



## NEWSLETTER – August/September 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).

### **Derby Runner XC league races**

The dates have just been released as follows:

28 <sup>th</sup> October	Launde Farm, LE7 9XB, near Tilton
18 <sup>th</sup> November	Holly Hayes Wood, Whitwick
9 <sup>th</sup> December	Bradgate Park
13 <sup>th</sup> January	Bagworth Heath
17 <sup>th</sup> February	Grace Dieu
3 <sup>rd</sup> March	Bosworth Battle Field

Can we get a full team out to these races throughout the season?

Cost between £4 and £6 (depending on the venue) – start 11am

Also a juniors race for only £2 – start 10:25am

### **Guide runners for visually impaired (VI) athletes**

We're looking to train a few people to become guide runners as we now have a VI athlete as a member – welcome to Leigh Pick who many of you may know or recognise from parkrun and MRC.

If you would be interested in helping or would like to find out more, please let Andy Nicholls know via Facebook or [andy\\_nicholls2003@yahoo.co.uk](mailto:andy_nicholls2003@yahoo.co.uk) or talk to Leigh herself.

## **Club and County Standards**

As we've seemingly reached the end of summer, it's probably a good time to assess where you stand with regard to Club Standards and County Standards. "What are they?" I hear you ask – well, we'll tell you!

### Club standards

As an extra motivation for those members who like to race from time to time, the club introduced the club standard awards. In essence, the challenge is to achieve **three** race times at different distances in the year that are same as or better than the standard level you are aiming at.

Those who achieve either their first award, or the next standard up, will then receive their award (a small trophy for you to keep) at the club's annual awards dinner. For the purposes of club standards, the year runs from 1<sup>st</sup> December to 30<sup>th</sup> November. Various distances are possible – from 5K to marathon - for any properly measured road races plus we also include parkrun.

With standards ranging from Pewter to Platinum, there is a wide range of target times to work towards. For example, a lady in the 40-44 age bracket could achieve a pewter club standard with a 30:44 parkrun time, 1:03:28 10K and 2:18:32 half marathon. Then, when she turned 45, she could work towards the next level - a copper standard - with a 29:42 parkrun, 1:01:16 10K and 2:13:43 half marathon.

Full rules and the relevant times for your age/sex are found here:

<http://www.stiltonstriders.co.uk/club-standards/>

### County standards

These are similar to club standards, only you need to reach the target time in 5 different distances for a county standard or 8 distances for a distinction during the calendar year (normally 9 distances but reduced to 8 for 2018).

These range from 5K (certain parkruns count – Braunstone/Leicester Victoria only) all the way up to marathons, again only for road races that are fully accredited (i.e. measured). Times are not exactly the same as for the club

standards and there is one further standard level (tungsten) which is even more achievable.

Full details of the scheme can be found at: <http://lran.org.uk/county-standards>

Claims should be coordinated by the clubs, so let us know at [stiltonstriders@yahoo.co.uk](mailto:stiltonstriders@yahoo.co.uk) when you have reached your target (preferably by mid-October) with the relevant races and times listed and you'll end up with a shiny certificate like this to display:



Whether club or county standards (or both!) and whatever your level, these are a great way to look back on your running over the year and celebrate what you've achieved.

### Welcome to new Runners

Welcome to our new members:

- Liz Taylor
- Leigh Pick

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.

### **Where do our subs go?**

A recent conversation overheard asked the question "where do our £30 Striders annual membership fees go?"

Based on the 126 senior first-claim members last year, this is approximately how the money is used:

- £15.00 – paid straight over to England Athletics (gives you £2 a race discount on entry fees plus public liability insurance, travel insurance and legal cover)
- £4.44 – LiRF training courses for 4 run leaders
- £3.43 – Xmas party bits (trophies/engraving/sound system hire)
- £1.63 – additional personal accident insurance purchased by the club
- £1.51 – club fees to affiliate to LRRL, LRRRA and England Athletics – gives us access to take part in the winter league races and England Athletics support (like legal advice, training courses, etc)
- £1.48 – club website hosting
- £1.35 – sports hall hire for Club Run sessions
- £0.88 – Livingstone Relays entry fees
- £0.32 – 2 first aid bum bags
- £0.29 – room hire for AGM
- **£(0.33) = overspend**

In addition, there was a profit on the Stilton 7 race (after half was donated to charity) and the juniors continued to collect more in subscriptions for the Thursday indoor sessions than it cost to put them on. The money from these helped to fund the substantial cost of clothing purchases until they are sold to members.

At just 58 pence a week, we hope you think this is value for money.

## **Captain's Report – August 2018**

*There is so much going on with Striders competing in many events over the July/August it's difficult to keep up.*

*The highlight has to be the Three Club Challenge held on 22<sup>nd</sup> August at J&L Garden Centre. A big thank you to John and Louise for hosting the event and all the helpers and marshals that made it happen; it was again a great success. Barrow were the winners again – there is always next year! Love it when we have a big club turnout at a particular event - it brings out the Strider team spirit and we were all buzzing afterwards. 48 Striders took part plus a number marshalling.*

*Key individual successes to mention over July, August and early September races:*

- *Snowdon Trail Half Marathon – 15<sup>th</sup> July. Julie Bass - 2<sup>nd</sup> V55 – 3:04:05.*
- *Joy Cann 5 Miles – 1<sup>st</sup> August. Helen Plant - a fantastic PB - 39:35*
- *Triathlon Relays, Holme Pierrepont – 25<sup>th</sup> August. 2 teams raced at the national club relay championships including first multi-sport events for many (“We Don’t Tri” team – Kristy Nicholls, Helen Plant, Sarah Lawrence, Lou Houghton and “We Don’t Tri Either” team – Helen Langlands, Nick Pryke, Andy Nicholls and Ian Drage)*
- *Longshaw Sheepdog Trials Fell Race (Gritstone series) – 1<sup>st</sup> September. Katie Hateley 1st Vet Lady. Katie was also 1st V40 at the the Salt Cellar Fell race on 4 August*
- *Man vs Mountain – 1<sup>st</sup> September. Vicki Stones-Hurrell completed the 3<sup>rd</sup> race in this series of long distance races to earn herself some nice bling!*
- *Newtons Fraction Half Marathon – 2<sup>nd</sup> September. Natalie Teece lady winner – 1:30:16. Greeba Heard – first lady in age category 1:49:04.*
- *Cardiff 10K – 2<sup>nd</sup> September. Jon Wilson landed a new PB for 10K at 43:11.*

*The last league race to complete the 2018 winter and summer league took place on 2<sup>nd</sup> September; John Fraser 10. Well done to the few Striders that ran this last 10 mile race in hot conditions, trying to grab the last few points for the Club (Julie Bass, Vicki Lowe, Emma Hope, Jay Barton, Ian Drage and Alan Thompson). The Club have not managed to field full teams this year which has been disappointing. Well done to the small group that have consistently ran in the league races this year. Final results are expected this week.*

*As we come into the cross-country season it would be great to have teams out in the Derby Runner League (dates above).*

*Many Striders are putting in the miles at the moment ready for autumn marathons or the Equinox 24-hour race. Good luck all! Julie Bass and myself travel to France today to take part in the Medoc Marathon and will report back on our wine adventure.*

*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) \**

*Please send in race reports for the Strider Web Page/Melton Times and pictures if you have them too (to Darren or Vicki above) \**

## **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* – 5K runs on 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 (2K) 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>