



Weekly Newsletter

June 2025



Montage of Striders running pictures for June - Mark's flyover, and Martin at Rutland 10k, Paul J in Morzine, Outrun Pics, Holme Pierpoint series team strider pic, Sharon and Rob M on Green Run



Stilton Striders Race Results Report June 2025 collated by Tony Oakes

Sunday 1st June

LRRL West End 8

County Standards:

Gold: Rhiannon Baxter (SenF) 53:30; Mark Tyler (VM60) 55:52; Katie Houghton (VF45) 57:51; Chrissy Heerey (VF65) 1:14:13

Silver: Lewis Hyde (SenM) 50:00; Daryl Boyce (VM40) 50:52; Luke Knowles (VM45) 53:54 (Course PB); Kurt Wilson (VM50) 55:19 (Course PB); Simon Dolphin-Rowland (VM50) 55:37

Bronze: George Wilson (SenM) 53:23 (Course PB); Tom Wilkinson (SenM) 57:05; Chris Page (VM40) 58:13 (Course PB); Andrew Wilson (VM45) 1:00:24; Emily Howett (SenF) 1:00:58; John Houghton (VM55) 1:04:23; Ian Craddock (VM60) 1:07:03; Jaz Kirwan (VF50) 1:13:25 (Course PB); Tony Oakes (VM65) 1:13:39 (Course PB); Vanessa Walker (VF65) 1:24:27

Copper: Anthony Ison (SenM) 59:59; Stephen Abbott (VM40) 1:00:20; Lee Harley-Hotchkiss (VM40) 1:02:42; Mark Preston (VM45) 1:02:51; Nikola Dolphin-Rowland (VF50) 1:15:37; Sarah Lawrence (VF45) 1:16:53

Tungsten: Courtney Lightfoot (SenF) 1:19:30

----: Suzie Skelton (VF40) 1:32:19

Hamburg Ironman

Andy Mackay (M35-39) 10:20:44 - (*Swim* 1:17:30; *Bike* 5:19:27; *Run* 3:30:29)

Emma Gardner (F35-39) 12:20:46 - (*Swim* 1:00:06; *Bike* 5:45:23; *Run* 5:15:05)

Wayne Hackett (M50-54) 12:37:19 - (*Swim* 1:20:33; *Bike* 5:59:13; *Run* 5:00:13)

Tuesday 3rd June

Rothley 10k

Tom Wilkinson (SenM) 43:12

Chris Page (M40) 45:04

Lee Harley-Hotchkiss (M40) 46:59

Saturday 7th June

Parkrun Achievements

Melton Mowbray: Duncan Green (250th parkrun)

Sunday 8th June

Nene Valley Swimrun Festival

10k Solo: Andy Nicholls 1:45:23 (9th Male, 14th Overall)

Sunday 8th June CONT-

LRRL Swithland 6

Gold: Daryl Boyce (MV40) 36:54; Luke Knowles (VM45) 39:05; Rhiannon Baxter (SenF) 39:55; Mark Tyler (VM60) 41:43; Christina Heerey (VF65) 54:40

Silver: Lewis Hyde (SenM) 36:49; Simon Dolphin-Rowland (VM50) 41:34; Nicola Taylor (VF45) 43:59; Julie Ashby (VF50) 47:32 (Course PB); Sandra Barnacle (VF60) 53:50

Bronze: Duncan Green (SenM) 41:05; Chris Page (VM40) 41:31; Jamie Dean (SenM) 43:09; Lee Harley-Hotchkiss (VM40) 43:40; Stephen Abbott (VM40) 44:15; Rich French (VM45) 46:24; Adam Hawkins (VM45) 46:37; John Houghton (VM55) 46:53; Michelle Farlow (SenF) 47:10; Abi Arnott (VF50) 50:20; Tony Oakes (VM65) 52:31 (Course PB); Jaz Stafford (VF50) 53:09 (Course PB); Nikola Dolphin-Rowland (VF50) 53:50

