

Stilton Striders

Newsletter – 2nd April 2015

Striders AGM – Weds 15th April

This year's AGM will be held on 15th April in the usual venue – the dance studio just off the Rugby Club bar following that week's club run (starting 8.30pm). This is a chance to have your say on how the club is being organised, what we are doing and help shape plans for the future. We'll aim to keep it to around an hour.

Agenda and last year's minutes have been emailed to the mailing list – let us know if you are a member and haven't received your copy. If you are interested in getting more involved in the club, either in an organisational or coaching capacity, or have a specific matter to raise, then please let us know in advance or speak up on the night.

We'll also have our stock of kit there, so if you need vest, tshirt, long sleeve shirt or jacket, bring some cash (for that and your subs!) – we can also discuss orders for any kit that we don't have in stock.

Membership fees

With the new membership year beginning on 1 April, we will shortly be asking for this year's membership fees from all runners. As ever, we will be agreeing this year's fees at the AGM and they will immediately become due and payable.

Race reports

It has been another busy few weeks for Striders out and about at local races – all reports we have received can be found at

<http://www.stiltonstriders.co.uk/category/reports/2015racereports/>

As well as a large number of PBs being recorded, there are a few notable successes to celebrate:

- Jason Barton achieving 2nd place on the Strider all-time list at the Ashby 20
- Natalie Teece taking second lady (and first FV35) at the Loughborough Half
- Greg Pettingill finishing top 5 MV55 at every LRRL race so far this year

Running in Melton

In case anyone is not yet aware, there are 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 3 months in Melton. Averaging just under 150 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 coffee and bacon sandwich afterwards. One off registration required before first run.

Melton Running Club – the Run England beginners group led by Rob Beers also goes from strength to strength. Whilst not a formal “Stilton Striders” initiative, we thoroughly support Rob’s 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 is the main group run. Rob also organises a Thursday evening structured session – lots of effort, lots of fun, lots of improvement. On weeks that we have a Wednesday structured session, their session is combined with ours.

More dates for the diary

8th, 15th, 22nd April – club runs are all from Melton KE7 at 7pm. As we’ll have at least some light we’ll try and vary the routes a bit, so listen up at the start!

29th April – traditional summer outrun opener, from Ashby Folville. Full programme to be confirmed shortly.

3rd May – Livingston Relays

17th May – final “winter league” race – West End 8

26th August – proposed date for this year’s 3 club challenge. It is our turn to host, so please hold the date in your diary and we’ll confirm more details in due course.

... and whilst it feels a long long way off, the date of this year’s Christmas Dinner and Presentation Evening will be Friday 4th December. More details to follow!

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

or email Rich at stiltonstriders@yahoo.co.uk or speak to any of the committee (Rich, Andrew, Mike, Shane, Theresa, Di, Ian M, Ian J).