



NEWSLETTER – September / October 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:

- Vicki Galbraith (2nd claim)
- Robert Craig
- Ian Bickle
- Sophie Clarke
- Sofie Power
- Craig Marsh

Also a special welcome to our “5K to 10K” group who are 2 weeks into their training plan, led by coach Clive and his merry band of run leaders.



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

New Striders baby!



Congratulations to Kelly and Tom on the birth of Ted Bowden (7lbs 14oz) on 6th September. What a little cutie!

Christmas party

Save the date for this year's Christmas party and annual awards – Saturday 7th December. We have a change of venue this year to give Lou, John, Sharon and “the Sliders” a chance to let their hair down too. This could get messy!!

The venue is Asfordby Village Hall and we are very excited to announce the entertainment this year will be provided by live band “The Works”. <https://www.the-works-professional-covers-band.co.uk/>
There will be a hot buffet included with a licensed bar available too.

More details on costs and booking a place to follow soon.

As ever, the main focus of the evening will be our awards ceremony where trophies are awarded, club standards are presented and the club's London Marathon place is decided.



Club and county standards

County Standards – **claim by 31 Oct** to chrismgenes@gmail.com

To earn one of these coveted certificates, you have to complete 5 races or 9 races (for distinction) at different distances. There are age bands with target times that cover all abilities to give everyone goals they can aim to achieve.

Full details of the scheme can be found at: <http://iran.org.uk/county-standards>

To claim, please send details of your 5 or 9 races to Chris and he'll co-ordinate all of the claims for Striders.

Club Standards – **claim by 31 Oct** to andy_nicholls2003@yahoo.co.uk

Similarly, the club offers a small memento to runners achieving times at 3 distances during the year. The times are a little harder to achieve than the county standards but only 3 races are needed. If it's your first year with the club, why not work out what standard you've earned?

Full details of the scheme are at: <http://www.stiltonstriders.co.uk/club-standards/>

To claim, please send details of your 3 races to Andy.

London Marathon Club Entry

Here's a recap on the criteria for the place we expect to be able to award for the 2020 London Marathon.

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 circumstances entry, it has published 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). Confirmation of the ballot entries is due out early in October!

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 trail 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 **by 14th November** to andy_nicholls2003@yahoo.co.uk 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.

Note from the Treasurer - John Houghton

I want to thank Tom Boden for auditing the Stilton Strider accounts - a copy of which was available to all at the last AGM. As agreed at the AGM, below is a note confirming the conclusion of that audit.

Tom's work confirmed no issues with the income and expenditure arising during the year, except for one transaction being omitted. The bank balance at the end of our financial year was entered as £6,913.33 in the accounts but the actual correct amount should have been recorded as £7,228.33, a difference of £315.00. This related to a cash payment into the account on the last banking day of the year which was not picked up when preparing the accounts.

Since this is purely a timing issue, after further discussions and agreement with the committee it has been decided to not amend the accounts as presented at the AGM, but carry this amount over to be the first income shown as arising in the next year.

I do hope this meets with your approval but if any further clarification is needed please just ask.

Men's captain – Chris Genes

Before I continue with my next member profile I want to spend a little time talking about the recent 'takeovers' at the Melton parkrun, Junior parkrun and Melton Running Club (MRC). What a fantastic turnout on all three occasions and it certainly gave the club the opportunity to showcase what we are about and what we can offer. At all three events we handed out our new recruitment flyers which generated a significant amount of interest from potential new members – some are possible sharp end runners and others would like to join to gain experience and improve. All I would ask is that if a new runner turns up to join us please, please make them feel welcome and try and run with them. We should all recall what it's like to turn up for the first few times so let's practice what we are trying to preach and embrace them.

In addition, Clive recruited sufficient runners to participate in the club's eight-week 5K to 10K course, which is now 2 weeks into the programme. A big thank you to Clive and the Run Leaders for taking time out to support this programme, which I believe is the only one of its kind being hosted by a running club in Leicestershire. Let's see if and how many then progress to become members of our club.

Unfortunately we all heard of Ron Groves passing and I, along with other members of the club, attended his funeral on behalf of past and current members. It was a sad occasion and Ron's widow (Judy) thanked us for our card, thoughts and donation to his charity, the British Heart Foundation.

In advance of the takeover weekend I had sent a 2,000 word article to the Melton Times to introduce the event, club and benefits of running but due to the two page article on Ron the previous week, they ran just a short edited version, which hopefully still got the message across. I had wanted to highlight a few of our current members who had progressed from the couch to 5k and parkrun 'feeder' routes, so rather than waste their kind words and photos I have included them below.