Copper: Kate Hill (SenF) 52:54

----: Suzie Skelton (VF40) 1:08:06

Sunday 14th June

Llanwrtyd Wells Man V Horse - 22 Miles

Jef Todd (MV50) 4:41:59

Nene Valley Trail Races - 20 Miles

Mark Stoneley 2:48:58 (3rd Male, 3rd Overall)

Parkrun Achievements

Melton Mowbray: Mark Tyler (250th parkrun)

The Green Run - San Miguel de Abona, Spain

6k: Rob Mee (VET 50M) 29:37

6k: Sharon Mee (VET 50F) 42:15

Saturday 21st June

Rutland 10k

Nikola Dolphin-Rowland (F50-54) 58:03

Martin Hansen (M70-74) 58:29

Morzine (France) Trail 25k

Paul Jacobs 4:03:01

Three Shires Way Marathon

Lewis Hyde (SenM) 4:21:33 (1st Male, 3rd Overall)

Rhiannon Baxter (SenF) 4:21:35 (2nd Female, 2nd Overall)

Sunday 22nd June

Dambuster Triathlon

Jeff Todd (O50-54) 03:05:51 – (Swim 1500m: 36:40; Bike 40k: 1:29:13; Run 10k: 53:43)

Mays Members Race Reports collated by Tony

Martin Hansen

Rutland 10k. Saturday 21st June.

Starting in bright sunshine at 9:00 am on what was to be the hottest day of the year so far, the Rutland 10k attracted 588 participants. The event was very well organised from start to finish, with three extra water stations added because of the hot weather. Additional ambulances had been brought in as a precaution, which was both reassuring but disturbing at the same time! The course was a simple, flattish, there-and-back course starting at Whitwell, crossing the dam with the turning point just before Normanton church. I was looking for a time somewhere between 55 mins to 1 hour, and set my watch to alert me if my pace fell below 9:30 mins/mile. Participants were asked to “self-seed” at the start, so it was the usual groupings of fast runners, over-optimistic runners, and realists! I was amongst the realists along with fellow Strider Nicola Dolphin-Rowland who was running with her daughter and friend. The first mile included a gentle uphill gradient that immediately made some people pay for their questionable strategy of a sprint start, and so there was some bunching. A fellow runner, and also a “man of some years” turned to me and said “it’s difficult to get into a pace through this lot” before deftly threading through what seemed a solid block of runners and disappearing into the distance. Little did I know at this point that he was to prove to be my nemesis, winning the over-70s category in a very decent 56:46 minutes and relegating me to 2nd (and last) place in the category. A mile and half in, and shortly before leaving any semblance of shade and crossing the dam, I reached the first water stop. I adopted a “drink a little and pour the rest over my head strategy”, people might have thought I was mad but I wasn’t. Once across the dam it was a straightforward run towards Normanton church, now with fast runners starting to pass on their way back, initially looking quite cool but as the numbers increased some were looking very warm. Shortly before the turn I waved at Nicola going the other way, who had made the turn a little ahead of me. From then on it was uneventful, I kept an eye on my heart rate and eased off a little if it went over 165, if it gets to 170 experience has taught me I am running a bit too fast. The sun was now quite strong going back across the dam and I noticed a few people walking, they looked like decent runners so I guess the heat had got to them. One last water-stop, avoiding the questionable yellow-coloured electrolytes, back over the little “hump” and a last flourish sprint home. Strava time 58:31, chip time 58:29. Position 253/588 overall and 183/288 male. So, Bronze standard and very pleased.

Overall, a very decent event, well organised, good course, and a great atmosphere, it felt a bit like a 10k parkrun. Will look to do it next year if I can.



Picture shows Martin flying along with Striders race top on

David Brook - The Hathersage Hurtle - May 17th 2025

Michael Marsden, Rhiannon and I completed this challenging but highly enjoyable and rewarding event in the Peak District. The Hurtle is organised by the local primary school PTA and is similar to our local Belvoir Challenge. It is 20 miles of very mixed trail around stunning scenery, with plenty of hills to make all the free cake & sweets guilt free. Unlike the Belvoir Challenge, they use the same one route each year and it can be walked or run – or more realistically tackled using a combination of the two! Being in May, rather than February, also means a lot less mud!

