



Weekly Newsletter

May 2025

Stilton Striders Race Report April 2025

Saturday 5th April

Prague Half Marathon

George Wilson: 1:32:35 (8m 32s PB); Kurt Wilson: 1:39:08; Rob Mee: 1:40:27 (PB); Christina Heeray 2:08:22 (Gold County standard)



Sunday 6th April

Berlin Half Marathon

Nicola Taylor 1:37:47 (PB, Gold County standard); Emma Gardner 1:58:09

Rutland Winter Half

Lewis Hyde 1:24:55 (5th place overall; 11m 30s better than 2024)

LRRL Desford 6

County Standards:

Diamond: Mark Tyler 40:36

Gold: Daryl Boyce 37:43; Rhiannon Baxter 39:55 (8th Female); Simon Dolphin-Rowland 40:24; Vicki Lowe 47:46

Silver: James Sutton 37:08; Andy Mackay 37:52; Andy Nicholls 42:40; Ian Craddock 46:25; Jane Martin 56:00

Bronze: Jamie Dean 42:25; Chris Page 42:49 (1m 31s PB); Stephen Abbott 43:24; Mark Preston 44:02; Andrew Wilson 44:15; Rich French 44:34; Michelle Farlow 48:08; Michael Cooke 49:04; Jaz Kirwan 53:09; Abi Arnott 53:22; Chris Genes 58:18

Copper: Anthony Ison 45:53; Courtney Lightfoot 50:29; Katy Hill 51:23; Nikola Dolphin-Rowland 56:40; John Martin 57:27



Sunday 13th April

LRRL Stilton 7

County Standards:

Diamond: Tom Hansen 40:09; Mark Tyler 48:14

Gold: Simon Dolphin-Rowland 47:35; Nicola Taylor 50:09; Vicki Lowe 55:51; Christina Heerey 1:05:45

Silver: Lewis Hyde 42:39; Daryl Boyce 44:39; Andy Mackay 45:21; Luke Knowles 46:26; Adam Hawkins 46:36; Kurt Wilson 50:42; Rob Mee 53:01

Bronze: George Wilson 46:17; James Sutton 47:05; Jamie Dean 49:38; Chris Page 50:40; Robert Craig 51:24; Andrew Wilson 52:09; Richard French 53:16; Wayne Hackett 54:42; John Houghton 55:26; Craig March 57:45; Alan Barnacle 1:01:56; Martin Hansen 1:05:58

Copper: Stephen Abbott 53:43; Katy Hill 1:01:02; Chris Gosden 1:02:41; Sarah Lawrence 1:06:05; Jaz Kirwan 1:06:14; Chris Genes 1:12:32

Saturday 19th April

Parkrun Achievements

Watermead Country Park: Simon Dolphin-Rowland 19:23 (PB; First sub-20 parkrun. Club and County Gold standards)

Sunday 20th April

CaniX Fur Nations Trophy - Welsh Leg Day 2 - 5K

Jef Todd & River 22:29 (PB)

Saturday 26th April

Chilton Hills 100km Ultra Marathon

Adam Hawkins 11:35:52 (15th place)

Parkrun Achievements

Melton Mowbray: Andrew Wilson 22:03 (PB; Club and County Bronze standards)

Abbey Park: Daryl Boyce 18:21 (PB; Club and County Gold standards)

Sunday 27th April

London Marathon

Lewis Hyde 3:13:54 (PB); Greeba Heard 3:50:11; Duncan Greene 4:00:11 (PB); Dan Giblett 5:13:21; Suzie Skelton 5:38:02

Manchester Marathon

Tom Hansen 2:47:37 (County Diamond standard); Jamie Dean 3:49:31; Emma Gardner 4:29:55

Istanbul Half Marathon

Vanessa Walker 2:19:57

Vanessa post Istanbul run wearing her classic vintage green shorts and vest supporting Pancreatic Cancer UK charity



Saturday 3rd May

Livingston Relays

Men:

Seniors: (8th place)

L1 Joe Taylor 19:17; L2 George Wilson 18:54; L3 Kurt Wilson 20:22; L4 Lewis Hyde 18:01

Vets: (3rd place)

L1 Luke Knowles 19:22; L2 Daryl Boyce 18:11; L3 Simon Dolphin-Rowland 19:06; L4 Ian Bickle 18:58

Women:

Seniors: (7th place)

L1 Rhiannon Baxter 20:02; L2 Nikola Dolphin-Rowland 26:05; L3 Rhiannon Baxter 20:26

Vets: (14th place)