Sharon and Robert Mee

Sharon started to run on her own by downloading an app but gave up twice! So on Monday 20th June 2016, she plucked up the courage to go to MRC's C25K group. She said: "We were given a warm welcome from our leaders who explained the programme and told us that we would be able to run 5k in 10 weeks' time – we all laughed!"

She met a fabulous group of ladies who chatted and shared out-of-puff breaths. She is now proud to call them friends and she still has that close group of running buddies made in those first weeks. Sharon graduated from C25K and moved to the regular 3 mile Monday night group, then the 4 mile and now enjoys a social 5 miles each week.

Shane then told her about parkrun and encouraged her to come and give it a go. So, fuelled with enthusiasm, Sharon registered and went off to parkrun with her barcode the following Saturday and managed a run/walk in 43 mins. This quickly became a weekly fixture in her calendar with a little improvement seen each week.

Hoping to improve further Sharon asked husband Rob to buy her a pair of 'proper' running shoes for Christmas and on Christmas morning made him go and do parkrun with her so she could wear them! Although a keen cyclist, Rob always maintained that he was not a runner as he could never breathe properly but he ran with her and decided to come and have another go on the following Saturday. As they say the rest is history and Rob now beats me hands down with a PB of 23.14 against Sharon at 29.28, although their enjoyment of a cup of tea in the café afterwards is equal.

After getting the running bug, Rob started to go to MRC on a Monday, running with the 10K group. These weekly fixtures became part of their training over the summer for their first half marathon in September 2017.

They joined Striders last year as they wanted to improve their running and had been recommended the technical sessions by an existing club member. This seemed a natural step to take their running further. Sharon managed to knock 10 mins off her half marathon PB and Rob 13 mins off his time as well as running league races and recently taking part in the Three Club Challenge proud to wear their Striders shirts. Rob also completed a 30-mile ultra in May this year!



David Hall

“Although I have tried to be physically active throughout my life – with limited success – I didn’t take up running until I was 57. I had started going to the local gym once a week, and then I began doing a 6-mile run each week on my own – Lag Lane mostly - just to maintain some level of fitness. Barbara, my wife, had joined in these activities, although we rarely ran together, and we still don’t!

“We decided to enter an event, such as a 10K, every 3 months just to give our ‘training’ some focus. Nowadays, instead of one event each 3 months, I often find myself doing 3 events each month!

“Barbara moved to another gym and a group of members were ‘persuaded’ by one of the instructors to form an informal running group. When I eventually moved to the gym, I also joined the running group, and from that group some long-lasting friendships have developed with a shared interest in eating and drinking, travel and drinking, and running and drinking. I run therefore I drink.

“My racing times slowly improved after my introduction to road running, but it was a slow process. It took me two years before I could achieve a sub 60-minute 10K, but my times gradually improved over the following years until I achieved my 10K PB and half-marathon PB in 2016.

“I was persuaded by my running friends to try a marathon. As this was likely to be my only marathon (it was!), we agreed to do the London Marathon in 2014, two months after my 65th birthday. I was feeling pretty confident as the training had gone well and the preparations went to plan. The first 15 miles were almost enjoyable: the sun was out, the crowds were out, my family and friends were there to support me and the pace was comfortable. But somewhere round Docklands I lost it and by the time I hit the 20-mile mark I was a broken man running in my own world of pain. I did finish in 4hr 45min, but I had been confident of getting close to 4:15, with a sneaky hope of closer to 4 hours. But I did it, I finished.



“My recovery wasn’t helped by a week’s walking holiday with my family and grandchildren beginning the day after the marathon, to belatedly celebrate my birthday (couldn’t break the training plan before the big day!). It took me a week to be able to walk properly and almost 3 months to be able to run at anything like my previous pace. But I did it and I won’t be doing it again!

“parkrun has also had a significant impact on my running. Not just the opportunity to blast out a 5K tempo run each Saturday – or a more leisurely run if I choose – but the number of runners that make this as much a social occasion as a sports event. I have met many runners on these Saturday mornings and the sense of community and friendship is almost tangible. The effects on these non-running elements of the parkrun have added a new aspect to my understanding of what it means to be ‘a runner’.

“I joined the Striders three years ago, in 2016, when the structured technical sessions were starting on a Thursday evening. I had found that, as the years advanced, recovery from injury was taking longer and longer. So, I argued to myself, why not join in with the experts to learn how to run properly and avoid, or at least reduce, injuries to my aging body. And this has been a success.

