

# *Stilton Striders*

## **Newsletter – 31 May 2016**

### **Outruns**

The summer outrun season continues through June (see ‘Dates for the Diary’ below for venues) after some bumper turn outs in the last few weeks. As ever, keep an eye on the website for any last minute changes / car parking restrictions, etc. Given the numbers we are now getting, any efforts to share lifts are much appreciated. Thank you to all those who have taken a turn leading a run so far – and especially to Steve for his generosity at his 30<sup>th</sup> anniversary run – and if you would like to lead a run, or a second group, then please let us know as there are a few gaps later in the season still to fill.

On June 29<sup>th</sup> the outrun will be our annual handicap run – see <http://www.stiltonstriders.co.uk/club-handicap-race/> for details.

### **100 lap challenge – Friday 15<sup>th</sup> July**

Always a really good fun, positive evening, please let Mike know asap if you are interested in running so that we can sort out a team or two from the Seniors. Each team of around 20 runners (so everyone runs a total of around 2k over the evening) is required to be mixed – take a look at <http://www.stiltonstriders.co.uk/10-july-2015-rainbows-100-lap-challenge/> for a reminder of last year’s event.

### **LRRL League races**

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. Swithland 6 is this weekend, with a couple of Wednesday evening races at Hungarton and Huncote at the start of July and August – on these weeks we have no club run, so do come along and give these races a go!

### **Leicestershire Running and Athletics Network**

As many of you will know, our club is part of a network of clubs in Leicestershire – with the network providing much support to events across the county as well as putting on a number of events in its own name. To help publicise, a new website has been developed and there are also some videos of the network’s activities at the links below:

[www.lran.org.uk](http://www.lran.org.uk) (New Network website address)

[www.primarycrosscountry.org.uk](http://www.primarycrosscountry.org.uk) (includes an aerial video of the County & National PSXC)

[www.systemed.co.uk/lpxc](http://www.systemed.co.uk/lpxc) (includes Prestwold Hall PSXC league video)

[www.systemed.co.uk/lsrc](http://www.systemed.co.uk/lsrc) (mirrors the primary schools website and provides a link to secondary competition)

## **Club sharing – Tuesday 7<sup>th</sup> June – Oregon Circuits**

Also facilitated by the Network, following great feedback of the club sharing session in Bradgate Park last year, Huncote Harriers are hosting an Oregon Circuit Session at 7pm from Huncote Leisure Centre. Open to all clubs and beginner running groups, the evening will be led by a number of LRRL club coaches and will be suitable for all abilities.

### ***Captain's Report:***

*Not long in the seat and already so much to write about.*

*Perhaps begin by saying a big welcome to all new members of Stilton Striders! It's great to have so many new faces running with us this year and we hope you enjoy running (and maybe racing) with our great club.*

*Despite mixed weather, numbers at the summer outruns have been superb even in the foulest of weather, a big thank you to run leaders of both groups. It's encouraging to see our club having runners of all different kinds of running disciplines out there and doing something whether it be triathlon, road, ultra, XC, fell, adventure, organising events or doing related courses.*

*Although a low number of Stilton shirts at the 'West End 8' the opener of the summer LRRL races there was a much better turn out and great vibe at the 'Gaddesby 7'. We really have a chance of progression up the leagues this year and if you have seen my FB post then my personal challenge to every Strider is to get that lovely Striders shirt out in at least one LRRL race each before March - if I can do it...(Yes I'm doing a few!)*

*This year's 100 lap challenge is on Friday 15<sup>th</sup> July, a lot of positive buzz on Striders Facebook forum is a massive positive, it really is a great event and would love to hope we could put two senior teams out if possible. Similarly I'm asking Barrow Runners about this year's '3 club challenge' date - Barrow will host this year at East Leake and I'm wanting every single Strider possible to put out the Blue/White, we won the trophy last year and we aren't going to relinquish it are we? Seriously it's a very enjoyable evening but they'll never top last year's catering!*

*We are also looking at staging a 'Stilton takeover' one Monday at Melton Running club - similar to what we did last year at Melton Mowbray parkrun and put the Striders shirt out there. I'm really very proud of the pathway between MRC and Striders that we have created and with it being a new running year it would be a great way to promote the positive vibe of being a Stilton Strider and help bring even more new faces to our flourishing club.*

*Enjoy your running!*

*Rob*

## **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 particularly recommend the new half marathon in Melton on 19<sup>th</sup> June and, later in the year, the Eaton Stampede, Dalby Dollop and Old Dalby hill race.

Also, 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](http://www.bosworthhalf.com)
- 10km: Prestwold 10K, Sunday June 26th, [www.barrowrunners.co.uk](http://www.barrowrunners.co.uk)
- 10 mile: John Fraser 10, Sunday September 4th, [www.jf10.co.uk](http://www.jf10.co.uk)
- Marathon: Leicester Marathon, Sunday October 23<sup>rd</sup>, [www.leicestermarathon.org.uk](http://www.leicestermarathon.org.uk)

## **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. We are now into the Summer Outrun season – if in doubt, keep an eye on the newsletter, website, facebook or twitter and you'll see where we are!

1 June – summer outrun – Great Dalby, Royal Oak  
5 June – LRRL Swithland 6  
8 June – Club run – Melton KE7 Sports Centre  
15 June – summer outrun – Croxton Kerrial, Geese & Fountain  
19 June – Melton Mowbray Half Marathon  
22 June – summer outrun – Gaddesby, Cheney Arms  
29 June – summer outrun – Handicap Run, Hambleton Peninsula  
6 July – LRRL Hungarton 7

## **New and returning members**

We have had a number of new members since the England Athletics membership year began (1<sup>st</sup> 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 overdue 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.

## **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](http://www.stiltonstriders.co.uk)
- [Facebook.com/StiltonStriders](https://www.facebook.com/StiltonStriders)
- [Twitter.com/StiltonStriders](https://twitter.com/StiltonStriders)

You can also email Rich at [stiltonstriders@yahoo.co.uk](mailto: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.