

# *Stilton Striders*

## **Newsletter – November/December 2017**

Our final newsletter of 2017. If you have anything you'd like covered in future issues, or any content to provide, please send to [stiltonstriders@yahoo.co.uk](mailto:stiltonstriders@yahoo.co.uk) by the end of the month.

### **Presentation and Awards Night – 8 December 2017**

The annual presentation night was a fabulous night celebrating the many achievements of our club in 2017. A very big thank you to: John and Lou Houghton for hosting the event with as always great food, Shane for compering, “The Sliders” the club’s resident band. It was their first gig and we all loved it with some “rockin” tunes to dance to. Also to Simon for collating the many favourite photos.

#### **Congratulations to all the award winners:**

Male runner of the year – Clive Kent  
Female runner of the year - Natalie Teece  
Male vet runner of the year – Jon Wilson  
Lady vet runner of the year – joint Julie Bass and Katie Hateley  
Male most improved runner – Alan Thompson  
Female most improved runner – Sharon Eshelby  
Club Person of the year (voted by the members) – Mark Stoneley  
Strider Cup Winner – Vicki Lowe  
Handicap Race Winner – Alison Wilson  
Virgin London Marathon Place – Andy Nicholls

#### **Certificates were awarded to:**

Competed 100% LRRL winter races – Darren Glover, Natalie Teece, Liz Goodbourn, Mel Willatt  
Competed 100% Winter and Summer LRRL Races – Vicki Lowe, Julie Bass and Michelle Farlow  
Best dressed Strider – Daniel Moulton  
Best injury – Iain Howe at the 100 lap challenge  
100% Accelerate Gritstone Series – John Houghton  
First Ultras: Laura Pickard (Equinox), Brian Walkling (Equinox), Matt Gayton (Equinox), Abi Arnott (Dukeries), Helen Widdowson (Dukeries), Ben Pickard (Millenium Way), Shane Sharkey (Millenium Way), Sarah Lawrence (Suffolk coastal), Celia Bown (Suffolk coastal)

#### **LRRL Awards:**

Promotion for Men and Ladies Teams:

This was a team effort and every point counts. 26 Strider ladies competed over the summer and winter, all contributing to our success.

Ladies 2<sup>nd</sup> in Division –now promoted to Division 1.

Six highest scoring ladies – Natalie Teece, Julie Bass, Michelle Farlow, Vicki Lowe and Vanessa Walker, Sharon Eshelby.

Vet Ladies crowned champions of Division 3 and promoted to Division 2.

Three highest scoring ladies – Julie Bass, Vicki Lowe, Vanessa Walker

Individual successes in the Summer League:

Natalie Teece Senior Ladies 3<sup>rd</sup>

Vicki Lowe Vet 45 3<sup>rd</sup>

Julie Bass Vet 55 2<sup>nd</sup>

Senior Men Division 3 runner's up and promoted to Division 2.

Eight highest scoring men – Darren Glover, Alan Thompson, Ian Drage, Ray Walker, Nick Brown, Harris Millar, Luke Eggleston, Matt Gayton.

The men's vets just missed out on promotion.

### **Club Standards were awarded to:**

Julie Bass – Gold and Diamond (County)

Nat Teece – Gold

Alan Thompson – Gold

David Hamdoff – Gold

Jon Wilson – Silver

Andy Nicholls – Silver

Liz Goodbourn – Silver

Tam Nicol - Silver

Sharon Eshelby – Bronze

Christie Jones – Copper

### **Stilton 7 – Update and \*SAVE THE DATE\***

On the 25<sup>th</sup> 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 we feel it is really important to come together to make this run a success.

Firstly, we need to make sure we have teams in all categories so it will be important to enter as soon as the entries open (don't forget it sold out in an hour last time). It will be communicated to everyone when it is going to open for entries so hopefully we can get as many Striders racing as possible.

As well as getting loads of club shirts around the course, we will also need a number of volunteers. These do not need to be Striders, so if you want to race and think you may be able to talk family members, friends etc. to help out please let Andy know at [andy\\_nicholls2003@yahoo.co.uk](mailto:andy_nicholls2003@yahoo.co.uk).

### **Race Reports**

Please send all race reports to [stiltonstriders@yahoo.co.uk](mailto:stiltonstriders@yahoo.co.uk) and copy in Darren Glover [dgllover3@sky.com](mailto:dgllover3@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. A big thank you to Jenny and Clive Kent for coordinating the race reports and the Strider Cup 2017 (this could not have been an easy job). Well done to all who managed to score points. 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](mailto:Lowe740@btinternet.com) or [dglover3@sky.com](mailto:dglover3@sky.com).

