

Stilton Striders

Newsletter – 30 March 2016

Club AGM – 8.30pm, 13th April 2016

This year's AGM will take place on Weds 13th April, in the Dance Studio (next to the Rugby Club bar at KE7 Sports Centre). We'll start at 8.30pm to give those doing the club run chance to grab a shower and drink and will get you away by 9.30pm.

This is a chance to have your say on how the club is being organised, what we are doing and help shape plans for the future. Links to the agenda and last year's minutes have been emailed to the mailing list – let us know if you are a member and haven't received. If you are interested in getting more involved in the club, either in an organisational or coaching capacity, or have a specific matter to raise, then please let us know in advance or speak up on the night.

League races

Well done to everyone who took part in the LRRL or Derby Runner XC league races over the winter – lots of good racing, PBs, cups of tea and cake! The summer league opens up with a couple of races on our side of Leicester in May – the West End 8 and then the (new) Gaddesby 7. For the summer league, these are open races and often sell out in advance, so get your entries in early if you are keen to take part. Simply type "LRRL" in on our event diary page on the website and all the links will show up.

Outruns

The summer outrun schedule is being finalised over the next few weeks, to start on 27th from Ashby Folville (our usual season opener). So, this is your last chance to nominate a favourite run you definitely want on the calendar, a great pub or if you want to volunteer to lead a run then let us know – we can't guarantee to include everything, but requests and offers are always welcome.

A few places we haven't visited in the last couple of years are below, if you want a bit of inspiration: Hoby (Blue Bell), Waltham (Royal Horseshoes), Ab Kettleby (Sugar Loaf), Buckminster (Tollemarche Arms), Woolsthorpe (Rutland Arms), Croxton Kerrial (Geese and Fountain), Great Dalby (Royal Oak), Saltby (Nags Head), Wymondham (Berkeley Arms), Upper Broughton (Golden Fleece), Gaddesby (Cheney Arms). Or feel free to nominate one of our regulars (they are regular for a reason!).

Talks and courses

After our club run on April 6th, Katie has offered to provide us with an informal talk on running nutrition and fluids and the effects on the heart and major organs – and a sharing of some tried and tested tips. No registration necessary, we'll be in the bar after the run.

Following incidents at a Derby Runner race and the Harborough parkrun over the winter, a series of 'Heartsafe' sessions have been arranged by the Network for a few volunteers from each club to learn more about CPR and using a defibrillator. If anyone would like to attend on Monday May 18th in Barrow, then please let us know.

There is also an Endurance Officials course in Loughborough on Sat 21st May – there are very few qualified officials, who between them look after all the LRRL and other local races, so if you are interested in joining their ranks let us know.

Finally, if anyone would like to discuss support for taking coaching qualifications (particularly if you would like to help out with the thriving junior section) then please do speak to us.

Race reports

With the spring peak racing season just around the corner, if you are looking for inspiration, check out recent race reports on the website at

<http://www.stiltonstriders.co.uk/category/reports/2016-reports/>

Don't forget to check out the latest Strider Cup table 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. We'd recommend the Mini Fun Run series (particular at Frisby on 16th April, organised by Andy) and the new half marathon in Melton on 19th June. For later in the year, the Eaton Stampede and Old Dalby hill race have announced dates.

As mentioned in the last newsletter, dates for the various County Championships have been announced for 2016 and these are as follows:

- Half Marathon – Bosworth Half Marathon, Sunday May 8th, www.bosworthhalf.com
- 10km: Prestwold 10K, Sunday June 26th, www.barrowrunners.co.uk
- 10 mile: John Fraser 10, Sunday September 4th, www.jf10.co.uk
- Marathon: Leicester Marathon, Sunday October 23rd, www.leicestermarathon.org.uk

401 marathon – April 12th

You may recall us mentioning this over the Christmas period the last time Ben was in the area. During the day (10am start, meet from 9.30am) on Tuesday April 12th, from Barrow, runners are invited to join the marathon distance (or any part of it) run. If you would like to join in, please contact either Rob Beers, or the usual Striders email address and we'll forward full details.

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. Wednesday evenings through the winter will always have a road run from KE7 at 7pm – in addition there are regular offroad head torch runs and structured

sessions. From 27th April, our summer outrun season will see us running off-road over fields and footpaths from villages in the surrounding area. Keep an eye on the newsletter, website, facebook or twitter and you'll see where we are!

30 March - alternative head torch run (Scalford, Kings Arms)

30 March - club run - KE7 Sports Centre (Route 1)

6 April - club run - KE7 Sports Centre

6 April - running nutrition talk - in the bar, after the run (around 8.30pm)

13 April - club run - KE7 Sports Centre

13 April - 8.30pm (after club run) - AGM

20 April - club run - KE7 Sports Centre

27 April - first summer outrun - Ashby Folville, Carington Arms

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.

Renewals for all members will become due following the AGM in April, with prices expected to be the same as the prior year.

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 year in Melton. 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 cup of tea afterwards. One off (free) registration required before first run.

Melton Running Club – the Run England beginners group led by Rob, Simon, Lou and Debs 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 regularly 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.