

# *Stilton Striders*

## **Newsletter – 5 March 2017**

### **Stilton 7 – thank you!**

Thank you from the club to everyone who contributed to last weekend's successful Stilton 7 winter league race. There was a significant amount of work involved in preparation for, and on the day of, the race and it all added up to a great morning. With 38 Striders running in the race, 25 'official' volunteers and many more helping out around the course and at HQ, we should all be proud of playing a part in it.

In case you missed it, the Melton Times report is at <http://www.meltontimes.co.uk/sport/stilton-7-eggleston-excels-as-county-lague-comes-to-melton-1-7843051> and there are results, 1600+ photos and a race video all at <http://www.stiltonstriders.co.uk/stilton-7/>

As it says in the Melton Times report, thanks also go to Holwell Sports and Social Club for use of The Stute, Holwell Works for provision of parking and The Grange for providing refreshments (including water for the runners).

### **LRRL**

The next race in the winter league takes place next Sunday, 12<sup>th</sup> March – the Markfield 10k. At the time of writing, less than 100 places remain -

<https://www.runbritain.com/entries/EnterRace.aspx?evid=7ab80fce5f70&erid=7bbc0bce5f71>

Entries for the Desford 5 (Sunday 26<sup>th</sup> March) open on Monday March 6<sup>th</sup> at 9pm via <http://www.runbritain.com/RaceDetail.aspx?eventid=7fb50cc05f61&raceid=7dbb09cb5e6c&returnlink=http://www.runbritain.com/races?keyword=desford&distance=&region=&county=&profile=&surface=&awards=&entrants=&page=1&pagesize=8&gender=0&onlineentry=0&responseType=html>

As mentioned previously, 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. League rules are here <http://lrn.org.uk/lrrl-rules-and-scoring-2017>

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

## **Annual General Meeting – Weds 12<sup>th</sup> April**

As previously announced, this year's AGM will take place on Weds 12<sup>th</sup> April in the Dance Studio (next to the Rugby Club bar at Melton Sports Village). We'll start at 8.30pm to give those doing the club run a chance to grab a shower and drink. This is a chance to have your say on how the club is organised, what it is doing and help shape plans for the future. An agenda will be emailed to members in advance. If you are interested in getting more involved in the club, either in an organisational or coaching capacity, or have a specific matter to raise, then please let us know – ideally in advance or just speak up on the night.

### *Message from the chairman:*

*As many of you are already aware, I will be stepping down from my role as chairman at the AGM, after three years in the position, and wanted to explain why and encourage other to consider how they can get involved. There are two main reasons for my decision:*

*Firstly, I believe that it is really healthy for the club to have a change of chair every few years as this can play a big part in helping to keep the club evolving, bringing in new ideas and points of view.*

*Secondly, from my personal perspective I need to step away from being at the centre of things for a while. I'd love to keep contributing and helping out with the club but need a break from being chair. From initially joining the club 12 years ago when we first moved to the area I have gradually got more and more involved – joining the committee, starting the club emails and social media accounts and more recently building the current website and keeping these all up to date. Becoming chairman through a period of growth has been great, but the added commitment in terms of time and responsibility is not sustainable for me at the moment.*

*I would be more than happy to sit down with anyone who may be interested in taking on aspects of the role over the next few weeks to talk about what is involved. The formal 'chair' role does not need to be overly time consuming in itself (being the focal point for enquiries from outside the club, as well as issues, opportunities and talking points from within – and working with the committee to respond in the long term interest of all the club's members). Much of the time that I spend is on things that could easily be divided between a number of people. Given the number of volunteers that we had recently at the race, as well as at parkrun and elsewhere, I'm confident that we should be able to do this pretty easily.*

*This really is an exceptional club, with the contributions of members adding up together to create something special. It has been great to see more and more people realise this and become a part of it. I look forward to seeing the club develop further over the next few years as part of a fantastic running community in Melton.*

*Cheers  
Rich*

## **35 years of Stilton Striders**

With the club having been formed in 1982, this year is its 35<sup>th</sup> anniversary and we have been talking about ideas for how this should be marked. Watch this space for more details soon!

## Club kit

Club kit is now stocked at Melton Sports, meaning that it is available to our members 6 days a week from the centre of town, and enabling card payment to be accepted. New stocks of hoodies and t-shirts are on order - if there is anything that you require please let Michael at the shop know.

