



NEWSLETTER – June 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 member:

- Davide Figo

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

Talking of new arrivals, massive congratulations are due to Emma and Shane Sharkey on the safe arrival of their very own “baby shark” – Eleanor Rose Sharkey.

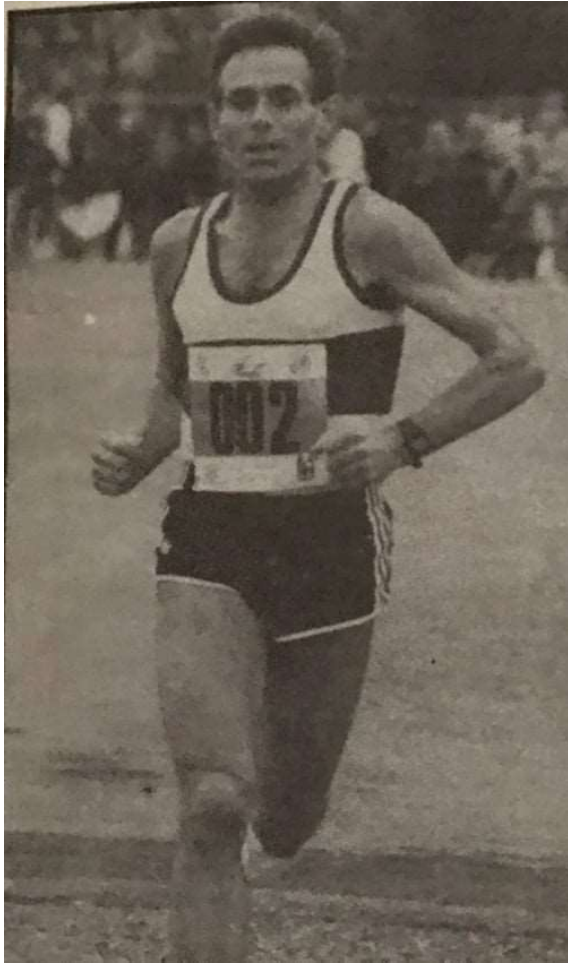


Men's captain – Chris Genes

I would like to start a new series of profiling a current member of Stilton Striders. But before I select a member to share their running experiences, I'll start by profiling perhaps one of our most successful ever running members: Ron Grove.

Ron was a fairly late starter to the sport at the age of 17, but he quickly made up for his lost years eventually representing team GB in the marathon at several races in Europe and was even a world record holder for five years.

It all began when Ron, his twin Peter and a group of friends went on a camping holiday to Llandudno and played a variety of sports - football, golf, swimming and roller-skating to name but a few. One of the friends on the trip said that an athletic club, Melton Mowbray Amateur Boxing and Athletic Club (pre-Stilton Striders) was starting in Melton and recommended Ron and Pete to go along, which they did. The main coach was called Bill Goddard, a former Midlands champion at both the mile and the 880 yards (half mile). Ron said that "... he was really our mainstay and he guided us with our training and we were soon competing in races."



Ron lived in Nottinghamshire at the time and he was soon winning several races, including the county cross-country races. "We trained every Tuesday evening and it was great," added Ron. "We had a successful club and Bill used to support us with our cross-country running, which was the main form of racing in those days.

Ron worked at Petfoods doing shift work and, when he moved from Nottinghamshire to Melton Mowbray, he joined Leicester Coritarians, the main athletics club in Leicestershire which boasted its own stadium and track. More county titles followed, including several senior honours and a lot of North Midlands cross-country race victories. His record of 18 North Midlands League race victories still stands today and is unlikely to ever be broken. His stunning wins led to numerous national call-ups including the World Cross Country Championships in Belgium and France,

where two team gold medals were won. "Winning the team gold was obviously nice," he said. "But personally I didn't perform in the race up to my potential and it would have been nice to have been one of the front runners." His best time in a marathon was an incredible 2 hours and 17 minutes, which he set in Belgium when the legendary Australian Derek Clayton broke the world record, and he made the shortlist for the Great Britain team for the 1968 Olympics in Mexico, but was narrowly pipped to a place and wasn't selected. "I'm glad I didn't go in the end," he said. "The high altitude over there wouldn't have done me any good and I knew that the Kenyans and the Ethiopians would sweep the board, which they did."

Ron may have missed out on the Olympics, but he made his way into the record books that year when he finished second to Ron Hill at Saffron Lane in Leicester in the world

record attempt for the longest distance ran in an hour, a staggering 12 miles and 1,084 yards. He ran this race between night shifts working at Petfoods. "Without a doubt breaking the world record has to have been my main achievement in the sport, even though I only finished second."

Ron also won a five-mile race in Peterborough in an incredible time of 23 minutes and 12 seconds that year. His record of 28:59 also still stands today as the Leicestershire and Rutland AA's track championship time for 10,000m.

It had not always been a brilliant career for Ron and he has suffered his fair share of injuries, the worst of which saw him out of action for almost two years with a knee ligament injury.

