



Weekly Newsletter

June 2025

May has been another packed month of running events for Team Striders, from Park Run Takeover Massive, first marathons, Long Clawson hill racing, Half Iron Mans & Full Iron Mans/ Woman to Fur Nations AND more! Read all about it here.



Team Striders at Parkrun takeover, lots of volunteers- second pic of the backs of the pacers displaying their paced time vests.



Team Striders at Long Clawson 10k, Michelle being hoisted help backwards.



Team Striders at Bosworth Half Marathon, pre race and post race with medals.



Jeff Todd & River the lab

20:03

Stilton Striders Race Results Report May 2025 by Tony Oakes

Monday 5th May

MK Marathon

Rhiannon Baxter (VF35) 3:17:38 (Silver County standard)

Kurt Wilson (VM50) 3:40:35 (Bronze County standard)

Sunday 11th May

LRRL Bosworth Half Marathon

County Standards:

Gold: Mark Tyler (VM60) 1:38:10

Silver: Daryl Boyce (VM40) 1:29:50; Nicola Taylor (VF45) 1:39:41 (Course PB); Kurt Wilson (VM50) 1:40:23 (Course PB); Christina Heerey (VF65) 2:12:33

Bronze: Rhiannon Baxter (SenF) 1:42:56; Andrew Wilson (VM45) 1:45:00 (PB)

Copper: Lewis Hyde (SenM) 1:42:56; George Wilson (SenM) 1:42:56; Michael Cooke (VM55) 2:05:40; Jaz Kirwan (VF50) 2:09:02

Pewter: Joe Taylor (SenM) 1:50:35; Sarah Lawrence (VF45) 2:16:04

Rob Burrow Leeds Half Marathon

Ian Craddock (M60) 1:49:35 (Club and County Silver standard)

Long Clawson 10k

Adam Hawkins (MV45) 47:10 (4th place); Luke Knowles (MV45) 48:29 (5th place); Andy Nicholls (MV50) 53:06; Richard Gray (MV45) 55:03; Katie Houghton (FV45) 55:30; Tom Wilkinson 56:01; Michael Marsden (MV55) 56:30; David Brook (MV55) 56:46; Michelle Kent (FV35) 57:01; John Houghton (MV55) 57:27; Dan Mackenzie (MV45) 1:01:46; Courtney Lightfoot 1:06:41; Chris Gosden (MV55) 1:08:53; Kate Hill (FV35) 1:08:46; Sharon Eshelby (FV50) 1:15:53; Marie Gray (FV45) 1:20:07; Leigh Pick (FV35) 1:31:02;

Burghley Multisport Weekend

Sprint Triathlon: Jef Todd 1:32:35 (3rd in Age Group J 50-54)

5k Swim: Emma Gardner 1:15:21 (1st Female)

Standard AquaBike: Emma Gardner 1:38:58 (1st in Age Group F 35-39)

Chester Sprint Triathlon

Chris Vaughan 1:52:51

Saturday/Sunday 17th/18th May

Run Rabbit Trail Festival – The Quest For the Golden Carrot 56.1k

Saturday - Trail Mix Challenge: (5 x 5k) Jef Todd 2:20:18; Wayne Hackett 2:14:37

Headlight Hop 10k: Jef Todd 59:38

Sunday - Thump Trail Half Marathon: Jef Todd 2:32:25

Hathersage Hurtle '25

Rhiannon Baxter 3:11:32; David Brook (V50) 3:43:30; Michael Marsden (V50) 3:43:39

CONT-Saturday/Sunday 17th/18th May

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Rhiannon Baxter 3:11:32; David Brook (V50) 3:43:30; Michael Marsden (V50) 3:43:39

Sunday 18th May

Nottingham Outlaw Half Triathlon

Lewis Hyde (O25-29) 5:38:24; Mark Tyler (O60-64) 6:23:22

Essar Chester Half Marathon

Tom Wilkinson (SenM) 1:36:28; Courtney Lightfoot (SenF) 1:55:07

Leaden Boot Challenge (26.5 miles, 4750 ft of climb) Katie Houghton (V40) 5:57:25

Eyam Half Marathon (1750 ft of climb)