The start time is late enough to make it a day trip and for us, Michael kindly offered to do the honours - thank you Michael! Parking at the event is close to the event HQ field, with the required facilities for a bag drop, refreshments and lots of toilets.

The course is a simple one – basically up a hill, back down to the valley floor, up a bigger hill (Stanage Edge) and then back down to Hathersage and the finish. What you can see from the elevation profile below is that almost the entire 20 miles is spent running either up hill or down hill, with barely 10% on the flat. It really is tough on the joints! Getting round is therefore rewarding enough, but what makes it so enjoyable is the sheer variety of ground conditions and scenery you experience.

2 old men ignoring their physical limitations + 1 runner

Total elevation 830m or 2,723ft



Path up Stanage Edge, with a 1 legged man about to overtake Michael

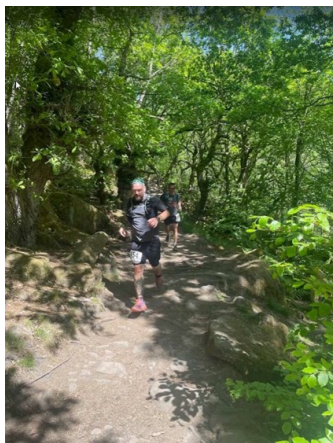


Looking back from the top of Stanage Edge, Stunning!



The final miles are run alongside the River Derwent, including a section of Padley Gorge, which is a beautiful contrast to the drama & vistas of the hill tops. On reaching the finish we skipped the free leg massage in lieu of the locally sourced burger and beer with more free home baked cake!

Whilst there is no question that this is a tough event, it does not need to be raced and I got away with minimal preparation (avg 12 miles / wk this year, with only one run >6 miles). We enjoyed it enough to want to do it again and recommend it to anyone who enjoys time in the outdoors. For the record, Michael & I finished in 138+136th position, whilst Rhiannon was an impressive 30 mins ahead of us finishing as 10th woman (135 total) in overall 51st place (287 total).



Padley Gorge alongside the River Derwent

Rob Mee - The Green Run - San Miguel de Abona, Spain - 14th June 2025

This year we had noticed a local Running group in Tenerife called Amarilla Coastrun who meet every Saturday at Golf del Sur for a 5k coastal run to Los Abrigos and back followed by Break-fast. The group publishes local races on their FB page and enter as a group, so we signed up for The Green Run at Amarilla Golf (12k /6k) options on 14th June.

We joined the group the first Saturday we arrived and completed the coastal 5k. They are a really friendly group who we've got to know really well over the last 5 weeks from running and maybe a little social re-hydration .

A few had entered the Green Run and others said "why have you done it ...it's a real tough one in the heat and the hills!! You're mad.

A couple of the Guys invited me for a trial run of the 12k - 2 laps of the golf course at 7.45am to avoid being hit by Golf balls!! . It was undulating, no different to LRRL races but the heat got you and after lap 1 you think do I really have to do that again! Sharon dibbed out - to only be done once on the day, I'm better not knowing she said!!

The week after I had a second practice with guys but only managed one lap due to my Calf telling me to stop.

Tested the calf the following Saturday and walked some of the 5k .Tested again a couple of days before the race with the group who were trialling the route for an evening 5k from La Caleta a few miles further up the coast.



It felt better but not 100% so decided to switch to the 6K on Race Day. The Green run was a fantastic event, very well organised and a great atmosphere with plenty of free food and drink afterwards!

The course was tough, hilly and not so fun in a heat of 25 plus degrees . Some of the hills got us but we both got round in times of 29:37 (36th out of 147 and just missed the podium position for MV50) and Sharon 42.15 (123rd).

We had lots of support from the Amarilla Coastrun group out on the course and a good social drink afterwards. I'm up for it again next year and maybe a Santa Cruz HM in November!!

If you are in Tenerife, check out Amarilla Coastrun Facebook page for events and join them on a Saturday if you fancy a local 5k.

