



Weekly Newsletter

30th March 2025

Members Achievements.

A massive well done to **Turbo Tyler and Lewis** for completing their first, and by the sounds of it, not their last Fell Race! The Kettleshulme Fell Race is a Cat BS 9km race with 355mt of elevation, it was certainly a beautiful day to be drawn into the Fells. Lewis finished 32nd in a time of 48.35 and Turbo 39th in a time of 50.22

Lets see what other races are on the Fell Racing calendar for them both!!



Welcome into the Strider Family baby Alice. Huge congratulations to **Joe and Beth Foster** for becoming new Mummy and Daddy. We hope to meet Alice soon perhaps at a Park Run...

Congratulations to **Jef Todd** who ran the Clumber Lakeside this morning. Gorgeous day for it!



Park Run news.

Nikola, Chris and son visited Poland for a weekend away to take in the Gdansk Parkrun. A wonderful way to celebrate Nikolas 50th year.

Other Park Run news-

DATE FOR YOUR DIARY– PARK RUN TAKEOVER MAY 10TH. This is a great opportunity to show case the Striders so if you are free to come along and volunteer or wear your club top on the day it would certainly be appreciated. Please let us know if you can help or look out for the Facebook & WhatsApp post advertising it to offer.



DATE FOR YOUR DIARY-STILTON STRIDERS AGM WED 9TH APRIL 8PM after Club Run. The agenda for the AGM will be sent out nearer to the time. This is a great opportunity to hear how the club is progressing and also a time to share any suggestions or new ideas which the club may benefit from. There may also be amendments which require you to vote, generally in a show of hands, or you may wish to join the committee or have a more active role somewhere in the club. Please remember it is your club and you do have a say and your voice will be listened to.

LRRL Race 3 The Stilton7—we sold out all of our 600 places! This is the biggest amount of race entries we have ever had. Thank you to all who entered the race and also to those who have offered their time to volunteer. The race could not go ahead without any of your support, either running or volunteering!

Paced Session Wed 9th April before the club AGM. A great chance to have a go at pushing your mile pacing or gauge what mile pacing you already run at, with the reassurance of being able to drop back to another group who will be a minute or so behind you. This will be following the middle route of Route 2 which I will send out next week. To run these sessions we do need to volunteers to please lead a pace— 8min, 8.30min, 9min, 9.30min, 10min and tail. Please let us know if you can help either by contacting Nicola Taylor or replying to her posts.

Wednesdays Club Run.

This weeks club night run will be following **Route 3**, attached to your email. See you all at the usual time and place— 6.30pm at The Rugby Club. Don't forget to bring a dry layer of clothes and stay for food and drink afterwards (drinks are discounted for members)

Club walking group The Strider's walking group is now a weekly feature at our Wednesday Club nights. So, if you are currently injured, or need a rest day on Wednesday but still want to be social please come along and take part. We walk the short route at various paces and it is a great way to still get out there, chat and have a well earned drink afterwards!



Coaches Corner

There will be a coached session this Thursday 3rd April . Welcome to *Killer miles*. A little similar to supersets so excellent for running at and extending vo2 max, lactate threshold and running economy. However don't panic if you are new to intervals or returning from injury as the session can be adapted easily into mile reps. The technical focus will be increasing speed by decreasing foot contact time. This will also be a very good session for tuning into how your body feels at different intensities. **BRING A WATCH.** We'll be meeting in the **car park to the side of the Spar on Valley road** at 6.30pm. The session is suitable for everyone as it is all based on time and can be adapted.

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.



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

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. As mentioned previously they 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. **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	Volunteer Run lead
7th May	Cheesy chips & Garlic Bread Run	Grange, Asfordby Hill	LE143QU	John and Katie
14th May	Somerby	The Stilton Cheese Inn	LE14 2QB	Helen and Katie
21st May	Hoby	Blue Bell Inn	LE14 3DT	John and Katie
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	Gaddesby	The Cheney Arms	LE7 4XE	Kate Hill & Anthony I
9th July	Market Overton	Black Bull Inn	LE15 7PW	Katie & John
16th July	Nether Broughton (The Bison Bash)	The Anchor Inn	LE14 3HB	Katie & John
23rd July	Stathern	The Plough	LE14 4HW	Andy N & Matt W
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	Club Handicap
20th August	Somerby to Burrough Hill	The Stilton Cheese Inn	LE14 2QB	Katie & John
27th August	The Cake Run at the Grange	Grange, Asfordby Hill	LE143QU	Katie & John

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.



