



NEWSLETTER – July / August 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:

- Linda O'Sullivan
- Jane & John Martin
- Jane Collingham (2nd claim)
- Rachel Wade

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.

Congratulations!

Massive congratulations to new member Davide Figo and Ines who got married early in July. In line with the established tradition(!), Davide ran Melton parkrun earlier that day.



Charity donations

This year we chose the Pancreatic Cancer UK charity as the beneficiary of half the profits from the Stilton 7 race in memory of Ray Walker and to boost the fundraising from Vanessa, Seb, Calum and Justine Walker. Here's Vanessa accepting the £394.41 cheque.



The next events in their epic journey are the Cotswolds Way 100 (Vanessa, Seb, Calum, Justine and Seb's partner Alex all completed this) then the Great North Run (Justine and friend Becky). Between them, they've already raised around £20,000!!!! Here's the link for Justine's GNR fundraising page:

<https://www.justgiving.com/fundraising/justineandbecky>

Still on the charity theme, the club makes a contribution each year to anyone running the London Marathon on a charity place with a big fundraising target. As well as the Walker clan, this year there were two other runners – Marie Kennedy for LOROS and Amelia Fisher for Save the Rhino – and both charities were awarded £75 from the club. Marie raised just under £3,000 and Amelia has promises to make her total up to £3,000 – fantastic efforts from both of them.



Men's captain – Chris Genes

Following on from the Ron Groves profile I am starting a new series when I ask a current member to compose a short article about their running experiences and/or reasons why they run. Greeba Heard is the first and has kindly offered to share her story and own life experiences which have inspired her to both run and raise awareness and understanding of mental health.



Greeba didn't start running until she was 47 after not running since school and in her words she hated it then. She first got the bug after Kathy Walsh and Greeba started to walk her dog while the kids were at horse riding and then Kathy gradually persuaded her to try a little jog over increasing distances each week.

Greeba initially thought she was going to die the first time they ran for more than 5 minutes but as she progressed she joined Melton Running Club (MRC) and then parkrun. At first Greeba wouldn't dream of going running on her own due to her low confidence and worrying what people would think, but now you can't stop her.

Once she started running regularly, Greeba's dream was to run the London Marathon so she entered Nottingham with the aim of achieving a Good For Age (GFA) time to gain automatic entry to London. Unfortunately, she missed the time needed by about 15 minutes, but undeterred Greeba decided to try again at the Boston UK marathon the following year.

The majority of her training for this was done with Michelle Farlow, Vicki Lowe and Abi Arnott, whose encouragement and support helped give her the confidence that she might actually achieve what she had set out to do. Then when Greeba mentioned that she was doing the marathon to Jon Wilson, he kindly cancelled a race he was doing on the same day, signed up to do Boston and paced her to a Good For Age time.

That gave her entry to London which she ran in April this year, in a tremendous time of 3 hours 28 mins followed by Dukeries 40 two weeks later in a time of 6 hours 56 mins. Greeba has achieved Gold Standard times this year in V45 age group at Rutland 5k parkrun - 21.03; Belvoir Half Marathon in 1 hour 36 mins, and Ashby 20 mile in 2 hours 40 mins. She then went on to achieve her first Gold Standard in her new V50 age group in June at the Crazy Cow 10k - 46.45.

Greeba believes she has been incredibly lucky and benefited from many people's expertise and support along the way, all of which have helped her improve her running style and times.

"Jon has been amazing and a fantastic running buddy/training partner. We are well matched in terms of running style and he has offered lots of really helpful advice. He has written training plans, motivated me to set goals for myself and kept me company on the long slow training runs. Special thanks must also go to Debs for never minding me borrowing him."

She has also benefited from a great physiotherapist (Ali Dickson at New Park Physio) who has been Greeba's saviour and kept her fit and injury-free throughout all the training. Mark Stoneley and Clive Kent's technical training sessions have been a must go to each week - their advice, support and training has also been invaluable. Finally special thanks to Kathy without whom Greeba wouldn't have started running in the first place and who Greeba always looks forward to running with so they can catch up on the gossip!

Greeba initially started running as a way to unwind and switch off from the daily stresses and struggles of life. For her, exercise became a haven where she can clear her mind and get over a bad day. The sense of achievement and rush of endorphins are great for boosting self-esteem, confidence and mood. "Since joining Stilton Striders Running Club I have also met lots of people, many of whom I now count as really good friends. This has given me an additional social network to bounce off and helped support me during the long hard miles of training."