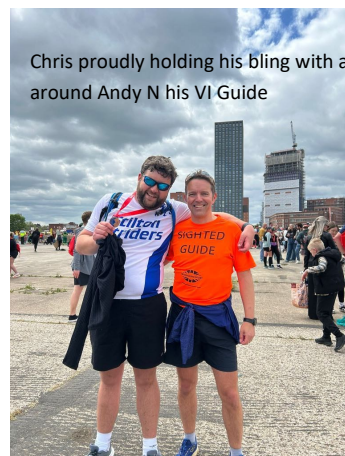
L1 Christina Heerey 26:23; L2 Julie Ashby 23:07; L3 Jaz Kirwan 27:17

Sunday 4th May

Birmingham 10K

Chris Vaughan (*Guide*: Andy Nicholls) 1:26:28

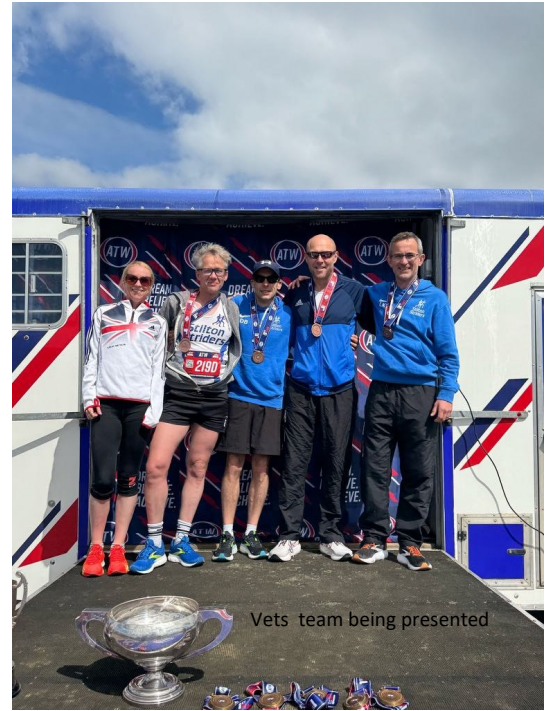
Chris proudly holding his bling with arm around Andy N his VI Guide



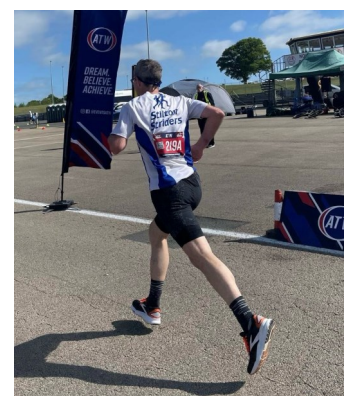
Members Race Reports

Livingston Relays 3rd May 2025.

For those who don't know - the Livingston Relays were first run in 1928. The race is 4x 3 miles for men and 3x3 miles for women, senior and veteran teams can enter. It is held on a car racing track in Mallory Park, with a lovely running surface and sweeping corners with plenty of room to overtake, or be overtaken. After a hectic few days trying to arrange the teams Kurt, Nicola and Lewis had 2 mens teams and one and two thirds for the ladies organised for the morning. Arriving on the morning; the race track was already in full swing with the 100k road race having started at 8am and the 50k road race at 9am. The "sprint" races started at 10am. All our teams put in a great performance with the senior men having to co-opt Kurt in to make up the numbers and Rhiannon putting in a very impressive 2 leg shift for the senior womens team (with Nicola sandwiched in the middle). A very surprising 3rd place podium finish was awarded to the veteran mens team. Due, in part, to Daryl "I'm not feeling too good this morning" putting in an 18.11 minute lap! This was a great race and a great experience for all who attended and I would highly recommend more people to join in the fun next year. And yes, there is tea and cake available afterwards. [Luke Knowles](#)



Joe literally flying! One of his steps is about 3 of mine!



Suzie Skelton

On Friday 13th December 2024 I sadly couldn't make the Christmas lights run and drinks in Charlie's bar afterwards as I was at my works Christmas party. I was so shocked when I had a message from Emily to say you have the London Marathon 2025 place, I felt very happy and very nervous at the same time.

I decided as I didn't know how to approach training I would start a 16 week training plan with the Runna app starting in January I found this brilliant running 4 times a week including 1 long run.

Unfortunately my mum has been very poorly since January this year and has been diagnosed with lung cancer having my place in the London marathon and sticking to my training plan has been such an important focus for my mental health and my mum was so proud my sister said she watched the TV the whole day trying to spot me.