## **Captain's Report – November and December**

*November seems a long way off now. Luke Eggleston was in top form at the Derby 10. Luke finished in an excellent 12<sup>th</sup> place in a 10 mile personal best time of 1 hour 45 Seconds. On the same day a small group of Striders competed in the annual Shepshed 7 race. We were pleased to see Helen Widdowson out racing and coming home first lady for Stilton Striders in 51 min, 21 seconds and was 13<sup>th</sup> lady in a field of more than 200 ladies.*

*The Seagrave Wolds Challenge (11 November 2017) is always a Strider November favourite and it was great to see 18 Striders on the 16 mile off road course and enjoying the well-earned soup and crumble at the end.*

*A number of striders "did the double" that weekend (John Houghton, Vicki Lowe, Lou Houghton, Katie Hateley, Alan Thompson, Nick Pryke) competing in Seagrave and the Prestwold XC – the Derby Runner Race 2 the day after. It was pleasing to see full teams out again for the Derby Runner. There were some fantastic performances and was great to see Kathy Walsh in her first XC race declaring "she loved it".*

*On the same weekend Julie Bass took part in the Robin Hood Trail Marathon 10K at Sherwood Pines and in true Julie style came back with the 2<sup>nd</sup> Vet Lady trophy and finished 5<sup>th</sup> Lady overall. A great run in 46.48. This month Julie also took part in the Skegness 10K on a bitterly cold day and came 1st V50 and 9<sup>th</sup> lady overall.*

*Sherwood Pines was also the venue for the Robin Hood Off Road Duathlon on 4<sup>th</sup> November 2017 and Matt Taylor and Andy Nicholls took part. There is a great write up of the event on the Striders reports page. This was a close match on the run section with Matt Taylor achieving 21:21 just about 30 seconds behind Andy, not so close on the bike leg with Matt miles ahead!*

*The Dalby Dollop 4 mile cross country took place on 27 November; Natalie Teece was one of the organisers. Congratulations to Andy who was the first male to cross the line.*

*With the weather creating havoc to our racing in December missing out on the Turkey Trot and Derby Runner at Bradgate, there is not too much to report.*

*7 Striders took part in the new Christmas Half and 5k at the National Water Sports Centre in Notts. A bit of a dizzy course (4 laps for the half).*

*December saw the 2nd round of the Leicester 5k, a 2 lap 5k race around Victoria park, held on a week day evening, a fairly low key event which you can enter on the day, good to see Jason Barton keeping his speed up with a quick 17min 18 for 3rd place with Luke showing great consistency in 6th with 18.04, and with Ross Jackson in 27th in 23.17 the lads were just beaten to the team prize on the night by a strong Hermitage Harriers team.*

*As we come to the end of the year we are very proud of what we have all achieved as a club here are a few club team highlights:*

- *The success of "The Stilton 7" – particular thank you to Richard Gray and team of race organisers.*
- *Livingston Relays in April. A great turnout with 10 Strider teams. Vet ladies came 2<sup>nd</sup>: Julie, Vicki and Liz. This race is hugely competitive and Striders were definitely out there.*
- *Record Striders turnouts at the Rainbows Challenge (Striders won!)*
- *Three Club Challenge in the summer, great strider turnout.*

- *Promotions all round in the Leicestershire Road running league and individual successes.*
- *The first time in many years that we have had full teams in the Derby Runner XC league for men's and ladies' teams.*
- *Equinox – A number of Striders taking part in large teams, small teams, pairs and solo.*
- *Handicap Race 2017 – well done to the winner Alison Wilson.*
- *A great series of summer out runs – thanks to Simon Bottrill for all the run planning and everyone that organised /hosted a run.*
- *Strider Coaching Structured Sessions – Mark Stoneley and his team of leaders; Clive Kent, Celia Bown, Matt White, Simon Bottrill. These sessions are just quality and all your time and support is appreciated by all.*

*There have been too many individual successes to mention but here are a few provided by members:*