Greeba said: "Running across the finish line at this year's London Marathon, I felt an overwhelming sense of pride, not just for finishing the race but because I managed to raise over £5,000 for charity, thanks to the generosity and goodwill of friends, family and colleagues." The money will go to support two mental health charities that are especially close to Greeba's heart: CALM and Young Minds. These organisations exist to help people that are struggling with their mental health – and Greeba knows all too well how vital these services are. Stress, anxiety and depression can be devastating; they can affect anybody at any time. Having lost two brothers to suicide, Greeba had seen first-hand the impact that it can have on a family. "There are some moments in life that change you forever. It's not something you can ever prepare for, but once you've been through something like that, you can't help but think about how it could have been prevented."

This is why Greeba is so motivated to do anything she can to help. We all have a responsibility to help change perceptions, challenge stigmas and to be vigilant for others, but the first step is to increase awareness and understanding of what support is available.

"It's so important to know who you can speak to. No matter how lonely you may feel, you are never alone. Through my own experiences, I have relied on the care and support of others to help me through tough moments. I'm fortunate to have a strong family network and incredible friends, but if you don't feel like you have anyone close to talk to, there are so many services that can help – and they are free to access."

A bit more about Greeba's charities: CALM stands for Campaign Against Living Miserably. They run a free and confidential helpline (0800 585858) and webchat – 24 hours a day, 7 days a week for anyone who needs to talk about life's problems. They support those at risk of suicide and those bereaved by suicide, through the Support After Suicide Partnership (SASP).

Young Minds (0808 802 5544 or Text YM to 85258) provides support to young people to help them manage their mental health. They run campaigns and provide services aimed at young people and parents, helping them to understand more about mental health and how to look after themselves and others.

Here are some sobering facts about mental health in the UK:

- Approximately one in four people will experience some form of mental health issue each year
- Suicide is the biggest killer of men under 45 - in 2018, 4,661 men took their own lives
- Three children in every classroom have a mental health problem
- Last year there were 177 suicides of 15-19 year olds.

Holme Pierrepont Grand Prix Series

What a tremendous turnout across each of the four races hosted by Holme Pierrepont Running Club, which resulted in a plethora of personal bests and club standard times achieved by many of the 23 Striders who signed up for the full series.

The first race was 4 miles around Rushcliffe Country Park on what turned out to be a damp and wet evening. Unfortunately Tom Boden had a reoccurrence of his injury and aired on the side of caution and wisely pulled up – hopefully he'll be back again racing soon.

The second race was at Colwick Park and due to the preceding wet weather, the original course was changed to three laps around one of the lakes to make up the 5 miles. The only downside was that the start was moved a considerable distance from parking, which resulted in the start being delayed by 15 minutes.

Tuesday of the second week saw runners move across to the Nottingham Trent embankment to run 5K on a pancake-flat course in warm evening sunshine. It was here and at the final race that we missed Vanessa Walker, who had the weekend before completed a tough 100K charity walk in what was the hottest weekend of the year and rightly earned a night or two off running. Again in glorious sunshine the final race was run over 10K, twice around the Nottingham National Watersports Centre producing some outstanding times.

Overall the series saw more than 400 runners complete all of the four races with representation from over 30 different clubs from the East Midlands and beyond. At the award ceremony the aggregated times to complete all four races formed the basis for the awards and Stilton Ladies (Natalie Teece, Nicola Taylor and Vicki Lowe) picked up second place for their superb, consistent running. In the individual standings Natalie also picked up the award for third V35, with Julie Bass also winning third lady V55.

Chris Southam (Stilton 2nd claim) also raced the series for Leicester Coritanians Athletic Club and finished 4th overall and also first in his age category, V45.

Striders category position and times: Chris Southam 1st/1:44:18, Andy Nicholls 12th/2:01:18, Clive Kent 16th/2:03:46, Natalie Teece 3rd/2:05:47, Paul Jacobs 6th/2:06:43, Rich Gray 24th/2:10:16, Nicola Taylor 8th/2:11:14, Ian Craddock 12th/2:16:22, Vicki Lowe 5th/2:16:41, Julie Bass 3rd/2:17:17, Rob Mee 24th/2:25:05, Lindsay Apps 16th/2:28:30, Bruno Torre 21st/2:29:16, Chris Genes 3rd/2:29:18,

Kristy Nicholls 22nd/2:38:17, Kathy Walsh 25th/2:42:28, Alison Wilson 14th/2:48:14, Alison Clarke 15th/2:49:38, Jenny Kent 43rd/3:2:13, Ashley Jackson 12th/3:10:47. Well done everyone.