The day itself was excellent from start to finish I got on the overhead train and followed the crowds to Greenwich park then made my way over to Blackheath. I started in blue wave 11 so there was a bit of waiting around. The crowds of runners were supportive with one lady even giving me some sun cream so my shoulders didn't burn.

Once in my wave and walking to the start line I could feel the excitement from myself and all the runners around me. It was very hot but there was so much water, so many showers (18 in total) Lucozade gels/ drinks and even two ice stations it was quite easy to stay hydrated.

I loved looking at all the people running around me looking at what charity they were running for and of course the fancy dress I ran with a rhino, dinosaur and a man in a hairy balls costume for a lot of the way.

I took some wise words from some wise runners with me David Hall said you can't run too slow in the first 10k, Chris Genes said listen to your body and Carol said settle in I honestly think this advice helped me to get round thank you. A big thank you also to everyone who wished me well, gave advice, sent me messages on Sunday morning and for Wayne and Kirsty who waited to see me not once but twice on the course it really did mean so much to me.

The only sad part of the day was to hear James S was hurt and since has had hip surgery I know how important the London marathon was to him. Rest up James and I'm sure you will make a quick recovery.

I was honoured to have the club place and run for the stilton striders and I would encourage everyone who is thinking about it to put your name in the hat for next year. It is one of the best experiences of my life I loved it.



Suz during the marathon, smiling



Patrick in giant testicle outfit running Chicago marathon.

Was this the one Suz? This is my mate Patrick at the Chicago Marathon many moons ago when we ran it in 2017. He created this character for his Male Cancer Awareness charity. Katie



Suz proudly wearing her medal at the finish

Jeff Todd and River representing the England Team in Fur Nation, go River!

Over the Easter weekend, Jef and River (the labrador) took part in the Welsh leg of the Fur nations. As part of Team England, they had 3 consecutive days of racing tough trails through sand dunes, pine forests and across massive beaches. During the three days they set and smashed 5km PB and came 7th in the age category. If you enjoy running with your dog, this weekend has to be on your bucket list.

Huge well done to Jeff and especially River!



Picture of Jef and River speeding along a grassy route
Picture of Jef and River speeding along a grassy route



Katie Houghton. I took part in a theWolds20 which is a LDWA (Long Distance Walkers) challenge event. The LDWA have a huge amount of challenge events throughout the year varying in distances for both runners and walkers, taking in the stunning countryside that the UK has to offer. They are super laid back and very affordable, most entries are around £12 depending on distance and support needed. They usually all start and finish in a Village Hall with lots of refreshments available, normally a choice of hot meal at the end with a cuppa. Personally I love to plot the route onto my maps and use them during the event but many now have a GPX to download also, so there is a choice. The Wolds20 was hosted by the local Girl Guides group who cooked up a variety of curries for the end of the course, they certainly had a kick! This is the first time I had

taken part in this particular event which had a choice of a 13 or 20 miles route and took me through some beautiful villages in the Yorkshire Wolds. I chose the 20 mile route and found it to be a tad level for myself as I do love a hill, especially the descents– the treat after the climb, but I had a wonderful day following some of the Yorkshire Wolds National Trail and chatted to some lovely folk at the end. My next event will be in The Peaks called the Leadenboot Challenge so I will be sure to fill you in on my day and hopefully I will be collecting another sew on emblem after completing it!

Jamie Dean

Manchester Marathon Completed the gruelling 26.2 miles in some very warm weather, although it was hot I did manage to actually enjoy most of it and be happy with the time of 3hrs 49mins 31secs. The struggle was very real from 19.5 miles in through cramp. Smashing my target for raising money for the air ambulance helped with the pain. The support from the crowds and other runners towards the end helped massively.



James Sutton

I've had so many lovely messages from striders; I wonder if maybe you could share a message with the folks at tonight's run - just to say.... Thank you so much for all the kind words and positivity - it has been a tough few days but the overwhelming support from my friends has truly seen me through. For anyone that hasn't heard, I broke my hip during the London marathon. The reason is a bit of a mystery - I didn't fall or crash into anyone - but perhaps just a buildup of stress fractures gave way from overtraining. Who knows. I'm still in London, and had some extensive surgery yesterday. They've patched me back together with plates and screws. The surgery went well, and the journey is now about rehab and physio. If anyone isn't squeamish, ask Mark or Suzie to show you my post-op X-ray - it's quite a sight! Doctors say that I will be able to run again eventually - starting to build back up after a 3-month period of healing. So I won't be participating in the rest of the season, but very much hoping to spectate some of the great races coming up. Thank you again - and hope to see you all soon.

