



NEWSLETTER – November/December 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:

- Zoe Flintoft
- Karen Matthias
- Melissa Harley-Hotchkiss
- Chris Page
- David Brook
- Victoria Betts
- Marie Gray
- Julie Ashby
- Sue & Craig Smith
- Joe Jones
- Louise & Grant Bridgeman
- Karen & Tracey Murch
- John Coleman
- Anna Bailey
- Veronica Pearson
- Danielle Holmes
- Anna Butler



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.

Long Clawson Christmas Canter

After juniors Ayesha and Lacey led a very professional warm-up, we headed out on an extremely muddy six-mile route in glorious sunshine, followed by teas, coffees, cakes and apple crumble to name just a few of the tasty treats. A big thank you to Ian Bickle and his family for their warm hospitality.



Welfare

Our running club provides an environment that should not only be enjoyable, sociable and inclusive but also safe in regards of the welfare of all of the club members – adults and children. Welfare is essential to contribute to good practice within athletics, develop performance and to ensure the safety and enjoyment of athletes, coaches, officials and volunteers.

Stilton Striders have two Welfare Officers: Di Underwood and Katie Hateley. The role of the Welfare Officer is to provide club members with a friendly ear for any concerns that they may have about themselves or fellow club members.

Di Underwood Tel: 07771 661611

Email: roadrunner2uk@yahoo.co.uk

Katie Hateley Tel: 07958 395509

Email: hateleykatie@hotmail.com



Congratulations

Congratulations to Beth and Matthew on the birth of Ruth Daniel (8lbs 16oz) on 29th September, Danielle and Matt on the birth of Thomas Gayton (6lbs 50z) on 16th October and Ines and Davide on the birth of Clara Sofia Rodregues Figo (8lbs) on 29th November. Also to Matt White and new member Karen Matthias on their recent engagement – great news!

Here's little Thomas setting his sights high and Clara looking adorable!



2019 Stilton Striders RC Award Winners

For those members who were not at this year's successful and enjoyable presentation evening, we thought it helpful to list all of our winners. This year we presented 73 awards of some level of recognition and achievement to 40 separate individual members. Congratulations to them all.

Certificates for first ultras completed in 2019

Dukeries 30: Jenny Kent, Deborah Wilson, Alison Wilson, Kaye Mead, Marie Kennedy, Rob Mee, Vanessa, Calum and Seb Walker

Dukeries 40: Greeba Heard

Equinox 50k: Liz Parkinson

Equinox 100k: Mark Ashmore

Certificate for 100% Gritstone Series: Ian Drage

Certificates for 100% Derby XC: Andy Nicholls, Chris Genes, Nikola Dolphin-Rowland and Celia Bown

Certificate for 100% LRRL Spring Series: Ian Drage

Certificates for 100% LRRL Summer Series: Ian Drage and Nicola Taylor

LRRL individual winners: Nicola Taylor 2nd FV40, Julie Bass 1st FV60 and David Hall 1st VM70

Club Standards

Gold: Greeba Heard, Vicki Lowe, Paul Jacobs, Julie Bass and David Hall

Silver: Simon Dolphin-Rowland, Nicola Taylor, Rebecca Forester, Chris Genes, Liz Taylor, Jacqui Riley and Ian Craddock

Bronze: Don Ainscough, Sarah Lawrence, Robert Mee, Mike Williams, Anthony Ison and Rachel Wade

Copper: Kristy Nicholls, Kathy Walsh and Ashley Jackson

Pewter: Amelia Fisher and Sharon Mee

County Standards

Diamond: Julie Bass

Gold: Vicki Lowe, David Hall and Greeba Heard

Silver Distinction: Vicki Lowe

Silver: John Robinson, Jonathan Wilson, Nicola Taylor, Liz Taylor

Bronze: Robert Mee, Andy Nicholls, Mike Williams, Ian Craddock and Chris Genes

Copper: Anthony Ison and Ashley Jackson

Pewter: Kathy Walsh

Men's Section: Overall - Alan Thompson; Veteran - David Hall; Most Improved - Ian Drage

Ladies Section: Overall - Nicola Taylor; Veteran - Julie Bass; Most Improved - Ashley Jackson

No Watch Race: Ashley Jackson

Handicap Race: Chris Genes

Ray Walker Cup: Ian Drage

Club Person of the Year: Chris Genes

Club London Marathon place 2020: Ian Drage



Men's captain Chris Genes' year end highlights

2019 has been a terrific year for Stilton Striders and I thought it useful to highlight some of the reasons why we should be proud to be part of this wonderful club. My apologies if I have missed off any other highlights, it was not intentional.

