



NEWSLETTER – March/April 2018

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

Outruns

At last, Summer outruns commence on Wednesday 2nd May starting from the Grange and hosted by John and Lou.

Now we have lighter evenings, our usual Wednesday run moves from Melton to the villages in the surrounding area. The usual routine is to meet outside a village pub, run for an hour over the local footpaths and then most runners stay for a drink afterwards.

These runs are sociable and run as a group, regularly stopping at stiles, junctions, etc to keep everyone together. So that everyone gets a good, enjoyable run we will usually split into two groups, allowing those who want to stretch their legs and go a little further and/or faster to do so. As with all our runs, they are led by our members, so if you have a suitable route to suggest for the future, let us know.

We do also have a few special runs that form part of our summer programme – the “No watch” race and club handicap are always fun evenings, as is the 3 Club Challenge that we hold with Barrow and Wreake. This year it is our turn to host.

The Wednesday night club schedule is as follows:

May

2nd – The Grange (hosted by John and Lou)

9th - Frisby – “The Blue Bell” (hosted by Dan and Simon)

16th – Hose – “The Rose and Crown” (hosted by Rich and Lou)

23rd – Twyford – “The Saddle Inn” (hosted by Mick and Paul)

30th – Scalford – “The Kings Arms” (hosted by Andy & Matt)

June

- 6th – Out and Back Run – From Base, Melton Sports Village
- 13th – Plungar – “The Anchor” (hosted by Steven and Simon)
- 20th – Handicap Race – Venue TBC (hosted by Shane)
- 27th – Grimston – “The Black Horse” - (hosted by Celia +?)

July

- 4th – Gaddesby – “The Cheney Arms” (hosted by Clive and Jenny)
- 11th – Out and Back Run – Melton Sports Village
- 18th – Old Dalby – “The Crown Inn” (hosted by Katie and Mick)
- 25th – Knossington – “The Fox and Hounds” (hosted by Helen and Mark TBC)

August

- 1st – Market Overton – “The Black Bull” (hosted by Nick and Celina).
- 8th – No Watch Race – Venue TBC
- 15th – Out and Back Run – Melton Sports Village
- 22nd – Three Club Challenge – details to follow
- 29th – Somerby – “The Stilton Cheese” (hosted by Simon and Dan)

September

- 5th – Cake Run – “The Wheel” (hosted by Dan).

Annual General Meeting – 11th April

A few points to note from the AGM:

London marathon - anyone running this with a charity gold bond place, there is up to £150 as a contribution from the club towards your fundraising, please let John Houghton know asap if you qualify.

Fees – these have been approved and are due now at £30 for adults, £55 for couples and £15 for long term members (over 20 years). This is frozen at the same rates as last year despite a £1 per member increase in the fees we pay over to England Athletics. There are also different rates/options for anyone who renews between January and March 2019 - talk to Andy Nicholls for more info nearer the time.

Finally, there are also 15 individuals due a £15 discount this year due to being overcharged in the past because of a special discount given by England Athletics when they joined us (as their first ever running club and during the period January to March – very specific criteria!). Those people have been notified but if you think you should also be due this discount, please talk to Andy.

Please give cash or cheques (payable to "Stilton Striders RC") to Andy or John or pay into the Striders bank account (with your name as reference).

TSB Bank plc	
High Street	
STILTON STRIDERS RUNNING CLUB	
Branch Sort Code	Account Number
30-95-52	22381160

Committee – we said a big thank you to Theresa Coltman who stepped down after 14 years as Treasurer, also to Ian Johnson, Matt Chalmers and Ian Mason who all stepped down from committee. We welcome John Houghton stepping up to the Treasurer role plus Mark Stoneley and Tam Nicol joining the committee. In addition, Shane Sharkey (Chair), Andy Nicholls (Secretary), Simon Bottrill, Di Underwood, Abi Arnott, Dan Valencia, Katie Hateley, Darren Glover and Vicki Lowe all continue in their committee roles.

Monday night sessions – Simon volunteered to provide another club night, one aimed at both existing members (for a shorter/gentler recovery run) and at parkrun runners and graduates of “couch to 5K” programmes of around 5 miles to happen from MSV on Mondays at 6:30pm from May. He will organise the routes and publicise them much as we do for the Wednesday night runs.

This would ensure the club's members have an extra run opportunity that is covered by England Athletics insurance and also provide a bridge for new runners or those who don't feel ready yet to regularly run the 6+ miles of normal Striders sessions.

We all recognise that MRC has performed a great role in growing running in Melton and surrounding villages – including a number of Striders helping to make this happen - and this is in no way an attempt to begin a turf war with them. We would still like to work in partnership with them, if they are open to this.

Training courses – there are a number of people who have expressed an interest in undertaking training courses and the club has agreed to fund these. This covers Simon Bottrill and Clive Kent for CiRF plus Helen Plant, John Houghton and Katie Hateley for LiRF. With the new sessions being started, there is plenty of opportunity to get involved. If anyone else is interested, please talk to Mark Stoneley.

In addition, we need at least 2 people trained in traffic management to run the Stilton 7 race. Helen Benzie and Andy Nicholls are already qualified but we ideally would like 2 more people to undertake the course. Katie Hateley is interested so if anyone else would like to find out more about this, please let Andy Nicholls know.

