

Stilton Striders

Newsletter – 3 July 2016

New and returning members

With 18 new members signed up since the start of the membership year on 1st April, as well as all the renewals we have to start by saying welcome to you all! Thank you to everyone who has paid their subs for this year – it makes our volunteers' lives much easier to do so without chasing. Remember, all our club runs are free all year once you have paid the annuals subs, so the more you attend the cheaper it is...

As ever, prospective members are always welcome to come along to a few runs on Wednesdays and/or Thursdays to try us out for free and with no commitment before joining as a paid up member.

Thursday structured sessions

Hopefully by now everyone is aware that the club now has two sessions a week for our senior members – as well as the Wednesday group runs (see below re the outruns) we now have a coached session every Thursday. Aimed at improving your running, whatever your current ability, all Striders are guaranteed a warm welcome and a good workout in a positive atmosphere. Full details below, and a huge thank you to Rob, Simon and Mark for getting this up and running:

<http://www.stiltonstriders.co.uk/thursday-sessions/>

Summer running

The summer outrun season continues through July (see 'Dates for the Diary' below for venues) after some bumper turn outs in the last few weeks. As ever, keep an eye on the website for any last minute changes / car parking restrictions, etc. Given the numbers we are now regularly getting, any efforts to share lifts and park thoughtfully in the villages are much appreciated. Once again, thank you to all those who have taken a turn leading a run so far this summer – and if you would like to lead a run, or a second group, then please let us know as there are a few gaps later in the season still to fill.

On June 29th the outrun was our annual club handicap – a great night and please see <http://www.stiltonstriders.co.uk/29-jun-2016-club-handicap/> for a report.

The annual three club challenge (or “Wreake Challenge”) takes place this year on Tuesday 9th August, hosted by Barrow at East Leake – details are on the website at <http://www.stiltonstriders.co.uk/three-club-challenge/> . We will need an estimate of numbers closer to the time to help the club with catering – it is usually £5 or so for a friendly competitive run followed by food, a raffle and prize giving. Please do come along and prove

that last year's showing where we had the most runners and won the trophy for the first time in 6 years was not a one off!

100 lap challenge – Friday 15th July

Always a really good fun, positive evening, we now have two senior teams and our juniors entered – if you have volunteered for the team and now can't run please let Mike know asap. Each team of around 20 runners (so everyone runs a total of around 2k over the evening) is required to be mixed – take a look at <http://www.stiltonstriders.co.uk/10-july-2015-rainbows-100-lap-challenge/> for a reminder of last year's event.

LRRL League races

As mentioned in the last few newsletters, the summer league is now well underway, these are open races and often sell out in advance so get your entries in early if you are keen to take part. Simply type "LRRL" in on our event diary page on the website and all the links will show up. Hungarton and Huncote at the start of July and August respectively are now full, or at least close to it – but ask around at club runs if you are still keen to run as there are occasionally spare places where people now can't attend. On these weeks we have no club run, so do come along and give these races a go, or support your fellow runners! Also, early warning for next year, but pencil in 26th February for next year's Stilton 7 – we'll update with more details once things are arranged and LRRL schedules agreed and finalised in the autumn.

Captain's Report:

Plenty of good news and achievement to shout about-this could be quite a lengthily affair, first off I'd like to welcome all new or returning members to the club and really hope you enjoy running with our very special club.

I guess I can't go too far without mentioning the massive Half Marathon on our doorstep, Road2Recovery was great for so many reasons, it wasn't just a race it was an event and credit to the organisers for giving our Borough a Half Marathon that must be repeated next year! Stilton shirts aplenty, Jay Barton's massive win, Luke Eggleston's colossal PB and 3rd place, Natalie Teece as first lady, new HM PB's from Michelle Farlow, Matt Chalmers (some 15 mins!), Michael Cooke and Kaye Mead and first HM distance for Holly Houghton-pretty sure I've missed more than a few people here. Special mention to Greeba Heard whose birthday it was, telling me just days before she'd be happy with 2:00 for her first HM (I said 1:44), only to come in 2nd lady and 1:43! Have to mention also the support and marshals from amongst the Stilton crew also, great job.

A similar huge Stilton presence at Beacon Solstice run on the Friday, the feel good factor went on all weekend with a PB by four minutes by Sarah Procter and Brian Walking also 'PB-ing' that night at Long Bennington 10k!

A huge well done to Deborah Wilson and Kaye Mead on run leading MRC's current C25K course, it's been a want of mine for quite a while to have female run leaders and this fits in so well with the 'This Girl Can' theme which has been running in the borough recently. MRC also beat every Leics and Rutland club for Run England sign-up's for the month of January

on the launch of its new sessions on January 4th, need to say a big credit goes to Deborah for help with this.

Are you like me and loving the Stilton summer outrun season? A big thank you to all those leading the groups and its very refreshing and positive that the ladies are leading more now also. Can you believe not even half way into the schedule and already in various conversations with people we are throwing around ideas for the 2017 outruns!

By now you'll know this year's 100 lap challenge takes part on July 15th, Mike took a lot of time sorting out the two teams trying to base on last year's winning team(!) and a new one. Our strength in depth over the two teams (Plus the juniors!) looks superb and we very much look forward to keeping the trophy once more, hard effort will be rewarded with a curry at Rearsby after, should be a very good night.

