



Newsletter

10th October 2017

Apologies for the lateness in this newsletter, but there were a couple of things happening at the start of October that were worth waiting for.

Winter running

With the autumn nights drawing in and the end of BST imminent, we are well under way with our Winter training schedule. Our weekly Wednesday runs comprise of up to 6 street-lit routes around Melton, starting at the Leisure Centre in Melton Sports Village (the old KE7 site as usual) and ending in the Rugby Club bar for some well-earned post-run rehydration with friends.

All the routes are on the website, and this year have been uploaded to the Stilton Striders Club on Strava (with thanks to Andy and Simon for doing this)!

Our Thursday night structured training sessions continue throughout the winter months. Under the watchful eye of coach Mark Stoneley and with the support of numerous Run Leaders from within the club, our runners are able to focus on their form, technique and speed as they undergo a series of drills, exercises and stretches that are all aimed at improving performance across the board. These have been meeting at the Crescent Veterinary clinic each week at 7pm, but please watch the Facebook page and website before attending as this is subject to change.

Additionally, we will have an optional headtorch run once a month. These will take place from a variety of different villages and will take routes across fields, streams, forests etc, lit only by the moon and beams from your own torches. These will be well advertised in advance so you know where they are each month.

Kit news

In accordance with club rules please make sure you are easily spotted by wearing highly visible clothing. On that note, Michael in Melton Sports has ordered some Reflective Striders kit that will be available from his shop on King Street for the same price as standard kit. The first batch are expected to be in stock from mid-October.

Last month there was a lot of feedback that men's shirts in particular were measuring short and exposing a bit more above the waist than what we usually find comfortable. This has been fed back to our suppliers and all future batches (including the reflective gear) should be made from a longer cut.

Congratulations

Can we all club together to say a massive congratulations to the newest married couple in the club, Tam and Steph Nicol!

Christmas Dinner and Rewards

The Xmas dinner this year is booked in for Friday 8th December at the Grange Garden Centre hosted once again by the fantastic Louise and John. Full details, pricing etc to follow shortly, but it is ALWAYS a fantastic night so well worth clearing your diary for.

Club Standards need to be claimed by the end of November. If you have run 3 qualifying times over 3 different distances then get in touch as you will be awarded a club standard memento. We already have people putting forward their claims so don't miss out.

Finally, with the London marathon sending out their "Sorry" magazines last week, don't forget that we will have two club entries for the spectacle next April. If you have been a member for over a year, have been rejected in the ballot and would like to be considered for the club place then please either email stiltonstriders@yahoo.co.uk or message Shane over the next few weeks. The lucky recipients of these places will be announced at the Xmas dinner.

First Aid Sessions

A massive thank you goes out to Katie Hateley who has delivered two first aid sessions to our growing team of Run Leaders. Hopefully these are skills that will never need to be used, but if ever anyone needs first aid, it is always best to have someone around who can administer it.

parkrun

Having finally persuaded Microsoft Word not to capitalise the p in parkrun, I can now tell you all about what is coming up over the next 8 weeks or so.

On December 2nd we are hosting a Stilton Striders takeover of parkrun. We have drawn a lot of new members from the event and it has provided a suitable bridging point between the beginners groups at MRC and our club. Club takeovers such as this are fantastic in raising local awareness of our club, and hopefully enticing some new members – especially as they get to see how many of their regular running partners are actually club members.

The plan is that Stilton Striders will completely take over the volunteer roster, doing everything from Run Directing and Timekeeping all the way down to Marshalling and Tail Walking. The roster is already filled with volunteers – including 7 pacers who will be running even paces between 19 and 30 minutes. A massive thank you to everyone who has already committed to this.

For everyone else, it would be great to see as many Striders running the course as possible in full kit to really show what a great community we are.

Finally, there is a confirmed start date for junior parkrun. Although we can't really advertise it as such (so the volunteers don't get overwhelmed on their first couple of weeks), it is coming in the not-to-distant future so watch this space.