John Houghton (MV50) 1:59:43

Wednesday 21st May

LRRL Watermead 10k

County Standards:

Gold: Daryl Boyce (VM40) 38:23; Mark Stoneley (VM50) 39:35; Luke Knowles (VM45) 40:09 (PB); Simon Dolphin-Rowland (VM50) 40:34 (PB); Rhiannon Baxter (SenF) 41:23; Kurt Wilson (VM50) 42:12; Nicola Taylor (VF45) 43:42; Mark Tyler (VM60) 43:49; Christina Heerey (VF65) 56:43

Silver: Lewis Hyde (SenM) 37:40 (PB); George Wilson (SenM) 39:27 (PB); Andy Nicholls (VM50) 43:57; John Houghton (VM55) 47:59; Julie Ashby (VF50) 49:25;

Bronze: Tom Wilkinson (SenM) 42:19; Chris Page (VM40) 43:13 (PB); Stephen Abbott (VM40) 45:19; Andrew Wilson (VM45) 45:34 (PB); Rich French (VM45) 45:58 (PB); Mark Preston (VM45) 46:14; Michael Cooke (VM55) 50:47; Abi Arnott (VF50) 52:14; Nikola Dolphin-Rowland (VF50) 53:35; Jaz Kirwan (VF50) 55:32; Tony Oakes (VM65) 55:54

Copper: Anthony Ison (SenM) 44:47; Jamie Dean (SenM) 45:58; Michelle Farlow (SenF) 50:45; Courtney Lightfoot (SenF) 51:09 (PB); Katy Hill (SenF) 54:16; Chris Genes (VM70) 1:07:08

Tungsten: Suzie Skelton (VF40) 1:08:08

Saturday 24th May

Parkrun Achievements Melton Mowbray: George Wilson 20:15 (1st place)

CaniX Fur Nations Trophy - Scotland Leg Day 1 - 5K

Day 1 – 5K: Jef Todd & River 23:56

Day 2 – 5K: Jef Todd & River 24:09

Day 3 – 10K: Jef Todd & River 47:46 (PB)

What an eventful Sunday. Not only running with 26 of my fellow Club Mates at the hilly Westend 8 but also dot watching 3 of our very own Stilton Striders complete the Hamburg Ironman/woman– now there’s a sentence you don’t use everyday! What a month of Iron Achievements not only with Lewis and Turbo Tyler completing their first half Ironman events we also have Andy Mackay, Emma Gardner and Wayne Hackett all finishing the Hamburg Ironman today. Its perhaps a bit too soon to ask for a race report from them but here is a break down of their achievements.

They all started off with completing a 2.4mile swim.

Emma Gardner absolutely SMASHED this! First Strider back in a time of 1hr but also 1st in her age category and 13th female! Not sure as of yet out of how many. She has had a phenomenal month with her swimming as also finished 1st on the 5km swim at the Burghley Multisports weekend and 1st in age group on the Aquabike event. (Is this cycling underwater?)



Next was Andy Mackay in time of 1hr17 followed by soon after by Wayne Hackett in a time of 1hr20.

There is no rest as its straight onto a 112 mile bike ride.

Andy was back first in a time of 5hr19m, then Emma in a time of 5hr45 and Wayne shortly after in a time of 5hr59.

Then onto the final leg of running only a FULL MARATHON!

Andy smashed this in a bonkers time of 3h30, followed by Emma in a time of 5hr15 and Wayne in a time of.

Overall times are– Andy a whopping 10hr20:44, 87th VM35 551st overall,

Emma Gardner 12hr20:46, 35th VF35, 1614th overall

Wayne Hackett 12hr37:19, 158th VM50, 1677th overall

You are all amazing proving what our bodies are capable of with much training and determination. MAOOSIVE well done, have a brilliant evening celebrating in Hamburg and perhaps hire an electric scooter to mobilise around!



Pictures show Andy



Mays Members Race Reports collated by Tony

Michael Cooke Watermead 10k

The prospect of a flat, fast course offering PB potential saw the 600 places available snapped up in minutes when registrations went live, with 32 'fastest fingers first' Stilton Striders making the start line.

