



NEWSLETTER – March 2019

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

Welcome to new members

Please welcome our newest members:

- Alison Clarke
- Bruno Torre
- Ian Craddock

If you know anyone interested in coming along, don't forget to let them know that 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.

Men's captain – Chris Genes

Welcome to my very first captain's report. Firstly I must say it was great privilege and honour to be approached by the committee to take on this position and I shall endeavour to carry out the duties in a manner the role requires. One of my key responsibilities is to be approachable to all members and to provide a link between the club officials (committee members) and the runners. I will try to attend as many club nights and runs as possible so please tap me on the shoulder if you need to discuss anything with me, alternatively ring me (07899 997385), email me at chrismgenes@gmail.com or message me.

I was previously a member of the club up until 2006 and I held the position of Club Secretary and the Chris Ingram 10k Race Director before I had to stop running as I required a major hip operation which, although successful, I was advised to stop running altogether. That was until I was inspired by my daughter Nikola, who had progressed from Couch to 5k onto completing the London Marathon within 15 months. I became intrigued to try again and in September

2017 I quietly and secretly started running again (albeit it three stone overweight at that time) and ran my first parkrun in the November. Like Forest Gump I don't seem to have stopped running since and although my orthopaedic consultant does not recommend running, he accepts the fact I am and will continue to run within 'moderation', and as a compromise to him I have agreed not to run half marathons again. I may not be the quickest Strider, but I will strive to run the best I can considering my age category. Like many runners I have experienced the ups and downs of injuries and if anyone wants any advice on how to overcome them please free to have a chat.

I have noticed significant changes in the club since 2006; a very proactive and supportive committee, paced club runs, structured technical sessions, social events, chatty group runs, and even a yoga group, to name a few positives. But what impresses me most is the number of members we have (135 and 5 second claimers as at 1 March 2019,) most of whom are active runners, of all abilities. This brings me nicely onto another of my roles and that is to try and encourage as many runners to participate in the Leicestershire Road Running League, Derby Runner Cross Country and Gritstone Fell Race series so that we can field full teams to qualify for Strider team scores. Please do not be put off by the fact that they are races, they are there and achievable for all abilities and a great way of experiencing the superb Stilton team spirit, camaraderie and support of each other that these races generate. You will be pleasantly surprised at how well you will do. (Ask Kathy Walsh about her Derby Runner XC experience, she's still on a high!).

Another reason these club races are important as participation in these will be the basis of how the club determines the winner of the newly named Ray Walker Trophy, presented at our awards evening during December each year. I do recognise that not everyone wants to race in these events as there are so many other opportunities to run and race elsewhere and a lot of members continue to do so. Please provide me with details of these runs/races and times so I also collate these results as well.

So far we had unprecedented representation in the Derby Runner XC league and I will summarise that series separately. In addition we had 40 Striders line up for the first LRRL race at our very own Stilton 7. The future looks promising so let's see if we can continue this fantastic start to the season. We will try and post on

Facebook details of when these races go live so we can enter – but be warned that places go very quickly.

Another series of races I want to promote for members is the Holme Pierrepont Grand Prix Series held the last Tuesday and Thursday in June and the first Tuesday and Thursday in July. The races all in the evenings and consist of 4 miles, 10k, 5k and 5 miles around traffic free routes this side of Nottingham. Each race provides a personal best opportunity and they are a great way of getting times registered for our club standards. I've raced these many times and they are great races for runners of all abilities. Watch this space, or Facebook, for details very soon. Let's try and field a couple of Strider teams.

I'm here to be your point of contact and to communicate with fellow members and to provide support and advice if and when required. I'll do my best for the club during my tenure and in return all I ask for is your support.

Ladies' captain - Emma Hope

Welcome to the first newsletter with your new captains' team. I think I can say I am as excited about this as Chris and Katie (ladies' vice-captain). We want to be an approachable team both to the established runners and our newer members.

Personally, I haven't been a member of the Striders for that many years. However, I have been involved on and off for supporting purposes since I was about 8 years old, following my Mum (Julie Bass) around a number of races.

The club has certainly changed over the years and now supports runners in a number of different disciplines whether you enjoy the road running, which as a club we have been successful at for a number of years, or getting your feet muddy in either the cross country or fell races.

Hopefully as team captains there will be one of us at every race to either join you running or supporting.

Ladies' vice-captain - Katie Hateley

My running background started in school where I was part of the Redlands Primary School Cross Country team. This all finished when I discovered my teens and reignited again when I was in my 30s after stopping smoking. I ran occasionally by myself and then joined the Stilton Striders in 2015 which is when I was introduced to the world of the Striders' family and off-road running.

It's a privilege to be female vice-captain and I hope to be able to shout from the rooftops about everyone's individual achievements no matter how great or small and also maybe encourage a few of you to attempt your first ever fell race too!

We would always like to hear from you with any successes you have with your running, however we are aware that not everyone wants to post it on Facebook, so feel free to message any of us and we will collate them and post them all together.