We are all sending our Best Wishes to James for a speedy recovery and hope to see him shortly in a supporting manner during his recovery.



it

Adam Hawkins reporting on his Chiltern Hills Ultra experience.

Now I have toned this race report down as if you have done, I say Ultra around 50 miles or above there is a lot of similarity of emotions like a roller coaster ride.

Chiltern Hills 100km 1st ever setting off from Chesham girl guides hut straight into trails

Forecast was changeable earlier in week from dry to rain to showers usual UK forecasting but turned out fabulous cool cloudy start to sun appearing in the middle of the race to cloudier later but glad I took extra salt tablets !



This was my first real Trail race and was in my eyes a B race as my goal was nearly 4 marathons in a day at the beautifully brutal Wales ultra in July so I was going to, well in my eyes as if I was doing the 100 try hold my ego back and try to remember my one and only previous 100km learn my lessons.

This race on out of 10 quaint villages, woodlands, views and support was a 9 from me.

You went numerous through different woodlands adventures this time of year my favourite bluebells out in force was amazing etc although some obstacle course racing later on had some choice words ! Then you go into glorious fields some points along the ridgeway were epic.

Personally, I thought I was chatting, feeling super easy and being present in the moment steep hills walk with a purpose. But around halfway to checkpoint 3 the temp wasn't super high around 16/17 but as I knew the humidity was bonkers 98% so some of the woodland I felt my head so slurped electrolytes and salt tab then Got to Checkpoint 3 out of 6 around Marathon in was drop bag I had somehow made my way from 12th to 8th (like this never mattered) but I had to taper that ego back as the plan was to do as planned at mile 50 more or less big change of all clothes the old fashioned sink wash down and cold down body temp, re apply what's needed and change shoes and socks etc. This did take around 20 minutes and was tough see a lot people pass me.

So went off around 25th-27th place chugging away to CP4 still fuelling well and hit 50km picked my way past a so as I find ultra running this around the mark I can only describe it two ways some of it like the tin man and other parts like of been given a dead leg. This has happened so it was matter to reassess how to get to the end it was only the right leg was bit dead legged so just walked slight inclines then saw few other people ahead ? I knew I had 2 mile or 3km stretch of uphill so running poles out power hiking went past Joanne then another gentleman I never ran with !

Really, all I can say the mental battle really is at loggerheads but you have to talk yourself when it's really uncomfortable that there will be good moments still. But one thing I know from last time was doing it alone is tough so when Joanne was just behind, we chatted and she was struggling similar ish areas ! And she really was thinking of quitting but forward motion is what this game is about and that these things come like waves and when it's good it's good.

So CP4 came and gone and I knew we had hit the longest two stretches. So Cp5 was the target Jo had pushed on as she had family crewing her and cheering her. Whereas I was relying on aid station helpers as usual outstanding but not really GP standard of changeovers. So normally I like to use my headphones as treat for later so podcast ohh what about hear you ask - yes you guessed it running ! Back to the race but I was taking downhill gingerly but so for who was it again ? Yes, we ran good chunk to CP4 not asked names - just this is stiff and so on.



Halfway to CP5 downed runner looks DNF yes but he on way but doesn't know where nearest road , Garmin watch out find closet point it's 1/2mile east . 111DNF next checkpoint tell them don't forget like I had forgot Joanne's name two miles after asking. Off to Checkpoint 5 still same tactics purposeful walking and then some running - this was Jo first 100km and she done 50/60km (winning her last one) and at present was 3rd lady we had brief distant sights of 2nd lady but she was really down in the dumps but distraction is key and focusing on others was distraction for me so chatting away and we both started running better tongue in cheek obviously but this game is like this. Hit CP5 I say you go on ahead as we both got cheers from her family, I shoot toilet stop refills run up the road 400m dohhh 111 DnF so ran back passed info ran back up running fluidly on the road to the trail section for around 1/2-1 mile until tin man came out again same story to getting CP6 rollercoaster ride of running well and not so well as emotions. CP6 same tactic for me bottles gels and quick loo stop Jo had GP changeover as 2nd lady was there both had gone when I went but luckily, I had caffeine throughout race as pick me up every 3/4 hours.

