



NEWSLETTER – April 2019

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

Annual General Meeting

The club's annual meeting will take place on Wednesday 24th April at 8.30pm in the dance studio at Melton Sports Village after the club night run.

This is YOUR opportunity to raise important issues for the future of our club. What do we do well? What can we improve on? What would you like to see change?

The agenda and a proposed new constitution to better reflect how the club operates today have previously been sent out. Please attend and contribute if you possibly can. Thank you!

Welcome to new members

Please welcome our newest member:

- Don Ainscough

If you know anyone interested in coming along, please let them know new runners are always welcome to come along for three sessions to try us out before joining.

Men's captain – Chris Genes

In my first report I explained a bit about myself – but how many current members know about the background of Stilton Striders?

In June 1982 Robin Walker, from Melton Rugby Club, wrote to the Melton Times inviting runners to attend a meeting to form a local running club. Walker, Jim Bishop and John Brutnell were members of Wreake Runners and were keen to set up in Melton.

The inaugural meeting was held on 1st July and 21 athletes turned up in support. Walker secured a base at the Saxby Road All England Ground, then the home of Melton Rugby Club, and the club was to move a further three times to Melton Town FC, Egerton Park Cricket Club and finally to the community centre at the Upper School, prior to the rugby club moving there as well.

Robin became the first chairman, with Jim as secretary and Peter Young as treasurer. An application made to Leicestershire AA was greeted with enthusiasm thanks to the county's strong links with the formerly successful Holwell club.

Things moved rapidly and within weeks runners of all abilities were joining, notably Ron Grove (and I will provide a synopsis of Ron's running pedigree in a later newsletter) who, in his international years, had been a member of Leicester Corinthians. Mick and Derek Stevens and Danny Keightley were early members, while Mick Adams was a founder member with Nigel Brown, whose brother Nick is still running.

Established runners such as Andy Hart, Dave Henson, Paul Gilbert and Rob Rollins joined from other clubs and teams and individuals were soon successfully competing at a top level in every road race within a 50 mile radius.

The first Bellshire Half Marathon was run in October 1983 starting from the Corn Exchange (Bell Centre) and finishing in the cattle market car park. The inaugural race attracted 2,320 runners for the half-marathon and nearly 1,200 for the three mile fun run – over 3,500 in total.

The Bellshire (later the Stilton) ran successfully for seven years and only when the popularity of competing races reduced entries to below 1,200 and the added difficulties of obtaining a race permit to cater for large numbers did the club decide to drop the event from the race calendar.

Originally the winter and summer road running leagues were separate and Stilton Striders made a tremendous impact on the Winter League, winning the championships in 1984, 1985 and 1986, while the ladies won the league in 1985, with the late Jane Bishop, Julie Bass and Julie Blythe competing at the highest levels. It is worth looking at the club records (<http://www.stiltonstriders.co.uk/race-records>) section of the Striders' website to see how many of the club records have stood the test of time. It's a credit to these runners in the early days who did not benefit from today's technological equipment and nutrition advice. More recent successful runners (to name a few and not necessarily limited to) include Nicola Clay, Debbie Shaw, Natalie Fryer (Teece), Chris Southam, Christian Davidson and Darren Glover.

Juniors have long been a part of the club but in the early days were barely catered for. However, when Di Underwood became chairman one of her priorities was to address the problems of recruiting, coaching and retaining youngsters.

Di took the youngsters on board, attending coaching courses, both practical and technical, and she and Richard Cox have been - and still are - responsible for the outstanding success the younger section has achieved for the club.

The years have seen a lot of changes but the enthusiastic committee at Stilton Striders are determined the club will continue to prosper in all areas going forward, with an ethos of equality and inclusiveness for all running abilities.

I try to attend as many club nights and runs as possible so please tap me on the shoulder if you need to discuss anything, alternatively ring 07899 997385, email chrismgenes@gmail.com or message me.

Ladies' captain - Emma Hope

LRRL report

After a fantastic start to the league this year with our very own Stilton 7 we have continued to have success at the subsequent two league meetings - the Kibworth 6 and Desford 5.