As promised it was an enjoyable series of races and thank you to all the Striders who participated – I will be encouraging a good Strider turnout next year so keep the last week in June and first week in July 2020 free (Tuesdays and Thursdays).



parkrun and MRC

On Saturday 14th September we intend having a Stilton Striders takeover of Melton parkrun. Many members already regularly do parkrun, however, on the takeover we would like members who participate to wear Striders' vests, tees or hoodies so that we can make ourselves known. The intention is to encourage local parkrunners to take the next step in their running by considering joining Stilton Striders RC. By making ourselves known, perhaps these runners will realise they have already been running with us. We also plan to takeover the junior parkrun the next day and then the Monday evening MRC for the same purpose of trying to encourage fresh membership. Please join in and wear your vests, etc. Look out for further information closer to that weekend.

London Marathon Club Entry Criteria

Following the club's 2019 AGM it was agreed the committee reserves the right to award the club's London Marathon entry to a current member that it determines warrants and deserves that place due to exceptional circumstances.

However, if the committee determines that there is no member deserving the exceptional circumstance entry it has developed criteria to enable members to understand the requirements necessary to apply for the Stilton Striders RC entry/entries into the London Marathon.

Firstly, members must have pre-entered through the London Marathon ballot system and have been rejected (confirmation required).

The applicant must have been a fully paid-up first claim member of Stilton Striders RC (second claim does not qualify) for at least one full season preceding the application (April to March).

The committee will expect applicants to be an active member of the club and for each of the following activities an allocation of credits will apply:

- Represented the club in one of the following races in the season preceding the application: LRRL, Gritstone or Derby XC league (one credit for each with maximum of three credits).
- Participated in the Three Club Challenge either as a runner or helper (one credit).
- Volunteer at a club race, either Stilton 7 or Bison Bash (one credit each).
- Lead a summer outrun – short or long (one credit).
- Tail ran either one Wednesday summer outrun or club night run (one credit each with maximum of two credits).
- Led a pacing group on a Wednesday winter club night (one credit).
- Attended a Thursday night technical session (one credit).

Qualifying credits: The maximum credits attainable across the categories is eleven (for clarity entering more than one LRRL race or tail running more than once, etc only counts as one credit).

Therefore all applicants attaining seven or more credits across the categories will be entered into a simple ballot (name out of the hat) at the club's Christmas Party.

If the club receives more than one London Marathon place, additional names (both male and female) will be drawn out of one ballot box (all names in together).

Applications must be made to the club secretary by 14th November each year supported by details of where and when the minimum of seven credits were achieved. Details will be verified by the Committee prior to the ballot.

Should no qualifying applications be received by 14th November, the responsibility of awarding the entry/entries will revert back to the committee.

Names will be publicised in advance of the ballot and although it would be nice that the applicants attend the Christmas Party it is not compulsory.

Ladies' captain - Emma Hope

50 and 100 Lap Challenge for Rainbows

We had a fantastic turnout for both the 50-lap challenge for the juniors and 100-lap for the seniors.

The juniors held their place for the whole race and came a fantastic 3rd in a time of 1:19. Some of their team from last year made the jump to join the seniors this year, doing themselves proud putting in five fantastic laps each.

The senior team in the 100 laps managed a brilliant 2nd place finishing in a great time of 2:20:31, just beating Wigston by 1 minute.

Everyone did themselves proud on what turned out to be a warm afternoon holding our position throughout even with Sean doing his extra lap in bare feet! We also need to say a BIG welcome back to Emma Sharkey for putting in three fantastic laps for us. I have attached the final results for everyone to look at - ours kindly entered by Julie Bass, who has decided it is far more stressful time keeping than actually running!

