

# *Stilton Striders*

## **Newsletter – 2 October 2016**

### **Autumn running**

Wednesday runs are now back at Melton Sports Village every week, running at 7pm each week. Additional bonus headtorch runs take place every 3 weeks or so through to the spring (<http://www.stiltonstriders.co.uk/headtorch-runs-schedule/>) and we're also looking at other ideas for bonus runs, so keep an eye out here and on the website... Don't forget that membership gives you use of the changing rooms, showers and the Rugby Club bar for that vital post-run rehydration.

Thursday structured sessions have proved a popular great addition to our weekly diary, so huge thanks to Rob, Simon and Mark for their efforts so far – diary of locations is at (<http://www.stiltonstriders.co.uk/diary-dates/>)

With Mondays with MRC, parkrun on Saturdays and loads of races on Sundays in addition to the formal club runs, there's no need to hibernate as the dark nights get longer...

### **Safety**

It's been great to see huge amounts of hi viz on show at club runs now that the light is fading in the evenings. In addition, please bear in mind the impact we can have on traffic and other footpath/pavement users when we run as a group around town – for a quick reminder of our informal 'club rules', please see here (<http://www.stiltonstriders.co.uk/club-rules/>).

### **Volunteers please!**

The intention is that all our Wednesday runs in town will have a tail runner who will lead a group to run around 5 miles at the pace of the slowest (these routes are all available via the website). In addition, we are looking for volunteers to act as 'run mentors' to keep an eye out for new members, welcome them and generally help integration into the club.

Please let us know if you are happy to take a turn volunteering for one or both of these roles and we'll include a rota on the website.

### **World Mental Health Day – Monday 10<sup>th</sup> October**

In support of World Mental Health Day during the week of 8th-14th October 2016 England Athletics, supported by Mind the mental health charity, are encouraging people to #runandtalk to improve their mental wellbeing through running and break down the stigma associated with mental health by getting people talking about it. All Stilton Striders are

invited to join in with a special run on Monday 10<sup>th</sup> October – full details at <http://www.stiltonstriders.co.uk/world-mental-health-day-run-monday-10th-october/>

### **Emergency contact details**

The club is trying to collate details of emergency contacts for all our members in case these were ever needed. The most efficient way to do this is for us each to log on to our England Athletics online profile and update there. In future, new member forms will collect and we can, of course, update centrally for those without internet access. Please refer to separate instructions on how to do it – the committee have updated theirs as a trial and it is just a quick job when you have a moment.

### **LRRL awards**

Congratulations to Jason Barton (4<sup>th</sup> Senior Male), Luke Eggleston (3<sup>rd</sup> MU20 in the winter league and 100%) and the Striders women's team (2<sup>nd</sup> in their division, so earned trophies and promotion) and men's team (4<sup>th</sup> in their division) – great running! Trophies will be collected at the annual awards night on Friday 7<sup>th</sup> October at Leicestershire County Cricket Club.

### **Cross Country**

The first XC league race of the season takes place on 30<sup>th</sup> October at Holly Hayes Wood, organised by Hermitage. These races are huge value at just £3 per event, further details will be up on the website as we approach race day.

We are also looking to get teams together for the XC relay championships at Berry Park in Mansfield on November 5<sup>th</sup>. If you're interested, please let us know over the next week or two.

### **Christmas dinner, awards, standards, etc**

Friday 9<sup>th</sup> December is the date for this year's dinner – once again to be held at the Alpine Restaurant at The Grange. Full details, pricing, etc to follow shortly.

The final date for claiming club standard awards for this year will be November 30<sup>th</sup>. It has been great to see a good number of people already claiming theirs – and a good variety of levels and age categories. Don't miss out!

<http://www.stiltonstriders.co.uk/club-standards/>

Finally, with the London Marathon about to announce ballot results, don't forget that if you are unsuccessful in the ballot and would like to be considered for a club place at the London Marathon you'll need to let us know over the next few weeks.