Off I ran now it's CP6 the real treat music so off I got into woodland with caffeine music and my body feeling again good around 12 km to go ,so going downhill through woodland to field downhill loving life music blaring being big kid aeroplane arms smiling to get those good hormones going so about mile in see both in sight caught up with Jo , she said glad your back so same plan walking breaks especially steep uphill or downhill but we started catch Second Lady near bottom of climb , I know really she is competitive and I was flowing so we hiked up gaining inches and feet to the top where I was going to say hard pass to Jo but decided to keep it hush hush. We passed and I was I in a flow (finish insight feeling) plus slight feeling I was her pacer so when you hard pass you want to bury so I said you got km of running Jo. So we did I slurped another gel think in total I had 18/19 gels in total hmm about 5km go that feeling I have before York Marathon severe bloating seems coincidentally means the dealer and tin man was back, we rolled reversed Jo was hiking away from me and seemed moving better than me . But one road section seems like an eternity to get to 4km section we ran earlier to get to the girls guide hut once we were on that. But at this point I think we both had our ailments again mine honestly was wind related and feeling distant relative to the puffer fish so nothing for it run to that outbuilding then walk run to that gate we edged closer we got to the dreaded field near start on severe slope traversing it so we knew end was insight maybe 800m so back to running but heard Jo say 3rd lady so ok last push legs work legs off we went and that worked flow was back (probably did not look like it but it felt like it) so it's all downhill I shout back so over I went few seconds later Jo . Her Girls and husband Luke embraces her 1st 100km 2nd place lady 11h35minutes .she had got onto the podium . So, when things get hard find purpose and with others with similar goals you help each other 14/15th place overall we had picked off over 5 places over last two sections me personally 12/13

"If you light a lamp for someone else it will also brighten your path." ~Buddha

Pizza on hand after delicious and on course how good do brownie taste ! Out of this world.

This is one of two challenges for charity I will be doing nearly 4 marathons in a day at the Wales Ultra coast in 104/105 miles. I have adjusted my aspiration for a 1st 100miler as the event at the end is the cherry on top. I will be delving into everything as my geeky side as I'm having around 6 days of light movement no running so time to look what was bad hmm a bit what was good . But won't state any of that here.

But overall, I got it done could I have pushed a bit honestly, I know what I did last 100km I could do that running most of it but I knew this was part of my training and I have training camp weekend end of May I need to be ready for so it was great day , scenery , weather .

Well, I definitely have waffled on but if you wish to be my editor by all means please edit and probably spell check as I had around 4 hours standard post ultra. Well, I'm off for rack of ribs , fresh mocktail and some crisps.

Best wishes , Adam

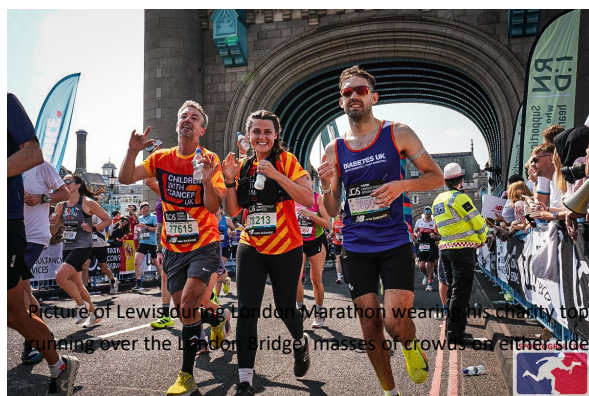


April updates.

Our club AGM was held on April 9th with a great turnout of 42 members attending. Emily has compiled the minutes and has sent out for all to view. It was a very positive meeting with lots of suggestions and members coming forward in volunteering in various roles, including two new committee members. James Sutton will take lead on the Club Membership Secretary role and Lewis Hyde will now take over as Club Secretary from Andy Nicholls. Andy has dedicated 9 years to supporting the club as a committee member. Not only was he the club treasurer but he also took lead in so many areas of the running of the behind the scenes to keep the club running smoothly. One of these areas is to collate all of the County and Club standards from our members to then arrange for certificates and trophies which are important part of our annual prize giving. If any of you would like to help with this role, it could be a couple of you, it would be greatly appreciated. A heartfelt thank you goes out to Andy for his time given to the Stilton Striders on the committee. Andy volunteers in so many different sporting events, swimming, orienteering Junior Parkrun and as a VI guide runner I really do not know how he finds the time to train for himself!



Club charity donations. Each year the club offers out two donations. One for a member running the London Marathon who is fundraising for a charity and also a donation from some of the money raised from entry fees for the Stilton7 to a local cause. This year Lewis Hyde was running on behalf of Diabetes UK, a charity close to his heart and so the club donated £150 to his cause. The donation from the Stilton7 will be given to Vista which was suggested by Chris Vaughan at the AGM. Vista is a charity supporting people of all ages living with sight or dual sensory loss in Leicester, Leicestershire and Rutland.