Kibworth 6 was a tough course with very strong winds to add to the challenge. Nevertheless we had fantastic results for all who took part with some members getting times that gave them high county standards. Gaining silver were John Robinson, Simon Dolphin-Rowland and Vicki Lowe, with Julie Bass gaining a Diamond Standard.

Below are the final results, well done to everyone.

<u>Position</u>	<u>Name</u>	<u>Chip Time</u>	<u>Cat Position</u>	<u>Vet Positions</u>	<u>L&RAA Standard</u>
87	John Robinson	00:40:25	15	32	Silver
142	Simon Dolphin-Rowland	00:42:54	18	65	Silver
148	Anthony Ison	00:43:18	70		Copper
177	Shane Sharkey	00:44:20	78		Copper
180	Nicola Taylor	00:44:37	9		Bronze
183	Michelle Farlow	00:44:39	10		Bronze
234	Julie Bass	00:46:31	1	14	Diamond
258	Vicki Lowe	00:47:32	5	18	Silver
328	Nikola Dolphin-Rowland	00:50:32	14	39	Copper
344	Lindsay Apps	00:51:34	40		Copper
399	Alison Clarke	00:54:42	14	64	Bronze
441	Kathy Walsh	00:57:29	26	84	Pewter
444	Nick Pryke	00:57:21	49	180	Pewter
483	Emma Hope	01:01:05	66		Tungsten
497	Ashley Jackson	01:02:16	13	114	Copper

Desford 5 provided a bit of sunshine for us setting the scene for some more successful running. We had a good turnout, especially for the ladies, with eight competing leading to a strong position in the league tables. Nicola Taylor led the ladies home in a time of 35:02.

Alan Thompson led Team Striders home in a fantastic time of 31:50, gaining himself a Gold Standard. He was followed home closely by Mark Stoneley (Gold) and Ian Drage.

A big well done to everybody who raced. Hope you enjoyed it as much as I did. These are fantastic runs with a very friendly atmosphere, if you haven't done so already please give them a go!!

<u>Position</u>	<u>Name</u>	<u>Chip Time</u>	<u>CatPos</u>	<u>LRAN Standard</u>
62	Alan Thompson	00:31:42	9	Gold
71	Mark Stoneley	00:32:14	12	Gold
74	Ian Drage	00:32:27	12	Silver
126	Anthony Ison	00:34:25	59	Bronze
146	Nicola Taylor	00:35:02	7	Silver
221	Julie Bass	00:37:07	1	Diamond
257	Vicki Lowe	00:38:13	5	Silver
290	Robert Mee	00:38:55	34	Bronze
330	Nikola Dolphin-Rowland	00:40:25	16	Bronze
334	Chris Genes	00:40:28	10	Bronze
335	Liz Taylor	00:40:34	8	Silver
346	Lindsay Apps	00:40:58	45	Copper
435	Nick Pryke	00:44:44	46	Pewter
487	Emma Hope	00:48:32	78	Pewter
519	Ashley Jackson	00:51:28	12	Copper

Contact Emma on 07729 390651 or emmalhope@sky.com

Ladies' vice-captain - Katie Hateley

Summer Outruns

For those who are new to Striders, the summer outruns are a great opportunity to run in the beautiful countryside surrounding Melton. Speed is not the essence of these runs as we re-group on many occasions to ensure we all stay together. Then there comes the chance to socialise with members of the club at various country pubs at the end of each run - what more could you ask for? The final run of the season is known as the cake run. This is a chance to show off your (or a local supermarket's!) baking skills by bringing a cake along for all to share after the run.

There is a long route of around 7 miles and a short route of around 5 miles for each run which all start at 7pm. There are a couple of vacancies for leading a short route towards the end of the season. If you would like to volunteer for this, then myself or another member of the team are more than happy to help you with a route. Each month there will also be a road run from Melton Sports Village. If anyone would like to volunteer to tail these road runs could you please let me know, it would be very much appreciated.

We kick the season off with The Grange on May 1st kindly led by John and Lou. They have very generously offered chips and garlic bread afterwards in the Alpine Restaurant, in return for assistance where needed with setting up and clearing up. What an enticing start to the season once again!

