

Stilton Striders

Newsletter – 31 July 2015

3 club challenge – Wednesday 26th August

As previously advertised, it is our turn to host this year and the event will take place from The Grange garden centre in Asfordby (thanks John & Louise!) on 26th August, running at 7pm. Details are at the link below. Following our test run a couple of weeks ago there are a few areas we will be working on the course to make sure all goes smoothly on event day.

Cost will be £5, including food and a raffle afterwards. We'll need to confirm numbers around a week in advance (and need a few helpers for course marking, marshalling on the night, etc) and will circulate full details in the next few weeks. Also, donations of raffle prizes would be much appreciated.

<http://www.stiltonstriders.co.uk/three-club-challenge/>

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'

Please continue to spread the word that Rob & Simon's beginners group has an ongoing series of 'couch to 5k' sessions that started on Monday 6th July at 6.30pm from outside the Council offices at Parkside. New runners are welcome to join in at any point and there usually is one (or more) group run organised alongside the beginners. 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.

Running first aid / CPR

We'll be fixing a date, likely mid/late September, for a first aid training session to take place after one of our club runs. This will be led by Katie, one of our newest members, who is suitably qualified and will give us all some useful guidance on what to do in some common situations. We'll need to get a feel for likely numbers, so once we have a date we will ask people to reserve a place and may be able to open it out to other clubs in the area.

Race reports

As ever, lots of race reports added to the site this month – it is great to see so many people enjoying their running and testing themselves over a range of distances (from track relays to marathons over mountains).

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:

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

7th August – Formula One Castle Rock 10k (formerly Jagermeister 10k) – fun Friday 10k in Nottingham.

16th August – Belper Rugby Rover 30k – great value event – think of it like a long outrun!

23rd August – Hermitage 10k – LRRL summer league. Entries in advance.

30th August – Badgers Atherstone 10k – 2nd year of this event from one of Leicestershire's newest clubs.

31st August – Old Dalby Hill Race - £5, local, part of Bank Holiday village events, definitely worth a look.

Dates for the diary

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

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

12th August – Plungar (Anchor) outrun (led by Steve)

19th August – Scalford (Kings Arms) outrun (led by Rich)

26th August – 3 club challenge (see above)

2nd September – Sewstern (Blue Dog) outrun (led by Norman)

Dates for the future... and whilst it still feels a 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 between 100 and 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 and Simon Bottrill also 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 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.