

# *Stilton Striders*

## **Newsletter – 5 February 2017**

### **Stilton 7 – Sunday 26<sup>th</sup> February**

As you are hopefully aware, our annual race takes place on Sunday 26<sup>th</sup> February from The Stute at Asfordby Hill. We have been working hard to finalise details and maximise the available runner numbers and should be making an announcement in the next few days as to precisely when entries will open. As with all LRRL winter league races, this is a closed race, for members of clubs that are affiliated to the league only, and for the first time this year will be pre-entry online only, so be quick!

We will email the entry details to our members and the league delegates of the other clubs in the LRRL as soon as available – we are expecting the entries to go live likely next weekend, but will confirm the time and link asap.

It would be great to see as many Striders out running on the day as possible so please do support if you can. For those who aren't running (or helpful friends and family) we still need a few more volunteers to offer support in order to complete our plans. There will also be a need for a few our racers to help set up and/or marshal car parking before and tidy up after. Please email us at the usual address if you can help.

### **LRRL**

As highlighted above, all the league races are now online entry only, as the league took the decision to introduce limits on numbers in order to ensure a safe and sustainable series of events for everyone. A few updates to the league rules have been announced and are here <http://lran.org.uk/lrrl-rules-and-scoring-2017>

The first summer league event, the West End 8 (an 8 mile road race on 7<sup>th</sup> May) has entries opening at 9pm on Tuesday 14<sup>th</sup> February at <https://www.entrycentral.com/westend8-2017>

As soon as we have dates for entries to the remaining races in the series we will email details to members.

### **Club kit**

Stocks of club kit have now been transferred to Melton Sports, ensuring that they are available to our members 6 days a week from the centre of town, and enabling card payment to be accepted. Prices remain the same, and Michael at the shop will be able to take pre-orders for any items that go out of stock. We have just ordered a new batch of hoodies and t-shirts so if there is anything that you require please let him know. Thanks go to both Michael, and to Mike who has done a great job with our kit over the last few years.

## **Keyworth Trail Run – 19<sup>th</sup> March**

The organisers of the Keyworth Trail Run on Sunday 19<sup>th</sup> March have contacted us to ask if anyone would be able to help on a drinks station during the race (which is the same day as the Ashby 20 and Stathern Duathlon, and the day after the Charnwood Marathon). The club has also been offered a free entry into the race – if you are interested then please let us know. Race details are at <http://www.keyworthtrailrun.co.uk>

## **AGM date – Weds 12<sup>th</sup> April**

A bit of advance warning – this year's club AGM will take place on Weds 12<sup>th</sup> April at 8.30pm, after the club run. As ever, this is the occasion where we meet and agree things like the club fees for the coming year, vote in the committee, discuss any key topics about the club's future and get updates on the club's finances and both the junior and senior sections of the club.

## **Coaching/Run Leading support**

Our coached sessions, both for juniors and seniors, can only take place due to the generosity of our volunteers giving up their time. The junior sessions (Tuesday and Thursday evenings) are both now operating a waiting list as taking any more runners without additional adult support would compromise the quality and safety. If you feel able to give an hour of your time (regularly or as occasional support) it would be hugely valuable and allow us to accept more keen kids.

Similarly, if you would like to help as a run leader or coach for our senior sessions, the club is keen to support with training. 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**

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>

## **Marathon research – a request from Loughborough Uni**

*I am currently completing my dissertation research project at Loughborough University on motivations for running marathons. I am contacting you to ask if you would mind passing on the link below to members of your running club to assist in my research. The link is an online survey which takes 5-10 minutes to complete, asking a range of questions about an*

*individual's marathon running experiences. To be included in the study participants need to be over 18 years old and have entered at least one marathon within the last 5 years.*

*Should you have any further questions please do not hesitate to contact me.  
Many Thanks for your help,  
Sarah Palmer*

*<https://lboro.onlinesurveys.ac.uk/motivations-for-running-marathons-survey>*

## **Race reports**

Congratulations to all the Striders who have represented the club in races in recent weeks. Special mention must go to Natalie Teece, who took 3<sup>rd</sup> place at the County Cross Country Championships, and also to a host of winners at the Leicester 5k winter series, including Vicki Lowe as series champion and regular success for other individuals and the ladies team.

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/event-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 (<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!

- 1 February - club run, Melton Sports Village (tail runner Ian), Route 2
- 1 February - alternative headtorch run - Old Dalby (Belvoir Brewery)
- 2 February - structured session, The Crescent (Vet Surgery)
- 8 February - club run, Melton Sports Village (tail runner TBC), Route 3
- 9 February - structured session
- 12 February - LRRL Kibworth 6
- 15 February - club run, Melton Sports Village (tail runner TBC), Route 4
- 16 February - structured session
- 22 February - club run, Melton Sports Village (tail runner TBC), Route 5
- 22 February - alternative headtorch run - Somerby (Stilton Cheese Inn)
- 23 February - structured session
- 26 February - LRRL Stilton 7 (details will be circulated via LRRL clubs shortly)

## **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](http://www.stiltonstriders.co.uk)
- Facebook.com/StiltonStriders
- 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 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 4<sup>th</sup> 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.