

Stilton Striders

Newsletter – 5 March 2016

Stilton 7 – 28th February 2016

A massive well done and thank you to everyone who contributed to making the race a big success and raised significant funds for charity, the club and the league. The Melton Times report is at <http://www.meltontimes.co.uk/sport/other-sport/hundreds-of-runners-tackle-competitive-stilton-7-1-7245633>

League races

There's another LRRL race this weekend (Sunday 6th), the Kibworth 6 – usual arrangements, meet at Wilton Road car park for lift sharing at 9am. For those coming along, please read the race info at <http://www.fleckneyandkibworthrunners.co.uk>

The final winter league race then takes place on the 27th at Desford. 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 and all the links will show up.

Outruns

With spring just around the corner, there are two headtorch runs left – Hose on Weds 9th, and Scalford on Weds 30th March. Trail shoes, a headtorch and a sense of adventure is all you need!

We'll be planning the summer outrun schedule over the next few weeks, to start in late April as usual. So, if you have a favourite run you definitely want on the calendar, a great pub or a desire 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!).

Nutrition talk – April 6th

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.

County championships

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

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!) – starting at Queniborough on 12th March. Great for all the family!

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.

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

6 March - LRRL - Kibworth 6

9 March - club run - KE7 Sports Centre (Route 2)

9 March - alternative head torch run (Hose - Rose & Crown)

16 March - club run - KE7 Sports Centre (structured session)

23 March - club run - KE7 Sports Centre (Route 4)

27 March – LRRL – Desford 10k

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

30 March – alternative head torch run (Scalford – Kings 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 (date to be confirmed shortly).

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 coffee 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.