



NEWSLETTER – February 2018

If you have anything you'd like covered in future issues, or any content to provide, please send to stiltonstriders@yahoo.co.uk.

Stilton 7

We are pleased with the success of the Stilton 7 held last Sunday (25 February 2018). With a lot of planning and organising from the race team all went really well on the day. A big thank you to all those that volunteered, marshalled and helped on the day to enable this race to take place. We had a fantastic presence with 30 Striders running the race who were greeted with a cold headwind on Welby Road and up towards Asfordby Hill. The race was won by James Teagle, an international standard triathlete running for Leicester Tri Club in a stunning (36:02), and was over 2 minutes in front of the 2nd place runner. 457 runners took part in the race which was the first round of the Leicestershire Road Running League.

First back for the Striders in his first road race for Stilton was Niall Rennie in 19th place in (42:02), followed by Jason Barton in 23rd in (42:25). Natalie Teece was 3rd lady and 45th overall in (44:24). Others running: Alan Thompson (46:32), Richard Coombs (48:23), Darren Glover (49:37), Ian Drage (49:41), Iain Howe (49:45), Michael Cooke (51:11), Simon Mower (52:16), Michelle Farlow (52:47), Julie Bass (53:49), Richard Gray (53:54), Greeba Heard (54:15), Dan Howley (55:20), Ross Jackson (57:03), David Hall (57:50), Jacqui Riley (1:00), Rebecca Forester (1:02), Mel Willatt (1:02), Ray Walker (1:02), making her debut Poppy Marriott (1:02), Vanessa Walker (1:03), Colin Miles (1:03), Alison Wilson (1:04), Rachael Heggs (1:04), Marie Kennedy (1:04), Lynda Harris (1:04), Kathy Walsh (1:07) and Jenny Kent (1:11).

Annual General Meeting – 11th April

Your club, your say!

The AGM for Stilton Striders will take place on Weds 11th April at 8:30pm in the Dance Studio at MSV.

All members are invited to come along and share their opinions on important matters such as electing committee members, approving membership fees and reviewing the club's finances.

If you think there is anything else that should be discussed at the AGM, please let Shane or Andy know **by 31st March** and we can add it to the agenda. There is the opportunity to raise Any Other Business on the night but it is better if everyone is forewarned and has a chance to investigate any issues or come up with ideas beforehand.

Club officers

During the year, Ian Mason stepped down from his committee role after a number of years of service - thank you Ian. At the AGM, 2 other long-standing committee members will be stepping down too - Theresa Coltman (Treasurer) and Ian Johnson.

Ian J will continue his involvement with the Juniors but will want someone to take over his role as LRRL representative at some point soon.

I'm sure Theresa will share with us all her globe-trotting plans for the future at the AGM! Theresa and Ian will be sorely missed.

This leaves 1 key role (Treasurer) vacant and we would also welcome anyone else onto committee that is interested in helping the club to function properly. John Houghton has expressed an interest in taking on the Treasurer role. At the time of writing, all other committee members are willing to continue in their roles.

If anyone is keen to stand as Treasurer or any other of the roles (Chair, Secretary) or as a general committee member, please let Shane or Andy know **by 31st March**. If you want to know more about what the different roles entail, please ask. Of course, only current fully paid-up club members can stand for election.

Outside of the committee, Clive Kent and Mark Ashmore have stepped down from helping with the club's website and Kristy Nicholls has started to take this on.

To contact Shane or Andy, please email stiltonstriders@yahoo.co.uk.

Livingston Relays Sunday 29th April 2018

As in previous years, Striders will be entering as many teams as possible in the Livingston Relays. These are held in Braunstone Park, Leicester and involve teams made up as follows:

Men's team 4 x 3 miles

Ladies team 3 x 3 miles

Vets teams (as above)

If you are interested and would like to run, please message or e-mail our respective club captains Vicki Lowe (Lowe740@btinternet.com) for the ladies and Darren Glover (dglover3@sky.com) for the men **before 11th March** and they will put together the teams.

Captain's Report – February 2018

Simon has posted that in just two months' time it will be light enough on a Wednesday Club night for us to leave the streets and head out to the surrounding countryside – can't wait for some light nights and to get rid of this bad weather which has forced a number of races to be cancelled this month. The summer outturns will replace club runs (from the first week in May).

There have still been a number of races during February. A big well done to Alison Wilson for her P.B at the Great Bentley half marathon on the 4th February – (2:04).

**A reminder in 2018 Darren and Vicki would like to record all PBs separately. If you achieve a PB please let Darren or Vicki know: Lowe740@btinternet.com or dglover3@sky.com **

Nat Teece is continuing to prove that her London Marathon Training is going well. Nat came 2nd lady at the Stamford 30K – (2:06:53), running it at an average pace of 6:48 pace per mile which was some going on this course and in the cold and windy conditions. Also congratulations to Nat who is the winner of the Melton Times Sportswoman of the year award 2018 – Striders are all very proud of you on your achievements.