Our club hosts the Stilton7 as part of the LRRL. This year it was decided to increase the race capacity to 600 due to there being extra space at the car parking area. We sold out all 600 entries and there was a few pre race transfers and 15 on the day transfers, which proved to benefit some runners. The race start and finish area changed this year to the Holwell Works carpark and went well with some changes to be made if we are able to hold the race here again. The volunteers pre race and on race day were outstanding once again, so a huge thank you to all of you for volunteering your time. There is always lots of comments from the runners who say that the Stilton7 is their favourite league race and much of these comments are due to the support of our marshals.

As some of you may know Holwell Works will be closing this year and so there will be a break from the Stilton7 being held from there for 2026, but all being well it may well be back for 2027..

Watch this space. Alternatively we are looking at hosting a race from Hose with the support of the Hose Village Hall. If anyone would like to assist with this then please do let me know. I will be arranging a meeting with Hose Village Hall committee very soon. Also if anyone would like to look at an alternative for a 7 mile LRRL race for 2026 then please do get in touch, I know a few of you did show interest. I can then arrange a meeting so ideas can be discussed further if there are a few of you interested.



Picture of Team Striders at the Stilton7.

Summer Outrun Season– WOOHOO!! MAY 7th! Runners and walkers routes.

These runs are a great opportunity to visit villages in the surrounding area of Melton and explore tracks perhaps less trod for some of you. The runs are all off road and lead by volunteers. We will aim to have one route of around 5 miles or so but if there are the volunteers to do so we can have a longer and shorter route with the aim of finishing back at the pub all together at around 8.15pmish in time for chips and a drink. If members are wanting to do a walking option then I am happy to create a shorter route of 4ish miles with the aim to finish at the same time of around 8.15pm. **The start time for these runs will be 7pm to allow for travel time.**

The first Outrun to start the season off will once again be held from the Grange Garden Centre where you are most welcome to join us for Garlic Bread and chips afterwards in the Bar.

Date	Place	Pub	Postcode	VolunteerRun lead
7th May	Cheesy chips & Garlic Bread Run	Grange	LE143QU	John and Katie
14th May	Somerby to Pickwell	The Stilton Cheese Inn	LE14 2QB	Helen & Katie
21st May	Hoby	Blue Bell Inn	LE14 3DT	David Brookes
28th May	Tilton	Rose & Crown	LE7 9LF	Rhiannon
4th June	Redmile	The Windmill	NG13 0GA	Paul J
10th June	Three Club Challenge	Rushcliffe Golf Club	LE12 5RL	Brarow Runners
11th June	Melton run from MSV Rugby Club	Rugby Club		
18th June	Grimston	The Black Horse	LE14 3BZ	Chris Gosden
25th June	Hose	Rose & Crown	LE14 4JE	Rich G
2nd July	Stathern	The Plough	LE14 4HW	Andy N & Matt W
9th July	Gaddesby	The Cheney Arms	LE7 4XE	Kate Hill & Anthony I
16th July	Nether Broughton (The Bison Bash)	The Anchor Inn	LE14 3HB	Katie & John
23rd July	Market Overton	Black Bull Inn	LE15 7PW	Katie & John
30th July	Hickling canal path	The Plough	LE14 3AH	No Watch Race
6th August	Hungerton	The Ashby Arms	LE7 9JR	Katie & John
13th August	Hambleton, Rutland Water	LE15 8TL	Granistore Tap	Pub LE15 6RE
20th August	Somerby to Burrough Hill	The Stilton Cheese Inn	LE14 2QB	Katie & John
27th August	The Grange, Asfordby Hill	Grange	LE143QU	The Cake Run

Please remember if you want to continue to meet with a group from the Rugby Club then you are most welcome to, The Stilton Striders are members of the club. I am happy to forward the road routes onto you by email if needed.



Picture shows club members running along Burrough Hill and leaping over mowed hay



The Three Club Challenge.

Some of you may or may not know that the Burrough Hill Iron Age fort was built by the Striders Clan to keep out the notorious Barrow and Wreake clans. One year a great battle took place between the three tribes with the Stilton Tribe successfully defeating the other two tribes in the great battle. To commemorate this great win each tribe held an annual challenge which was named the Three Club Challenge, which has continued until this day. This year the battle will commence on June 9th and will be hosted by Barrow Runners. In memory of the Striders clan win from all of those moons ago we shall need to stride out in force to win the trophy back from last years winners, Barrow.