We had a good start to the LRRL with our own Stilton 7, putting us in a good position, hopefully we can continue this success. On that note I hope everyone has a good running year, feel free to contact us - Emma 07729 390651 or emmalhope@sky.com and Katie on 07958 395509 or hateleykatie@hotmail.com

Derby Runner Cross Country Series 2018/2019

What a fantastic series, the weather was kind to us this year and the team spirit and support for each other was absolutely fantastic. The first race started with a challenging hill start at Launde and the final race involved the infamous 'Bosworth Bog'. We had 21 men and 14 ladies run at least one race and we completed the series fielding full teams across the six races. We may have to invest in a bigger team tent next season, with an extension for the pre and post refreshments.

From the 35 Striders competing, four of those raced all six (Nikola, Celia, Andy and myself) and the following members completed four races to qualify for an individual score:

- Alan Thompson 235 points finishing 7th in age category
- Mark Stoneley 314 points finishing 13th in age category
- Andy Nicholls 451 points finishing 17th in age category
- Ian Drage 542 points finishing in 18th in age category
- Simon Dolphin-Rowland finishing in 26th in age category
- Chris Genes 966 points finishing 5th in age category
- Katie Hateley 29 points and winning her age category
- Nikola Dolphin-Rowland 287 finishing 11th in age category

- Sarah Lawrence 403 points finishing 13th in age category
- Kathy Walsh 583 points finishing 19th in age category
- Celia Bown 593 finishing 21st in age category.

Well done to everyone, especially Katie for winning her very competitive age category (not that the other categories were not competitive as well) and also our VI runner Leigh Pick, supported by her guide Nick Pyke, who demonstrated that these runs can be raced and are inclusive and competitive for all – brilliant!

The following Striders competed in at least one event during the series: Ross Jackson, Niall Rennie, Anthony Ison, Tom Boden, John Robinson, Darren Glover, Michael Atton, Dan Valencia, Simon Bottrill, Nick Brown, Steve Dewick, John Houghton, Dave John, Tam Nicol, Nick Pryke, Leigh Pick, Anne Craddock, Nikki Wade, Vicki Lowe, Helen Plant, Kaye Mead, Liz Taylor, Ashley Jackson and Steph Nicol.

Thank you all for turning up and running – looking forward to next season.



Stilton 7 24th February 2019

On what started as a cold and misty Sunday morning 40 members lined up for the first LRRL race of the season. The event was staged by the club with many runners foregoing their entry to provide the necessary administration and support necessary to host a successful race. Feedback from other competing clubs was positive and a big thank you to all the officials, marshals, helpers and supporters – without you there would not be a race for us to run in.

Results (chip times):

Niall Rennie 41:45, Alan Thompson 45:01, Ian Drage 46:35, Matt Gayton 48:06, Mark Ashmore 49:39, Ross Jackson 49:42, Simon Dolphin-Rowland 50:01, Michelle Farlow 51:22, Nicola Taylor 51:24, Luke Eggleston 51:52, Michael Cooke 52:14, Simon Bottrill 52:15, Nicola Wade 52:41, Julie Bass 53:06, Ben Pickard 53:25, Rob Mee 55:37, Ian Craddock 55:25, Liz Goodbourn 56:30, Liz Taylor 57:31, Abigail Arnott 57:44, Katie Hateley 57:52, Chris Genes 58:54, Nikola Dolphin-Rowland 58:54, David Hall 59:21, Matthew Daniel 1:00:24, Clair Homewood 01:00:10, Jacqui Riley 01:01:20, Anne Craddock 01:01:56, Matt Chalmers 01:03:01, Nicola Stirton 01:03:37, Colin Miles 01:04:28, Rachel Ashmore 01:06:43, Alison Wilson 01:07:30, Kaye Mead 01:09:42, Ashley Jackson 01:12:13, Rachel Heggs 01:12:15, Helen Metcalfe 01:13:30, Sharon Mee 01:14:01.

Belvoir Challenge

We had over 30 members of the club take part in this year's Belvoir Challenge. This is always a great start to the running year, the first local off-road long distance run with a choice of a 15 mile or 26 mile route, open to both runners and walkers and FULL OF CAKE at the many check points.

A couple of firsts need to be mentioned for three Striders - huge congratulations to Kaye and Carl Mead for achieving their first ever marathon distance and to Nicola Stirton for achieving her first ever 15-mile run, and all off-road!

Both the 15 mile and 26 mile route showed lots of strong running from many club members.

26 mile route - Tom Boden was the 1st Strider home in a very impressive 3hrs 45mins and 12th male, 13th overall. This was followed by Katie Hateley 6th female, Paul Geeson, Simon Bottrill, Rich Gray (taking one hour off last year's time), John Houghton, Liz Taylor, Paul Desborough (also taking an hour of last year's time), Sarah Lawrence, Brian Walkling, Tam Nicol, Dan Giblett, Dan Howley, Carl Mead, Debs Wilson, Kaye Mead, Alison Wilson and Helen Metcalfe.

