



## Newsletter – September 4<sup>th</sup> 2017

Welcome to the September Newsletter. Looking back over the last month or so, the club is moving in an exciting direction and recording some fantastic results – those of which will be discussed in the Captain's Report later in this piece.

### Autumn/Winter Runs

As usual, our main club run each Wednesday through the darker months will take place at 7pm from KE7 Sports Centre. Similar to last year, we will also have optional runs in addition – headtorch runs (see below) and structured sessions – so you can alternate to get one of each every 3 weeks, or focus on a standard road loop every week if that's your thing.

The road runs will consist of a choice between a (roughly) 7 mile route around Melton or a shorter 5 mile route. Although these are not typically ran at a "social pace" (i.e. people can run at whatever their own pace is without stop-starting), we do ask that we all ensure that nobody is left on their own around town over the dark nights. We will each week have a run leader and a sweeper runner guiding a group round to do the 5 mile option at the pace of the slowest – if you would like to offer to do this one week, please let Katie Hateley know. Each week a few of us will meet in the Rugby Club bar after the run.

Headtorch runs -Similar to our summer outruns, these are sociable runs, done as a group -however, the darkness and winter weather means that slips and trips can't always be avoided. Whilst we highlight any serious dangers as best we can, these runs do attract a slightly more intrepid crowd. Simon and Andy are in the process of putting together the run schedule for the winter runs, and these will be able to be viewed on the website as soon as they are completed.

### LRRL Results

The John Fraser 10 was the final race in the League series this year, and results from this race can be found on the <http://lrn.org.uk/> website. Although we are awaiting the final team results (which will be released over the next fortnight), going in to JF10 our Vet Women were already crowned champions of Division 3, Senior Women were in a very strong position to get promoted to Division 1, Vet Men were not far off a promotion space to Division 1, and Senior Men were in 2<sup>nd</sup> place in Division 3. We are in a position to be promoted in every category – depending on the JF10 team results.

This year, the league are trialling a “Mixed” category to allow for the restricted entries to league races these days. Although this is purely experimental, and we do not yet know if it will be recognised, we are currently sitting in pole position in Division 2. An excellent year so far. Final results will be announced once compiled.

### **Run Leaders**

We are constantly on the look out for people to lead sessions and to be able to support with the coaching aspect of the club. As a committee, we have agreed to invest a large sum of money towards the development of our runners who wish to be run leaders. Upon completing the course, all we ask for is that you are available to support the club with either leading runs on a Wednesday night, supporting our coaches with either the juniors on a Tuesday/Thursday, or the seniors on a Thursday.

You will be skilled in leading warm-ups and cool-downs and directing runs, being able to explain the benefits and reasons behind various run activities/drills.

We will also happily invest in anyone wanting to do their coaching qualification (CIRF) – the difference between this and the Run Leaders is that coaches can advise people individually on their form, and can devise a personalised training schedule.

If you would like to do either role, then please speak to anyone on the committee who will be able to pass your details on.

### **New Runners**

Welcome to all our new members, and to those returning after a break. If you know anyone who may be interested in coming along, don't forget to let them know that, as in previous years, new runners are always welcome to come along for three weeks to try us out, before joining as a member if they would like to keep attending.

### **Race Reports**

It has been another busy months for Striders out racing over a huge range of distances and surfaces. All reports we have received can be found at

<http://www.stiltonstriders.co.uk/category/reports/2017-reports/> and the Strider Cup table is regularly updated at <http://www.stiltonstriders.co.uk/strider-cup-2017/>

If you have results or photos from events that you would like adding to the website, just let us know.

### **Captains Report**

Well we are now coming to the end of the summer season (that went quick) and the cross country season is looming. However we have seen some strong performances and distance running over the summer which will stand us in good stead for the winter running.

As we close on the season, and with the last league race taking place next Sunday, 3 September (John Fraser 10) , we do not want to focus on the results just yet and will wait until after that race to

announce some expected glory; its been a good year especially for the ladies team. Could do with a really strong turn out at this last race to secure out best positions. Well done to all that have taken part this year.

Would be great to get Strider's Teams out for the Derby Cross Country League. The locations have been announced for the 17/18 fixtures as follows:

22/10 - Bagworth Heath/Desford

12/11 - Markfield

26/11 - Holly Hayes Woods

10/12 - Bradgate Park

21/01 - Allestree Park

18/02 - Grace Dieu Manor School, Shepshed,

11/03 - TBC Hinckley.

All races are closed races, £3.00 per person. Courses are a mixture of woodlands, mud, flat, hills (up and down). Can have as many Striders as we want to enter these races with top counters counting towards the team prizes:

Teams are 8 men (including 2 vets); 4 Ladies (including 1 vet) and mixed 7 men (2 vets) and 3 ladies (1 vet).

There have been some great achievements over July and August - with Striders travelling far and wide.

A good contingent of Striders made the trip to Llanberis for the Snowdonia Trail Marathon and Half Marathon on 23rd July; big well done to all with some strong performances noted.

A particular mention to Clive Kent and Jenny Kent, Shane Sharkey and Ben Pickard and Laura Pickard for their awesome achievement completing four marathons/half marathons in four days - the Extreme North Quadrathon Challenge - be very proud and look forward to hearing all about it.

Also well done to Alan Thompson for his 10k time at the Caistor 10 k 40.22 and a 20th place overall.

Finally what an effort from Team Striders at the 3 Club Challenge, this is definitely what its all about; big turnouts and enjoyable evenings in lovely country side with our fellow local runners. 44 striders took part with a great effort by all; always next year to get that trophy back from Barrow.

Happy running everyone and good luck to those competing in the forthcoming marathons and half marathons including Nottingham, Leicester, Great North and Equinox. Looking forward to hearing about some great results.

Vicki and Darren.

### **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.

### **Other Points**

- Equinox 24 this month – now in its 5<sup>th</sup> year, we have had an ever growing number of participants in this local event over the years and have regularly performed highly (having won the team event twice – including being reigning champions, finishing 2<sup>nd</sup> once and setting the current record for number of laps completed). If you aren't running this year, it is definitely worth popping down to support (don't forget, supporters get Strider Cup Points too!!!)
- Michael Cooke is now taking orders for fluo Strider kit. This hi-vis version of our kit will ensure that we are keeping the club name out there and staying safe over the winter months.
- Massive congratulations and thanks go to Strider Helen Benzie who has volunteered at parkrun 100 times in 140 events!
- Happy 50<sup>th</sup> Birthday to Matt White – we're all thrilled to have him back running with us

### **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 seen significant growth over its first 3 years in Melton. Averaging over 150 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, Debs, Kaye and Matt 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.