The second sessions officially started June 23rd 2016 and will go on now every Thursday, every week! I petitioned so hard to get this second session and weekly structured sessions started and very proud to be now delivering them. These sessions are designed to help you improve and pretty much standard for any serious runner, a great way to not only lose weight quicker but improve your form, speed and racing endurance-pretty sure as the results start to show the sessions will get ever more popular. Please do come down and give these a go, if you can put in an hour's hard effort a week you'll see the difference very soon.

This year's Three Club challenge is all set for Tuesday 9th August, our annual 5-6 mile trail race in friendly circumstances with our neighbours at Barrow runners and Wreake runners. I'm really hoping to get as many of you to this as possible, we won the 3 club shield last year for the first time in many years and there should be no reason not to do it again!

I know many of you were shocked by the sad passing of Paul Osborne of our neighbour club Barrow Runners this month at the Derby Ramathon half marathon. It's always terrible to hear of tragedies like this but felt especially close due to it being a club so local to ourselves. I know there are plans to do more CPR and defibrillator training with our own Katie Hateley in the near future. Katie also needs a mention for not just running her first ultra of 27.5 miles at Baslow but surpassing that running 50k at the Nomad Ultra two weeks later and getting a stack of prizes for first lady.

There are still places for the final LRRL races at Hungarton 7, Joy Cann 5, Hermitage 10k and John Fraser 10, as two are Wednesday nights we would love to see more Striders shirts out to support the great efforts of those who have already ran this year. We have great potential for promotion this season and I hope everyone accepts my challenge from last time of putting the vest on at least once by March 2017, if I can slap the tarmac you can! The Road running team have been really improving as of late (you hadn't noticed?), Men's team prize at Prestwold 10k! I remember just how good the field was at last year's event, this is some going indeed!

Looking for an event? Trying to find the perfect one? Myself and Rich Gray are pretty much race encyclopaedias so forget Runners World and give us a heads up if you need some inspiration for your run diary. Early bird entries now open for Leicester Half and full Marathon, we always get lots of Stilton shirts to this and the Robin Hood so why not make that commitment early? Always good to have plenty in the run diary to keep you focused.

Actually `We` are looking for an event, as you probably have heard nearly twenty of us are travelling on over to North Wales for the second year in succession to run the Snowdonia Trail marathon (And various distances). Massive good fun expected but we are looking for a new challenge next year, so far suggestions have included Ben Nevis, Scafell pike, Yorkshire 3 peaks and Race the train- we are very open to ideas and suggestions!

Enjoy your running!

Rob

Race reports

Definitely a bumper month of racing, with reports of great successes (strong runs, personal best times, distances and even race wins) at the half marathon, Prestwold 10k and even over 50k. If you are looking for inspiration, check out recent race reports on the website at <http://www.stiltonstriders.co.uk/category/reports/2016-reports/>

Don't forget to check out the latest Strider Cup table at <http://www.stiltonstriders.co.uk/strider-cup/>

Upcoming races

As Rob referred to in his Captain's Report, between us all there is a lot of race experience and we have tried to collect local and recommended races in the Events Diary on the website (<http://www.stiltonstriders.co.uk/events-diary/>) over the coming months – with more races over road, trail and fell being added continuously. Also, ask around at club nights, there are always people headed out and about to races.

Dates for the diary

All diary dates are regularly updated on the website and you can also find there the details of all our club sessions. We are now into the Summer Outrun season – if in doubt, keep an eye on the newsletter, website, facebook or twitter and you'll see where we are!

6 July - LRRL Hungarton 7

7 July - structured session, Melton Country Park

13 July - summer outrun - The Grange, Asfordby Hill

14 July - structured session, Melton Country Park

15 July - Rainbows 100 Lap Challenge

20 July - summer outrun - Buckminster, Tollemache Arms

21 July - structured session, Melton Country Park

27 July - summer outrun - Hoby, Blue Bell

28 July - structured session, Melton Country Park

3 August - LRRL Huncote Joy Cann 5

4 August - structured session, Melton Country Park

9 August - 3 Club Challenge

More information

As ever, if you would like more information or have any questions, there is loads of information on the web:

- www.stiltonstriders.co.uk
- Facebook.com/StiltonStriders
- Twitter.com/StiltonStriders

You can also email Rich at stiltonstriders@yahoo.co.uk or speak to any of the committee (Rich, Andy, Mike, Shane, Theresa, Di, Ian M, Ian J, John, Abi and Rob).

Running in Melton

Finally, in case anyone is not aware, there are more opportunities to get out running with other people in the Melton area, that we are supporting, all which can be joined in with at no cost to yourselves or other runners. Links to all the details can be found via our website.

parkrun Melton Mowbray – Saturdays at 9am starting from the Country Park Visitor Centre. Led by Shane, and with Theresa and a host of other Striders in regular support, parkrun has had a successful first year in Melton. Averaging over 100 runners a week, it is a great start to the weekend, whether you are after a PB, a gentle jog in the (hopefully) sunshine, or just to volunteer and retire to the café for a cup of tea afterwards. One off (free) registration required before first run.

Melton Running Club – the Run England beginners group led by Rob, Simon, Lou and Debs goes from strength to strength. Whilst not a formal “Stilton Striders” initiative, we thoroughly support their efforts, with many of our runners attending, either for a group run or to support the beginners. No registration required. Mondays at 6.30pm from Parkside.