Pictures showing Rob and Sharon Mee running with beautiful blue skies, palm trees and a sea background



Three Shires Way Trail Marathon - 21st June 2025

On a brutally warm day of low 30 degrees, Rhiannon and I completed the Three Shires Way Trail Marathon, having signed up 7 days before the race in order to get a long run in for our Sandringham 24 hour training. We started off steady (after I forced her to slow down) and let a number of people ride off into the sunset, as the miles ticked by the field wilted in the heat and with the help of Rhiannon's pacing we managed to pick off most of the field. Once a podium finish was in sight, the pace slightly crept up. Some dodgy information at an aid station had us thinking we were further back then we were so it was a total surprise to finish 2nd and 3rd overall, with Rhiannon finishing 2nd Lady and me being the 1st Male. Overall it was a fantastic event with a beautiful route, well marked course and great aid stations. The flat coke and wet sponges were amazing! This is only a taster of what is to come over 24 hours and a pair of ear-plugs will definitely be required for Rhiannon after all my complaining



Picture of Rhiannon and Lewis proudly holding their medals and second picture both of them running on the route next to a lake



Family Funday and Orienteering in the aid of supporting the Belvoir Education & Sports Trust, June 15th.



Myself and Bramble had a lovely jog over to this Funday not really knowing what to expect but once we arrived at the site we soon realised we had a great opportunity to not only practice a bit of Orienteering but also to have a nosey around the Duchess grand Garden! It was brilliant having a potter around at the same time as bagging some control points. We found our way back to the start, which is always a bonus, and were greeted by some fellow striders and friendly faces— Jenny, Rich, Marie and Laura. Whilst supping on a cuppa Duncan G came sprinting in looking like he had completed the whole course in a winning time! Whether he did I don't know, but its always good to look like a winner I think!



It was a great event and I will definitely be going along next year to try and attempt the full course! Watch this space Dunc....

Big thanks to Michael C, Matt and Karen W, Andy N, Carol and Steve SM for helping organise the fundraising event.



Emma Gardner - Hamburg Ironman - 1st June 2025

A group of 4 of us decided to race at Ironman Hamburg together 1st June following all completing various other Ironman events last year. Traveling for these events is relatively easy these days even with a bike and it's a great opportunity to see new places. Ironman is now a big and well organised brand despite it famously not budget friendly, but apparently that, plus the many hours of training is worth the lifetime of bragging rights?

We arrived in Hamburg 3 days before the event to get registered, test ride bikes after travel and complete the test swim. And of course, Wayne needed to ticket off another parkrun foreign tourist visit, which unfortunately led to me snapping a carbon rod in my race days shoes and having to fork out for a brand new pair the day before the big race.... What's the advice, don't run a marathon in a brand new pair of trainers... story to be continued!

The weather since arriving in Hamburg had been very similar to the uk, sunny with a hint of rain. Until the night before the race where we were classically carb loading in a local Italian only to receive an email to say there was an electric storm expected at the same time as the race was due to start and to keep an eye out for updates or changes to the race. This raised questioning amongst the group of whether the swim would be cancelled (obviously not great for me) but we decided to remain optimistic and try get some sleep ahead of our 4:30am alarms. Race morning came and as predicted, it's was absolutely chucking it down and thundering. This prompted an email to be told transition was not opening at 5am as planned and to remain in our hotels until further instructions. But luckily this turned out to be just a minor hiccup, with the storm swiftly passing and the race getting ahead only 40 minute later than planned. But interestingly this lost time doesn't get added back onto the allotted time to complete in which I can imagine may have been a challenge for participants knowing they were pushing the 16 hour cut off (usually 17 hours but Hamburg is known as a fast course).

So off we went on the 3.8k, 2.4 mile swim, being my favourite of the 3 I have no complaints, but neither did the boys that were mentioned. Easy to navigate rectangle loop albeit slightly congested with many participants in the Binnenalster central Hamburg. The only slight negative was we believe the storm may have shifted some buoys as we all on average swam 200-300m further than it should have been.

You are then helped out the water by some very nice marshalled on head into transition for a quick snack and to change for the bike, transition was pretty long in comparison to some triathlon events, approx 800m from one end to another.

Out on to the bike, and the description was pretty accurate, flat and fast. Despite knocking 15mins off my previous bike time I still got overtaken by everyone I overtook on the swim and some I recon. The bike course itself was a two loop course starting in Hamburg and then out into the countryside along the river and back. Unlike the UK they have considerable less pot-holes which is nice although parts of the city were a touch lumpy and I think we all managed to lose a water bottle or two.

