



NEWSLETTER – January 2018

New Year, New Logo – what do you think?

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

Stilton 7 – Update 25th February 2018

On the 25th February 2018 Stilton Striders will host their race in the LRRL calendar "The Stilton 7". As a club we are very proud of this event and especially with a number of clubs removing their races from the Winter League. Plans are going well to make this run a success. Thanks to those that have volunteered to help and well done to those that have entered as it looks like we will have teams in all categories.

Anyone else wishing to volunteer or if you think you may be able to talk family members, friends etc. into helping out, please let Andy know at andy_nicholls2003@yahoo.co.uk.

Race Reports

Please send all race reports to stiltonstriders@yahoo.co.uk and copy in Darren Glover dglover3@sky.com in order for the report to be submitted to the Melton Times. All members are encouraged to write a race report as soon as possible after the event. Jenny Kent is coordinating the Strider Cup 2018. Details on the Strider Cup and how to get points by racing for the club, volunteering or organising a race can be found on the Striders Website: <http://www.stiltonstriders.co.uk/strider-cup/>. Need to remember to wear club kit and for someone to submit a report for the race to score.

Just a reminder when entering races online to select Stilton Striders as your club as this will help the reporter to ensure that names are not missed when writing the race report.

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.

Captain's Report – January 2018

Christmas seems ages away now but we have all looked forward to the New Year to bring us new running challenges. It is great to see so many Striders training hard for their spring marathons and the Belvoir Challenge. The real fun is always preparing for the event and seeing yourself improve. The "Eager Belvoirs" look like they have all trained well in their Sunday off road sessions. Personally my year (Vicki) has started with injuries trying to do too much too soon "note to self take marathon training gradually and listen to your body and rest if you do have a niggle". It does remind you though why we run - it's not all about chasing PBs - it's getting out there and enjoying our running.

Rotherby Lodge Farm hosted the County Cross Country Championships early in January. It was an extremely challenging course. Well done to the master's ladies who fielded a full team and came a credible 5th out of 11 teams. Race of the day though was from Natalie Teece who came back with another County Bronze medal. Other ladies running were Vicki Lowe, Sharon Eshelby and Lou Houghton. Alan Thompson led the Stilton men in the 10K race finishing in 20th place and was followed by Paul Geeson, and Iain Howe. A number of our juniors ran too with some great performances.

A few Striders travelled to Leicester for the 3rd round of the 5K series in early Jan. Luke Egglestone was 4th place in an excellent (18:18) Natalie Teece was first lady finisher in a great time (was it a PB?) (19:18). Next was Matt Gayton 7th (20:28), and Liz Goodbourn 1st V50 lady (24:55). This is a great series for those that can make the effort to travel to Leicester in the week, there is wine to be won!

*The turnout for the Derby Runner Cross County Race 4 at Allestree Park on 21 January was a bit disappointing and we did not make full teams this time but it was an icy morning and this race is some distance away. Well done to those that ran – Alan Thompson, Ian Drage, Andy Nicholls, Tam Nicol and Steph Nicol. *Date for the diary* - the final two races in the series are 18th February at Grace Dieu and 11th March at Hinckley.*

Last week a few Striders took part in the Lakelands Brass Monkey 10K (a single lap of Rockingham race track). Particularly well done to Helen Benzie breaking the 10K hour (59:27), and Nigel Mee in his first race for Striders. A great time for Alan Thompson too – 18th position (40:05).

Have to mention our new member Niall Rennie. Niall achieved an awesome parkrun of 17:34 on the 13th January 2018 at Melton and that wasn't his PB! The men welcome you to the team Niall.

Huge congratulations to those members who attempted Run Every Day (R.E.D.) in January – raising money for mental health charity MIND – Helen Benzie, Nigel Mee, Marie Kennedy, Jacqui Riley, Kristy Nicholls, Kathy Walsh and no doubt a few others too.

*The highlight of the month has to be John Skevington's structured session. John Skevington is a very experienced coach from the Leicestershire Athletics Network and we were lucky to have the opportunity for him to train us. Well done to the many Striders that joined in the first of three of these structured sessions with drills. Mark Stoneley will say "now to practice these more" - the B-Skips, A-skips and lunges - and watch the improvement in your performance. *save the date -8th February, 8th March for the remaining sessions * Remember Striders technical sessions led by our own fabulous coach Mark Stoneley take place each Thursday at 7 pm where these drills and more are revisited. Watch the Facebook page for location. I*

have to say Clive Kent you have these drills off perfectly - I was very impressed when I came along the other Thursday (Vicki).

Good luck with the training everyone; light nights will soon be here

Vicki and Darren (Club Captains).

Welcome to New Runners

Welcome to our new members: Richard Bateman, Simon Mower, Paul Jacobs, Nigel Mee, Vick Stones-Hurrell, John Robinson, Niall Rennie and Lora Holmes.

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

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)
- [Twitter.com/StiltonStriders](https://twitter.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, 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:

Friday night social runs – a new initiative led by Clive Kent and an official Striders evening. This is a shorter route at chatting pace from MSV at 7pm each week. A great way to end the week and hopefully act as a bridge for new and prospective members into the club.

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.

Melton Running Club – the RunTogether group 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.

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>