

Stilton Striders

Newsletter – 3 September 2016

Autumn running

The summer outrun season comes to an end this Wednesday (7th) with a run round Burrough Hill from Somerby, followed by cakes (and drinks) at the Stilton Cheese Inn. Thank you to everyone who has supported these runs, whether by leading, welcoming newcomers or just joining in with some great running (and enjoying the selection of local pubs!). Roll on next Summer.

Wednesday runs will therefore return to our usual location of Melton Sports Village (formerly known as the King Edward VII Community Sports Centre) from 14th September. Striders membership gives you use of the changing rooms, showers and the Rugby Club bar for that vital post-run rehydration.

As we lose the day light, it becomes really important that we all make appropriate decisions on our running gear – with the wearing of hi viz and reflective gear strongly recommended. As a club we have to do our best to keep all runners, and anyone else that we come across on the streets, safe and being visible is a key part of that.

Thursday sessions will be from a variety of locations around Melton from Sep 22nd. Keep an eye on the website (<http://www.stiltonstriders.co.uk/diary-dates/>) for details. As ever, given the number of runners we now have, please try to share lifts and park carefully to minimise our impact on others.

When the light goes completely, we'll also have some additional headtorch outruns – similar to our summer outruns, but in the dark so you'll need a headtorch, warmer clothing (and if some of last year's are anything to go by, very waterproof clothes...). As we appreciate that these runs do not appeal to all, they are only ever in addition to our usual runs.

Volunteers please!

As we did last year, the intention is that all our Wednesday runs in town will have a tail runner who will lead a group to run around 5 miles at the pace of the slowest. In addition, we are looking for volunteers to act as 'run mentors' to keep an eye out for new members, welcome them and generally help integration into the club.

Please let us know if you are happy to take a turn volunteering for one or both of these roles and we'll include a rota on the website.

New season of “Couch to 5k” begins – Mon 19th September

Due to popular demand, a new course of ‘Couch to 5k’ sessions begins in Melton on Monday 19th September. Whilst not formally a Striders initiative, it is no coincidence that the Run Leaders at ‘Melton Running Club’ are all members of our club and we thoroughly support all their efforts. Well done to everyone involved!

LRRL League races

Good luck to everyone racing the final summer league race of the year tomorrow at the John Fraser 10, and well done to all the Striders who have raced during the year.

This year’s LRRL Presentation Evening will take place on Friday 7th October at Leicestershire County Cricket Club – there will be a buffet and bar as usual and the cost is £8 per person. Please let us know in advance if you would like to attend and we’ll block book tickets. It’s great to be there to support all those picking up trophies – in the individual leagues, team competitions and for 100% attendance.

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.

Equinox24

Given the many team and solo entries we have for this event at Belvoir Castle on the weekend of 17th/18th September, there are likely to be one or two spaces open up at the last moment. If you are wanting to run and don’t have a place, please keep your eye on the Facebook group or your ears open at club runs and you may be lucky. If not, why not come along on the weekend – either to run in the 10k (starting mid-day Saturday alongside the main race), or just to support – with so many Striders camped out for the weekend it should be a good one!

Research – adult male runners

We’ve been asked to circulate details of a research project by Gary Woods, who is undertaking a Masters in Sport and Exercise Psychology. He would be grateful for your time if male runners aged 18 years and over would consider completing the questionnaire at: <https://www.surveymonkey.co.uk/r/KCXZWFK>

He is investigating exercise dependence and attempting to identify factors associated with it (if present). Further details of the study are available within the opening pages of the questionnaire.

Captain’s Report:

Another Month gone so quickly and a big shout out to all Stilton Striders current, new and returning and hope you are all enjoying our superb club.

Well I’d been trouping it up all year and the `3 Club challenge `didn’t` disappoint, even with the mathematical faux pas (Sheer excitement I’m told) means were unbeaten and still 3 Club champions! Last year we were phenomenal winning the 3 club trophy for the first time in six

years but this year to play away from home and win/draw on Barrow Runners patch is even more of a victory. Let us not forget that Barrow are Leicestershire's biggest running club numbers wise, have some awesome athletes and a major top division side in all the league tables. I truly believe we are getting stronger and stronger, so many of our runners in the top ten and how many sub 1:30 HM runners not exactly `packing the middle` were we? Also we were missing some of our own `heavy artillery` on the night and still did superbly. Still an excellent night and I'm so happy at the turnout and that so many of you enjoyed the evening, big thanks to Mick, Ian, Sue and the Barrow committee on putting together a very enjoyable night at a stunning venue, roll on Wreake next year!

We have a little time between the end of the summer LRRL series and the winter series in January, yes there is already a hive of 24 hour events, Marathons, Half Marathons and even the odd 10k still to go this year. But hopefully I can draw more people's attention to the Derby Runner XC league

*30/10/2016 Holly Hayes Woods- Hermitage
13/11/2016 Markfield -Westend Runners
27/11/2016 Bagworth Heath- Desford Striders
11/12/2016 Bradgate Park- RoadHoggs
15/01/2017 Sinai Park -Hatton Darts
19/02/2017 Allestree Park- Derwent Runners
05/03/2017 Bosworth Visitor Centre- Hinckley RC*

Main Race runners have to be 15 and over. Kids Races 1M for up to and including Year 6, 2M for above Year 6.

Main Race £3! For all except Bradgate Park where it will be £4 but this includes a fee for Parking. There may be a £2.50 car park charge at Bosworth Visitors Centre.

Kids Races £1

Car sharing is essential. If you turn up in a car with less than 3 you won't be allowed in the car park except for cars with tents in.

Age categories for individuals this year will be in 5 year gaps starting at VM40 & VF40 e.g. VF40, VF45 etc.

Very good fun, don't expect to stay clean but a good and cheap day out, pay on the day, be definitely good to up our numbers more this year!



Just a heads up that the final date for Club standard awards is November 30th, it's well worth having a check to see you if your eligible for an award or maybe fit in a couple of races and set yourself a target! Followers of the Striders Facebook page will notice from the postings that there are still some very good autumn road races over all kinds of distance.
<http://www.stiltonstriders.co.uk/club-standards/>

*Some great running and team spirit at Hermitage 10k, Belper Rugby Rover 30k, Atherstone 10k , Old Dalby day hill race amongst others and a victory by Duncan Greene at the Hamilton Fun run!
Enjoy your running!*

*Cheers all
Rob*

Race reports

Sounding like a stuck record, but with huge turnouts from Striders at events during August, with 38 runners at the Three Club Challenge, and almost as many the next evening at the no watch run, 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. If in doubt, keep an eye on the newsletter, website, facebook or twitter and you'll see where we are!

- 4 September - LRRL John Fraser 10
- 7 September - final summer outrun (& cake night!)- Somerby, Stilton Cheese Inn
- 8 September - structured session, Melton Country Park
- 14 September - club run, Melton Sports Village (tail runner Shane)
- 15 September - structured session, Melton Country Park
- 21 September - club run, Melton Sports Village (tail runner TBC)
- 22 September - structured session, Vet Surgery, The Crescent
- 28 September - club run, Melton Sports Village (tail runner TBC)
- 29 September - structured session, Melton Sports Village

New and returning members

With more members signing up in recent weeks we have to start yet again 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 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](https://www.facebook.com/StiltonStriders)
- [Twitter.com/StiltonStriders](https://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.

