

Stilton Striders

Newsletter – 1 January 2017

Well, we've made it through Christmas and as thoughts turn to the New Year, we look forward to welcoming all Striders and hope that running can be a positive part of 2017 for all.

Congratulations!

Congratulations to all of our award winners and a big thank you to our hosts at The Grange for a great night in December! For details of the winners and a few photos, see

<http://www.stiltonstriders.co.uk/2016-awards/> and

<http://www.meltontimes.co.uk/sport/stilton-striders-reward-their-stars-of-2016-1-7741814>

For those who still need to receive their physical trophy, memento or club standard, we'll bring them along to club runs in the New Year. Anyone who wants to start working towards a standard for next year, all details can be found at: <http://www.stiltonstriders.co.uk/club-standards/>

LRRL 2017

As previously announced, there are a few changes to this year's winter league, with entry limits, on-line pre-entry only and (unfortunately) the Barrow 6 will not be run this year. Therefore, the first race of the year will be the Kibworth 6 on February 12th, followed two weeks later by our very own Stilton 7. As soon as entry details are available we will circulate to members.

Stilton 7 – Sun 26th Feb 2017

Our own race, the Stilton 7, will once again be a part of the LRRL winter league – a two lap course from the Stute at Asfordby Hill. We'll 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.

Cross country

As well as the Derby Runner League, there are a variety of XC races that are open to club members. The first one for 2017 is the County Cross Country Championships on Saturday 7th January. Entries will be closing at 10pm on Tuesday 3rd January.

https://bookitzone.com/dave_lodwick/bV2FFX

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.

Anyone who would like to be involved in any way would be appreciated – from tail running one week or leading an outrun through to training up as a qualified coach. It can be tailored to whatever you would like to do, so if you would like to get involved, please do have a word with one of the committee and we can take it from there.

Fundraising

With a view to raising extra funds to help support the next generation of Run Leaders and Coaches, we have registered with two new ways to contribute:

Melton Community Lottery holds a weekly draw on a Saturday evening - £1 per ticket and 60% of funds goes directly to good causes locally (50% to your chosen organisation, and 10% split between the remainder). For further details and to sign up see:

<https://www.meltonlottery.co.uk/support/stilton-striders-running-club>

Easyfundraising is a way of raising money whilst online shopping without it costing you a penny – simply register and then if you click through to the vendor via Easyfundraising the club will receive a percentage of your spend. Its really easy, and no cost to you:

<http://www.easyfundraising.org.uk/causes/stilton-striders-running-club>

Captain's Report:

Well what a year! I believe the Striders of today is heart warming for members older and newer as the club is on a very noticeable upwards curve, every week our members are racing or running in a myriad of events whether it be Road, Fell, duathlon, XC, triathlon, trail, track, ultra, adventure or whatever. The last year saw us not only win the 100 lap challenge setting the all-time quickest time record but also putting in three strong teams, similarly to go to Barrow Runners at the three club challenge and win/draw/retain on away turf was a massive night for the club. The Stilton forum is a hive of activity with all sorts of outruns going on, plus always a big Stilton presence at parkrun and Melton Running Club, three years later (see below for details of the next Couch to 5k sessions!) and Melton's running boom continues to boom!

Big thanks to team Houghton and the Grange for a very enjoyable Striders presentation night; think our Chairman was mega proud of the record number of you who went for the club standards. So if the next level Club standard is just a bit out of reach or you have to wait until you go up an age bracket then why not consider the county standards?

<http://lran.org.uk/county-standards>

The sad news of the cancellation of this year's LRRL opener the Barrow 6 I hope means more Stilton shirts gracing the Stilton 7 on February 26th. I know it's a bit of a fixture pile up with the both very worthy National XC championships at Wollaton Hall and the Belvoir Challenge the previous day but as the clubs flagship event we really appreciate if you can run even if

it's a slowie! With the cancellation of the Barrow 6 luckily we do have a replacement race on January 29th as the previously cancelled Derby Runner XC at Bagworth Heath is now on and just £3.00 on the day. We need as many as possible to help us climb the Derby runner league table, the Ladies are doing a great job climbing up the rankings so come on gentlemen please do help us do likewise with the Men's division. Have to mention the four debutants to the 26.2 mile Belvoir Challenge route, this is their first Marathon, a mud infested cross country in February, much respect for getting out the comfort zone!

So the LRRL winter series will start this time with Kibworth 6 on 12th February, enjoyable yet undulating course with a killer hill just where you don't need it! Naturally we'd love to improve on last year's Winter league positions, the club had such a vibe at the summer league races which were great to be a part of and so hoping we can carry off with that spirit come February.

Those who enjoy the mucky stuff and maybe missed out on Grindleford Gallop, Huncote Hash or Charnwood Hills selling out, as well as Belvoir challenge/Nationals/Midlands/Leics XC champs highly recommended are The Charnwood Marathon (16.1 or 27 miles), Keyworth Trail race (15.5 or 32.5K) and the Caythorpe Dash (Scenic village nr Grantham, great food!) all very worthy and not too heavy on the post Xmas finances. Similarly entries are also now open for the Woodhouse Eaves mayday challenge another of those great Charnwood excursions, if you haven't in the past then you should it really is a great day out.

<http://www.woodhouse-may-day-challenge.co.uk/>

Melton Running Club starts its next Couch to 5k on January 9th; traditionally it's our busiest time of the year for new runners. Whether you fancy coming down to give the Run Leaders a hand, having a slow recovery run or doing a tempo run we massively encourage Striders to pop down on a Monday night, in the long run it helps the transition from RunTogether runner to Stilton Strider much easier when there are familiar faces. For anyone who doesn't know Run England is from January 1st being known as RunTogether, do check out the new site and even better send those friends and family to Melton Running club so we can help them on the great journey.

<https://runtogether.co.uk/>

Plenty of positive running resolutions for 2017 please! Time to smash those PBs, do your first fell race or ultra, complete all this year's league runs, chase that next club standard or lead a summer outrun-whatever your goal for 2017 is make it a good one, Happy New Year!

Rob

Race reports

As ever, 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/>

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 (as well as Rob's personal recommendations above) (<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 January - club run, Melton Sports Village (tail runner Rich), Route 2
5 January - structured session
9 January - New Couch to 5k sessions starting
11 January - club run, Melton Sports Village (tail runner TBC), Route 3
12 January - structured session
15 January – Derby Runner XC, Sinai Park
18 January - club run, Melton Sports Village (tail runner TBC), Route 4
18 January - alternative headtorch run - Curry Run - Cafe Mash (Burton on the Wolds)
19 January - structured session
25 January - club run, Melton Sports Village (tail runner Rich), Route 5
26 January - structured session
29 January - Derby Runner XC, Bagworth Heath

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

- **Sunday 26 February** – 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. New members joining between January and March pay the reduced fee of £20 for first claim membership – see <http://www.stiltonstriders.co.uk/membership/> for full details.

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 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 is now into its 4th year, led by Rob, Simon, Matt 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.