### **Coaching/Run Leading support**

The club is keen to continue supporting new Run Leaders and Coaches for both our senior and junior sections. A really rewarding way to contribute to the club and wider running community, if you would be interested in getting involved, please speak to one of the existing coaches, committee members or contact us in the usual ways.

## **Run Every Day with Melton Sports**

Melton Sports' #RunEveryDay Challenge with Ron Hill is back this October and there are prizes to be won! Your task is to put a run streak together - from a few days to the full 31 the choice is yours - and share what you're up to via Facebook, Twitter or Instagram to help spread the #RunEveryDay message about the simple joys and health benefits of running. We have five #RunEveryDay running tees to give away to support the campaign and mark the launch of Ron Hill's autumn/winter range at Melton Sports\*.

Three tees will go to the winners (first man, woman and junior) of the Great Dalby Dollop on Sunday, October 9 with the remaining two destined for the runners who best embody the spirit of the #RunEveryDay challenge over the course of the month.

\* Melton Sports' October promotion is a Hilly socks giveaway - buy any Ron Hill top + bottom and get a pair of running socks (RRP £12) free. And this is in addition to your 10% club discount - how good is that! #beseenbesafe

### ***Captain's Report:***

*Hello to all current, past and future members of Stilton Striders, hope if you are new to us or returning to us that you enjoy being a Strider. Exciting days as usual (so good to hear) as we have had another packed month of Striders achievement.*

*I guess I cannot go too far without mentioning our Equinox team that got 1st place overall over what was it 220+ teams nationwide? It looked a very good team on paper but massive kudos also to another Strider team who came 8th. That we were able to field some 6 Stilton teams (some affiliates also) and good field of solo runners is absolutely superb but want to know what one of the best things for me was? All those people bonding and enjoying themselves, and I've no doubt planning for next year and talking each other into upcoming events in a positive manner. Do I seem old if I can recall the first of these 24 hour events the still mega popular "Thunder Run" at Catton Park, Derbyshire? We are lucky locally with Equinox 24, The Exercist, Insomnia 24 and Beacon 24 all held very locally to us, perhaps there is an interest there to do more?*

*We got what 17 Stilton Runners to Tony Allen's (6th) Eaton Stampede 10k? For those who like an offroad jaunt this is a must and just a stone throw away. For more Strider organised events the Great Dalby Dollop returns for its second year on October 9th, great turnout last year for this muddy 5k race. More XC action returning shortly locally with the Crossdale 10k, Seagrave Wolds challenge and the National XC relays at Mansfield, would be great to get Stilton presence at all three events. Anyone up for the 2 in 2? With the ever popular Seagrave Wolds challenge on the Saturday the second Derby runner XC fixture is on the Sunday at Markfield (planning!), so if you're a bit mad and fancy doing both, the event on Sunday is a mere £3.00 pay on the day and hopefully seeing the debut of the new Stilton club tent!*

*New year I really want to promote more the XC, track and road nationals, midlands and Leicestershire events, over the early new year from the XC side we have the Leicestershire (Burbage) Midlands (Prestwold) and Nationals (Wollaton Hall). It would be great to represent the club with our ever stronger field of runners at these events.*

*Onto something completely different, Melton Running club had over 80 new starters for its third C25k of 2016, the excellent work of Kaye Mead and Deborah Wilson from the last group has been joined by two other Stilton Striders as run leaders in Jon Wilson and Matt Chalmers. I know it's a little premature to be talking about 'our next Stilton's' but I'm very proud of the pathway between MRC and Stilton which all the run leaders and people like Shane Sharkey, Ian Johnson, Jason Barton (and many more) have had a hand in.*

*Well apart from the never knowing the league tables, very proud of our club in this year's LRRL league, even as a bonafide offroader I really enjoyed being part of the very supportive and ever expanding team we had at the summer league races. Really believe we can get even greater numbers joining us this coming winter league, please do come along and be part of the excellent Strider vibe.*

*As a big fan of these 'everyday' challenges, hopefully you'll have seen Melton Sports promotion to run every day in October? I know Jenny and Clive Kent have taken up this challenge and hope more will follow suit.*

