

Stilton Striders

Newsletter – 1 November 2016

Christmas dinner, awards, standards, etc

With apologies for the late change, the date for this year's dinner is **Thursday 8th December** – once again to be held at the Alpine Restaurant at The Grange. Full details, pricing, etc to be circulated shortly, so keep an eye out to reserve your place.

The final date for claiming club standard awards for this year will be November 30th - although if you would like your award at the Christmas dinner, then please submit your details by Tues 22nd Nov. It has been great to see a good number of people already claiming theirs – and a good variety of levels and age categories. Don't miss out!

<http://www.stiltonstriders.co.uk/club-standards/>

As ever, we'll have a full vote of members for the 'Club person of the year' award. Details will be emailed to members shortly.

Finally, with the London Marathon about to announce ballot results, don't forget that if you are unsuccessful in the ballot and would like to be considered for a club place at the London Marathon you'll need to let us know before Tues 22nd Nov. Now that we have over 100 first claim senior members, we have 2 places to allocate so don't hold back – let us know if you are interested!

LRRL 2017

Some of you may be aware that changes to the format of the winter league have been debated over recent months, and agreed last week at the league's AGM and meeting. Whilst most aspects will remain as per prior years, there are a few important changes:

- all races will require on-line pre-entry;
- fixed limits on entries so races could sell out early – all entry dates will be communicated;
- the 100% awards will be discontinued by the LRRL (as a club, we may replace this with our own reward to mark the achievement).

These changes have not been made lightly – with sharply increased numbers over the last few years, it is all being done with safety of runners very much in mind and shouldn't change what remains a great value series of races.

2017 dates for LRRL races have been announced and are listed here:

<http://www.stiltonstriders.co.uk/lrrl/>

Stilton 7 – Sun 26th Feb 2017

Our own race, the Stilton 7, will once again be a part of the LRRL winter league. We are currently assembling a core team to lead organisation of the event, so if you would like to be involved, then please let us know asap.

We'll also need volunteers to help on the day, in addition to getting as many Strider vests on show in the race itself, so please ask friends and family to reserve the date and we'll be grateful for any support offered.

Coaching/Run Leading support

The club is keen to continue supporting new Run Leaders and Coaches for both our senior and junior sections. A really rewarding way to contribute to the club and wider running community, if you would be interested in getting involved, please speak to one of the existing coaches, committee members or contact us in the usual ways.

Captain's Report:

Hi everyone and big hello to you all and a big warm welcome to all new and re-joining members I hope you enjoying running with our club.

Very refreshing to see so many club members doing events every weekend in all running disciplines and all over the country and locally too.

I'm going to start by mentioning a very modest gentleman in Paul Geeson who was recently first finisher at a parkrun event at Melton Mowbray. Paul hasn't been with the club long but has quickly settled in and I'm really glad his efforts on Thursday's sessions have been rewarded with a maiden "victory", definitely onwards and upwards! Our local parkrun definitely seems on an upswing in numbers at the moment, personally I always find it a great way to start the weekend and always good to see so many Striders out running or helping each week.

Leicester Marathon looked to be the big one this month, really good to see the event sell out early as such a good cause and last few years attendance seem to be on a slow drop. Big amount of Striders shirts on show, and special mention to Liz Goodbourn who got a PB on the half, another one who puts it hard effort on a Thursday, who'd have thought training makes you better!

'Ultramarathon' a word that probably puts fear into quite a few! Hard to believe it's not even two years ago I asked Rich Gray if he'd accompany me on my first ultra, luckily for me that day we had a few ultra debutants joining me. I tend to think so many runners think of the 26.2 mile Marathon as the end of human endurance and so many clubs believing the VLM done in the fastest time possible is the pinnacle of club running, certainly from my point not so. Ultras really are something different and that's why it's so refreshing to see so many club members either looking up or signing up to their first ones. Which brings me onto the massive achievement of Katie Hateley who ran a 44 mile ultra of the Yorkshire three peaks, to put that into perspective it's usually hard enough just to hike up one of them.