- Full teams in the Derby Runner XC races for the 2018/2019 season. And the first race of this season at Holly Hayes saw 25 members turning out – the most for many, many years and long may it continue.
- Nineteen members taking on the Dukeries Ultra in May.
- Julie Bass representing England in the 10k Masters event in Birmingham and then qualifying again for 2020, in addition to picking up an age category FV60 trophy in Dubai. Also Katie Hateley being chosen to represent the county at the national fell running championships.
- Leicestershire Road Running League awards for Nicola Taylor FV40 2nd, Julie Bass FV60 1st and David Hall VM70 1st overall.
- Amazing performances at the London Marathon where highlights included Vanessa running with her sons Calum and Seb for PCUK and those watching on the app could see the exact moment that Seb couldn't be doing with his brother any longer and buggered off and left him! Also, Greeba Heard running an incredible 3.30 which was good preparation for her age category win at the Tissington Half.
- Jon Wilson demonstrating the heart rate training plan really works as he smashed his marathon times.
- Indoor technical sessions continuing to thrive plus Vet Camp sessions throughout the winter. Thank you Mark Stoneley.
- Winning the club handicap race on the day my best friend passed away - "I've never won a race in my life before and I ran this one for Keith."
- Taking the great Ron Grove to the Ashby Folville summer outrun to meet and chat with current members and share his amazing stories – only to hear that he sadly passed away just two months later. Ron's widow said he spoke about that evening with fondness right up to the end.
- Ashley Jackson braving the pouring rain and winning the no watch race finishing just 10 seconds from her predicted time, not forgetting Emma Hope standing out in the pouring rain as the only marshal.
- New kit and club logo to reflect both genders.
- Annual 100 lap challenge for Rainbows with the club coming second behind Barrow who had Tim Hartley and Gemma Steel in their team.
- Teams running again in the annual Livingstone Relays and doing us proud as usual.
- Summer Solstice 10k that turned into a birthday barbeque celebration for Greeba's 50th birthday.
- In the hugely competitive and enjoyable Holme Pierrepont Grand Prix 23 members ran all four races, with a plethora of times achieved to qualify for club and county standards. The ladies' team were second overall with the other two teams finishing in the top 10 while the men finished 6th and 12th.
- Boasting now seven registered Visually Impaired (VI) Guides - and it was amazing to witness several of them running extra 10k laps at Equinox to guide Leigh Pick round.
- Narrowly missing out (50 pts) on the Three Club Challenge to Barrow - but beating Wreake by a massive 1,200 pts. What a turnout with 43 members running as a team (and it wasn't even our usual club night).
- Wolfpac's heroic 3rd place podium finish at Equinox along with so many soloists, led home by Rich Gray's astonishing 15 laps (150k = 93.20 miles) in 24 hours.

- A successful parkrun/MRC takeover weekend that led to the start of Melton's first 5 to 10k training programme that was fully subscribed. The only club in the county (and probably East Midlands) offering this course, with 24 graduating in the final week. Thanks to Clive Kent and all the run leaders.
- Also seeing Leigh and Nick Pryke (VI guide) competing for us in the Derby Runner XC's – again Striders are ground-breakers.
- Brilliant turn outs at all of the summer outruns and also the winter head torch runs – thank you to those organising.
- The Bison Bash having its successful inaugural run and raising around £600 for the Old Dalby Scouts. Thank you Katie as race director.
- Globe-trotting members running marathons in Toronto and Berlin (Vicki Lowe), Medoc (Julie Bass and Vicki), Amsterdam (Ian Drage) with Vanessa Walker and Calum Walker running in the Amsterdam Half.
- Two mens' and a ladies' team competing at the highest level at the English XC Championship Relays at Berry Hill, Mansfield.
- Attracting many new members to join the club – across all abilities. Not forgetting the weddings of Davide and Ines Figo, Dan Valencia and Linda, engagement of Matt White and Karen Matthias and new arrivals Eleanor Sharkey, Ted Bowden, Thomas Gayton, Ruth Daniel, Clara Figo and John and Lou's granddaughter Orlagh. Congratulations to them all.
- Record number of both club (23) and county standards (16) awarded to members at year end to reflect their achievements throughout 2019 and also for them to set targets for next year.
- Successful continuation of the Friday evening chatty runs and thanks to Melton Sports for hosting from the shop – and its generous raffle prizes and other winners' vouchers.
- Introduction of a regular and informative newsletter and increased local press coverage of races.
- Being part of a great, all inclusive, all encompassing, friendly and supportive running club and its proactive committee.