Also running in the Stamford 30K was Matt Gayton in 82nd place (2:11:49) and David Hall who finished a fantastic 2nd in his age category (2:49:02).

Three Striders braved the Naseby 1645 race in Northampton on the 18th February. This is a brand-new event on a 16.45 mile road course and I understand was a great scenic route although challenging. Greeba Heard, who is running really strongly, ran with Jon Wilson both getting around in a fantastic (2:15), followed by Sarah Lawrence (2:37:08).

The rescheduled Turkey Trot took place on the same day. Michael Atton led the Striders at this familiar local race in (1:33:10) and was 88th out of a field of 700, closely followed by Jon Wilson (1:41:06), Michael Cooke, (1:44:14). Lou Houghton (running strongly) was 1st Strider lady (1:43:32) and Greeba Heard also had a great run (1:45:48). Others running were: Sharon Eshelby (1:51:28), Nick Pryke (1:53:53), Jacqui Riley (2:00:20), Debs Wilson (2:04:56), Kaye Mead (2:22:02) and Celia Bown (2:34:37).

Meanwhile, Striders duo Alan Thompson and Sarah Lawrence ran the first Prestwold Hall (inaugural Leicestershire Half Marathon) and received a great medal. In a large field of 1,200 Alan Thompson was 93rd in (1:35:34) despite struggling with a calf niggle, while Sarah clocked (1:51:26).

Given it was such a cold day not many Striders braved the Derby Runner Cross Country Race at Grace Dieu. Well done to Celia Bown, Matt White and Niall Rennie. Niall was in 6th place at one point until a little technical issue forced him back to 20th place. Richard Bateman also ran but unfortunately took a fall; hope you are recovering well Richard. The last Derby Runner Cross Country Race is on 11th March at Market Bosworth with further details to follow. It would be great to get full teams out for the last race.

As always many Striders took part in this year's Belvoir Challenge 15 and 26 mile races. We are so lucky to have this great countryside on our doorstep and we all love this race and the home-made cakes, jelly babies and drinks and I understand this year there was Stilton Cheese available en route! In the 26 mile race well done to Katie Hateley, 5th female

(4:20), closely followed by Vicki Stones-Hurrell (4:27) and also great running by Helen Plant (5:52). Other men running were: Michael Atton (3:49), Simon Bottrill (4:29), John Houghton (4:38), Richard Gray (5:16), Brian Walkling and Tam Nicol running together (5:53).

It was again young Strider Niall Rennie who led the way for Stilton in the 15 mile route in a fantastic (1:52:09) and a 9th overall position, followed by Clive Kent (2:23), Jon Wilson (2:43), Greeba Heard (2:43), Sharon Eshelby (2:52), Lou Houghton (2:53), Ben Pickard (2:59), Nick Pryke (3:04), Dan Howley (3:16), Sarah Lawrence (3:16), Rebecca Forrester (3:16), Emma Hope (3:32), Kaye Mead (3:35), Helen Benzie (3:50), Celia Bown (3:58), Elaine Bottrill (5.49) and Jenny Kent (5:59). What a turnout! – let me know if we have missed anyone as results are not split into Striders.

We are very proud again of the success of the Stilton 7 Race well done to everyone involved with great effort by our runners and volunteers and a big thank you to the Stilton organisers for all the hard work in putting the race on. There were some overwhelmingly positive comments received from Leicestershire Runners, particularly loved the comment re “the smiley and encouraging marshalls”.

Happy March Running Darren Glover and Vicki Lowe (Club Captains).

Juniors Facebook page

Abi Arnott has set-up a new closed group on Facebook for the parents of junior Striders to give them updates on training sessions, races and other activities. This will be particularly useful in case of training sessions being cancelled due to bad weather or if the coaches can't be there. If you are a parent of a junior Strider, please ask to join “Stilton Striders Juniors Page”.

Welcome to new Runners

Welcome to our new members Tom Boden, Richard Marriott, Paul Merrison and Simon Richardson.

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 sessions to try us out, before joining as a member if they would like to keep attending.

More information

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](https://www.facebook.com/StiltonStriders)

You can also email Shane at stiltonstriders@yahoo.co.uk or speak to any of the other committee members (Andy, Theresa, Di, Ian J, John, Abi, Simon, Vicki, Darren, Katie, Dan and Matt).

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, which can be joined in with at no cost to yourselves. 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, Helen, Brian 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.

junior parkrun Melton Mowbray – the shorter version for our junior members, Sundays at 9am again at the Country Park for ages 4 to 14 plus adults as volunteers, starts on the football fields.

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. It's really easy, and no cost to you:

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