Conditions were warm for this mid-week race, organised by Barrow Runners, but there was plenty of shade and good support on a two-lap course around the lakes.

The start, 500m back along the main drive from the main parking and finish area, helped the field string out before any narrower sections with only a fairly short grass passage left to disrupt rhythm.

First male Strider back was Lewis Hyde, in fine form just days after completing a Half Ironman, in 37.40, followed by Daryl Boyce (38.23) and the ever-improving George Wilson (39.27).

Leading the women home, and 12th lady overall, was Rhiannon Baxter in 41.23, followed by Nicola Taylor (43.42) and Julie Ashby (49.25).

With strong showings all round by Team Striders, gold county standards were achieved by Daryl Boyce, Mark Stonely, Luke Knowles, Simon Dolphin-Rowland, Rhiannon Baxter, Kurt Wilson, Nicola Taylor, Mark Tyler and Christina Heerey.

Full race results are available on the LRAN website.

Next race in the LRRL 2025 series, and the half-way point in the season, is the West End 8 on Sunday, June 1 when team standings will be closely scrutinised.



Picture shows Michael running with Kate Hill and Tony, also picture of team Striders pre race

Mark 'Turbo' Tyler

On Sunday 18th May both Lewis Hyde and Turbo Tyler took part in their first ever Half Ironman 70.3 miles event held at Outlaw Nottingham. Out of almost 1400 competitors,

Lewis finished 543rd in a superb time of 5 hrs, 38 mins and Turbo finished in 985th place in a very respectable 6 hrs, 23 mins. Turbo commented Triathlon is a truly amazing sport that consists of 3 disciplines namely Swimming, Cycling and Running. It's open to people of all ages and all capabilities so everyone is included. He highly recommended club members giving it a try as there are 4 categories to aim for namely Sprint (16 miles) Standard (32 miles) Middle (70.3 miles) and Full (140.6 miles) If any members would like to know more then please do contact him. Striders are already blessed to have 4 high calibre triathletes in the club competing at the highest level, namely Emma Gardner, Rachel Wade, Wayne Hackett and Andy Mackay who are all very friendly and willing to offer advice. Go on give it a go, you just might surprise yourself!



Vets tea



Ian Craddock

Hottest day of the year so why not run the at Leeds Half Marathon with Jenny and Craig. Much water was taken on and even survived a fall caused by me being unable to see a timing strip at around 6.5km. Battered and bruised I finished in 1:49.35 which in those conditions was a massive success!!

Well done to all that braved the course and congratulations to Leeds for the wonderful crowd without which I could not have completed it.

Picture of Ian and Jenny standing together holding their medals

Kurt Wilson

So lets start at the beginning - I lost my mind a while back and decided to finally do a marathon
The Milton Keynes Marathon



Picture of Kurt at the registration and looking exhausted sat on the floor post marathon



Full of nerves on the start line, it was time to finally add myself to the 1% club, providing I got to the finish. Unfortunately training didn't go to plan and a month out to try and get on top of an injury wasn't needed or wanted.

Still we battle on and having paced not raced the Prague half a month ago, I was confident of some sort of result. I felt great and paced as best as I could for the first half. This gave me confidence in a great 2nd half so after 23 k I think I dropped the pace and comfortably ran a bit quicker even managing to catch the 3.30 pacer up. 17 miles in and the calfs decided they had enough so it was time to be sensible and slow the pace to account for the pain, walking if necessary but never stopping. Some of the course was narrow single file pathways and some on main roads. We ran through housing estates and round lakes and obviously it's Milton Keynes so maybe a roundabout or two. Yes the pain is real but so is the jubilation and sense of achievement. Having no experience of this distance I can't say if it was a good course or not but I think I enjoyed it and that's ultimately what it's all about. I think Rhiannon Sorcha Baxter has a different outlook being vastly more experienced at the distance but she had an amazing time of 3.17 I think, so well done and I'm glad to have shared it with my top training partner from last year. I managed 3.40.35 and I'm pretty darn ecstatic about that. No idea where I go from here now - Thanks for reading

Rhiannon Sorcha Baxter

Milton Keynes Marathon!!

Well that was a battle, insanely windy and I was not expecting the elevation and sharp turns, but over the moon finishing in 3hr 17. Proud of the time, not of the execution!