“That’s not to say that I don’t get injuries, but these are often the result of non-running incidents, like unloading the boot of a car! But, along with several other Striders, I discovered the effectiveness of Alistair Dickson at New Park Physiotherapy. While he doesn’t work miracles – yet! – he certainly points me in the right direction to rehabilitate any misbehaving elements of my running action.

“Joining the Striders has certainly added a new dimension to my running. I still run with my old friends and we still enter several road races together. But with the Striders I can enter other races

and still find familiar friendly faces – the recently discovered social side of running has become increasingly important to me and I can be a bit more competitive!

“For me, being competitive is not about winning, or even beating someone, but it’s about measuring myself against me, what I’ve achieved before, what I consider myself capable of, what I want to achieve. Of course, being able to compare yourself to runners of a similar age is a useful measure as well, especially when you move up into a new age group, as I did this year!

“Running has been my exercise and therapy for several years. Long may it continue!”

Leigh Pick

“I first started running again when parkrun came to Melton, it looked like a nice way to make more friends and get back into something I used to enjoy. Then it started, parkrun obsession, it’s not a weekend without a parkrun! During this time I lost more of my sight and now rely on the support and good humour of a Guide Runner to complete any training run, race or challenge.



I went from challenging myself each week at parkrun to looking for opportunities to progress and the lovely volunteers at parkrun told me about Melton Running Club (MRC) on a Monday night. Free to attend and run by volunteers it was a step up from parkrun but with equal support and friendship. 10Ks and half marathons followed and then the need for a bigger range of challenges: cross-country, fell racing, PBs - I needed a club for this and Stilton Striders was the next logical and equally friendly step in my running journey. Melton really does have the beginner to ‘slightly’ more serious runner catered for - what an awesome community.”

Leicestershire Road Running League (LRRL)

Across the 11 road races, starting with our very own Stilton 7, back in February and culminating with the John Fraser 10 early September, 16 ladies and 25 men raced in at least one race, with some running multiple races. With regards to the overall results we didn’t have the best of seasons with the Men’s Team relegated to Division 3. All the other teams finished within the same league at the end as they started - Women’s Div 3, Vet Men’s Div 2, Vet Ladies Div 1 and Mixed in Div 2.

With regards to individual categories we had two series winners - Julie Bass FV60 and David Hall MV70 - and one runner-up - Nicola Taylor FV40. Congratulations to the three of them. Vicki Lowe narrowly missed out on a podium position coming in fifth FV50 and Ian Drage finished a very creditable 7th position within the very strong and competitive MV40 section.

Over the season we have picked up new members who are very keen to run LRRL races next season and I am confident that this time next year we'll be congratulating teams and more individuals on their success.

Please note that one of the main reasons we had a disappointing season this year is that on a few occasions we did not field sufficient members to score team points – perhaps this is because the current system of gaining entries means sitting at a computer when entries go live and also in some instances members feel that they are not good enough to run LRRL races - that certainly isn't the case. Please give a LRRL race a try next season and you will be pleasantly surprised where you will finish. Plus you will be adding to the team scores meaning that we'll do better next season and we will hopefully field full counting teams – and more.

Should you wish to discuss LRRL races, please have a chat with either Emma or myself, Chris.

Derby Runner Cross Country League

The season starts again soon with the Holly Hayes run on Sunday 17th November. We will post reminders on our Facebook page reminding you of the dates etc. nearer the day. The beauty of these runs is that, unlike LRRL races, you can just decide on the day, turn up, enter and run. If you have not experienced one of these cross-country runs you should give at least one a try. The going could be challenging under foot depending on weather conditions but you will benefit immensely with your stamina building during the winter ready for next season's road races, be they LRRL or other races.

We always try to car share and we hang around at the end encouraging members when they finish and afterwards we chat, compare notes and experiences within our club tent over a hot drink which washes down well-earned cakes and biscuits.

Last season we fielded full teams across the six races – let's do the same again this season. Please check the events calendar below for dates.

Long Clawson pre-Christmas Outrun

New member Ian Bickle has kindly offered to host a pre-Christmas Sunday outrun in Long Clawson on 1st December starting at 11.00am giving members time to get there after the junior parkrun. The intention is to run approximately 6 miles from and return to his home where we can enjoy Ian's kind hospitality of hot drinks and mince pies. Ian has said that if this is successful he would like to host a similar event in the summer ending with a garden party.

We shall be posting nearer the date further information but in the meantime please keep this date in your diary.

Equinox by Emma Hope (ladies' captain) and Katie Hateley (ladies' vice-captain)

The club had a fantastic turnout at the Equinox 24-hour race at Belvoir Castle with both teams and solo runners enjoying the camping and 10K loops. Although it started a little on the warm side, conditions were generally good for running, well at least until the last few laps! Brilliant support from everyone, makes us very proud to be Striders.