Although it's after New Year the winter LRRL races begin, I wanted to raise the profile so to speak of the upcoming events. These for those who haven't done them are 'closed races' only open to affiliated club runners and only £5.00 inc chip timing. We got a great team and vibe out at the summer LRRL events and would be great to carry on where we left off, whether you doing these as races or a tempo/training run it's a great way of getting together and putting the club colours out there, and I have said it before if I can slap tarmac you can also! Next year's winter and summer LRRL dates are now on the website.

By time of posting the first of the Derby runner league races will have been and gone (and the debut of the club tent!) hopefully we can get quite a few giving these a try. We have Markfield and Bagworth Heath in November followed by the most popular of the series at Bradgate in December which is worth entering for the price of the car parking alone. Need to say a big thanks to the team who got out for the first Derby Runner and the Tent debut! Really hoped you enjoyed and we hope to entice even more along to the next one.

Some of you may have seen that Seagrave Wolds has already sold out hopefully if this is on your list you got in, still the Belvoir challenge, Charnwood Marathon, Keyworth Trail run and Charnwood Hills race (Wednesday 9th Nov 7pm, entries will go within 30 mins so get on it!) . Similarly entries for the Grindleford Gallop look to be opening November 14th; these will sell out even faster than Charnwood Hills and for good reason, if 23 miles of offroad Derbyshire is your thing it rarely gets better. More nearer to home is the Gaddesby Gallop on Saturday 17th December, quite a few of us have done this yet I'm really hoping this year we can put out more shirts than Roadhogs, Sphinx or Wreake Runners as it's only on our doorstep. A great 5.25 mile XC bit of fun, not to be taken too seriously pre-Xmas and the warmth of the Cheyney arms after wading through a brook does make it all worthwhile, highly recommended.

Final XC plug of this column, entries for the Huncote Hash will open in November for a possible event date of January 8th? I'm hoping as many people with a good sense of humour and fondness for getting wet and muddy will join me on my 'Birthday run' with possible option of Chip Cob at the Blue Lion at Thrussington after. You have been given prior notice and entry last year was a mere £4.00, so would love you to come along and celebrate with me!

There has been long time talk about doing a road Marathon abroad, a few of us are interested in putting the shirt out across the sea (how many points?), Luke Eggleston fancied Paris, I suggested Amsterdam (its flat and could pick up an Ajax shirt) , all suggestions welcome.

Wherever you running enjoy it, cheers all!

*Cheers all
Rob*

Race reports

Recent race reports received, including great performances at a number of races locally and further afield are all up on the website at

<http://www.stiltonstriders.co.uk/category/reports/2016-reports/>

Don't forget that the more you race throughout the year, the more Strider Cup points are available - latest table is at <http://www.stiltonstriders.co.uk/strider-cup/> All reports submitted to the website prior to Tues 22nd November will qualify for this year's competition, so please keep them coming in!

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!

2 November - club run, Melton Sports Village (tail runner Rich), Route 6
3 November - structured session, Melton Spinney Road
9 November - club run, Melton Sports Village (tail runner TBC), Route 1
9 November - alternative headtorch run - Scalford, Kings Arms
10 November - structured session, Vet Surgery, The Crescent
13 November - Derby Runner XC, Markfield
16 November - club run, Melton Sports Village (tail runner TBC), Route 2
17 November - structured session, Melton Spinney Road
23 November - club run, Melton Sports Village (tail runner TBC), Route 3
24 November - structured session, Vet Surgery, The Crescent
27 November - Derby Runner XC, Bagworth Heath

Also, as mentioned above, please save the date for:

- **Thursday 8 December** – Christmas Dinner and Presentation Evening
- **Sunday 26 February** – potential date for Stilton 7

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.

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 is now a fixture 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, Matt, 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.