

Stilton Striders

Newsletter – 5 December 2015

Christmas Dinner and Presentation Evening

A huge thank you to everyone who contributed to a great evening at The Grange last night, especially John, Lou, Holly and all at the restaurant for hosting us, all who donated raffle prizes and, last but not least, Rob and Dan (“Lactic Daddy”) for the musical entertainment! Congratulations to all the award winners:

Male runner of the year - Rob Beers
Female runner of the year - Katie Hateley
Veteran of the year - Dan Valencia
Most improved male - Michael Atton
Most improved female - Laura Pickard
Club person of the year - John Houghton
Handicap race winner - Debs Wilson
Strider cup winner - Jason Barton
VLM place - Theresa Coltman
Club Standards - Bronze (Clive Kent, Luke Eggleston, Andy Nicholls, Tony Allen)
- Silver (Mark Stoneley, Will Blythe, Iain Howe)
- Gold (Greg Pettingill)
Not to forget, from the LRRL awards:
Overall Senior Male - Jason Barton (6th winter, 4th summer)
100% awards - Luke Eggleston, Stuart Gregory
FV team 1st (Div 3)
MV team 2nd (Div 3)

Well done all!

Cross Country

We are now well into cross country season, and most will be aware that we are members of the Derby Runner Cross Country league. Similar to the LRRL winter league races on the roads, these are closed events and great value (tomorrow’s race at Bradgate Park is just £4). For those that are interested, we’ll meet for car sharing at Wilton Road car park in Melton at 9.15am.

The County Cross Country championships are then taking place at Burbage Common in Hinckley on Saturday 9th January. Closing date for entries is 16th December for paper entries (from www.lraa.org.uk) or 27th December for online entries (https://www.bookitzone.com/Leics_Athletics/yj2FFX)

Beginners – “Couch to 5k” starting Monday 4th January

The next Couch to 5k sessions start on Monday 4th January, 6.30pm from the usual venue at Parkside. Perfect timing for all your friends who have New Year’s Resolutions to start moving, get fit, or just to meet new people in a really supportive welcoming location. So spread the word!

Strider Cup

As mentioned in last month’s newsletter, the points system has been overhauled for the new year, to give more of a focus on supporting the local racing scene and allowing those who race less regularly to stay in contention. The more Striders at a race, the more points can be scored – so don’t just share it after the race, let everyone know in advance where you are racing, spread the word, take some friends and we look forward to seeing Striders in action!

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 and through 2016. Simon has also set up a Google calendar (also now shown on the website) for us to help everyone discover new interesting races and identify date clashes. Both are being continually updated, so if you see a race that may be of interest to others, let us know and we’ll put it on there.

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

6th Dec – Derby Runner XC, Bradgate Park (9.15am Wilton Road car park to share lifts)
9th Dec - Melton KE7 – structured session
16th Dec – Melton KE7 – club run
23rd Dec - Melton KE7 – club run
30th Dec – Melton KE7 – club run
3rd Jan – Huncote Hash
6th Jan - Melton KE7 – club run

We’ve also been asked to publicise a charity darts event that Stuart Gregory is hosting in Asfordby Hill on 9th January – details at <https://www.facebook.com/events/847643865342899/>

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.