After being sick as a dog with flu for all of my taper I wasn't even sure I'd make the start line. At mile 15 I didn't think I'd make the finish line but I really wanted the medal and t-shirt it did require a lot of telling myself off, my head kept telling me it was a disaster Thank you to my amazing marathon support crew Sheila Curran and Bronwen Curran who were cheering (screaming me on at miles 5, 15 and in the stadium at the end! The stadium was the best bit Not a PB but I have had an absolutely amazing marathon journey with the Stilton Striders RC / spring marathon crew big shout out to Kurt Wilson who completed his first marathon today, I promise you Milton Keynes is probably one of the worst My legs / feet hurt and my trainers are covered in blood but I don't care!



Picture of Rhiannon with support crew and standing proudly wearing her medal





John Houghton

I last ran this wonderful half marathon exactly 10 years ago and I'm really chuffed to report I was only a minute or two slower this time around! (1hr59) Nevertheless it's not one for the faint hearted, almost immediately you're met with a steep climb out of the beautiful village of Eyam nestled in the Dark Peak, reportedly the birthplace of the plague. Total ascent on this road half marathon is in the region of 1700ft but affords some huge vistas across five counties passing by the highest pub in Derbyshire! (The Barrel Inn) I love competing in these low-key events, all run by volunteers, raising thousands for local great causes. I'll be returning next year, it would be great to have a few other club mates along.

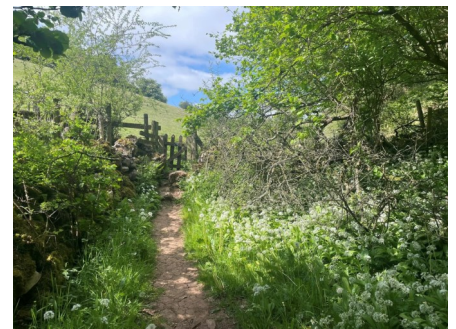


Picture of Johnny Boy on the up hill start and arms in the air on the downhill finish line

Katie Houghton. I took part in another LDWA (Long Distance Walkers) challenge event, THIS TIME IT WAS THE Leaden Boot Challenge, a 26.5mile route covering 4750ft of climb around the White Peak area. This was the first and certainly not the last time I will enter this event. To start with we were invited to attend the Blessing of the Boot ceremony where we sang a hymn or two and the Vicar then blessed our feet, I only wished I had my quads and hamstrings blessed. The route was well marked and did not really have to use my map and there was 7 Checkpoints which were manned by welcoming and friendly volunteers offering a supply of water, squash and snacks. The weather allowed for stunning views covering villages around the Dovedale Valley, which always helps on the ups and makes the downhill sections even more exhilarating! I got very carried away on the descent into Ilam and realised I was only 5 miles in but it was well worth it! Johnny Boy finished his Eyam Half Marathon and managed to meet me close to the finish line where I managed to look less shuffly for the photo before he proceeded to tell me I had about 2miles to go. I was actually only a quarter of mile away, he has a terrible sense of humour. I ran into the finish line at Alstonfield Village Hall and was greeted with a warm welcome from those already finished, supporters and volunteers. I was then presented with the traditional and much needed meal, cuppa and cake for pudding. I will definitely take part in this event again, the scenery was just amazing and the volunteers really made the day.



Finishing



Pictures of a Vicar leading the Feet blessing ceremony, me running/ shuffling holding a map and a path with wild garlic either side and a gate at the end of the path leading into open rolling hills.

Technical Sessions

Who are they for?

They are for everyone. Improving your running technique improves efficiency and helps avoid injury. The sessions are for all runners, all abilities wherever you are in your running journey, they are inclusive, they are for you!

Am I fast enough

yes you are. The training is based on individual needs you may be asked to run for a certain time, the distance you cover will differ from others or it may be a certain distance where your time will differ, you will however benefit exactly the same.

When and Where

Fortnightly on a Thursday 6:30pm. The venue varies depending on the session, hill training may be at the country park or on the street where there is a suitable hill, other more track based sessions may be near the rugby pitches at MSV. The sessions last a maximum of an hour including a warm up and cool down, speedier sessions around 40 minutes.