- *Andy Nicholls – Bedford Half. Andy had not got close to his half PB of 1:37:58 for 6 years, thought he would never beat it and then absolutely smashed it with a 1:33:58 and in his home town.*
- *Kirsty Black – great to have Kirsty back running with us after having her boys and doing brilliant in the London Marathon .*
- *Sharon Eshelby – FB reads “Receiving the award for most improved female has boosted my confidence as a runner. Joining Striders in January was the best decision I made and I have loved getting to know all you lovely people and running with the most of you. I even eventually stopped moaning at the XC in the summer and started to enjoy it...”.*
- *Darren Glover and Vicki Lowe – proud to be voted in as Captains and of the success of the teams particularly in the LRRL.*
- *Alan Thompson – Competing in the Hungarton 7 league race on a balmy summer evening in July and rounding that last bend in front of all those people watching outside the Black Boy pub and finishing with a “swagger” instead of a “stagger”. A magical evening and remains an enduring memory of the summer. Key achievement was completing a first full marathon and breaking 40 minutes for a 10K.*
- *Greeba Heard – competed in her first marathon – Robin Hood.*
- *Liz Goodbourn and Michelle Farlow – achieved London “Good For Age” places.*
- *Natalie Teece – “Newton Fraction Half **Winning Lady** and competing in Norfolk Marathon in horrendous weather”. Vicki added: “Nat has had an unbelievable running year and it hasn't come without hard work and dedication in training as you often see Nat up early in the morning before work to get in a training run or pushing the buggy with her little girl. She is an inspiration to all working running mums. An awesome PB at the London Marathon in 3:07 (139<sup>th</sup> lady) and securing herself another place on the championship section in 2018. An outstanding Leicester half; 3<sup>rd</sup> lady and 3<sup>rd</sup> county spot.*

- *Julie Bass – Vicki added “Great to see Julie back after 20 years. Julie is super strong at short distances and has consistently been in the top vet spots in all of her many road races. Win in the Great Northern Run earlier in the year, and 1<sup>st</sup> v50 award at Skegness recently. Her times are exceptional achieving, diamond county standard”.*
- *Katie Hateley – Vicki added “Awesome off road and a super strong endurance athlete. Consistently in top vet ladies on the fells. Great achievement competing in the 61 miles Fellsman challenge (alongside fellow strider Clive Kent). Lady winner at the Breacon Beakon 56 mile and 2<sup>nd</sup> vet in the Gritstone Fell Series”.*
- *Clive Kent - One of his fondest achievements is his work in leading and seeing the progress that brings other Striders. His biggest running achievement was competing in the Fellsman with Katie - 61 miles of mixed terrain.*
- *Jon Wilson – Darren added “a 1:37 PB in the vale of York half marathon in September, then in October a big PB of 3:35 in the York marathon”.*
- *The Quadrathon Ireland Team – Well done Clive Kent, Jenny Kent, Laura Pickard, Ben Pickard and Shane Sharkey*
- *Helen Benzie – hit a milestone of volunteering at parkrun 100 times.*
- *Richard Gray – South Downs way 100 miles and for raising money for Mind.*

*Well done to all Striders this year and looking forward to another successful running year for Stilton Striders in 2018.*

**\*Quick Reminder\*:** *To enter the Leicestershire County Cross Country before 2<sup>nd</sup> January. This is being held on Saturday 6<sup>th</sup> January at Rotherby (also site of the Frisby Fun Run) and it would be great to get a full Strider turnout for the teams. Enter via Event Entry: <https://www.evententry.co.uk/epreqev?uqid=7wMatDFnkWEwnJG>*

*Vicki and Darren (Club Captains)*

## **Club Run Coaching Sessions**

Another “save the date”: Shane has secured us, via England Athletics, 3 special training sessions with the fabulous John Skevington. More information to follow once the venue has been confirmed but these will be on the following dates: 11<sup>th</sup> January, 8<sup>th</sup> February, 8<sup>th</sup> March (all Thursdays)

## **Welcome to New Runners**

Welcome to our new member Paul Desborough.

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.

## **Happy Christmas and New Year to all Stilton Striders**

There’s no official club run on Wednesday 27<sup>th</sup> December and Melton Sports Village will be closed, but if any Striders fancy a run that night, post on Facebook and see who’s around. Otherwise, we start back again on Weds 3<sup>rd</sup> January - see you all then!

## **More information**

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 and StiltonStriders XC
- Twitter.com/StiltonStriders

You can also email Shane at [stiltonstriders@yahoo.co.uk](mailto:stiltonstriders@yahoo.co.uk) or speak to any of the other committee members (Andy, Theresa, Di, Ian M, 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:

*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 (formerly Run England) 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>