Captains' Report

With holidays and injuries, we have unfortunately personally not been able to be present ourselves for races much this month. But what a great running month September has been. We have really enjoyed watching over all the achievements and in particular what can only be described as “super Saturday and Sunday” (23 and 24 September) Equinox Weekend and the Nottingham Half and Full Marathon.

Equinox weekend looked awesome – this has got to be yet another example of what strider running is all about, having fun in the great company of other club members and runners, with camp fires, buntings and such lovely scenery. A particular well done to 3rd place large team (10th overall), captained by Simon Bottrill; Team: John Houghton, Simon Bottrill, Jon Wilson, Michael Atton, Katie Hateley, Clive Kent, Greg Pettingill - just brilliant all. Also the Solo Runners (10 k laps); Richard Gray (11 laps), Matt Gayton (11 Laps), Shane Sharkey (8 Laps), Brian Walkling (8 laps), Ben Pickard (8 Laps), Laura Pickard (7 laps), Dan Moulton (5 laps) and Marie Gray. The solo runners totalled over 570 miles between them. This is fantastic and cannot comprehend running this far. We hope you are all recovering well. I (Vicki) fancy giving this a go next year (we will see) as everyone was buzzing from the experience.

On the Sunday there was some great running in the Nottingham Half and Full Marathon. The sole strider in the marathon was Greeba Heard in her debut marathon and who we have all watched tirelessly while she has trained so well. Greeba completed the distance in a fantastic 4.03 (2nd place in her age category). In the half there were some fantastic times. Luke Eggleston who has been struggling with injury achieved an awesome 1.26. Alan Thompson was “just off his personal target” but nonetheless achieved a PB - 1.31 (very hard on himself). Natalie Teece was 4th in her age category and in a brilliant time of 1.28. David Hall also finished fourth in his age category. And congratulations to Ross Jackson in his first half marathon crossing the line in 2.01 (plenty more on the way for young Ross).

The Rutland Marathon was held on 17th September and another great top podium spot for Natalie Teece in the half marathon. Well done to both Celia Bown and Helen Metcalf in the full marathon who were apparently full of energy at the end high on caffeine gels.

Katie Hateley was again racking up the silverware at the Brecon Beacons 10 Peaks in early September and a first win for this unbelievable lady running over 56 miles and 15000 ft total ascent in wind, rain and muddy ground – a massive congratulations. Looking forward to hearing what comes next for Katie.

I understand that a fantastic weekend away was held in Scotland where John Houghton, Dan Valencia, Michael Atton and Katie Hateley completed the Glencoe Marathon; well done to all.

On the 6 October 2017 a group of striders attended the Leicestershire Road Running League presentation and it was a great night celebrating all our achievements in the 2017 summer and winter road running league. A number of trophies were received on the night including individual summer awards for Natalie Teece, Julie Bass and myself (Vicki Lowe). The team achievements have been down to all who have competed as a team effort. Every point has counted towards our position. This is a competitive league and we should all be very proud. We look forward to running in our higher divisions in 2018 with promotions for vets ladies, mens and ladies teams. Trophies will be awarded for top 6 ladies counters, top 8 men’s counters, and 3 vet lady counters at our Striders presentation night later in the year.

Anyway, looking forward now to the cross country season. It would be great to get the club tent out and strider flag flying at the Derby Runner Events. All dates are on the website and if you need to

know any more about these races just let us know. They really are great fun; plenty of mud will be seen and they are for all abilities and team members. The more striders we can field the merrier and I am sure we could do very well if we field the numbers.

Now the darker nights are with us Wednesday evening club nights have returned back to base at MSV. We have 2 routes on Wednesdays, a long route and a short route. All routes are on the website and Strava (strider club section) with updates on the Facebook page. As you may know Katie has organised a rota for tail and lead runners for the shorter routes. This is designed to make sure no-one gets lost and no-one is left behind and to help the newer runners gain experience and confidence. Should any other members wish to volunteer just let Katie know as more help is always welcome. Every 1st Wednesday of the month there is an option of a head torch run , again with a lead runner so everyone gets around safely.

Enjoy your running everyone.

Vicki and Darren