LAP NUMBER	10	20	30	40	50	60	70	80	90	100		
TIME	Min Sec	Min Sec	Min Sec	Hrs Mins Secs	Hrs Mins Secs	Hrs Mins Secs	Hrs Mins Secs	Hrs Mins Secs	Hrs Mins Secs	Hrs Mins Secs		
Darcy Fitness Team F	12:12	24:51	38:02	51:57	1:05:58	1:17:56	1:30:06	1:41:38	1:53:26	2:05:11		1st
Stilton Striders Team S	13:00	27:36	41:13	56:12	1:09:52	1:24:01	1:38:11	1:52:52	2:07:01	2:20:31		2nd
Wigston Team G Team P	14:47	30:06	44:03	57:03	1:10:43	1:25:00	1:39:36	1:53:20	2:07:27	2:21:37		3rd
Huncote Team K	13:41	28:14	43:06	57:20	1:11:44	1:25:25	1:39:38	1:54:04	2:09:01	2:24:12		4th
Beaumont Team B	12:06	24:30	41:20	58:07	1:11:35	1:25:21	1:39:10	1:53:37	2:09:14	2:24:35		5th
Poplar Team P	15:32	31:35	47:25	1:01:14	1:15:26	1:30:16	1:44:57	1:59:00	2:13:41	2:27:06		6th
Birstall "A" Team E Team C	14:06	29:28	44:06	59:37	1:14:08	1:28:48	1:43:52	1:58:12	2:14:14	2:28:44		7th
Hinckley "A" Team H	13:03	27:02	43:04	1:00:13	1:16:25	1:32:02	1:47:38	2:02:51	2:17:02	2:30:36		8th
Wreake Team W	14:08	29:26	44:33	1:01:24	1:16:41	1:32:56	1:47:48	2:04:15	2:19:26	2:36:35		9th
Desford "A" Team D	15:37	31:25	45:07	59:35	1:15:25	1:31:39	1:47:54	2:05:48	2:22:08	2:41:10		10th
Birstall "B" Team C	16:32	33:38	49:44	1:05:46	1:21:48	1:31:48	1:47:39	2:05:11	2:28:38	2:43:33		11th
Team Anstey Team A	17:35	35:44	53:40	1:12:18	1:29:40	1:45:45	2:01:00	2:14:59	2:28:48	2:43:49		12th



LRRL

As we are nearing the end of the season our teams are holding good positions. Let's keep the Striders teams going and hopefully we may see some promotions!

Ladies' vice-captain - Katie Hateley

Thursday technical sessions

As well as our Wednesday night runs and chatty social Friday runs, Stilton Striders also offer a fantastic Structured Session on a Thursday evening. These sessions are delivered by our dedicated coaches Mark Stoneley and Clive Kent assisted by our wonderful band of volunteers. The Structured Sessions help promote correct running posture, in turn reducing injury, increasing strength and speed for all abilities. Each session is around an hour in length and includes a structured warm-up and cool down and a focussed session such as fartlek, sprints, hill repeats, relays, etc – all aimed to help our runners develop over time.

You can hear directly from our runners to see how it has benefited them.

Amelia Fisher's testimonial:

"The Thursday technical session held by Mark and Clive has really helped develop my running over the past year. I joined Stilton Striders late summer 2018 having started trying to run at the end of 2017 (and I mean I couldn't run a few hundred metres). I was originally worried I wouldn't be good enough to join Striders which is why I waited so long. However, my first session was a Thursday technical session held by Mark in the country park and I was made to feel so included and learnt a lot in the first session alone. Going from not being sporty at all during school and growing up just riding horses I didn't realise there was actually more to running than putting one foot in front of the other, and how running with good form can help so much with speed, endurance, motivation and injury reduction. I no longer run up a hill wondering if I will need to walk

the rest of the way, I am instead thinking of using my arms, straightening my legs, posture and stride length.

“Thursdays are great for building speed work and fitness, I find it so difficult to do rep style running on my own, always trying to find an excuse to make the jog recovery section just a little bit longer and reduce the fast effort. However, with Mark and Clive standing there with their whistle that has not yet blown, you just keep going at your speed, giving the very much needed discipline to keep the hard effort up. All the while you know they’re watching your form so you make the conscious efforts to keep the best form you can even when tired, which soon starts to show in your every day running. After all, practice does make perfect.

“If you do struggle with any of the aspects, both Mark and Clive are so good helping you find a way to get that good technique. In the past year I have gone from just about getting round my first 10K in just over an hour to recently running a 10K in 53:50, and also having ran my first marathon this year.

“Their guidance has been so valuable to me with my running, as I am sure it has to most others, too. I can only thank them for all the hours they have voluntarily given up on Thursday evenings to help us, for me it’s what really puts Stilton Striders apart from other running clubs – where else could you get free advice from two coaches on a weekly basis?”

And also from David Hall:

“The Striders' Thursday evening technical sessions are ideal for all runners, whether you prefer road racing, trail racing, or even fell racing. The sessions are excellently led by Mark and Clive, incorporating technical drills and exercises as well as some running to put the learning into practice. Importantly for me is the emphasis on improved running form and techniques. For us erm.....more mature runners, bad running technique encourages more injuries which take longer to recover from than when we were younger. So these sessions not only improve running, they also help to reduce injuries. Win win!!”

