

Stilton Striders

Newsletter – 1 January 2016

Happy New Year!

We must start with a big thank you to everyone who played their part in making 2015 a really positive year for the club – and also in advance to everyone who will contribute in 2016.

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. Spread the word!

parkrun

As well as the usual run every Saturday at 9am in the Country Park, there is a special New Year’s Day parkrun – 10.30 am today. As a change, the course will be run in reverse and, whilst there will only be a skeleton crew of volunteers, there will still be the usual warm welcome to help get the year off to a great start.

The usual run is then on this Saturday (2nd), before the first anniversary run next Saturday (9th).

League races

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 (the next one is 10th January).

For those who prefer the roads, the LRRL winter league then kicks off with back to back races – Markfield 10k on the 17th and Barrow 6 on the 24th. We’ll meet for car sharing at the Wilton Road car park at 9am.

Strider Cup

As mentioned previously, 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!

The first month’s scores are now up on line, and whilst you are there, why not take a look at the Events Diary and plan your year ahead! (<http://www.stiltonstriders.co.uk/events-diary/>)

2016 races

As you are hopefully aware, 2016 sees the return of the Stilton 7 as a LRRL winter league race (which means it is only open to members of affiliated clubs) on **Sunday 28th February**. It would be great to get a big turn out of Striders – both running and helping with marshalling, etc – we'll circulate more details over the next few weeks, but please do hold the date in your diary.

19th June – Road 2 Recovery Half Marathon:

With race HQ at Eye Kettleby Lakes, and a rural road route, it is great to see a local half marathon on the race calendar. Organised by Claire Lomas (with support from a number of us in the club), all profits from the event will go to charity. The intention is to create a really high quality event that gets people coming back year on year, so why not be in it from the start? Entries are now open at the link below. We'll also be putting a call out for volunteers closer to the time, so watch this space.

<http://www.clairechallenge.co.uk/#!/melton-mowbray-half-marathon-/cn0g>

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

3 January – Huncote Hash
4 January (6.30pm) - new beginners sessions for a new year
6 January (7pm) - club run - KE7 Sports Centre (Route 1)
6 January (7pm) - alternative head torch run (also from KE7 Sports Centre)
10 January - Derby Runner XC, Burton
13 January (7pm) - club run - KE7 Sports Centre (structured session)
17 January - LRRL - Markfield 10k
20 January (7pm) - club run - KE7 Sports Centre (Route 3)
24 January - LRRL - Barrow 6
27 January (7pm) - club run - KE7 Sports Centre (Route 4)
27 January - alternative head torch run (Cafe Mash, Burton on the Wolds)
30 January - Midlands XC Champs, Stafford Common
31 January - Derby Runner XC, Grace Dieu

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.