

Stilton Striders

Newsletter – 2 August 2016

Summer running

The summer outrun season continues through August and into early September until we will give in to the darker evenings (see ‘Dates for the Diary’ below for venues). As ever, keep an eye on the website for any last minute changes / car parking restrictions, etc. Given the numbers we are now regularly getting, any efforts to share lifts and park thoughtfully in the villages are much appreciated. Once again, thank you to all those who have taken a turn leading a run so far this summer – 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.

The annual three club challenge (or “Wreake Challenge”) takes place this year on Tuesday 9th August, hosted by Barrow at East Leake Golf Club – details are on the website at <http://www.stiltonstriders.co.uk/three-club-challenge/>. We are providing an estimate of numbers this week to help the club with catering – it is £5 for a friendly competitive run (around 5 miles off road) followed by food, a raffle and prize giving. Please do let us know asap and come along and prove that last year’s showing where we had the most runners and won the trophy for the first time in 6 years was not a one off!

The following evening, Wednesday 10th August, sees our annual No Watch Race from Branston. This is a relaxed run whereby runners predict their own finish time (as fast or slow as you like) and the closest one to their prediction wins – no watches/gps/mobile phones allowed! More details here: <http://www.stiltonstriders.co.uk/no-watch-race/>

100 lap challenge – Friday 15th July

Congratulations to everyone that took part in yet another fun evening of running, and its always good to have the trophy back for another year! Well done all.
<http://www.stiltonstriders.co.uk/15-jul-2016-rainbows-100-lap-challenge/>

LRRL League races

As mentioned in the last few newsletters, the summer league is now well underway, 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. Hermitage 10k on 14th August and John Fraser 10 on 4th September are the remaining races, with Huncote this Wednesday already selling out. Also, don’t forget to pencil in 26th February for next year’s Stilton 7 – we’ll update with more details once things are arranged and LRRL schedules agreed and finalised in the autumn.

Captain's Report:

Well again plenty to smile about, but to start a big welcome to all new and returning members to Stilton Striders, proud to have you part of our big running family.

Brilliant buzz for this year's 100 lap challenge, that we were able to field three very strong teams is testimony to how far the club has come in a short time. I'm sure everyone who took part will see why we need a track in Melton; those last 100 metres were like climbing a mountain!

The 3 Club challenge is imminent! Dare I have to mention it again but this is our very own Agincourt or 1966 cup final- Stilton V Wreake V Barrow, we won the trophy last year after a six year absence we aren't going to relinquish it, are we? Seriously it's a great night, where you'll make new friends, have a laugh and feel great representing your club, can Barrow top the catering at The Grange? Still one of the greatest nights in recent memory to be a Strider, come on all let's do it again on Tuesday 9th!

You must have been on another planet if you didn't hear about the Big Striders getaway in North Wales recently? The good news being we are looking at the same next year, most probably actually two getaways, one ultra-tough event and one a more accessible event. There are ideas being bandied about already for both and if you have worthy ideas for consideration please do come forward.

With the LRRL summer season ending with Hermitage 10k and John Fraser 10 certainly doesn't mean that's it for the shorter distance road race this year-Long Eaton 5, Heanor 10k, Bolsover 10k are amongst the many races during the autumn months. If it's a long time until the Winter LRRL races we really are going to try and get more of you doing the Derby Runner XC league races, this year's fixtures should be announced shortly and last time a mere £3.00 on the day for usually a 5-6 mile course is superb value. They are a little fast and furious nearer the front and don't expect to remain clean, but there is a tremendous satisfaction in doing them and if we can get half the people and buzz we did to this year's summer LRRL events I will be very happy. Entries on a dirtier level are open for the Shepshed 7 and the Seagrave Wolds challenge, both especially the latter get a good amount of Stilton shirts doing them.

Big thank you to all those who continue to put out inclusive events on the Facebook page, by the time this goes to press we'll probably have another couple already done-The Jubilee way run and Six Hills open water swim.

Big kudos to all those who have attended the second session on a Thursday evening, still in its infancy we've had some great turnouts even with such a busy race and event schedule last few weeks. I really believe we have a great couple of future coaches in Simon Bottrill and Mark Stoneley-seriously impressive, love to think we have a lady or two who'll become a future Stilton coach also?

Cheers all

Rob

Race reports

Huge turnouts from Striders at races during July, including the Hungarton 7 LRRL race, Whissendine 6ix, 100 lap challenge and more - 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 that the more you support local races throughout the year, the more Strider Cup points are available - latest table is at <http://www.stiltonstriders.co.uk/strider-cup/>

Upcoming races

Between us all in the club there is a lot of race experience and we have tried to collect local and recommended races in the Events Diary on the website (<http://www.stiltonstriders.co.uk/events-diary/>) – with more races over road, trail and fell being added continuously. Also, it is always worth asking around at club nights and via the Facebook group as there are always people headed out and about to races.

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 well 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!

3 August - LRRL Huncote Joy Cann 5
4 August - structured session, Melton Country Park
9 August - 3 Club Challenge
10 August - summer outrun - No Watch Run, Branston
11 August - structured session, Melton Country Park
14 August - LRRL Hermitage Carl Rutt Memorial 10k
17 August - summer outrun - Back at base, Melton Sports Village
18 August - structured session, Melton Country Park
24 August - summer outrun - Tilton on the Hill, Rose and Crown
25 August - structured session, Melton Country Park
31 August - summer outrun - Grimston, Black Horse
1 September - structured session, Melton Country Park
4 September - LRRL John Fraser 10
7 September - final summer outrun - Somerby, Stilton Cheese Inn
8 September - structured session, Melton Country Park

New and returning members

With another batch of new members signing up in recent weeks we have to start by saying welcome to you all! Thank you to everyone who has paid their subs for this year – it makes our volunteers' lives much easier to do so without chasing. Remember, all our club runs are free all year once you have paid the annuals subs, so the more you attend the cheaper it is...

As ever, prospective members are always welcome to come along to a few runs on Wednesdays and/or Thursdays to try us out for free and with no commitment before joining as a paid up member.

Thursday structured sessions

Hopefully by now everyone is aware that the club now has two sessions a week for our senior members – as well as the Wednesday group runs (see below re the outruns) we now have a coached session every Thursday. Aimed at improving your running, whatever your current ability, all Striders are guaranteed a warm welcome and a good workout in a positive

atmosphere. Full details below, and a huge thank you to Rob, Simon and Mark for getting this up and running:

<http://www.stiltonstriders.co.uk/thursday-sessions/>

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.