## Captain's report

*Good morning/Evening all! And I'll start by welcoming all new and returning members to the club I hope you have an enjoyable and prosperous time running with us.*

*Won't be able to go far without mentioning the Stilton 7 LRRL, the club's flagship event, a very successful morning for all the right reasons. Very good day to be a member of the club with well over double the amount of runners we put out last year, many lending a hand or marshalling or scattered throughout the course with much appreciated support. These things take an awful lot of organizing and I'm sure feedback from the network will be unanimously positive, really looking forward to what Clive and Jon are going to do with the media they captured.[Now all up on the website]*

*There are still entries open at time of writing for the Markfield 10k on March 12<sup>th</sup>, again a mere £5.00 via the RunBritain website, let's keep up the excellent vibe!*

*Quite a band of us did 'the double' having ran the Belvoir Challenge the day before, again colossal Stilton turn out in what was certainly the hardest version of the course I'd ever done. Going to mention Alan Thompson as he isn't on social media who put in a superb performance in the 15 mile race hampered only by not having a stud on his footwear in very slippery and muddy conditions, really excellent going Alan since I saw you limping through Harby before the event!*

*So just entering March and impressive to see so many people thinking ahead to all kinds of events, races and challenges (I'll get people doing Macrocycles yet!). One lady I've been training with lately is the lovely Greeba Heard who has decided to do her first Marathon (Robin Hood) after losing a close friend, I'm delighted such an improving runner is taking this step and for such a good cause, if you would like to sponsor her then her page is here.*

*<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=GreebaHeard>*

*Very proud of the our club being the most represented club in Leicestershire in FRA events something I'm very keen to continue and hopefully get more debutants in the coming year. Last year no club, not even the likes of Dark Peak, Steel City, Totley ac were able to put out a 100% doing the whole series of the Accelerate Gritstone series. So 2017, why can't a club from Leicestershire do this? The challenge is there to you, there are ten Fell races, do them all and the club will honour you with a prize for your effort! Seriously good series, highly recommended, the 1<sup>st</sup> one is 'Wolfs Pit' on March 19<sup>th</sup>.*

*<http://www.gritstoneseries.co.uk/>*

*Huge thank you to all who answered the 'call to arms' to assisting with the Juniors, Di and Ian were overwhelmed with gratitude to people willing to give their time. If you missed this and wish to give a little back to our budding next generation, the club are looking for Stilton*

*volunteers to give an hour of their time for an hour Tuesday or Thursday. This certainly does not mean every week and hopefully we can put a rota on, if we could get every Strider to help one session as little as once a year it would make all the difference as the Junior Striders are currently at full capacity.*

*Juniors and seniors, nice local little race down at Frisby on the Wreake on the 1<sup>st</sup> April, a short tough and enjoyable challenge.*

*<https://frisbyfunrun.wordpress.com/>*

*Round the corner we have the Belvoir Half Marathon at Hose, we always get a ton of shirts there and it's on our doorstep so we'll have lots running and lots of support, great tune up for those doing VLM (Vicki, Michelle and Natalie look in very fine form!)*

*<http://www.hosevillage.org.uk/bhm.htm>*

*Got to say a `big cheers` also to the response for the Livingston Relays, I don't know if it's because the club is paying for entries (ha!) , should be a great day out, if you haven't seen this and like to join a team give myself or someone on the committee a holler*

*<http://www.livingstonrelays.co.uk/>*

*There is a `coached open water induction session` on May 18<sup>th</sup> at Whitwell, Rutland (thanks to Andy Nicholls for this), anyone interested in doing this Strider (Or non-Strider) should contact Andy or Wayne Hackett.*

*Finally(!) , great work done by Simon Bottrill keeping the Gmail events calendar up to date (And Rich with the website) if you wish to be added to the Striders events calendar do give Simon a ping. Well worth doing these days as the likes of Runners World certainly can't be relied on to find all the events going off. Plenty happening in the coming month event wise- Newton's Fraction Half Marathon, Charnwood Marathon, the last Derby runner XC at Bosworth field, Aldi Ashby 20, Markfield 10k LRRL, Keyworth trail run, Stathern Duathlon, Desford 6 LRRL, Edale skyline, Wolfs pit fell race, Silverstone half Marathon, Coventry half marathon amongst many others!*

*Enjoy your running, cheers!*

*Rob*

## **Racing**

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 (both the searchable table, and Simon's Gmail calendar) 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.

As we get into the full swing of spring races, all reports received will be up on the website (and those in newspaper report style received by a Tuesday morning can make it to the Melton Times).

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

## **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!

5 March - Derby Runner XC, Bosworth  
8 March - club run, Melton Sports Village (tail runner TBC), Route 3  
9 March - structured session  
12 March - LRRL Markfield 10k  
15 March - club run, Melton Sports Village (tail runner Helen), Route 4  
15 March - alternative headtorch run - Ab Kettleby (Sugar Loaf)  
16 March - structured session  
22 March - club run, Melton Sports Village (tail runner TBC), Route 5  
23 March - structured session  
26 March - LRRL Desford 5  
29 March - club run, Melton Sports Village (tail runner TBC), Lag Lane route  
30 March - structured session

## **New and returning members**

With more members signing up in recent weeks we have to start yet again by saying welcome to you all!

Please note that annual subs become due after the AGM on April 12<sup>th</sup>. 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 – 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**

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 RunTogether (formerly Run England) group is now into its 4<sup>th</sup> year, led by Rob, Simon, Matt, Kaye 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.

### **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>