

Stilton Striders

Newsletter – 31 August 2015

3 club challenge – Wednesday 26th August

A big thank you goes to everyone who helped to organise, clear, mark, marshal, support or run last week for contributing to a successful evening in every way. In particular, to John and Louise for providing such a great host venue!

Running first aid – Wednesday 23rd September

Katie has generously offered to provide us with a first aid training session covering issues most likely to arise in a running environment – CPR, faints, hypo/hyperthermia, etc. This will take place after the club run on Weds 23rd Sep – 8.30pm at KE7.

In order to make it a useful session to attendees, whilst there is no charge to our members, we do need to restrict numbers so to reserve your place please let us know asap, and before Weds 9th. After that date, if spaces remain, we will announce how non-members (for a suitable donation) can also join us.

New runners

Welcome to all our new members, and to those returning after a break. 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.

When we are back in town (from 16th September) we will be ensuring that there is an experienced runner each week leading a group (at the pace of the slowest) to a 5-ish mile loop. Any Striders who want to offer to do so one week, please let us know.

LRRL – final league race of the season

The last league race for 2015 is the John Fraser 10 (formerly Owls 10) on Sunday 6th September, which is also the county 10 mile championships. All details are at www.jf10.co.uk - including on-line entry. £10 in advance or £15 on the day.

2016 races

We have exciting plans in progress for races in 2016. As well as the return of the Stilton 7, which will be a LRRL winter league race on 28th February 2016, a number of our members are working with a charity with the aim of setting up a significant new event – watch this space (but hold June 12th 2016 in your diary for now)!

Race reports

Our first 3 club challenge win for 6 years, league races, podium finishes at 5k, ultras and much more... All reports we have received can be found at <http://www.stiltonstriders.co.uk/category/reports/2015racereports/> and the Strider Cup table is regularly updated at <http://www.stiltonstriders.co.uk/strider-cup/>

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:

6th September - John Fraser 10 – LRRL summer league finale, 10 mile road race.

13th September – Ponton Plod – for those not heading to the Great North Run, this is a great value local off road run – 12, 17 and 27 mile options

19th/20th September – Equinox24 – with 3 large teams and 2 soloists entered, this should be a great weekend once again. If anyone wants to join the fun, there is a 10k option on the Saturday lunchtime, or speak to us in case there are any late dropouts from the relay teams.

20th September – Crossdale 10k, Calke Abbey 10k – a couple of fairly local trail 10ks

27th September – Robin Hood Marathon & Half Marathon – the biggest marathon and half in the region.

27th September – Rutland Marathon – back for 2015, with a new course on the trails.

11th October – Eaton Stampede – 10k, off road, £7.50 in advance, organised by a Strider – what more could you want? (Except for Stilton Stumble having moved their 10k/24k event in Cropwell Bishop to the same date....)

Dates for the diary

All dates are regularly updated on the website and you can also find there the details of all our club sessions

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

9th Sep – Old Dalby outrun (led by Mike) – cake night!

16th Sep – Melton KE7 – back home for the autumn/winter season

23rd Sep – Melton KE7 – club run, followed by first aid training (see above)

30th Sep – Melton KE7 – club run

Also, Harvey Hopwood, one of our members, is part of the organising committee for this year's Melton Mowbray Beer and Cider festival which will be held at the cattle market on the weekend of 18th/19th September. So any Striders looking to enjoy a beer, and maybe take in the opening Rugby World Cup game on the Friday night, should head down there.

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](https://www.facebook.com/StiltonStriders)
- [Twitter.com/StiltonStriders](https://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. Currently averaging around 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 coffee 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.