



## NEWSLETTER – April / May 2018

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).

### Out Runs

The summer outruns have commenced. There was a great turn out for the first one of the year which was hosted by Lou and John at the Grange. And finished off nicely with the best chip cobs – a big thank you to Lou and John.

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.

A reminder of the programme:

#### May

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

23<sup>rd</sup> - Twyford – “The Saddle Inn” (hosted by Mick and Paul)

30<sup>th</sup> – Scalford – “The Kings Arms” (hosted by Andy and Matt)

#### June

6<sup>th</sup> – Out and Back Run – From Base, Melton Sports Village

13<sup>th</sup> – Plungar – “The Anchor” (hosted by Steven and Simon)

20<sup>th</sup> – Handicap Race – Venue TBC (hosted by Shane)

27<sup>th</sup> – Grimston – “The Black Horse” - (hosted by Celia +?)

#### July

4<sup>th</sup> – Gaddesby – “The Cheney Arms” (hosted by Clive and Jenny)

11<sup>th</sup> – Out and Back Run – Melton Sports Village

18<sup>th</sup> – Old Dalby – “The Crown Inn” (hosted by Katie and Mick)

25<sup>th</sup> – Knossington – “The Fox and Hounds” (hosted by Helen and Mark TBC)

## August

1<sup>st</sup> – Market Overton – “The Black Bull” (hosted by Nick and Celina)

8<sup>th</sup> – No Watch Race – Venue TBC

15<sup>th</sup> – Out and Back Run – Melton Sports Village

22<sup>nd</sup> – Three Club Challenges – details to follow

29<sup>th</sup> – Somerby – “The Stilton Cheese” (hosted by Simon and Dan)

## September

5<sup>th</sup> – Cake Run – “The Wheel” (hosted by Dan)

## Rainbow Challenge 2018 – Sunday 1 July 2018

This year's 100 lap Challenge is being held on a Sunday – Saffron Lane (11 am start). 20 in a team - £5.00 each for this great local hospice “Rainbows Hospice”. It would be great to make a Strider Team and we're currently short about 5 or so people. Please let Vicki Lowe ([Lowe740@btinternet.com](mailto:Lowe740@btinternet.com)) know by 27<sup>th</sup> May (extended and final deadline) if you would like to run. This year there is a condition of entry for each team to provide 2 helpers (spotter / counter) to manage teams. Therefore we are looking for willing volunteers to help. A junior 50 lap challenge takes place at 9.30.

## Captain's Report – April / May 2018

*The weather has affected races again this month but this time with scorching temperatures for the London Marathon. Supporting Striders that travelled to London to watch felt for our runners competing in what was the warmest London Marathon on record. Well done all. Chris Southam clocked 2:54:07 (16<sup>th</sup> place in his age group). Natalie Teece had an excellent run despite the conditions to finish 75<sup>th</sup> lady in 3:06:30 (PB) and achieving another championship spot for next year's race. Also Andy Nicholls (4:09) and Helen Metcalfe (5:31).*

*Sarah Lawrence competed in the Brighton Marathon finishing in a great time of (4:14) – and with Seagull luck on the way round.*

*The Boston Marathon and Half Marathon took place on 15 April 2018. This is a fast course through many cabbage fields. Strider ladies did us proud here after training so well during the winter months. A great performance from first*

*Strider lady Helen Widdowson in a time of 3:37:21 (a massive PB – 11<sup>th</sup> lady and 3<sup>rd</sup> in her age category). Michelle Farlow 3:42:40 PB and Greeba Heard 3:47:46 PB both had fantastic runs well within their respective London Good for Age qualifying times and hopefully securing a place in London next year. Jon Wilson ran alongside Greeba (3:47:46). I (Vicki Lowe) did the Half and was pleased with my time of (1:41:08) – 3<sup>rd</sup> in age category. Nicola Taylor (1:41:31) followed closely as we ran together most of the way. I am pleased to say that Nicola has since joined the Striders.*

*Louise Houghton has had some awesome half marathon runs this month in very consistent times. Louise competed the Hose Half in (1:41:45) and more recently Geneva (1:41) well done Lou.*

*Team events are such great fun. 6 Strider Teams took part in the Livingston Relays at Braunstone Park on 29<sup>th</sup> April. This is one of the oldest races on the County Calender. The winning male team “Heanor” received the original cup from 1928 and was much deserved with one of the legs completed in a time of 14:31! This is 3 laps per team (4 men in a team) and (3 ladies in a team) each running a quick 3 mile leg. Strider vet ladies won silver medals for the second year running with consistent times: Lou Houghton (21:35), Vicki Lowe (21:39), Julie Bass (21:13). We were all so pleased with ourselves to receive team medals. The Strider men’s vets team of Iain Howe PB (19:50), Neil Jaggard (21:35), Matt Taylor (19:35) and Darren Glover (20:05) finished a credible 10<sup>th</sup> in their category. Striders Mens’ A team came 12<sup>th</sup> overall: Luke Egglestone (18:03), Jason Barton (18:25) PB, Matt Gayton (18:57), Niall Rennie (16:55) PB. Striders Mens’ B team: Ross Jackson (21:26) PB, Sean Elkington (18:31), Tam Nicol (21:56), Christie Jones (20:16). Ladies A: Michelle Farlow (21:29), Sarah Lawrence (23:16), Sharon Eshelby (22:01). Ladies B: Emma Hope (25:33), Rachel Heggs (24:51), Charlotte Allen (23:34).*