Here are the basic elements of good running technique:

Posture – hold your torso straight up and vertical – imagine you have a helium balloon from the top of your head pulling you upwards

Posture – Hold your head still, but relax your face and neck

Arm position – keep your elbows bent at 90 degrees

Don't clench your fists – imagine you are lightly holding an egg each hand.

Arm position – 'Pump' your arms in rhythm with your running so your hands travel from your hip to your lip line

Posture – keep your shoulders steady but relaxed.

Arm position – Keep your arms close to your sides

Technique – Run softly and quietly to reduce your foot impact for less stress on bones, joints, and muscles

We would also welcome anyone who is interested in coaching to assist

If you wish to volunteer contact John Martin, Carol Stynes-Martin or Helen Plant.

We also welcome anyone interested in becoming a coach or leader in running fitness,

The course is run by England Athletics, and nowadays is on line and modular, most can be undertaken at your own pace. Funding is available so it wont cost you.

If you are interested speak to one of the above.

Pic-
ture



Summer Outrun Season.

The Outrun has had a great turnout with the first being held at The Grange, second one from Somerby over to Pickwell and this weeks was around the hilly Tilton area. There has been a phenomenal turnout by club mates, some of which have joined the walking group and a few going for a road run option. We have all managed to finish at 8.15pm for a post run refreshment and bite to eat and a giggle! Next week Paul Jacob is leading a route from The Windmill at Redmile. Please try and arrive earlier than 7pm to place an order for food pre run.

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	Watermead 10k LRRL Race			
20th 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	??		
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	Hoby	Blue Bell Inn	LE14 3DT	David Brooke
30th July	Hickling canal path	The Plough	LE14 3AH	No Watch Race
6th August	Joy Cann	LRRL		
13th August	Hambleton, Rutland Water LE15 8TL	Granistore Tap	Pub LE15 6RE	Club Handicap
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 before the Somerby to Pickwell outrun, 43 members! Second pic shows some club mates leaping in the air. Andrews selfie shot showing a few members resting waiting to regroup



The Three Club Challenge.

This years is being hosted by Barrow Running Club and 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. For those who do want to stay for food then please pay your £10 to the normal Striders account and reference 3CC. Please car share as we do for most team Strider events. The race will start at 7pm and the address is the Rushcliffe Golf Club, East Leake, LE12 5RL It is a very laid back gathering of the three clubs and a great opportunity for a bit of friendly rivalry!

Friday Lunchtime Social Run group.

Whilst the usual gang of organisers of our Friday runs are sunning it up, please do still post in the WhatsApp and Facebook groups as many of you do still want to meet up. There may be less cake and cuppas available but still a lovely way to spend a lunchtime on a Friday.



Friday Social Run striders, Rob M, Sharon M, Vanessa, Alison, Tony, Wayne, Chrissy, Sandy & Maddy



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.

Many of the Striders are involved in this local **Family Funday & Orienteering Festival held at Belvoir Cricket Ground on Sun June 15th**. Fancy giving orienteering a go? A group of Leicestershire Orienteering Club / Stilton Striders members are hosting a taster event on the Belvoir Castle Estate on Sunday 15th June as part of a charity family fun day.

Open to solo runners, pairs and families, you'll have an hour of adventure in search of the controls - get them all and you'll have run 10K!

Other activities are kwik cricket, archery, tri-golf, croquet, badminton, basketball, table tennis and puzzle games, plus barbecue and bar. Bring your friends, bring your family!

All proceeds to the Belvoir Education & Sports Trust which seeks to inspire children to lead healthy, active lives through sport and outdoor learning.

Belvoir Education & Sports Trust Family Fun Day & Orienteering Festival

Join us for our Annual Family Fun Day! Come see our new community sports & education hub under construction!