Luckily you can pick up replacements at the aid stations with a mixture of water and nutritious mixes in. So no great loss on the old bottles when replaced with shiny new ironman ones (got to get your moneys worth in merchandise). 180km, 112miles done and it's time to get off your bike back through transition and out onto the run.

But I'm hanging on to the fact, I've now made it off the bike



Not going to lie, my legs weren't feeling a marathon after that bike but after 12 minutes questioning my life choices in transition i convinced myself it was time to run a marathon and get the job done. During this time Andy whizzed past me, ha. The run was tough to start, so it was just a matter of putting one foot in front of another and finding a steady pace. Que not only Jono passing me but also Kat Matthew's on her finally lap (I was on my first ha), although her fly by did get me a tv appearance mind you. Upto this point it had been sunny and relatively warm but the heavens opened and what a downpour, there was even hail thrown in for good measure. Wayne was just coming in off the bike at this point, apparently his socks were drenched just changing from his cycling to running shoes. We all plodded on and luckily it did eventually pass. The run course was 4 flat loops, very well supported and mostly good terrain bar a patch by the river which was now quite puddly. Weirdly a marathon on a triathlon physiological is easier then a stand alone one, maybe it's the mindset of you don't need to PB.. you just need to finish it... it's the last hurdle.. plus at this point many participants are happy to join you on a chatty jog... I met so many interesting people from across the world. Not going to lie, the 4th lap I popped on the walking front and then couldn't stop. The crowd when you are in this gutted are incredible for encouraging, in hindsight I'm slightly disappointed in myself for giving in but after a stern word with myself 2km to go, I pushed back into a run to get the job done. And after a gruelling 12 hours plus words cannot describe what that finish line red carpet feels like, emotions, relief, joy, especially when you clock your friends or family cheering you on as you cross it.



Recovery areas are always pretty good at Ironman events although this one wasn't attached to the finish line. All athletes are provided with a meal, complimentary massage and showers. I'm sure you are all dying to know about the new trainers by this point... I kid you not, not a single blister or black toe nail in sight! Adidas adizero pro 4s if anyone is looking for a recommendation.

5 years ago I took up triathlon on a whim. I didn't own a bike, and I couldn't run, if you asked me back then, I'd have categorically told you I'll never be good enough to do an Ironman... how wrong I was. For anyone thinking about venturing into multisport, I'd say 100% give it a go, over the years I've grown to love the sport because of its inclusivity. There are many events out there of various distances and you meet participants of all ages, abilities, shapes and sizes. From pros to just give it a go's.



Summer Outrun Season.

There has been a phenomenal turnout by club mates at the Outruns, 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	NO13 8QA	Paul J
10th June	Three Club Challenge	Rushcliffe Golf Club	LE12 5RL	Brarow Runners
11th June	Melton run	??		
10th 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



With Glastonbury Music Festival in full throws I thought I would see what Running Festival weekends there are!



The Love Trails Festival takes place in the Gower Peninsula in July. A festival weekend of running, adventure and live music. [Home | Love Trails Wales \(10-13 July 2025\)](#)

A bit closer to home is the Run Rabbit Trail Festival. Based near Corby this festival provides a weekend of varying distances of runs available as well as entertainment. May 2026 [Home - Run Rabbit Trail Festival](#)

The Lake District Running Festival. Based in Grasmere the weekend offers various runs, walks, workshops and talks. May 2026 [Lake District Running Festival](#)



The Keswick Mountain Festival is a packed weekend of adventure, running, swimming, live music talks and loads more. May 2026 [Keswick Mountain Festival](#)

The Kendal Mountain Festival. features a weekend of trail running events alongside its film screenings, talks, and other activities. The festival includes the adidas TERREX Kendal Mountain Trail Run, a 10km race, and The North Face Kendal Skyline Ultra, a 50km ultra marathon. Both races take place during the festival weekend and are known for their scenic routes and challenging terrain. November 2025 [Kendal Mountain Festival | Share the Adventure](#)



Another festival which you don't have to travel very far to see is the Banff Mountain Film Festival. These inspirational films can be viewed from various theatres throughout the UK including in Leicester at De Montfort Theatre. I can guarantee that you will leave the theatre feeling totally inspired for your next adventure!! [Banff Mountain Film Festival - UK & Ireland Tour](#)

[Banff Mountain Film Festival World Tour - De Montfort Hall](#)



Friday Lunchtime Social Run group.

