

STOWMARKET STRIDERS RUNNING CLUB

Our Couch to 5km participants are doing extremely well with their training, having reached week 7. By the time you read this, the group will be about to complete their 5km graduation run! Congratulations to them all! The Club are looking to put on further courses in the near future and you can take part, receive the benefit of our coaching expertise and the support of fellow attendees without the obligation to join the club. However, for those who graduate and wish to join Striders we will deduct their £10 Couch to 5km fee from the membership fee!



New members are welcome from aged 9 upwards. From 1 April 2022, our annual junior membership fee to age 17 will be £18 and our annual senior membership will be £36. We are confident we offer something for all abilities and you will enjoy being part of our friendly club. You will be able to have two try-outs at training before deciding whether to join. In the first instance please complete our membership enquiry form on our website at www.stowmarketstriders.org – from the home page click on “join us today” and complete and submit the form.

In other news, the trail runs (or walks if you prefer) are still taking place. During the summer months on a Wednesday evening, the club organises local trails in Stowmarket and surrounding villages. They take place on a mix of trails, footpaths and tracks and some have a small element of road running. You follow a pre-planned route using a set of clear written instructions, so no map reading skills necessary. Starting and finishing at a pub the routes are usually between 3-6 miles and take in countryside that you would not normally see. Members usually run in small groups so everyone gets a chance to do a bit of navigating and enjoy each-others company. With written instructions you can run at your own pace with people of a similar ability. To join in just turn up and sign in. See our website for details of where the trails are taking place – on 6 July we are at The Swan, Monks Eleigh.

FINBOROUGH LADIES NETBALL CLUB

A huge moment for Finborough Ladies Netball Club has taken place, the club's first ever appearance at the East regional play offs at Bedford Academy, after having won the new Suffolk Sunday League. This is the highest level the club has ever competed at, and the girls did us proud!

The standard of netball was excellent throughout, and although we finished fifth out of six teams; there were so many closely contested games, fantastic plays down court, and lots of learning that we can't wait to put into action next time!



A special thank you to all the supporters on the day, and our wonder-coach Hazel Paige, whose fierce and energetic support and coaching has meant everything to the squad. Hazel really is the 8th player on the court, we couldn't ask for a better mentor.

Congratulations to all the players who took part in winning the tournament leading up to the play-offs and to those who played at Bedford Academy. We have reached a new benchmark of play; we can't wait to bring the fire back to the Regional play-offs again next year!

www.keepingintouchwith.co.uk/stowmarket

STOWMARKET CRICKET CLUB

Cricket is not just for males! That's the message from the cricket club. We'll be hosting a fun evening of cricket for women and girls of all ages at 6pm on 22 July at Chilton Fields, Stowmarket IP14 1SZ. No fees are involved, the club will provide all kit, and there will be a barbecue and drinks provided. Family and friends are very welcome. The bar and clubroom will be open. For further information and to register, please contact Laura Flowers: lauraflores@btinternet.com / 07702 150064

On the field, all the adult teams have tasted success this year. There have been notable wins for the Saturday XIs, the Sunday XI, and the T20 Wednesday evening side. A team will also compete soon in the T 20 Suffolk Cup.

The junior fixtures have seen players from four age groups play competitive fixtures. Junior training continues on Monday evenings at 5.45pm at Chilton Fields, and the All Stars programmes will run into July.

We are always looking to extend our membership. Males and females of all ages and abilities will receive a warm welcome. For further information, please visit our Twitter, Facebook, Instagram, contact Clive Witherly: 07769731958 / wigg51@btinternet.com

www.stowmarket.play-cricket

THE SALVATION ARMY

Violet Hill Road, Stowmarket IP14 1NE

It's great to meet friends and family, so please join us on Sundays at 10.30am. You would be most welcome.

JULY DIARY

Thursdays 7,14,21,28:

6-7.30pm

Music Makers (aged 8-16 years)

Sunday 3: 10.30am

Farewell Service for Major James Lloyd

Tuesdays 5,12,19:

10am

CAMEO

2pm

Over 60's

Sunday 10:

10.30am

Morning Service

4pm

Messy Church – Made a King

Sunday 17: 10.30am

Morning Service

Sunday 24: 10.30am

Welcome meeting to Major Kevin Pitt

Sunday 31: 10.30am

Morning Service

Visit Café on the Rec: open Monday-Saturday

For additional information on our work, please visit: 0149 614133 / Facebook: fb.me/missionalarmy

To support the work of the Salvation Army, please send donations to: www.salvationarmy.org.uk or Violet Hill Rd, Stowmarket IP14 1NE



HAYWARDS SOLICITORS

FOR ALL YOUR FAMILY'S LEGAL NEEDS

We offer Fixed Fees at Competitive Rates

Telephone: (01449) 613631

email: enquiries@haywards-solicitors.co.uk

www.haywards-solicitors.co.uk

@HaywardsLaw on Twitter

Telephone
and Virtual
meetings
available

Free Car Park Available For Use By Clients
7 - 9 TAVERN STREET, STOWMARKET, SUFFOLK IP14 1PJ