*Finally a big well done to all eventing everywhere and plenty of PB's in there too, we have people running all types of disciplines, terrains, distances and all over the place and every weekend, we are a great club with a great future.*

*Cheers all  
Rob*

## **Race reports**

Recent race reports, including great performances at the Robin Hood marathon and half, and a fantastic weekend at Equinox24, are all up on the website at <http://www.stiltonstriders.co.uk/category/reports/2016-reports/>

Don't forget that the more you support local races throughout the year, the more Strider Cup points are available - latest table is at <http://www.stiltonstriders.co.uk/strider-cup/>

## **Upcoming races**

Between us all in the club there is a lot of race experience and we have tried to collect local and recommended races in the Events Diary on the website (<http://www.stiltonstriders.co.uk/events-diary/>) – with more races over road, trail and fell being added continuously. Also, it is always worth asking around at club nights and via the Facebook group as there are always people headed out and about to races.

## **Dates for the diary**

All diary dates are regularly updated on the website and you can also find there the details of all our club sessions. If in doubt, keep an eye on the newsletter, website, facebook or twitter and you'll see where we are!

5 October - club run, Melton Sports Village (tail runner TBC), Route 3

5 October - alternative headtorch run - Stathern, Red Lion

6 October - structured session, Vet Surgery, The Crescent

9 October – Great Dalby Dollop  
10 October - World Mental Health Day Run / Walk - 6.30pm Parkside  
12 October - club run, Melton Sports Village (tail runner TBC), Route 4  
13 October - structured session, Vet Surgery, The Crescent  
19 October - club run, Melton Sports Village (tail runner TBC), Route 5  
19 October - alternative headtorch run - Hambleton Peninsula, followed by the Grainstore  
20 October - structured session, Vet Surgery, The Crescent  
26 October - club run, Melton Sports Village (tail runner TBC), Route 6  
27 October - structured session, Horseguards Way

Also, a bit further afield, but please save the date for:

- 9 December – Christmas Dinner and Presentation Evening
- 26 February – potential date for Stilton 7

### **New and returning members**

With more members signing up in recent weeks we have to start yet again by saying welcome to you all! Thank you to everyone who has paid their subs for this year – it makes our volunteers' lives much easier to do so without chasing. Remember, all our club runs are free all year once you have paid the annuals subs, so the more you attend the cheaper it is...

As ever, prospective members are always welcome to come along to a few runs on Wednesdays and/or Thursdays to try us out for free and with no commitment before joining as a paid up member.

### **More information**

As ever, if you would like more information or have any questions, there is loads of information on the web:

- [www.stiltonstriders.co.uk](http://www.stiltonstriders.co.uk)
- [Facebook.com/StiltonStriders](https://www.facebook.com/StiltonStriders)
- [Twitter.com/StiltonStriders](https://twitter.com/StiltonStriders)

You can also email Rich at [stiltonstriders@yahoo.co.uk](mailto:stiltonstriders@yahoo.co.uk) or speak to any of the committee (Rich, Andy, Mike, Shane, Theresa, Di, Ian M, Ian J, John, Abi and Rob).

### **Running in Melton**

Finally, in case anyone is not aware, there are more opportunities to get out running with other people in the Melton area, that we are supporting, all which can be joined in with at no cost to yourselves or other runners. Links to all the details can be found via our website.

*parkrun Melton Mowbray* – Saturdays at 9am starting from the Country Park Visitor Centre. Led by Shane, and with Theresa and a host of other Striders in regular support, parkrun is now a fixture in Melton. Averaging over 100 runners a week, it is a great start to the weekend, whether you are after a PB, a gentle jog in the (hopefully) sunshine, or just to volunteer and retire to the café for a cup of tea afterwards. One off (free) registration required before first run.

Melton Running Club – the Run England beginners group led by Rob, Simon, Matt, Lou and Debs goes from strength to strength. Whilst not a formal “Stilton Striders” initiative, we thoroughly support their efforts, with many of our runners attending, either for a group run or to support the beginners. No registration required. Mondays at 6.30pm from Parkside.