Livingston Relays Sunday 29th April 2018

Striders have entered 7 teams for the Livingston Relays (2 Male, 1 Male Vet, 2 Ladies, and 2 Ladies Vet Teams). These are held in Braunstone Park, Leicester (10.30 start) and involve teams made up as follows:

Men's team 4 x 3 miles
Ladies team 3 x 3 miles
Vets teams (as above).

The confirmed teams are as follows:

Vet Ladies Team A: Julie Bass, Louise Houghton, Vicki Lowe

Vet Ladies Team B: Sharon Eshelby, Liz Goodbourn, Kaye Mead

Ladies Team A: Michelle Farlow, Rachel Heggs, Charlotte Allen

Ladies Team B: Sarah Foode, Emma Palmer, Emma Hope

(Sarah Lawrence is on standby).

Men's Team A: Jason Barton, Luke Eggleston, Niall Rennie, Sean Elkington.

Mens' Team B: Dan Giblett, Matt Gayton, Christie Jones, Ross Jackson

Vet Men's Team: Darren Glover, Neil Jaggard, Iain Howe, Matt Taylor

Captain's Report – March 2018-April 2018

*Its spring again and our marathon runners are race ready. **Good luck to all Stilton Striders running marathons in the coming weeks.** Andy Nicholls, Chris Southam, Helen Metcalfe, Natalie Teece are amongst the privileged runners taking part in the very special event "The London Marathon" on 22 April 2018. Look out for the supporting Striders: Kirsty Black, Vicki Lowe, Wayne Hackett, Michelle Farlow and Abi Arnott cheering you on the route. We will be in our usual spot on Tower Bridge and at mile 22.*

Michelle Farlow, Helen Widdowson, Greeba Heard are running the Boston UK, Marathon on Sunday 15 April 2018. I (Vicki) am behind these girls all the way as they have trained so hard – good luck. Matthew Daniel and Sarah Lawrence are running the Brighton marathon on the same day.

Matt Gayton had an outstanding performance at the Manchester Marathon finishing in (3:11:48) missing his PB by just 4 seconds.

Well done to Charlotte Coltman competing in her first half marathon – "Wimbledon Common Half Marathon". The Striders vest is appearing all over the world it seems via Charlotte and her working adventures. Charlotte ran in a parkrun in Johannesburg too – fantastic.

Many congratulation to Natalie Teece who donned a Leicestershire County Vest and was teamed up with former European champion Gemma Steel as she was

called up for Leicestershire and Rutland in the Inter Counties Cross Country Championships at Prestwold Hall.

Nat had another excellent run with her running buddy Matt Gayton in the Lee Valley Half Marathon achieving a new PB (1:24:47) and 2nd Lady. Matt was not too far behind with a great run (1:31:46).

The Leicestershire Road Running League – *Strange that in March Desford was only the 2nd league race of the year. With so many races cancelled due to the bad weather conditions a familiar comment from runners on the start line was “we are not used to racing”. It was great to see Jay Barton back to racing and on form leading the men’s team in an excellent 8th place in (28:30). Julie Bass led the ladies in (37:00) and is maintaining her V55 top position in the league. Full teams all round and lovely to see so many ladies out again. Very early days but the team positions are looking really good again. See this link for the full results (<http://lran.org.uk/lrrl>).*

Desford

Men: Jason Barton (28:30), Luke Eggleston (30:50), Alan Thompson (31:55), Darren Glover (34:20), Ian Drage (34:25), Nick Pryke (42:53), Ray Walker (43:40).

Ladies: Julie Bass (32:00), Vicki Lowe (38:18), Rebecca Forrester (42:02), Jacqui Riley (42:17), Celia Bown (44:18), Vanessa Walker (44:40), Alison Wilson (44.58), Liz Parkinson (49:13).

March saw the last Derby Runner at Bosworth on the 11th March and congratulations to Ian Drage the only Strider to compete in 100% of the races. Ian finished in sixth V40 place overall.

It was a great Sunday for Half Marathons on Sunday 8th April. A number of Striders took part in the Belvoir Half. Well done to Chris Southam first Strider home in 1:16:00 (racing for his first claim club Coritanians), followed by Mark Ashmore in 1:30:10 and Christie Jones (1:39.57 PB). A great run from first Strider lady Louise Houghton who is running really strongly (1:41:55). Others running were: Sharon Eshelby (1:46:27), David Hall (1:51:22), Nick Pryke (1:53:11), Jon Wilson & Greeba Heard (both 1:54:39), Vanessa Walker (2.00:34), and PB again Alison Wilson (2:03:39).

A few Striders took part in the Rutland Half Marathon; well done all. Michael Cooke (1:41:50), Rebecca Forrester (1:53:17) and duo Rachel Heggs and Marie Kennedy (2:11:17) – fantastic running ladies.

Happy spring and summer running everyone (when it comes) and best wishes to all you marathoners. Vicki and Darren (Club Captains)

**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 dqlover3@sky.com **

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:

- Anne Craddock
- Natasha Inns

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)
- [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, Di, John, Abi, Simon, Vicki, Darren, Katie, Dan, Tam and Mark).

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.

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, start 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>

Easy fundraising 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 Easy fundraising 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>