

Marlow Striders Summer 5K Series 2025/2026

As a friendly reminder to our established members and an introduction to new ones, Marlow Striders are excited to participate in the Thames Valley 5K series alongside other local running clubs. These informal, friendly, and exclusive races are available only to club members and their guests*, followed by a refreshing social gathering at each venue.

🌟 What's New in 2025

- **Hazlemere Runners** are hosting for the first time
 - **Wycombe Phoenix** are a new participating club
 - The series now includes **6 races (excluding our own)** – up from 5 last year
 - **10 participating clubs** in total
-

📅 Dates for the Diary (All Tuesdays, 7:30pm start – provisional dates)

- 13 May – Wargrave & Twyford
 - 27 May – Burnham Joggers
 - 3 June – Maidenhead AC
 - 24 June – Handy Cross Runners
 - 1 July – Hazlemere Runners
 - 8 July – **Marlow Striders (hosting – volunteers needed!)**
 - 15 July – Datchet Dashers
-

💰 Entry and Payment

- **£12** covers the entire series
- **Payment by BACS only** (no cash):
 - Sort Code: 20-40-71
 - Account No: 80600903
 - Reference: **"5K YourName"** (e.g. 5K JaneSmith)
- No pro-rata reduction for fewer races (£12 incredible value even for one race!)

Important Payment Notes

Please **use the reference "5K YourName"** when making your BACS payment.

This helps us match your payment quickly among many incoming club transactions.

If you are paying for other items:

- Use **"XC YourName"** for cross country fees
- Use **"EA YourName"** for England Athletics (£20)
- **Do not pay club membership by BACS** – it must be paid through the website **after** the AGM.

Race Number Collection

- From **Tuesday 22nd April**, 18:40–18:55 at the club (and the following two Tuesdays)
- Numbers **only distributed after payment received**
- **Keep the same Race number for all 6 events**
- Collect early (before 7pm) on race nights

Important Info

- **Car share** where possible – parking can be limited
- **Bring your own cup/plate** for post-race refreshments to reduce waste
- Food is prepared by clubs and volunteers – **consume at your own risk** (especially those with allergies)
- **Guests allowed***
- **Headphones not permitted** (bone-conducting only*)
- **Minimum age 12**, with parent permission under 18
- **AED/First Aid** available at all events – qualified volunteers, please let us know

*Guests must be friends/family of current members. Each guest can run a max of 2 races. Cost per race: £4 (payable on the night). Certain races may not allow guests

*Certain races may have restrictions on headphones



Club Points & Volunteering

- Your **best 4 race results** count towards **club championship points**
- **Volunteering** at our own 5k event earns you club points
- **Race kit encouraged!** Wear your Marlow vest and display your number on the front

For questions or help with payment/collection, contact Patrick at the club or via WhatsApp.

Stride On!