Sunday, June 15th
🕒 10 AM - 2 PM

Adults: £10
Kids: £5
Under 5s: Free
Families 3+: £20
Orienteering Map: £5
BBQ 🍷
Bar available 🍷

📍 Belvoir Cricket Ground, Harston Lane, Knipton,
Grantham NG32 1RE
What3Words: [amending.topic.trails](https://www.what3words.com/amending.topic.trails)

🏹 Orienteering 🦅 Birds of Prey 🏹 Archery 🏌️ Tri-Golf 🏏 Kwik Cricket
🎱 Croquet 🏸 Badminton 🏀 Basketball 🎾 Table Tennis 🧩 Puzzle Games
CPR Demonstrations & 🍷 BBQ!



Scan the QR to register your interest on our Facebook event!

LET'S GET MOVING

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>

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](#)

Hoby Hop Trail Race Oct 4th. Another great local race and always well attended by the Striders. Entry and more details here- Hoby Hop Trail Race 2025 - [Hoby Hop Trail Race 2025 - Online entry via EventEntry](#)

Team Strider race events

LRRL Series-

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

Some Striders are heading to run amongst royalty at the **Sandringham 24hour race**. An opportunity to run 5 mile laps around Sandringham either as part of a team, a pair or a solo entry. It will be a spectacular back drop. Follow this link for more details- [Run Sandringham 24 - 9-11 August 2024 — Run Sandringham](#)

Team Striders Juniors Article.

Did you know we have a thriving junior section with Stilton Striders, with around 30 children from ages 8-17 attending training on Tuesday evenings? This month we feature juniors coaches John Robinson and Suzie Skelton, who we asked about their roles within the club....

Juniors Coach Q&A John Robinson



Q: How did you get into coaching the juniors?

A: I have been a Striders member since 2017 and I really enjoyed the Thursday night structured sessions and LRRL races. My two boys attended junior sessions on a Tuesday evening and I gradually started to help out, eventually doing a run leader course to support both junior and senior sessions. I didn't originally have an ambition to do more than this, but when two of the long-serving junior coaches retired I decided to step up to keep the juniors running.

Q: What did you have to do to become qualified?

A: England Athletics run Coaching Assistant and Athletics Coach courses, which are those needed to support younger runners. Both involve a mix of remote and in-person sessions, and I found them very enjoyable as you are on a journey with 20+ other people in the same position as you. The club paid all the fees, and the courses take place every few weeks at various locations around the country.

Q: What does a typical juniors session look like?

A: We have 1 hour per week on a Tuesday evening, either on the astroturf or on the rugby field. Sessions are planned with a mix of running activities and games, typically split into two age-groups but with some done together. Our focus is on a fun and supportive environment, and many of our runners also do other sports such as rugby and swimming. A few of the kids will compete in track and cross-country events, but most join us for more general fitness and social running – very much in the mould of the senior club!

Q: How much time is involved?

A: For assistant coaches and parent helpers it is typically limited to the 1 hour on a Tuesday evening. As head coach I spend a bit of time on top of this with planning, comms and with the club committee so 2-3 hours per week on average. I travel quite a lot for work and am usually overseas 1 week per month, but we have a great structure and a great team that mean we typically keep everything running during the times I am away.

Q: What do you enjoy most about the role?

A: I enjoy the challenge of doing something outside my expertise and comfort-zone, and I really enjoy working with and supporting the coaching team. We work hard to make the sessions fun for kids, and that really helps to make it fun for us as well.

Juniors Coach Q&A John Robinson

Q: Do you work with kids in your day-job?

A: No. My bread & butter is physics & spreadsheets!

Q: What is your best achievement as a coach?

A: For me it's not about those runners that get medals on the track. I love to see some of the older kids stay with us for social running when they are at an age when they tend to drift away from physical activity altogether. Not only do these kids strive to improve and achieve their own goals, but they actively support the coaching team by being positive role models and helping out the younger runners. I am really proud of the coaching team that create the positive environment which allows this to happen.

Q: What is your ambition for the junior section?

A: I want to ensure that Junior Striders is sustainable. In the past it relied on two long-serving coaches, and I have tried to structure it to be more of a team approach where people can support with a much shorter tenure. We have come a long way towards this but there is still more to do. One of our biggest challenges is that we can't use Whatsapp and facebook in the way the senior club can, so that limits our ability to mobilise the junior group and restricts our visibility within the club itself. We have tried a few things to address this, with varying degree of success, and I hope that my successor can build on this to find the answer to this one!