Fell Race news

Salt Cellar Fell Race Friday 2nd August at 7pm

This was a first for Strider Carl Mead and also some West End Runners last year after I'd managed to convince them to join us in The Peaks for this stunning race. Their faces on the final descent towards the finish line proved how much they had thoroughly enjoyed the race, with one of the ladies saying that it was one of her favourite races in all of the years she had been running.

The route is 7 miles long and takes in some of the most stunning scenery of the Dark Peak. A wonderful start to your weekend. Entry online or on race day.

<https://www.webscorer.com/register?raceid=182429>



Hob Hurst Fell Race Friday 16th August at 7pm

This is a great first fell race for those interested. This was an enjoyable race last year covering 5 miles of the fells around Beeley. We all cheered a 70-year-old runner in at the end, just showing that all are welcome at Fell Races. A celebratory drink can then be brought at the wonderful village pub afterwards.

<https://www.peakrunning.co.uk/hobhurstsfellrace>

If you would like to know more about fell running then please do ask away. The races ARE open to ALL and not just for runners of a certain ability. It's all about walking up the hills and taking in the stunning scenery and then enjoy the downhill to the finish line. Everyone is made to feel very welcome indeed.

The Bison Bash

This year Stilton Striders are organising a new run to help raise funds for the 1st Old Dalby Scouts Hut which accommodates over 100 Scouts, Cubs and Beavers from all over the Melton area. The hut is also used by many groups within the local community including providing a community lunch group for those who are retired and live by themselves.

The run will take place on Sunday 29th September from Queensway, Old Dalby. There will be a 2km Fun Run for children 13 years and under starting at 10am and then the adult run will take place at 11am. This 4.5mile route will take you over rolling hills, through woodland, panoramic views of the Vale of Belvoir and then a fantastic descent past the legendary bison farm.

There will be many prizes including spot prizes for all to have an opportunity to win something.

As well as runners we are also seeking volunteers to help with marshalling and other duties please.

If you would like to know more about the run or to offer your time to volunteer then please do get in touch with Katie Hateley. Thanks again one and all.



The 1st Old Dalby Scouts
BISON BASH
Sunday 29th September

The 4.5 mile run organised by Stilton Striders Running Club is raising vital funds for the 1st Old Dalby Scout Hut. The route follows stunning scenery, rolling hills, woodlands and incredible panoramic views of the beautiful Vale of Belvoir before the unforgettable downhill past the renowned Bison Farm.

Pre-registration is available at a reduced cost of £6.
www.onlineraceentry.co.uk/race/bison-bash-2019
 On the day entry is £7.

Race-day registration	Children's 2k Fun Run	Parking & car sharing
Registration and number collection will be at the 1st Old Dalby Scout Hut, Queensway, Old Dalby LE14 3QE from 9.30am onwards for a 11am start.	The children's Fun Run will start at 10am. For 13yrs and under. Children up to 7yrs must be accompanied by a parent or guardian. £3 on the day entry.	Parking will be available, but please car share where possible. Use the Scout Hut address and follow signs on the day.

For more details please visit our Facebook page fb.me/BisonScoutHut or contact Stilton Striders Running Club www.stiltonstriders.co.uk
 Thank you for your support and we look forward to seeing you soon!

Three Club Challenge

The date and venue for this year's Three Club Challenge is Tuesday 6th August (7pm start) at Rushcliffe Golf Course, East Leake, hosted by Barrow Runners. It's £5 per head to take part, food included.

This is an annual event between Barrow, Wreake Runners and ourselves and if you haven't experienced a race yet, this is a great way to start as it is a low key and friendly event, albeit there is a trophy and the associated bragging rights at stake.

Although it is not our usual club night we need to muster as many runners as we can so please put the date in your diaries.

We would welcome your participation on the night and we can arrange car sharing closer to the day. Let's see if we can beat last year's turnout. See you on the 6th!

Diary dates

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)
Sun 8 th Sept	John Fraser 10 (LRRL)
Sat 14 th Sept	Striders parkrun takeover
Sun 15 th Sept	Striders junior parkrun takeover
Mon 16 th Sept	Striders MRC takeover
Sat 21 st to Sun 22 nd Sept	Equinox 24 hour race
Sun 29 th Sept	Bison Bash

Please save 7th December for the Striders' Christmas Dinner and Annual Awards.

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>