From the Coritanians, Ron then became one of the first members of the Stilton Striders back in 1982, and for many years was the club's captain, winning age category races right up to his retirement from running. At the height of his career Ron used to run around 80 miles each week and he still managed to run around 40 before he stopped racing. "I didn't enjoy it as much as I used to," he said. "I didn't like going backwards as I got older and going further down the field, but I just had to accept it because it happens to all veteran runners." He added: "You cannot describe to somebody what it feels like to be super-fast at running. Your feet don't touch the ground and it is something that you have to experience to know what it actually feels like to run effortlessly."

In 2005 Ron was presented with a special award from Melton Borough Council in recognition for his outstanding running achievements. I was fortunate to run with (behind) Ron and one of my favourite recollections of Ron was that each year he told his wife Judy not to buy a turkey for Christmas as he was running in the Turkey Trot and would win one there as age category winner – which he regularly did.

Ron still lives with Judy in Melton and if you are lucky enough to spot him walking around town say hello and I'm sure he'll like to talk to you and offer advice to any Stilton Strider.

Before the next edition of our newsletter I will chose at random a current member of the club and profile them.

Ladies' captain - Emma Hope

LRRL report

May has seen some fantastic running by lots of Striders so a big well done to everyone. A very warm and challenging West End 8 again saw a great turnout from the club.

Our leading men had a good battle right to the end with Matt Gayton just pipping them finishing in a time of 53.28 followed very closely by John Robinson just 4 seconds behind (53.32) with Ian Drage and Alan Thompson crossing the line in 53.40 and 53.42

respectively. First Striders' lady home was Nicola Taylor in a fantastic time of 1.00.10 gaining herself a silver standard.

Well done to all 17 runners - you all did yourselves proud – and a big welcome to Davide Figo running his first league race. Hope you enjoyed it and will join us for plenty more!

Place	Name	Age	Chip time	Gen position	Cat position	LRAN standard
75	Matt Gayton	SENM	00.53.28	72	44	Bronze
77	John Robinson	MV40	00.53.32	74	24	Silver
79	Ian Drage	MV40	00.53.40	76	26	Silver
83	Alan Thompson	MV40	00.53.42	80	27	Silver
111	Davide Figo	SENM	00.55.08	105	56	Bronze
207	Nicola Taylor	FV40	01.00.10	33	8	Silver
223	Greeba Heard	FV40	01.00.54	36	10	Silver
231	Vicki Lowe	FV50	01.01.24	39	5	Gold
279	Tam Nicol	MV50	01.03.24	218	42	Bronze
334	Matthew Daniel	SENM	01.06.54	252	100	Pewter
345	Rob Mee	MV50	01.07.54	258	59	Copper
371	David Hall	MV60	01.08.28	270	19	Silver
484	Kathy Walsh	FV40	01.16.59	172	61	Pewter
523	Emma Hope	SENF	01.21.06	201	89	Tungsten
534	Steph Nicol	FV50	01.22.03	209	33	Copper
549	Ashley Jackson	FV50	01.23.55	221	36	Copper
570	Sharon Mee	FV50	01.27.11	238	38	Pewter

Ladies' vice-captain - Katie Hateley

Well the past two months have been full of lots of "firsts" for many of the Striders.

We will start off with the London Marathon with 10 Stilton Strider club members completing the race.

First back was Chris Southam with a phenomenal time of 2hrs 41mins and 10th in his age category, just amazing. This was then followed by Greeba Heard with a storming time of 3hrs 28mins a PB and a gold towards the Club Standards, closely followed by Michelle Farlow with 3hrs 41mins, just brilliant.

Other strong finishers were Seb Walker, Calum Walker, Vanessa Walker, Marie Kennedy, Amelia Fisher and Sas Parmar. I think I am correct that this was also their first marathon distances, so very well done indeed.

Then two weeks later on May was the Dukeries Ultra, a 30 mile or 40 mile route around the wonderful scenery of Nottinghamshire. The route consists mainly of a lovely trails which are easy to follow with plenty of refreshment stops for refuelling

and generally having a natter with other runners. There were around 20 Striders taking part in race. I apologise now if I miss anyone from the list.

For the 30 mile ultra we had Helen Metcalfe, Ben Pickard and for first time Ultras there are the Walker Clan (Vanessa, Calum and Seb), Kaye Mead, Jenny Kent, Debs Wilson, Alison Wilson, Marie Kennedy and Rob Mee who had a strong finish as the first Strider back, very well done indeed! Just amazing running by all including Rachel Holland who we can hopefully encourage to join our lovely club.

For the 40 mile Ultra we had some amazing finish times with Tom Boden back first. Also completing the 40 miler was Jon Wilson, Clive Kent, Simon Bottrill, Rich Gray, Dan Giblett, Dan Howley, Sarah Lawrence and a first Ultra distance for Greeba Heard.

Also several of these runners had completed the London Marathon or Madrid Marathon only two weeks before, so well done to The Walker clan, Jon and Debs Wilson, Greeba Heard and Marie Kennedy!

We have all seen your amazing progress with numerous training runs by many of the club members to be able to achieve their massive goals. Hard work, lots of cake and plenty of giggles have paid off.