Q: What is next for you?

A: As some of you may know I haven't been able to run for a while now as I have a serious foot injury that will require surgery over the coming months. I was planning to handover by the time of the next AGM, but in all likelihood I will need to step away from the coaching role towards the end of this year to focus on rehab and recovery.

Juniors Coach Q&A Suzie Skelton



Q: How did you get into coaching the juniors?

A: I have been a Stilton Striders member for the last 3 years. My son started to attend junior sessions on a Tuesday evening and a Junior Welfare Officer was needed so I did the relevant training and started helping out on a Tuesday. John then said would I like to do the training and become an assist coach which I agreed to.

Q: What did you have to do to become qualified?

A: England Athletics run Coaching Assistant courses I did some online training and attended a full day practical course which I found useful and enjoyable. A DBS check was also required.

Q: How much time is involved?

A: For assistant coaches and parent helpers it is typically limited to the 1 hour on a Tuesday evening.

Q: What do you enjoy most about the role?

A: Volunteering and seeing the children and young adults enjoy themselves is great every Tuesday. It's fun and I get a sense of achievement from helping.

Q: Do you work with kids in your day-job?

A: No. I work for the NHS in a clerical role desk based so it's great to get out and about do a bit of exercise with the children.

Q: What is your best achievement as a coach?

A: When the children aged from 8 to 14 years old help and support each other. We currently have 2 of the older members doing their D of E award and it's great to see them assist the coaches in training the younger members.

The social side of the junior running club is as important as the running exercises we really do have a wonderful group of young runners.

The Stilton Striders club can only exist with the support of volunteers and as you have seen in this article John will sadly be stepping down from his coaching role with the Juniors towards the end of this year. If anyone would like to volunteer with the Juniors alongside Suzie and Ian J then please do speak to John Robinson, Suzie or myself. Your help would very much be appreciated by all of the Junior Striders.

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](#)

Would you roll down a hill for a Wheel of Cheese?!? I WOULD!

Me and Johnny Boy had great delight in watching this bonkers event on the BBC last Sunday so I thought it is worthy of being in this months Newsletter..

The Gloucester Cheese Rolling is an annual event and has been celebrated for centuries. It is thought to have its roots in a Pagan festival to mark the return of spring. The long standing tradition includes competitors throwing themselves down Coopers Hill, which has a 1:2 gradient, after the prize- wheel of Double Gloucester. The cheese can reach speeds of up to 70mph, with the first runner to catch it or cross the line at the bottom being crowned the winner.



'I don't even like cheese', says Female winner of cheese-rolling competition



As this picture shows- It's an event where the hill tends to dictate the pace rather than any human tactics. Some are running, or trying to. Some are sliding, and some have already lost all control due to the steepness of the slope. There are several races for both female, male and childrens with an Uphill race option too.

Here are some of my favourite captions from some of the competitors

Londoner Ava won the women's race, Ava, 20, from London won the first women's race. The first-timer said she doesn't remember most of her downhill journey, where she used a tactic of protecting her head while tumbling down.

"It's such a cool tradition," Ava said. Holding the Double Gloucester aloft, she admitted that she doesn't like cheese.

Ariel Denpsey won the mixed uphill race - but only took part because she had left her phone at the top "I did the downhill race and left my phone up here with someone, I thought the uphill race would be the best way back up."

Michael, from Durham, was runner-up in the second men's race. Dressed as the superhero the Flash, he told Steve Knibbs his mum was watching but didn't know he was competing. He said: "I think I've done the Flash proud - I feel electric right now, I can't believe I've done that - I'll never do it again." He added: "Mum, I love you and I'm absolutely fine"

Gloucester local Luke Briggs - dressed as Superman - won the second men's race, beating competitors in various outfits including a T-rex. "My dad won it a few times, I came back for him," Luke said.

This link will show you the video footage! [Woman, 20, says 'I don't like cheese' after winning Double Gloucester rolling race - BBC News](#)

I CAN NOT wait for the annual World Gurning Competition!



Pictures show various winners, Ariel with scarf around her forehead at the top of the hill, Michael in his Flash outfit and the winner Superman tumbling down the hill!



Have a wonderful June 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