

# ***Stilton Striders***

## **Newsletter – 29 May 2015**

### **Membership fees**

Thank you to everyone who has paid already, it is much appreciated. With the new membership year beginning on 1 April, if you are a continuing member and haven't paid, this year's subs are now well overdue and should be handed to a committee member at a club run or posted directly to Theresa (address is on the membership form) ASAP – particularly anyone who is racing and claiming club discount. As announced following the AGM, this year's rates are £30 for an individual, £55 for a joint membership, £10 junior and £20 second claim.

As in previous years, new runners are always welcome to come along for three weeks to try us out, before joining as a member if you would like to keep attending.

### **Melton Times Sports Awards**

We have two members of the club who have been shortlisted for this year's Melton Times Sports Awards. Shane Sharkey, in recognition of his sterling efforts in getting parkrun up and running for Melton Mowbray, and Rob Beers, for all his efforts coaching his ever expanding beginners group. Congratulations to Shane and Rob, and good luck for the awards evening at the end of June!

### **Club sharing**

One of the benefits of our membership of the Leicestershire Running & Athletics Network is the 'club sharing' initiative, whereby from time to time a club will put on a structured training session and invite members from any network club to come along.

The next one is on July 9<sup>th</sup> (6.45pm for a 7pm start) hosted by new club "Team Anstey Amblers & Runners". This will be a drills and speed session, and will take place at Anstey Nomads Football Club, Cropston Road, LE7 7BP.

### **Race reports**

The spring racing season seems to now be in full swing and we are receiving numerous race reports each week, from the roads, trails and fells, as well as our own No Watch Race last week. It is great to see so many people enjoying their running, and numerous PBs being achieved – as well as members making debuts this month over the marathon distance, and at triathlons.

All reports we have received can be found at

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

## Upcoming races

There are loads of races over the next few weeks and, if recent history is anything to go by, we'll be seeing Striders out and about racing all over the place. If you are looking for races to enter, take a look at the event diary on the website, or how about one (or more) of the following:

7<sup>th</sup> June – Swithland 6 – LRRL summer league race, entry forms are on [www.birstallrc.org.uk](http://www.birstallrc.org.uk). Worth entering in advance (£10) as price doubles on the day, if any spaces are left!

12<sup>th</sup> June – Notts 10 – always popular, 10 mile Friday evening road race.

14<sup>th</sup> June – Stathern 10k – fast, flat, local, what more could you want?

16<sup>th</sup> June – Rothley 10k – Tuesday evening, popular local 10k.

19<sup>th</sup> June – Beacon Solstice Run – big Strider turnout expected at this 5m hilly trail run.

21<sup>st</sup> June – Bradgate Park XC – a new event for this year, from the people who organise Equinox, this early morning cross country has 5k, 10k and 15k options. All details are at <http://www.racetime-events.co.uk/events/bradgate-park-xc-run/> – a few runners are even talking of doing a same day double by heading from here straight over to...

21<sup>st</sup> June – Prestwold 10k – LRRL summer league, fast, flat and (on the right day) a PB course.

23<sup>rd</sup>, 25<sup>th</sup>, 30<sup>th</sup> June, 2<sup>nd</sup> July – HPRC Grand Prix. 4 short races in 9 days....

26<sup>th</sup> June – Whissendine 6ix – another great local race on a Friday evening.

27<sup>th</sup> June – Nomad 50k – why not join the growing band of Striders taking on their first ever ultramarathon?

1<sup>st</sup> July – Hungarton 7 – LRRL summer league, challenging 7 mile route, but well worth the effort.

## Dates for the diary

All dates are regularly updated on the website and you can also find there the full summer outrun programme.

3<sup>rd</sup> June – Grimston (Black Horse) outrun

10<sup>th</sup> June – Club run from KE7

17<sup>th</sup> June – Club handicap race at Rutland Water

24<sup>th</sup> June – Branston (The Wheel Inn) outrun

1<sup>st</sup> July – No club run, as we'll be at the Hungarton 7 LRRL race

We are also looking into arranging a track session one weekend (likely at Bingham) and also a first aid/CPR training session after a club run – more details to follow.

### *Dates for the future*

26<sup>th</sup> August – 3 club challenge. It is our turn to host, please hold the date in your diary as we'll be keen to get as many runners out as possible, as well as a few marshalls and helpers. We'll confirm more details shortly.

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

### **Club rules**

As discussed at the AGM, we have now put up the 'club rules' on the website (<http://www.stiltonstriders.co.uk/club-rules/>) and on the back of the membership form. Whilst this doesn't tell us anything that we didn't already know or do, it can be a useful reminder of how we interact to get the most out of our running.

### **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](http://www.stiltonstriders.co.uk)
- Facebook.com/StiltonStriders
- Twitter.com/StiltonStriders

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

### **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 few 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 (free) 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. The location varies, so please let us know if you want to come along. On weeks that we have a Wednesday structured session, the session is combined with ours.