

Stilton Striders

Newsletter – 1 November 2015

England Athletics Awards

Congratulations to Rob Beers, who has received a regional award from England Athletics in respect of his work with Beginners running – more details at <http://www.stiltonstriders.co.uk/run-england-group-leader-of-the-year/>

Running t-shirts for the Gambia

In a couple of weeks, Katie Hateley will be travelling to the Gambia and is intending to provide some UK running kit for a few local runners over there. If you have one particular t-shirt from a race, in really good condition, that you would like to add to the donation, then please bring along to a club run in the next 2 weeks.

Christmas Dinner

This year's Christmas Dinner and Awards will be held on Friday 4th December at the Alpine Restaurant at The Grange Garden Centre in Asfordby. Menu and full details are attached alongside this newsletter – in order to reserve your place, please let us know at the usual address by Sunday 22nd November.

Annual awards and club standards

Ahead of the dinner and awards evening, we will also be finalising our trophy winners, club standards and club marathon places. Therefore, as well as confirming if you would like to attend, please can you also let us know by Sunday 22nd November:

- your vote for “club person of the year” (this is awarded based on a free vote of the members, and is intended to reward someone who has given something extra to the club over the last 12 months);
- if you would like to claim a “club standard” for the year (qualifying criteria and full details are on the website at <http://www.stiltonstriders.co.uk/club-standards/>);
- if you would like to be considered for a club place at the 2016 London Marathon. We expect to qualify for 2 places, and as in previous years these will be awarded by the committee to members that have made it known to us that they applied unsuccessfully in the ballot;

Strider Cup

The 2015 competition will count races up to the end of November. In order to prepare for the awards night, we will need reports for races that are intended to score in this year's competition by the end of 30th November.

The 2016 competition will then begin from 1st December. After a couple of years of bedding in, during which we have seen attendance at increasingly high numbers of races and many more podium finishes than expected, the cup scoring system is being altered for the new season.

The intention is to increase the focus on supporting the local racing scene and ensure that everyone can remain in contention for longer throughout the year, particularly those who have a desire to focus on a relatively small number of race performances with breaks for rest and recovery.

The key points from the new scoring are as follows:

- All Striders at a race to score the same number of points – whether racing in club kit or actively volunteering or organising the race. In contrast to this year, no bonus for distance or finish position.
- Number of points scored is driven by the number of Striders there (racing/volunteering/organising) but with the minimum/maximum score as follows;
- 10-15 point races – those with race HQ within 10 miles of Melton, organised by one or more Striders, LRRL or Derby Runner Cross Country.
- 7-12 point races – other races with race HQ within Leicestershire.
- 5-10 point races – other races with race HQ within the East Midlands.
- 2-7 point races – other races.
- For each individual, the two top scoring races in each calendar month will count. Best ten months out of the year to count.

A few examples:

- Stilton 7, with 20 racing and 10 volunteering. Max score for the category is 15, so each person scores 15.
- Barrow 6 LRRL, with 13 racing. Category score is 10 to 15, so each person scores 13.
- Leicester 5k, with 4 racing. Category score is 7 to 12, so each person scores 7.
- Belper Rugby Rover, with 6 racing. Category score is 5 to 10, so each person scores 6.
- Loch Ness Marathon, with 1 racing. Category score is 2 to 7, so that person scores 2.

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/>

Upcoming races

There are lots of races in the Events Diary on the website (<http://www.stiltonstriders.co.uk/events-diary/>) over the coming months. Simon has also set up a Google calendar (also on the website) for us to help everyone discover new interesting races and identify date clashes. Both have been updated for confirmed dates for a bunch of races: LRRL races (including the Stilton 7), Derby Runner Cross Country events and more.

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

4th Nov – Melton KE7 – club run

11th Nov – Melton KE7 – club run **or** alternative headtorch run from Old Dalby (Belvoir Brewery)

18th Nov – Melton KE7 – structured session

22nd Nov – Derby Runner XC race 2 – Bagworth Heath

25th Nov – Melton KE7 – club run

2nd Dec - Melton KE7 – club run **or** alternative headtorch run from Somerby (Stilton Cheese)

4th Dec – Christmas Dinner and Presentation Evening

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.

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.