Progress**
Using a watch or app helps you see improvement you might not notice day-to-day.
- 7 Remember Your Why**
Strength. Health. Community.
Mental reset. Being part of the Striders. Whatever your reason is, keep it close.
- 8 Make It Fun**
New route.
New playlist.
Run with someone who talks nonsense. Anything that makes it feel less like a chore.
- 9 Reward Yourself**
Even small things:
A coffee, a biscuit, a long hot shower, or bragging rights on Facebook.
- 10 Accept "Off Days" Happen**
Everyone misses sessions. Everyone.
The key is not perfection – it's getting back out there.



LOL !!!!!!!



Picture Caption: To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.

Video provides a powerful way to help you prove your point. When you click **Online Video**, you can paste in the embed code for the video you want to add. You can also type a keyword to search online for the video that best fits your document. To make your document look professionally produced, **Word** provides header, footer, cover page, and text box designs that complement each other. For example, you can add a matching cover page, header, and sidebar.

Click **Insert** and then choose the elements you want from the different galleries. Themes and styles also help keep your document coordinated. When you click **Design** and choose a new **Theme**, the pictures, charts, and **SmartArt** graphics change to match your new theme.