If you have any queries with the rota or would like to volunteer then please do get in touch.

<u>Date</u>	<u>Outrun</u>	<u>Volunteers long</u>	<u>Volunteers short</u>	<u>Pub</u>
May 1st	The Grange	John	Lou	The Grange
May 8th	Hungarton	Mick	Dan	The Black Boy
May 15th	Grimston	Katie	Celia	The Black Horse
May 22nd	Road Run Melton Sports Village			
May 29th	Kinoulton	Tom	Rich	Neville Arms
June 5th	Manton	Chris Genes	Nikola	Horse and Jockey
June 12th	Plungar	Steve McGarry	Andy	The Anchor Inn
June 19th	Handicap Race/ Hambleton			The Grainstore
June 26 th	Road Run Melton Sports Village			
July 3 rd	Ashby Folville	Clive	Alison and Jenny	Carrington Arms
July 10 th	Knossington	Mark	Helen	Fox and Hounds

July 17 th	Borrough Hill	Si	Kaye and Carl	The Stilton Cheese Inn
July 24 th	Hose	Rich	Chris Genes	Rose and Crown
July 31 st	Road Run Melton Sports Village			
August 7 th	No Watch Run/ Branston			The Wheel Inn
August 14 th	Croxton Kerrial	Paul Geeson	Katie	Goose and Feather
August 21 st	Road Run Melton Sports Village			
August 28 th	Bradgate Park	John		Bradgate Arms
September 4 th	Cake Run Frisby	Katie		The Bell Inn

Contact Katie on 07958 395509 or hateleykatie@hotmail.com

Livingston Relays (5th May 2019)

The following teams have been entered into Leicestershire & Rutland AA's Livingstone relays at Braunstone Park, Leicester, on Sunday 5th May:-

Junior girls U15 1: *names tbc*

Junior girls U15 2: *names tbc*

Ladies 1: Michelle Farlow, Nicola Taylor, Kirsty Black

Ladies 2: Emma Hope, Anne Craddock, Amy John

Vet Ladies 1: Nikola Dolphin-Rowland, Vicki Lowe, Julie Bass

Vet Ladies 2: Sharon Eshelby, Liz Goodbourn, Kristy Nicholls

Men: Ross Jackson; Andy Nicholls; Luke Eggleston; Matt Gayton

Vet Men: Ian Craddock; Alan Thompson; Simon Dolphin-Rowland; Mark Ashmore

[Men's reserve: Iain Howe]

Go Striders!

London Marathon

Good luck to all running the London Marathon next weekend. All those months of training and fundraising are now over. Enjoy the day – we'll all be cheering you on – either in person or following you on the website.

Diary dates

Wed 24 th Apr	Annual General Meeting
Sun 28 th Apr	London Marathon
Sun 28 th Apr	Leicester 10K
Sun 5 th May	Livingston Relays / Wymeswold Waddle / Sleaford Half
Mon 6 th May	Woodhouse May Day Challenge
Sun 12 th May	Bosworth Half Marathon (LRRL)
Sun 19 th May	West End 8 (LRRL) / Clawson 10K
Sun 2 nd June	Swithland 6 (LRRL)
Sat 15 th June	Hoby Hop
Sun 23 rd June	Prestwold 10K (LRRL)
Tue 25 th June	Holme Pierrepont Grand Prix – race 1
Thu 27 th June	Holme Pierrepont Grand Prix – race 2
Sun 30 th June	Bison Bash – more details to follow but save the date!!

Running in Melton

There are many opportunities to get out running with other people in the Melton area which we support. Links to all can be found via our website:

parkrun Melton Mowbray – Saturdays, 9am, at Melton Country Park Visitors' Centre. Led by Shane and with Brian, Rich, Anne, Nick 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're after a PB, a steady run or to volunteer. One off (free) registration required before first run.

junior parkrun Melton Mowbray – the shorter version for our junior members, Sundays, 9am, again at the Country Park (playing fields) for ages 4 to 14 plus adults as volunteers.

Fundraising

Melton Community Lottery holds a weekly draw on a Saturday evening - £1 per ticket and 50% goes directly to Striders or your other chosen good cause. 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>