Many Striders took part along with MRC and parkrunners. There were large teams of 8 running 3 to 4 laps each, small teams of 5 running 4 or more laps each and six solo runners doing anything up to 15 laps! Some members joined in the event with the 10K races at the start and at 8pm. There was a lot of amazing running by all with some achieving the longest distance they have ever covered.

Well done to our Team Wolfpac who came 3rd out of 113 large teams and 5th out of 909 overall!



There will be another huge turnout next year for Equinox 2020 so come along, join a team, run solo or enter the 10K races - you won't regret it!

Here are the fantastic results from the event:-

Solo runners: Richard Gray 15 laps; Dan Giblett 13 laps; Liz Parkinson 5 laps; Mark Ashmore 10 laps; Rob Mee 9 laps; Ben Pickard 13 laps.

Teams: Wolfpac 29 laps – 3rd large team and 5th overall; Melton parkrunners – 24 laps; Melton Madness – 21 laps; MRC Belles – 18 laps (who were a small team!)

Congratulation to the Striders who did the day and night 10K - Matthew Daniel, Anthony Ison, Shane Sharkey & Tony Allen.

Bison Bash – Ladies' Vice-Captain (Katie Hateley)

The inaugural Bison Bash cross-country race took place on Sunday 29th September. Registration was held at The 1st Old Dalby Scout hut in Queensway where all the runners were greeted with the smell of various refreshments that were being cooked up by the Scout Group.

After a heavy night of rain the course was set to be a challenging undertaking.

First off were the children who whizzed around their route in lightning fast times. First prize went to Joshua Hatherly of the Wreake and Soar Valley Club in 8min 9sec, second prize went to Gurtej Gamba and third prize to A Shaw.

Then came the adult 4.5mile run. There was a great turnout by club members from Stilton Striders, not only for running but for volunteering also. From the very start runners were met with a mud clagged field before heading towards the start of the ascent towards a conservation woodland area. The route then follows the skyline heading towards the bison farm, providing runners with stunning views of the Vale of Belvoir. Another woodland adds varying terrain to the route before reaching the challenging descent past the bison with their calves and also some deer. Nearing the final stretch there was a 'foot spa', or some may call it a deep water-logged field to clean the trainers before the final run towards the finishing line at the Scout Hut.

All runners seemed to thoroughly enjoy the race and atmosphere created by the fabulous marshals and volunteers.



The adult winners were: Male – 1st Gurmit Singh (Roadhoggs) 30:42, 2nd Ian Bickle (Stilton Striders) 31:15, 3rd Richard Coombs (Stilton Striders) 33:51 and Female – 1st Rebecca Forrester (Stilton Striders) 38:54, 2nd Rachel Wade (Stilton Striders) 40:04, 3rd Izabella Roberts (Stilton Striders Juniors) 41:36.

Thank you to all of the sponsors - Melton Building Society, Melton Sports, J&L Garden Centre and Mountain Restaurant, The Plough Inn at Hickling, The Old Wharf Tearooms, The Crown Old Dalby, Long Clawson Dairy, Belvoir Brewery and The Grainstore Micro Brewery. Also a big thank you to Clive Kent for the amazing design of the logo and flyers.

Over £600 was raised on the day for the Scout Hut which was a great success. Thank you to everyone who volunteered on the day, the marshals were all wonderful.

Watch this space for next year's Bison Bash!

Diary dates

Sun 6 th Oct	Crossdale 10K Trail
Sun 13 th Oct	Dalby Dollop
Sun 13 th Oct	Stilton Stumble 10K
Sun 27 th Oct	Harby Clockback
Sat 10 th Nov	Seagrave Wolds Challenge
Sun 17 th Nov	Holly Hayes (Derby Runner XC)
Sun 1 st Dec	Ian Bickle's pre-Xmas Run
Sat 7 th Dec	Xmas Party and Annual Awards
Sun 8 th Dec	Bradgate Park (Derby Runner XC)
Sun 8 th Dec	Keyworth Turkey Trot
Sun 12 th Jan	Groby School (Derby Runner XC)
Sun 26 th Jan	Grace Dieu (Derby Runner XC)
Sun 16 th Feb	Bagworth Heath (Derby Runner XC)
Sun 23 rd Feb	Stilton 7 (LRRL race – to be confirmed)
Sat 29 th Feb	Belvoir Challenge
Sun 1 st Mar	Market Bosworth (Derby Runner XC)

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, Chris, Nikola 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>