15 mile route - The first Strider home in a strong finish was Mark Stoneley at 1hr 59 and 23rd male, followed by Seb Walker, Calum Walker, Shane Sharkey. First Strider female back was Vanessa Walker in a fantastic time of 3hrs 4mins, followed by Helen Plant, Ashley Jackson, Anne Craddock, Susan Pettingill, Greg Pettingill, Emma Hope, Nicola Stirton, Nick Pryke.



Leicestershire Road Running League (LRRL)

At the time of writing this report most of the Spring LRRL races would have been closed or even run. You will have noticed that these closed (only open to LRRL affiliated club runners) Spring races sell out very quickly (Kibworth for example sold out within 19 minutes of going live.)

For those of you that are linked to Leicester Runners through their Facebook page you will see that there are discussions and suggestions on how the entry system can be changed so that each LRRL club can field sufficient numbers to

make up teams (the principle purpose of having a competitive league), while getting the right balance of ensuring it's also inclusive to runners of all abilities. There is no easy answer, however, your captains and committee are discussing this matter and will be making representation to the LRRL to consider options at their next AGM. Should any member wish to make their view known, so we can include it in our discussions, please contact your captains and/or committee member.

In the meantime the system of entry remains as is and as soon as we know the details of the next LRRL race to set their entry details we will publish it as widely as possible through various mediums. Unfortunately the rest is up to members being quick off the mark and getting logged in to the on-line administrator to get your entries in – good luck and hopefully we will be able to field full teams.

If you are successful, but prior to the event have to withdraw please let it be known within the club as there is a system to transfer to any club runner who was not successful on-line.

Accelerate Gritstone Fell Race Series

As well as the LRRL league races, there is the Accelerate Gritstone Fell Race Series which starts in March.

All of the races are set in the beautiful Peak District, if nothing else they are worth taking part in for the views. If you have never ran a fell race before and would like to try one then you are more than welcome to chat to Katie about them in more detail. We had lots of Striders try their first fell race last year and there was not one regret, they all thoroughly enjoyed the run. As well as the series below we take part in various other Fell Races throughout the year so keep your eyes peeled on future Facebook posts.

For the Gritstone Series you can run one race or enter the series for free, which is completing four short races and one long race.

<https://www.gritstoneseries.co.uk/series-entry>

The link above will take you to the entry page and also the website if you wanted to read about the races in more detail.

Livingston Relays (5th May 2019)

As in previous years, Striders will be entering as many teams as possible in the Livingston Relays, with the club paying the entry fees. These are held in Braunstone Park, Leicester, and involve teams made up as follows:

Men's team 4 x 3 miles

Ladies' team 3 x 3 miles

Vets teams (as above)

If you are interested and would like to run, please message or email our respective club captains Emma Hope (emmalhope@sky.com) for the ladies and Chris Genes (chrismgenes@gmail.com) for the men as soon as possible and they will put together the teams.

Diary dates

Here's a list of key dates for your diaries over the next couple of months:

Wed 13 th Mar	Twyford headtorch run & normal Melton road run
Thu 14 th Mar	Indoor technical session (Remount Barracks)
Sun 17 th Mar	Kibworth 6 (LRRL) – 6 miles
Sat 30 th Mar	Frisby Fun Run
Sun 31 st Mar	Desford 5 (LRRL) – 5 miles
Fri 5 th Apr	Hope for Justice 10K **
Wed 10 th Apr	Somerby headtorch run & normal Melton road run
Wed 24 th Apr	Annual General Meeting
Sun 5 th May	Livingston Relays / Wymeswold Waddle
Sun 12 th May	Bosworth Half Marathon (LRRL)
Sun 19 th May	West End 8 (LRRL)

LRRL (Leicestershire Road Running League) – entry in advance, details of how to enter will be released when announced

** Local runner Andrew Wrath will be running 10K at each of a number of different locations across Europe on Friday, April 5, showing how easy it is to traffic people across borders. He will be finishing in his home town of Melton Mowbray. Melton Running Club-MRC and Stilton Striders will be co-hosting a 10K run with Andrew when he arrives by train approx. 21:30pm in Melton and

we'd like your support for this serious but special occasion. Melton Sports is putting a pair of AfterShokz Trekz Air open ear headphones and a goodie bag (worth over £150) up for grabs to boost the fundraising total on the night.

Running in Melton

In case anyone is not aware, there are more opportunities to get out running with other people in the Melton area which we support. Links to all the details can be found via our website:

parkrun Melton Mowbray – Saturdays at 9am starting from Melton Country Park Visitors' Centre. Led by Shane and with Theresa, Helen, Brian, Rich and a host of other Striders in regular support, parkrun is now a fixture in Melton. Averaging over 150 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 to volunteer. 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 while 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>