Member profile Vicki Lowe

Vicki started running after she had her daughter Beth (now 25) and in her first year she went from not running at all to running the Nottingham Half. Vicki avoided sport at school and was musical. While on maternity leave she would have her trainers waiting by the door for her husband Tony to come home from work so that she could get out for a run.

Vicki first joined the Striders not long after and on her first day there met new runner (and now great running friend) Sui Cushing (former Strider) who had just moved to the area. Sui and Vicki have been running most Sundays since and the conversation has turned the miles into smiles. Not long after Abi Arnott joined Striders and the two became three. Vicki said that she would “not want to run without my lovely running buddies ‘the girls’,” as well as Michelle, Kirsty, Helen and more recently Julie and Nik.



Vicki considers her best achievements in running to be marathon running. She loves the feeling you get when you have completed a long run so relaxed and being able to eat what you fancy. She feels proud and privileged to have ran 13 London Marathons (and probably as many Ashby 20s) and loves everything about this race. Even watching the London Marathon brings a tear to her eye. Other marathons completed are Edinburgh, Manchester, Leicester, Toronto, Medoc (wine run with Julie such fun), and Boston UK.

Vicki now has a new goal, to complete the six major world marathons (if the cost allows). Having run Boston UK this year in 3.39 she achieved a qualifying place for age in Boston USA next year, a dream place to visit and race - 'Boston for Boston'. This year she ran the Berlin Marathon for star number two and this was a great experience.

Striders have been a big part of Vicki's life and she particularly enjoys the team aspect, running for many years in the Leicestershire Road Running League. It is through this league that she discovered the enjoyment of 'racing', not just chasing your own running times but chasing the person in front of you. Phil Douglas (former Strider) encouraged her running in the early days and in his words "look at the person in front of you and chase them". As a vet runner now she enjoys competing against her age group.

Vicki wants to mention her husband Tony who has always supported her running (he knows what she's like when she doesn't run). All those times when we have to leave early on a Saturday night social as she has a race in the morning, and the pile of ironing that gets done when she is out on a Sunday morning. And their marathon trips away – "you can have a weekend away without doing a marathon". Vicki's final words are that she hopefully has many more running years to enjoy.

Katie Hateley (ladies' vice-captain)

The Stilton 7 is nearly upon us – can you help?

Our very own Stilton 7 is the first Leicestershire Road Running League race of the new year.

It will take place on Sunday 23rd February 2020 and we need you!

It's a two-lap route from outside the Stute, Asfordby Hill, and relies on plenty of volunteers to ensure the race goes smoothly.

I have offered to be Race Director and Emma Hope has agreed to be Volunteer Coordinator. So if you can volunteer then please let her know via email to emmalhope@sky.com or message her via Facebook.

Many of you will wish to run in our home race – and we'd like to field strong teams – but it is possible to do both and help out either before or after the race.

The feedback from other clubs is always very positive with many messages of appreciation for all our volunteers who also provide much support and encouragement to the runners on the course.



As always any help is always massively appreciated and the race could certainly not go ahead without you!

Thank you, Katie

Diary dates

Sat 21 st Dec	Gaddesby Gallop
Sun 29 th Dec	Huncote Hash
Sat 4 th Jan	County XC Champs, Burbage
Sun 12 th Jan	Groby School (Derby Runner XC)
Sun 26 th Jan	Grace Dieu (Derby Runner XC)
Sun 2 nd Feb	Charnwood Hills Race
Sun 16 th Feb	Stamford St Valentine's 30K
Sun 16 th Feb	Bagworth Heath (Derby Runner XC)
Sun 23 rd Feb	Stilton 7 (LRRL race)
Sat 29 th Feb	Belvoir Challenge
Sun 1 st Mar	Market Bosworth (Derby Runner XC)

Committee Update

Following Shane's decision to stand down from the committee and a request for new members, the new committee met last week and have agreed and implemented the following changes: Chris Genes will now be the new Club Chair and his role as Men's Captain has been split between Simon Bottrill (Men's Captain Off-Road) and Mark Stoneley (Men's Captain Road). This split role mirrors Emma Hope and Katie Hateley's roles and running preferences.

The current membership of the committee is: Chris Genes (Chair), Andy Nicholls (Secretary), John Houghton (Treasurer), Simon, Mark, Emma, Katie, Kaye Mead and our newest members Ian Bickle, Carl Mead and Sean Elkington.

For the benefit of our new members this is a photo of the committee taken last week with Bramble (the dog) deputising for Katie, who had sent her apologies.

