

A Very Special Running Club

HOW special is Bilsthorpe Ladies Running Club, I'll leave it up for you to decide!

We're entering our 8th year this April and it's been a whirlwind of fun, laughs and yes sometimes tears.

How can it not have been, what with a Curry run, the annual Bacon butty run, and recently our Black Dress Christmas dinner party.

In October we celebrated the 60th birthday of our oldest member, Nick named 'Pocket Rocket', with of course a 3 or 6 mile Gin run. And keeping everyone encouraged through the dark January month was a blast with the Virtual 50 or 100km Run.

Our latest challenge that's currently half way through is the 105 mile Robin Hood Way. Splitting the distance into miles of 6 or 7, and running them one Sunday a month has enlightened us with local history and scenery that we would never have



Runners at the Golden Hand as Vicars Water.

known or experienced.

We try to help our local community and last year did our Plog Run better known as litter picking in the village, with the second one being planned

in a few months.

Whilst club members come in all shapes and sizes, we can cater and care for all abilities offering Level 1 for the speed machines right down to

Level 4 for the beginner run/walk. Twelve qualified volunteer Run Leaders all offering help, advice and encouragement is the key to our success. We also incorporate regular Run &

Talk nights to help address mental and wellbeing issues. Running can be dangerous if alone and at night so we encourage our ladies to use our Facebook page and seek a run buddy at all times, but to run with more confidence and less fear a Self Defence class was arranged last summer with a follow up class this summer.

We love the race events and often travel in small teams for those precious medals, but no, it's not for everyone, and many ladies just love a natter and a tootle in the village. If you want to know more just pop onto our webpage www.bilsthorpeladiesrunningclub.co.uk for more details. With 64 members, all with various abilities you'll always have a friendly face to run with.

So I'd like to congratulate Bilsthorpe Ladies Running Club on reaching another milestone.... well done.

Jennifer Wallis

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Charity Golf Day

ON Friday 26th April, Norwood Park Golf course plays host to its annual charity golf day - The Iris Jaworski Trophy.

The event was set up several years ago by Jonathan Simpson and it continues to flourish as a fun, sociable and (ever so slightly) competitive day. This year, all proceeds will be divided between two excellent charities - Muscular Dystrophy and Leukaemia UK.

The cost of the event is £140 per 4 ball; including bacon roll, coffee and 18 holes of golf. Alternatively, £50 to sponsor a hole and display a corporate brand or logo.

Anyone interested in entering a 4 ball team or sponsoring a hole should contact jsimpson@upems.co.uk

Jonathan's wife, Katy (pictured) is also running this year's London Marathon in memory of her dad who died of Acute Myeloid Leukaemia in 2011 - just six weeks after being diagnosed. Additionally, close friends of Katy and Jonathan have a 13 year old daughter, who has recently been side lined by this awful blood cancer. A fundraising day at Lowe's Wong Junior School on 5th April will also add to the total raised. Students were allowed to attend school in non-uniform, they also enjoyed a cake sale and took part in a fun run! More on this in next month's edition.

If you would like to support Katy's marathon fundraising, please visit: uk.virginmoneygiving.com/KatySimpson11



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Southwell Wellbeing Centre opens its Doors



THE team at Southwell Wellbeing Centre is excited to be opening its doors this month.

Conveniently located next to St Michael's Court on the Ropewalk opposite Southwell Co-op, the Centre is run by Claire Tavernor in partnership with a number of well known local health, fitness and beauty professionals.

"My aim was to create a space where clients can come and enjoy a range of therapeutic and holistic treatments all under one roof," explained Claire.

"I have always had a love and passion for exercise, but tended to push myself to the limit all of the time and regularly suffered with chronic pain or injury. After being introduced to Pilates over 10 years ago by Philippa Bot-

trill I was massively inspired to think about slowing down, being mindful and changing my mindset. I no longer pound my body and regular stretching and mindfulness have become a massive part of my life as well as investing in regular massages, whether it be sports, soft tissue or holistic.

"I also learned the importance of doing the right exercise for our body - which brought me to the Fit2GO team, more details of which will follow next month.

"In the meantime I hope that the team at Southwell Wellbeing can offer clients a selection of treatments and therapies to help achieve their health, fitness and wellbeing goals."



Meet the team! (L to R): Lucy Smith, Emma Richens, Claire Tavernor and Seti Singleton-Leo



As a fully qualified sports injury therapist, Seti Singleton-Leo has over 5 years of experience working in professional sports including the Nottingham Panthers Ice Hockey Club, as well as a variety of elite and recreational athletes.

Seti's special interests include biomechanical assessments specifically useful for lower back pain, neck and shoulder tension.

He is qualified to perform a wide array of sports & remedial massage/musculoskeletal treatments including heat therapy, soft tissue release,

muscle energy techniques, Neuromuscular techniques, mobilisation (grades 1-4) and myofascial release in conjunction with exercise rehabilitation.

For all treatments booked with Seti through the Southwell Wellbeing booking system customers can enjoy a 20% reduction.*



As a fully insured Level 3 Sports Massage Therapist with a degree in sports science from Loughborough University, a Level 3

in Personal Training and a Level 2 in Fitness Instructing, Lucy Smith has also represented her country as a GBR Triathlete.

She understands first hand the importance of sports massage for injury prevention, recovery and performance.

From non-sports persons to elite athletes and everything in-between, Lucy has made a real difference to people in the local community through massage.

For all treatments booked with Lucy through the Southwell Wellbeing booking system customers can enjoy 5x30mins appointments for £75 (worth £100), 5x45mins appointments for £125 (worth £150) or 5x60mins appointments for £150 (worth £175).*



With over 20 years experience in the beauty industry working in Southwell, New Zealand and Cornwall, Emma Richen's time at The Scarlet in Cornwall gave her inspiration to start using organic, cruelty free products in all her treatments.

Ranging from luxury 'Pinks Boutique' Organic

Facials to 'Tri-Dosha' Ayurvedic Massage, Emma has a passion for her job, which is reflected in the treatments offered.

Choose from a range of facials, body & back massages including hot stone, Ayurvedic, Abhyanga, Shirobhyanaga, Padabhyanga and the Icon Ultra-lift Facial (non-surgical). See www.erholisticbeauty.co.uk for more details.

What's more you can enjoy 25% off all treatments with Emma when

booked through the Southwell Wellbeing booking system.*

To find out more or to book any of the above treatments and take advantage of the great introductory offers please visit www.southwellwellbeingcentre.com

There is still room for a few more wellbeing specialists to join the team. If you are self employed and would like to find out more please email info@southwellwellbeingcentre.com

*Offer valid for one booking/treatment per person and must be booked by the end of May 2019.