The challenge will take place from West Leake at Rushcliffe Golf Club where food will be available post run. If you would like to stay for food then it will be £10, there will be a vegetarian option. Please do let me know if you would like to stay for food and if you want a veggie option so I can forward numbers onto Barrow.

Coaches Corner

There will be a coached sessions on Thursday May 8th, 15th and 22nd all based from the Rugby Pitches at the normal base, Melton Sports Village. More details will be posted on the club facebook and WhatsApp groups.

Friday Lunchtime Social Run group.

This is a wonderful run to take time out during your lunch break. The route is around 4miles and is at a pace to ensure we can all have a natter! Please look out for chat on the Strider WhatsApp and Facebook groups for details on this.



Parkrun takeover Saturday 19th May

This is a great opportunity to showcase our club at Melton Parkrun. We have had many of you come forward to volunteer but are still in need of two more volunteers please, a pacer for a 27min or 30minute 5k time. Please let Andy Nicholls know or reply to this email. Thanks all.



Curry Social Night! Mark Preston is once again organising another Social Curry Night for Saturday 21st June. Please do let him know if you would like to join us. It was a mass turnout at the last one with a few frequenting the sites of Melton afterwards.

Future Races/ events

Long Clawson 10k Sunday 11th May– same day as the Bosworth Half but a great local off road race. [Clawson 10k 2025 | njuko.com](#)

Eyam Half Marathon, Sunday 18th May. A challenging road race taking in the stunning scenery of The Peaks. Not a half marathon PB course but a beautiful route. [Eyam Half Marathon & Fell Race](#)

Three Club Challenge. Tuesday June 10th!!!

Bosworth 5 '5 mile road race' Thursday 12th June Clubspark / 1485 Tri Club / Bosworth 5 <https://clubspark.net/1485TRICLUB/EventsV2/BosworthFive>

Belvoir Cricket & Countryside Trust– Sun June 15th, Join us for a Family Fun Day and Barbecue from 10am to 2pm. Activities include an Orienteering Festival in the beautiful grounds of Belvoir Castle, Archery, Kwik Cricket, Tri-Golf, Croquet, Badminton, Basketball, Table Tennis, bird of prey and puzzle games. Come and see our new community, sports and education hub as it takes shape. Adults £10, children £5, family of four £20, under 5s free, £5 per map (1) Family Fun Day & Barbecue <https://clubspark.net/1485TRICLUB/EventsV2/BosworthFive>

Nottingham Running Festival, Aug 3rd. There are various distances to choose from– 5k up to half marathon. [Nottingham 5k, 10k, Half Marathon Presented by Gateley | 3rd August 2025](#)

Team Strider race events

LRRL Series-

R4 - Bosworth Half Marathon - Sunday 11 May (Entries already open)

R5 - Watermead 10k - Wednesday 21 May

R6 - West End 8 - Sunday 1 June

R7 - Swithland 6 - Sunday 8 June

R8 - Steve Morris 5 - Sunday 29 June

R9 - Joy Cann 5 - Wednesday 6 August

R10 - Markfield 10k - Sunday 28 September

R11 - Rotherby 8 - Sunday 12 October

Holme Pierrepont Grand Prix Series. Quite a few have already signed up this great mid week series. Dates are below. Here is the link for further details and entry– **EARLY BIRD PRICE UNTIL MAY 18th**- [Grand Prix | Holme Pierrepont RC](#) The dates are-

-June 24th - Rushcliffe Country Park 4 miles

-June 26th - Holme Pierrepont 10K

-July 1st - Colwick 5 miles

-July 3rd - Holme Pierrepont 5K

Paul Ainscough.

For me the role of any supporter at any event is vital to your performance. Whether it's a passer by who says well done during a training run, or stops for a natter, or someone on your race day or event who is screaming your name or the club name, help bring a smile to your face and provide that small ounce of adrenalin which you need to keep going. Well that's certainly what our longstanding member Kirsty Blacks dad did. I remember meeting Paul for the first time at a Striders race and being greeted like I had known him all my life. He always had a smile, a word of encouragement for any of the club runners and was a joy to see at any race. Paul shall be very much missed by Kirsty and her family and all of his friends, and club members a like. Many of us will certainly hold very fond memories of him indeed. What more could anyone ask for in life, to be remembered so dearly.