The Mees are BACK in the Sunny Melton Mowbray! So tea, coffee and cake if we're lucky are back on the menu for Fridays! Look out for the weekly posts on the Striders WhatsApp and Facebook group. It certainly is a wonderful way to spend a lunch hour on a Friday.



Future Races/ events

Rasselbock half and full marathon. Immerse yourself with trees by running around the Sherwood Pines Forest [Rasselbock Marathon 2025 » Rasselbock Running](#)

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](#)

Belvoir Castle Runs Series, a closer to home opportunity to run around the Belvoir estate– July 20th– [Belvoir Castle Run Series 2025 | Sun 20 Jul | Book @ Findarace](#)

Holme Moss Fell Race, an AL event– Meaning it is a long category race and quick hilly but amazing fun! July 27th [Holme Moss Fell Race - Holmfirth Harriers Athletics Club](#)

Teggs Nose Fell Race. A BM category, medium distance and less hilly than an A category. [Tegg's Nose fell race - Saturday 9th August 2025](#)

Pierpont Plod. A six hour event to complete as many loops of the 5.4km loop. 10th August. [Pierrepont Plod - Summer 2025 » Rasselbock Running](#)

The Medal Madness at Shipley Country Park. Join us for our summer event to help us find a home for any leftover medals that we have! Another 6 hour event of completing as many 5.4km loops as you want within the time! A practice for Equinox! [The Medal Madness - Summer 2025 » Rasselbock Running](#)

Tissington Trail Half Marathon, 21st September [Nice Work Race Management : Tissington Trail Half Marathon Sunday](#)

Chatsworth 10k, 28th September [Chatsworth 10K – Blythe House Hospice](#)

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](#)

LRRL Series-Just 3 races left with JOY CANN entries going live tonight!

R9 - Joy Cann 5 - Wednesday 6 August

R10 - Markfield 10k - Sunday 28 September

R11 - Rotherby 8 - Sunday 12 October

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. **Wayne Hackett has entered this event as a Solo runner but is unable to take part now so if anyone would like his place then please do contact him.**

Follow this link for more details- [Run Sandringham 24 - 9-11 August 2024 — Run Sandringham](#)

STRIDER OF THE MONTH– Tony Oakes

NEW!!

Hello everyone!

Today, we're excited to introduce a new initiative called 'Strider of the Month.'

This competition is designed to celebrate the amazing runners who are not just part of our club but who truly embody the spirit of dedication, community, and excellence in running.

We'll be looking at everything from outstanding race performances, personal bests, consistent training, and even volunteer efforts within our club.

The Strider of the Month will receive club recognition, a special prize, and be featured in our club newsletter.

To nominate someone, you can simply email your vote, together with the reason for your choice, to Tony Oakes, email– tonyoakes123@gmail.com

The voting will cover activities during the month and will close at midnight on the last day of that month.

The person receiving the most votes will be the winner. In the event of a tied number of votes, the club chair will choose the winner. The winner will be announced in the monthly newsletter.



MAOOSIVE Congratulations to our very own Neil Jaggard who completed the Steve Morris 5 today, a mere 13years since his previous LRRL race!!! That's right, Neil has not taken part in a LRRL race since 2012 and he made his comeback today and totally SMASHED it! You are inspiration to all of your club mates Neil.

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 won't cost you.

If you are interested speak to one of the above.

Pic-
ture





Some of you may have had to turn your club tops back to front and inside out this past week due to so many races in a row. If you are in need of a second club top then please do visit Melton Sports where Michael Cooke will be happy to help you with either the kit exchange or purchasing a new additional top.

This scorching heat is
perfect to run in!
Said no one ever.



Have a wonderful July 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