

Stilton Striders

Newsletter – 3 May 2016

New and returning members

We have had a number of new members since the England Athletics membership year began (1st April), so welcome to you all and to those who are re-joining us after a break. For those continuing your membership, this year's subs are now due and please make sure that you have paid before entering further races as an affiliated athlete. Subs remain as last year (£30 single, £55 joint, £20 second claim, £10 junior).

As ever, prospective members are always welcome to come along to a few runs to try us out before joining as a paid up member.

New year, new committee

Many thanks to everyone who came along to the AGM a couple of weeks ago and contributed their ideas, and particularly to Andy Nicholls, Abi Arnott and Rob Beers who have taken on new roles with the club's organising committee for the new year (and see Rob's first "Captain's Report" later in this newsletter). The committee meets approximately once a month (slightly less over the summer months) to discuss any issues and agree appropriate actions. With all the ideas suggested, there will certainly be lots to discuss!

LRRL League races

As highlighted previously, 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 (as has already happened for West End), 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. The deadline for Gaddesby entries is 13th May.

Outruns

The summer outrun season has begun with a bumper turn out at Ashby Folville last week. There have been a few minor changes to the diary since the draft was emailed to members – please always check the website diary page and/or facebook page for any last minute announcements. We are in Old Dalby, Ab Kettleby, Plungar and Market Overton during May – fingers crossed for sunshine!

Striders kit

Stocks of kit have been replenished and we now have vests, t-shirts, long sleeve shirts, jackets and hoodies in stock. Mike will be bringing it all along to outruns so shout up if there is anything that you are wanting.

Race reports

Lots of Striders have been out and about representing the club, so 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 new half marathon in Melton on 19th June and, later in the year, the Eaton Stampede, Dalby Dollop and Old Dalby hill race.

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

2017 London marathon

The London Marathon ballot is open for a few days this week – don't forget that those fully paid up members that enter the ballot and aren't successful all qualify to be considered for a place through the club. We expect to get either one or two entries and will announce details later in the year as to how to put yourself forward – the one thing we do know is that there will be priority to those who entered the ballot, so don't delay!

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!

4 May - summer outrun - Old Dalby, The Crown

11 May - summer outrun - Ab Kettleby, Sugar Loaf (link to route)

15 May - LRRL West End 8

18 May - summer outrun - Plungar, The Anchor

22 May - LRRL Gaddesby 7

25 May - summer outrun - Market Overton, Black Bull

1 June - summer outrun - Great Dalby, Royal Oak

5 June - LRRL Swithland 6

8 June - Melton KE7 Sports Centre

England Athletics injury survey

EA want to understand what happens with runners and injuries across all ages and so would really like athletes to complete the following survey (those who are under 16 to complete the survey with an adult). The research is being conducted by Sheffield Hallam University Sports Industry Research Centre.

Athletes wanting to complete the survey should go to:
<https://www.sircsurveys.com/f/1027262/bd5c/>

Coaches wanting to give their insights should go to:
<https://www.sircsurveys.com/f/1027295/59ca/>

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

You can also email Rich at stiltonstriders@yahoo.co.uk or speak to any of the committee (Rich, Andy, Mike, Shane, Theresa, Di, Ian M, Ian J, John, Abi and Rob).

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.

Captain's Report:

It's a big pleasure and a huge honour to be club captain for Stilton Striders and I really hope I can do justice to such a great role at a club with such a great heritage and an ever brighter future.

I'll be honest and say a big part of my role will be to encourage participation, some of you will already have seen my postings in the Facebook group about upcoming races and events. The idea being yes we can be competitive but we are also pushing inclusivity, I really want this club to be about all abilities and all disciplines of running (road, track, XC, Fell, Tri) that make it more enjoyable for every single member of this club. At the end of the day I'd wager pretty much all of us are in this because running gives us a good time and we can support each other to have even more good times!

One big participation event I'm really keen on promoting is the 'Beacon 24' event on Saturday 2nd July at Beacon Hill, Leics organised by Poplar Running club. This is a non-time based charity 24 hour event for the local homeless with very cheap entry £20 (solo) or £40 (for a team up to 8 people!). Really wanting to push this for those wanting Equinox or ultra training or just a great laid back running weekend, we already have a few Striders signed up so please come forward if you fancy making up a team.

<https://www.eventbrite.co.uk/e/beacon24-tickets-21007438815>

Also as Leicestershire's most well supported club on the fells last year we would really like to welcome anyone who fancies a taster event, whether this is as training, a race or pure curiosity. We had quite a few fell debutants last year that enjoyed the events immensely, really something different so please do give us a shout if you're interested.

Participation needn't have to be about races or events, for instance I'd love to see a few more of the ladies stepping up to lead the summer outruns, anyone wanting to promote a certain discipline more (triathlon for example) or guide running perhaps? Would really love to hear all your ideas so please do come forward with any you have

Cheers

Rob