

Stilton Striders

Newsletter – 30 June 2015

parkrun takeover – Saturday 4th July

This Saturday, the club is ‘taking over’ parkrun at the Country Park at 9am. We are filling all of the volunteer and marshall spots, providing a number of pacers for a range of times, and generally using the event to advertise the club. The more Striders we can get along, whether running or helping out, the better, so if you are free on Saturday morning, please come along.

New runners

Welcome to all our new members, and to those returning after a break. We hope you are enjoying your running – if you do have any feedback on how it has felt to join us, or any suggestions on things we could do to improve the experience of those coming along for the first time, please do let us know.

If you know anyone who may be interested in coming along, don’t forget to let them know that, 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 they would like to keep attending.

Beginners sessions – ‘couch to 5k’ starting 6th July

Please continue to spread the word that Rob’s beginners group has a new series of ‘couch to 5k’ sessions starting next Monday at 6.30pm from outside the Council offices at Parkside. There has, once again, been loads of interest in these, but there is always room for more! As part of Run England’s drive to get people involved in the sport, these sessions continue to all be free of charge and everyone is assured to get a warm welcome.

Melton Times Sports Awards

Many congratulations to Shane who was awarded Club Person of the Year at last week’s Melton Times Sports Awards, in recognition of all his efforts in getting Melton Mowbray parkrun off the ground.

Also to Rob who was runner up in the Coach of the Year category for his work in making the Melton Run England group the most successful in the county.

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 9th (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.

It is also worth noting that we are able to access a whole range of expertise if there is any session that people would like the club to put on – whether it relates to speed work, endurance, nutrition, or any other aspect of the sport. If you have any ideas, let us know and we’ll see what we can do!

Race reports

Loads more reports this month – league races, trail runs, fells and a huge range of distances (including 5 Striders making their Ultra debuts). It is great to see so many people enjoying their running, and numerous PBs being achieved.

All reports we have received can be found at <http://www.stiltonstriders.co.uk/category/reports/2015racereports/>

Upcoming races

As we seem to always say (because it is true!), 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:

1st July – Hungarton 7 – LRRL summer league, challenging 7 mile road race, but well worth the effort. Entries available on the day.

7th July – Watermead Challenge – 5 mile trail race at Watermead Country Park.

9th July – Leicester City 5k summer series – can we repeat our team victory from race 2?

10th July – Rainbows 100 Lap Challenge – Mike has been busy sorting our team out, can we finally beat (or even get close to) our junior team?

12th July – Notfast 10k.

22nd July – Notts 5.

26th July – Outlaw Triathlon – best of luck to Wayne, anyone who can get along to support would be much appreciated by him!

26th July – Snowdonia Trail Marathon – around 10 Striders heading into Wales for this one. Marathon distance, finishing by running to the summit of Snowdon (and back down).

5th August – Huncote Joy Cann 5 – LRRL summer league, 5 mile road race. Entries in advance.

Dates for the diary

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

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

8th July – Tilton on the Hill (Rose and Crown) outrun (led by Andrew)

15th July – Frisby on the Wreake (Bell Inn) outrun (led by Rob)

22nd July – Meet at the Grange garden centre to test out the 3 club challenge course

29th July – Market Overton (Black Bull) outrun (led by Nicholas)

5th August – No club run, as we'll be at the Huncote Joy Cann 5 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

26th 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 4th December. More details to follow!

Club rules

As discussed at the AGM, the 'club rules' are 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
- 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, 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.