Other achievements to mention are the Madrid Half and Full Marathon. Debs and Jon Wilson completed the Full Marathon, with Jon getting a new PB of 3hrs 23mins despite the route having 2000ft of elevation! Robert Mee completed the half and also achieved a PB 1hr 51mins.

Leigh Pick also got a PB of 1hr 1min at Bristol 10K in very warm conditions.

Well done all. Keep up the good work and don't forget to promote your achievements on our Stilton Strider Facebook pages. No matter how great or small, all achievements are worth shouting about.

Fell running

The next in the Gritstone series of fell races will be held on Friday 7th June at Castleton. The route takes you along the fantastic ridge line towards Mam Tor. Then on Sunday 9th June there's the Edale Fell Race. This has an uphill start but a great downhill finish and some wonderful Peak District scenery. For more information about this fell race or future ones, please ask Katie or follow the link below:

https://www.gritstoneseries.co.uk/series/the-events/?fbclid=IwAR3F_6_HLy3R41EyTxI6zYkWnlyO-IA1sVrWic4PMc255lIV-AdnrSy2rLs

Swithland 6

Hot off the presses – yesterday's race! – here's an update on Swithland 6 from Chris Genes.

With a number of runners not being available due to either injuries or competing elsewhere, just thirteen Striders ran the final road race in the winter/spring series of the Leicestershire Road Running League starting and finishing in Mountsorrel. The undulating and challenging course formed a circular route taking in parts of Swithland Reservoir and involved running through Swithland village.

With well over 700 runners entering in advance, 699 completed the race and runners from Stilton featured well. Both the Mens and Ladies Vets Teams included many relatively new members of the club.

In the mens' section Alan Thompson (39:42) rang strongly as usual to lead the team home and in second position was newcomer Davide Figo (41:20) in only his second road race for Stilton finishing strongly in front of Simon Dolphin-Rowland (41:39). Watch out for further tussles between these two in the up and coming summer series of races! Hot on their tails was Ian Drage (41:51) with Mike Williams (45:57) making a welcome return to competitive running. Next in was the improving Rob Mee (49:08) followed by Matt Daniel (49:50) and Chris Genes (53:50).

Meanwhile in the ladies' section Nicola Taylor (44:10) was first lady back with Julie Bass (45:53) - fresh from representing Team England last weekend in the 10K in Birmingham - picking up the individual prize for first female V60. Making up the Vets Ladies team was Nikola Dolphin-Rowland (52:41), new member to road racing Alison Clarke (57:44) and Emma Hope (60:57).





Julie Bass (FV60 individual winner)

The next team road race - first in the series of summer LRRL races - is on Sunday 23rd June – a 10K race being held at Prestwold Hall.

100 Lap Challenge

This year's event – in support of Rainbows children's hospices - is being held at the Paula Radcliffe Stadium at Loughborough University on July 7 starting at 12.20pm. We have had some responses from members who would like to take part but could do with a few more runners. If you would like to join us, please let Emma know.

3 Club Challenge

The date and venue for this year's Three Club Challenge is Tues 6th August (7pm start) from Rushcliffe Golf Club at East Leake hosted by Barrow Runners.

This is an informal event held annually between ourselves, Wreake and Barrow. Last year's event was hosted by Stilton Striders when we ran from The Grange Garden Centre.

The emphasis is on participation and is suitable to both seasoned and new members of all abilities and is considered as one of our principal social events as well. In this event – unlike the league races where only the top 8 (or 4) runners count, the score is driven off the number of runners in the smallest team. As an example, if Barrow had 30 runners, Wreake 25 and Stilton 22 then the first 22 runners from each club would be counted. So any team bringing more runners has an advantage as being the most likely to score highly – and win.

Last year we had 48 Stilton members participate (plus those helping to marshal) and hopefully this year we can have an even bigger turn out. Further reminders will be sent out on Facebook and we will encourage car sharing, but in the meantime please put this date into your diaries.

Diary dates

Fri 7 th June	Castleton Fell Race (Gritstone)
Sun 9 th June	Edale Fell Race (Gritstone)
Tues 11 th June	Rothley 10k
Sat 15 th June	Hoby Hop
Sun 16 th June	Stathern 10K
Sun 23 rd June	Prestwold 10K (LRRL)
Tue 25 th June	Holme Pierrepont Grand Prix – race 1
Weds 26 th June	Hope Wake Fell Race (Gritstone)
Thu 27 th June	Holme Pierrepont Grand Prix – race 2
Tue 2 nd July	Holme Pierrepont Grand Prix – race 3
Thu 4 th July	Holme Pierrepont Grand Prix – race 4
Fri 5 th July	Whissendine 6
Sun 7 th July	100-lap Challenge
Sun 7 th July	Great Hucklow Fell Race (Gritstone)
Weds 31 st July	Joy Cann 5 (LRRL)
Fri 2 nd August	Salt Cellar Fell Race (Gritstone)
Tue 6 th August	3 Club Challenge
Sun 11 th August	Hermitage 10K (LRRL)
Sun 25 th August	Launde 6 (LRRL)
Sat 31 st August	Longshaw Sheepdog Trials (Gritstone)

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>