



NEWSLETTER – June/July 2018

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

New baby!

Congratulations to proud parents Laura and Ben Pickard on the safe arrival of Joseph Oliver Morris Pickard, born on 2nd July. Well done Laura.



Out Runs

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 remainder of the summer programme:

August

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

8th – No Watch Race – “The Plough Inn”, Hickling

15th – Out and Back Run – Melton Sports Village

22nd – Three Club Challenge – J&L Garden Centre, details below

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

September

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

Rainbows Challenge 2018 – Sunday 1 July 2018

20 striders took part in this brilliant yearly event to raise money for “Rainbows Hospice”. It was a tough 100 laps in the blazing sun. For some Striders it was a new experience to run on a proper athletics track and to check out the 400m pace. Striders came 5th clocking 2 hours 27 mins. Full results of the teams are awaited. Nick Pryke did a great job in clocking the individual times.

Two junior teams competed in the junior 50 lap challenge with one team finishing a fabulous 3rd.

Captain’s Report – June 2018

Again Striders have competed in a variety of races – it’s difficult to keep up.

On the 13th May Ross Jackson was the only representative competing in the first West End 8 Magic handicap. Ross predicted his time well finishing in 6th place. On the same day a number of Striders took part in the Clawson 10 K. Many congratulations to Natalie Teece who was first lady finisher in the race and on this tough course. Meanwhile, there was a good Strider turnout at the Bosworth Half Marathon (the first LRRRL summer race and doubling up as the County Half Marathon Championships). In a field of more than 870 runners Jay Barton ran to an excellent 15th place (1:18:58). Alan Thompson clocked up yet another PB (1:29:54). And Julie Bass finished 2nd in her age category (1:43:48). Well done all that ran this tough half marathon in muggy conditions.

On the day before, Simon Bottrill, Richard Gray and Jon Wilson took on the Dukeries 40 ultra challenge in the heart of Sherwood Forest and through forest trails. This race is becoming a popular ultra for Striders. Well done to Simon (7:40:42), Richard (7:40:43) and Jon (10:07:59).

Strider team numbers were down at the Kibworth 6, however, it was a bank holiday. Jay Barton achieved a 9th place men's position (36:04) and Andy Nicholls achieved a new PB (40:48). It was great to see Liz Goodbourn back out racing again (53:08).

On the 17th May 3 Striders went in search of wine in the NICE 5 K Summer Victoria Park Series. Alan Thompson (18:40), Louise Houghton (22:53) – and winner of wine - and Ross Jackson (22:04).

On the 3rd June it was a tough Swithland 6 in hot and muggy conditions. It was great that we again fielded a full ladies team and vets. Led by Natalie Teece (39:29). The next three lady Striders were in striking distance of each other Louise Houghton led home in (46:36), pipping Michelle Farlow by just 11 seconds and Vicki Lowe just a further 6 seconds. Alan Thompson managed to produce another PB (37:44) to maintain his place in the league top 10 in his age category.

A number of Striders have also travelled and taken part in the Liverpool Half Marathon and Derby Half. It was a debut full marathon for Nick Pryke at Liverpool - well done to Nick.

There was a huge turnout at the Beacon Hill Solstice Run on Friday 22nd June. Such a lovely night to be running within the grounds of Beacon Hill Country Park and followed by the now traditional barbecue.

Prestwold 10K (LRRL) was another hot day; we needed the battle with the old club tent to give us some shade. First back for Stilton was Alan Thompson in 60th place (39:16). A brilliant race also from John Robinson in his debut run for Striders (40:05). Nicola Taylor in her first league race did the ladies proud in this race to finish in 11th lady (43:45 PB).

The highlight race of this month has to be Striders dominating the prizes at Melton's Road to Recovery Run. What a great day! Jason Barton defended his

half marathon title and won the event for the 3rd year and Nat Teece won the ladies race also defending her title. Nicola Taylor produced a fantastic debut race for Striders by finishing 1st lady in the 10K (43:59) and Luke Egglestone 1st male 10k. So many PBs too; in the Half: Iain Howe (1.34:57 PB), Rebecca Forrester (1:51:51 PB), Matthew Daniel (1:58:19 PB). And Simon Richardson 10 K (69:51 PB). Should be a dressing up prize too as Striders would have won. Ben Pickard, Jenny Kent, Daniel Moulton, Kay Mead ran around 80's style. Meanwhile Matt Gayton dressed up for the occasion in a wedding dress and full make up leading up to his wedding.

And finally, a big welcome back to Chris Genes returning to running after an 11-year break. Many will know that Chris was our former Secretary for many years. I (Vicki) have ran many happy training runs and races with Chris over the years and he has ran some fantastic times. Chris ran his first race again in a Strider vest at the Holme Pierrepont Grand Prix first of four races in 10 days, Rushcliffe 4 mile – (32:17). Good luck with the next three races and your return to enjoying running.

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 or dqlover3@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) **

Katie's Bob Graham Round Attempt

Well done to Katie Hateley on her attempt at the Bob Graham Round. Katie had amazing Strider support along the way to share this experience over the weekend. Striders were very proud of her completing 44 miles and 17,000 ft of climb. A full write up of the challenge and background to the event can be found on <http://www.stiltonstriders.co.uk/bob-graham-round-attempt-1/>. Katie is currently training for her 2nd attempt in September and we wish her all the best.

Handicap Race and Results

Thank you to our Chairman Shane Sharkey for organising another successful Handicap run (during the week before his wedding!). This was a fantastic run and big congratulations to this year's winner Jacqui Riley.

Date for Diaries: Three Club Challenge- Wed 22 August at 19:00

It is Striders turn to host this year's Three Club Challenge and plans are underway. This is an annual race between local clubs Barrow, Wreake and Stilton Striders. 40 Striders took part last year - can we beat this turnout in 2018? Would be great if we could – everyone is more than welcome. This is a full team event and the winning club receives the Three Club Challenge Trophy which last year was won by Barrow Runners. It's only £5 to enter and there is food provided afterwards, courtesy of John & Lou. To help with catering, please respond to stiltonstriders@yahoo.co.uk if you think you'll be able to attend. We will also require some marshals so if anyone is injured or their other half would like to support this, again please let us know.

Monday Night Strider Runs

Strider-lead Monday night runs have had to be cancelled. A number of Striders will however continue to meet at 6.30 pm in the car park at MSV and all are welcome to join in for an informal 5 mile run.

Wedding Congratulations

We have had two Strider weddings this month. Many congratulations to: Shane Sharkey and Emma and Matt Gayton and Danielle. Wishing both couples a lifetime of happiness.

Many Striders joined Emma and Shane on the morning of their wedding on their "wedding day parkruns". Well it was a Saturday when they got married - parkrun day! Emma and her hens ran at Rutland Water and the Groom's men ran at Melton.

As for Matt, well he really took on the part and ran the Melton Road to Recovery Half with his contingent in a wedding dress and full make up.

Welcome to new Runners

Welcome to our new members:

- Nikola Dolphin-Rowland
- Chris Genes – (return from retirement – Nikola's dad)
- Karl Mead (Kaye's husband and MRC stalwart)
- Dave John
- Maria John

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.

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>