Future Races/ events

Matt White our very own Orienteering Guru is offering another course in learning Orienteering skills. These are brilliant sessions and a great opportunity to learn from a top UK Orienteering champion. There is only 4 places left up for grabs!

Dates and times for the course:

Melton Country Park, 6.30-7.30pm, Tuesday 1 April

Melton Country Park, 10.00-11.00am, Sat 12 April

Rushcliffe Country Park, 6.30-7.30pm, Tues 15 April

Burrough Hill Country Park, 6.30-7.30pm, Tues 22 April

ORIENTEERING FIXTURES attached to your email.

Wymeswold Waddle May 4th. A 5 mile local fun run, there are online as well as on the day entries. Details can be found here-

[Wymeswold Waddle 2025 – 5 Mile Race and Family Fun Run |](#)

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

The Trent Valley Ultra, Sat 17th May. This 31mile event has checkpoints every 6-8 miles and takes a lovely off road course around charming villages in Nottinghamshire [SiEntries - Trent Valley Ultra](#)

Bosworth 5 '5 mile road race' Thursday 12th June [Clubspark / 1485 Tri Club / Bosworth 5](#)

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 | Facebook](#)

Team Strider events other than LRRL

The Livingstone Relays, Saturday 3rd May. This is a great opportunity to run in a relay team around Mallory Race track! [The Livingstone Relays 2025 - Livingstone Relays](#)

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

The annual **3 club challenge** is being hosted by Barrow Runners this year at Rushcliffe Gold Club. This yearly friendly rivalry event is held between ourselves, Barrow and Wreake Runners. It is a brilliant run with an opportunity to win the trophy back and have a giggle post run with food and a beverage. Please do let me know if you are interested. More details of food



STILTON7 RACE ENTRIES GO LIVE tonight 8PM [Stilton 7 - EntryCentral](#)

Leicestershire Road Running League (LRRL) 2025 fixtures confirmed-

Here is a brief overview of what the Leicestershire Road Running League is. The league consists of 11 races which are held by some of the 28 affiliated clubs throughout Leicestershire, Stilton Striders hosts Stilton7. The races are varying in distance ranging from 5 miles up to half marathon and in the past have been split into Spring and Summer series but this year there will be one series meaning one lot of prize giving. There is a scoring system for prizes presented by the LRRL, this year the scores for individual runners prizes will be taken from those who have achieved 7 out of the 11 races and team scoring will be from 8 out of 11 races. More details on the scoring system are attached to this email.

Alongside prizes for scoring there is also County and Club Standards, which are goals that can be set by yourself. There are various standards ranging from Tungstan to Rhodian and with various age groups with times varying depending on your age. This is a great way to achieve your own personal challenge and can help push you over the finish line maybe by a few seconds quicker to achieve the standard you have set yourself.

Here are the links to the standards—

County- [County Standards – Leicestershire Running and Athletics Network](#)

Club- [Club standards – Stilton Striders](#)

R1 - Kibworth 6 - Sunday 16 March COMPLETED!

R2 - Desford 6 - Sunday 6 April

R3 - Stilton 7 - Sunday 13 April

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

ROUND TWO OF THE NEW CLUB TRAINING TOPS!

The short sleeve tee (men's and women's fit) is available in up to 20 colours and will be priced at £12 - great for parkrun and training runs. The long-sleeve fluo tee (unisex) for those early morning and evening runs features reflective print £15.

The wonderful Michael Cooke at Melton Sports will be happy to help you with your order and has a few samples for you to try on for size. Get your order in now! There is a rainbow of colours- blues, greens, yellows, oranges, pinks, purples, brown, grey, the list goes on!

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](#)

Thank you Message from Leigh Pick

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.



PLEASE do let me know if you have any races that you have spotted that I can pop in the Newsletter or any achievements to share with your clubmates.

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