*On the same day, a few striders ran the Big Leicester 10 K at Abbey Park. Alan Thompson was first back in 39:34 followed by Greeba Heard (48:31), Jon Wilson (49:31), Anne Craddock (54:41), Lynda Harris (55:02), Deb Wilson (58:58).*

*Well done to Helen Plant competing in the Malvern Hills trail race on April 28<sup>th</sup>.*

*The Wymeswold Waddle is always a Strider May favourite and many Striders took part in this local 5 mile race (2.5 mile up and 2.5 mile down). Luke Eggleston (30:54), Andy Nicholls (32:04), Tam Nicol (36:18), Jon Wilson (40:14), Lora Holmes (43:11), Vanessa Walker (43:59), Kathy Walsh (45:06), Debs Wilson (47:24), Steph Nicol (47:47).*

*The May Day Challenge was another scorcher. A half marathon through the beautiful Charnwood Forest. Results awaited; Sarah Lawrence, Vicki Stones Hurrell, Nick Pryke.*

*Finally, a big good luck to Katie Hateley who we know is now well prepared for her attempt at the Bob Graham 24 hour challenge (66 miles, 27,000 ft) with a circuit of 42 of the highest peaks in the Lake District in late May. Final preparations and checks have taken place with her fellow Strider training buddies. We all hope it goes well.*

*Happy running all; Vicki Lowe and Darren Glover – 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](mailto:Lowe740@btinternet.com) or [dglover3@sky.com](mailto:dglover3@sky.com) \**

## **Welcome to new Runners**

Welcome to our new members:

- Rachel Ashmore
- Nicola Taylor
- Ashley Jackson
- Tom Peacock

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.

## **Fancy something different?**

So you've done parkrun, a local 10K, a half marathon and probably a few cross-country, trail or fell runs and you're confident you're now a "proper runner". What else could you try to add a bit of variety? Here's a few ideas, as tried and tested by fellow Striders who will be happy to give you more info and suggest the right events to enter:

### **Obstacle Course Racing**

A bit of running – normally 5K or 10K but can be as much as 20 miles! – with obstacles like walls, tunnels, monkey bars to walk, jump, swing or crawl across at various intervals. And lots of mud. You'll realise that your body has a lot of muscles that you don't regularly use after one of these. Although the events can be fiercely competitive at the elite end of the spectrum, most of the time they don't feel like a race – you stop and help each other. Best done together with a group of friends having a laugh.

**Tips:** can be pricey but consider volunteering and you'll get a free or reduced price entry in return

**Who does this:** Greeba Heard, Kathy Walsh, Vicki Stones-Hurrell

**Races to try:** Tough Mudder at Belvoir Castle or the X-Runner series around Notts/Derbys <http://xrunner.co.uk/>

### **Triathlon/Duathlon**

Swim/bike/run (triathlon) or run/bike/run (duathlon) and other variants of this exist. One of the main benefits is that you can train more often – getting fitter without risking overuse injuries - and also add more variety to your training regime. You don't have to be an Alistair or Jonny Brownlee or a Sophie Coldwell to compete and you don't have to splash out on an expensive bike and a wetsuit. There are great local events that are swimming pool based where you can swim breaststroke if you want to and get on your old mountain bike before finishing with a run. All you really need is a trisuit (available from £30), some goggles and a bike.

**Tips:** Start with a sprint triathlon (roughly 400m swim, 20K bike, 5K run or a supersprint which is even shorter) or an aquathlon (swim/run) and don't forget to practice the 4<sup>th</sup> discipline = transition.

**Who does this:** Wayne Hackett, Matt Taylor, Sarah Procter, Marc Lupson, Vicki Stones-Hurrell

**Races to try:** Stathern Duathlon or anything from GoTri – very cheap events (as little as £5 for an aquathlon) – see the Belvoir Tri Club website for local ones over the summer <http://www.belvoirtriclub.co.uk/events/gotri/go-tri.php>

## **Orienteering**

Think running, map-reading and a nice trip around parts of the glorious countryside you might never otherwise see. You're given a special map with a rough route to follow between checkpoints and a "dibber" to record when you get to each one. It's up to you to work out the best route to follow and navigate to the checkpoint which is placed on a prominent feature. There are a range of distances and technical difficulty suitable for all ages (from 8-80) and all levels of fitness. At one end some people walk the routes and at the elite end an orienteer won the most recent Scottish XC Championships. The stated distance is just a guide because, as I (Andy) found out at the first event I did with Liz, it's not all about running fast. Liz completed the course, running 3.8 miles fully under control while I tried to make up for my lack of navigational skills by running like a headless chicken in random directions and did 5.1 miles!

All you need is full leg cover (running tights/long socks), as you're often running through the forest or across the fell, and a compass. You can hire the "dibber" at events for a small fee.

**Tips:** orientate yourself before heading off and study a guide beforehand so that you understand the most common symbols, but most of all ask the others at the event – it's a very friendly sport

**Who does this:** Liz Heaton, Matt White

**Races to try:** Leicestershire summer league race at Burrough Hill on 21<sup>st</sup> June organised by our very own Matt White and Clive & Jenny Kent

(many other summer league races listed at <http://www.leioc.org.uk/fixtures/lei-summer-league/>).

### **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>