

Stilton Striders

Newsletter – 27 September 2015

Autumn/winter programme

As usual, our main club run each Wednesday through the darker months will take place at 7pm from KE7 Sports Centre. Similar to last year, we will also have optional runs in addition – headtorch runs (see list below) and structured sessions – so you can alternate to get one of each every 3 weeks, or focus on a standard road loop every week if that's your thing.

We will each week have a sweeper runner guiding a group round to do approx 5 miles at the pace of the slowest – if you would like to offer to do this one week, please let us know.

Headtorch runs - Similar to our summer outruns, these are sociable runs, done as a group - however, the darkness and winter weather means that slips and trips can't always be avoided. Whilst we highlight any serious dangers as best we can, these runs do attract a slightly more intrepid crowd. Dates for this winter are as follows:

Sep 30 – Stathern (Red Lion)

Oct 21 – Rutland Water

Oct 31 – Halloween headtorches (Country Park, after the 'Zombie Run')

Nov 11 – Old Dalby (Belvoir Brewery)

Dec 2 – Somerby (Stilton Cheese)

Jan 6 – Scalford (Kings Arms)

Jan 27 – Burton on the Wolds (Café Mash curry night)

Feb 17 – Long Clawson

Mar 9 – Melton KE7

Mar 30 – Hose (Rose & Crown)

Run Every Day Challenge

Melton Sports is inviting Striders to take up its #RunEveryDay challenge, in association with Ron Hill, in October. The legendary Ron Hill has run every day for the last 50 years, choosing parkrun to reach his milestone. Will your run streak last seven days, two weeks or the entire month? There will be prizes or vouchers for the best efforts so start planning your running diary now!

To take part just post your efforts at facebook.com/meltonsports (with photographic evidence if you can) or you can nominate a fellow runner.

Melton Sports will also be running a Ron Hill promotion to mark the arrival of its autumn/winter collection.

Discounted massage therapy

Louise Bennett is a qualified and fully insured massage therapist based in Melton Mowbray and is offering a special introductory price to Stilton Striders members at the moment – 45 mins for £20 or 60 mins for £25. Details at www.gr-massagetherapy.com

Local events in October

There are a couple of events in the next few weeks that are local and, whilst not formal “Striders” races, they are being organised by our members.

4th Oct – the first Great Dalby Dollop – c.5k offroad
11th Oct – the annual Eaton Stampede – 10k offroad

Both look to be great events, so take a look at the full details via the events diary page on our website.

LRRL results

Final results for the year are in and it has been our most successful year for a while. Our Vet Women won their division and Vet Men were runners up in theirs – both gaining promotion for next year. We have two 100% award winners (Luke and Stuart) and, last but certainly not least, Jay took 4th Senior Male overall for the year!

VLM club place

It's nearly London Marathon ballot results day – if you are a member, entered the ballot and miss out on a place then let us know as we should once again have two club places to allocate. Final details on how to be considered for one, as well as how to claim any race standard awards and other voting ahead of the Xmas dinner will follow in next month's newsletter.

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.

Race reports

It has been another busy months for Striders out racing over a huge range of distances and surfaces. 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/>

If you have results or photos from events that you would like adding to the website, just let us know.

Upcoming races

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:

4th October – Great Dalby Dollop – 3.5m offroad course organised by the Hatherleys. First time running, so do show your support.

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 and the start of the winter XC league...)

24th October – Snowdonia marathon – on the roads, but not exactly flat....

25th October – Leicester marathon and half marathon – we already have a few making debuts here, why not join them?

Dates for the diary

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

30th Sep – Melton KE7 – club run **or** alternative headtorch run from Stathern (Red Lion)

7th Oct – Melton KE7 – structured session

14th Oct – Melton KE7 – club run

21st Oct - Melton KE7 – club run **or** alternative headtorch run at Rutland Water

28th Oct – Melton KE7 – structure session

Dates for the future... where is the year going...? The date of this year's Christmas Dinner and Presentation Evening is Friday 4th December. More details to follow shortly.

28th Feb – Stilton 7 – this is a LRRL winter league race we are hosting so we will be looking for a great turn out of runners and volunteers to help make the day a success.

12th June – hold the date, watch this space!

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. Currently averaging over 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.