Picture of Paul smiling proudly holding a support sign for Kirsty which says Go, Kirsty, Go

Thank you Message from Leigh Pick



Leigh wearing a Lions top stood with Jane

Thank you Striders, 61 pairs of glasses donated that will make a life changing difference around the world!

Leigh will be collecting old pairs of glasses throughout the year. If you have any at the back of your drawer that you no longer need then give them a second lease of life for someone else who may need them.

Running Gear

For all of your club tops or general running kit then please visit Melton's very own sports shop 'Melton Sports' where Michael Cooke will be more than happy to assist you. [Welcome to Melton Sports | Independent Sports Shop Melton Mowbray](#)

We also have the **Striders Kit Exchange** set up by Helen P and Michael. The Kit Exchange Facebook group can be used to sell or donate your unwanted, useable kit to other members or you can drop Striders Club Kit down to Melton Sports where Michael will store it for members to try on and then if able to but not essential, can offer an exchange or donation to a charitable cause. Link to the Facebook group- [\(6\) Stilton Striders Kit Exchange | Facebook](#)

Quirky facts about the London Marathon

1. As with many brilliant ideas, the London Marathon was dreamt up in a pub. After spending an evening at The Dysart Petersham (now a Michelin star restaurant) discussing the New York Marathon, Olympic medallists Chris Brasher and John Disley decided London needed its own.
2. In the first London Marathon (in 1981), 7,055 runners set off. Only around 6,255 people finished the race.
3. The 2025 race is expected to achieve its own Guinness World Record for the most participants in a marathon – beating the New York Marathon.
4. The first couple to tie the knot during the London Marathon was couple Mick Gambrell and Barbara Cole in 1999. They ran in wedding clothes and made a brief stop-off near Greenwich along the way where they were married by a registrar.
5. The London Marathon has always been 26.2 miles long – but why the extra 0.2? Standard Olympic marathon distances were around 25 miles and the 1908 London Olympic Games was originally supposed to be 26 miles – until Queen Alexandra supposedly put in a special request. She allegedly wanted the event to start on the lawn at Windsor Castle and to finish at the royal box at White City Stadium, which added 385 yards. This length became standardised in 1921.
6. The oldest person to run the London Marathon is thought to be Fauja Singh – aged 103 in 2012 – with a time of 7 hours 49 mins 21 secs. However, Guinness World Records did not accept this as he could not produce a birth certificate (these records were not kept in India, where he was born, at the time).
7. If you fancy beating a world record in costume, there are strict guidelines to stick to. Your costume must cover you from your shoulders to your knees, they should not have a 'soft/floppy structure' and you must submit a photo for official approval at least two weeks before – so no last-minute outfit changes!

Why do my legs hurt for days after a long walk or run?

Know the difference between hypotonic, isotonic and hypertonic sport drinks and when you should take each? We demystify the jargon

8. In 1999, John Spurling broke the record for most money raised for charity in a marathon by a single person. In his London Marathon debut, he raised £1m.
9. One of the most famous fancy dress runners is former firefighter and footballer Lloyd Scott. In 2002, he ran the marathon in an antique deep-sea diving suit. It took him five days to complete the race. He has also dressed as Indiana Jones (complete with boulder), The Iron Giant (on stilts) and Captain Scarlet (for his last race in 2023) at the London Marathon.
10. The 'Ever Presents' are a group of people who have ran every single London Marathon since its inception in 1981. After the 15th London Marathon, they were awarded with a special commemorative medal, sweatshirt and a guaranteed acceptance for future London Marathons. As of 2025, there are six 'Ever Present' members.



Lloyd Scott in his deep-sea diver suit for London Marathon

11. There are around 33 pubs along the London Marathon route. Twenty two of them are Greene King pubs, where you can claim a free drink if you're participating in the marathon. There are plenty of other marathon freebies you can claim as well.
12. Pasta is often cited as a good meal to eat the night before a race. If every 2025 participant had an average bowl of pasta for their dinner, then over 5.6 tonnes of the stuff would be consumed.
13. At the 2025 marathon, more than 1,000 litres of pee will be collected from women's urinals to be recycled and turned into fertiliser. PEEQUAL say that the urinals will reduce queueing times for toilets and help reduce the event's carbon footprint.

HAPPY MAY!



Have a wonderful month of May whatever you get up to and don't forget to let Tony Oakes know about any race, run achievements or Race Reports to share with everyone. If there are any events that you have entered or you know of a race coming up then please do let me know.

Striders WhatsApp and Facebook Group is another way to chat to your fellow club mates for anything running related, maybe you would like to have a trot with another runner or need advice. To join then please contact Emily Howett on 07772409506