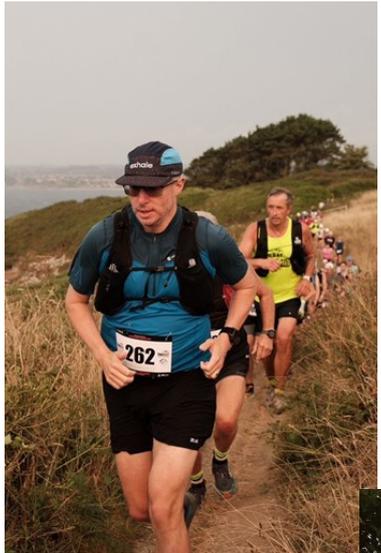




# Weekly Newsletter

August 2025



## **Stilton Striders Race Results Report August 2025**

**Wednesday 30th July**

### **No Watch Race**

Winner: Suzie Skelton; Runner-up: Dan Ward

**Saturday 2nd August**

### **Parkrun Achievements**

Watermead Country Park: George Wilson 19:39 (PB)

**Wednesday 6th August**

### **LRRL Joy Cann 5**

County Standards:

Gold: Luke Knowles (VM45) 32:15; Rhiannon Baxter (SenF) 32:16; Mark Tyler (VM60) 34:08; Katie Houghton (VF45) 34:48; Michael Marsden (VM55) 34:54; Nicola Taylor (VF45) 35:21; Paul Jacobs (VM60) 36:28

Silver: Lewis Hyde (SenM) 30:23; Daryl Boyce (VM40) 31:13; George Wilson (SenM) 31:22; Andy Mackay (SenM) 31:29; Chris Page (VM40) 33:53; Simon Dolphin-Rowland (VM50) 35:02; Andy Nicholls (VM50) 35:08; Wayne Hackett (VM50) 35:48; John Houghton (VM55) 38:05; Julie Ashby (VF50) 38:47; Abi Arnott (VF50) 40:09; Chrissy Heerey (VF65) 46:02 Rob Mee (VM55) 37:35

Bronze: Jo Taylor (SenM) 33:45; Duncan Greene (SenM) 35:08; Jamie Dean (SenM) 35:56; Andrew Wilson (VM45) 37:24; Mark Preston (VM45) 38:01; Richard French (VM45) 38:32; Mike Williams (VM60) 41:09; Michael Cooke (VM55) 41:29; Nikola Dolphin-Rowland (VF50) 43:03; Jaz Kirwan (VF50) 43:38; Martin Hansen (VM70) 45:56

Copper: Anthony Ison (SenM) 36:34; Michelle Farlow (SenF) 40:12; Courtney Lightfoot (SenF) 40:07; Emma Gardner (SenF) 41:06; Robert Lane (VM50) 41:54; Katy Hill (SenF) 43:00; Sarah Lawrence (VF45) 43:15

Pewter: Tom Wilkinson (SenM) 40:16; Gemma Knott (SenF) 43:34; Neil Jaggard (VM65) 52:30; Harvey Stafford (VF50) 54:04; Chris Genes (VM70) 55:43

Tungsten: Suzie Skelton (VF40) 53:31

**Saturday 9th August**

### **UTMB World Series Events - Brecon Beacons Ultra 51k**

Rob Mee 8:13:23 (6,909 feet elevation)

### **Run Sandringham 24 Hour (9th-10th August) \*Times shown are Total times**

Lewis Hyde 20:03:24 (13 laps, 67.42 miles, 2,300 feet elevation)

Rhiannon Baxter 20:03:24 (13 laps, 67.38 miles, 2,201 feet elevation)

Jef Todd 22:55:09 (12 laps, 61.15 miles, 1,795 feet elevation)

Wayne Hackett 2:45:25 (3 laps, 15.32 miles)

## **Stilton Striders Race Results Report August 2025 continued**

### **Parkrun Achievements Sat 9th Aug**

*Brixworth Country*: Dan Kelly 17:33 (1<sup>st</sup> place)

*Melton Mowbray*: Daryl Boyce 19:08 (1<sup>st</sup> place)

*Black Rocks*: Katy Hill 28:32 (200<sup>th</sup> parkrun)

### **Wednesday 13<sup>h</sup> August**

#### **Club Handicap Race**

1<sup>st</sup> Jef Todd; 2<sup>nd</sup> Daryl Boyce; 3<sup>rd</sup> Kier Lymn

### **Saturday 16<sup>th</sup> August**

#### **Mudcrew Roseland August Trail The RAT Black 50k**

Richard Gray 7:46:50 (7,959 feet elevation)

#### **Parkrun Achievements**

*Melton Mowbray*: Kier Lymn 21:56 (PB)

*Progression*: Wayne Hackett 20:45 (1<sup>st</sup> Male)

*Watermead Country Park*: Dan Kelly 16:52 (1<sup>st</sup> place)

### **Saturday 23<sup>rd</sup> August**

#### **Parkrun Achievements**

*Melton Mowbray*: Lewis Hyde 19:50 (1<sup>st</sup> place)

*Salcey Forest*: Anthony Ison 23:23 (200<sup>th</sup> parkrun)

Stilton Striders Race Results Report August 2025

### **Saturday 30th August**

#### **HUUB National Triathlon Relays (Strava times)**

Lewis Hyde - Swim 10:04; Bike 27:17; Run 19:52

Mark Tyler - Bike 27:42; Run 22:08

Emma Gardner - Swim 7:11; Bike 23:56; Run 24:54

Amelia Fisher - Swim 10:45; Bike 29:20; Run 25:44

#### **British Orienteering Mixed Sprint Relay Championships**

Matt White 18:08; Karen White m6 (missed 6th control); Andy Nicholls 19:04

### **Sunday 31st August**

#### **British Orienteering Sprint Championships**

A Final: Matt White 24:17

B Final: Andy Nicholls 19:12 (1st place)

## Rhiannon Baxter - Run Sandringham 24 Hour - 9th/10th August 2025

On the Friday before Sandringham, we packed up our running gear, tents and a years worth of food and headed to Sandringham (Lewis might run fast but he's a slow driver!). When we arrived, we were met by the event's organisers who drove us and our gear to our camping spot. We then quickly pitched (Lewis with his pop up and me with my girl guides tent that could survive a hurricane) and registered for the following day before meeting Jef and going out for a delicious pre-race pizza!



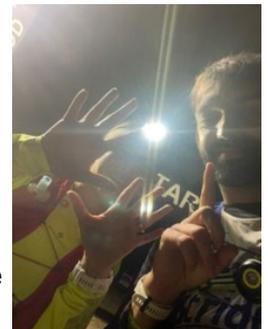
Sadly no one on the campsite slept because a young child decided to scream and count all night (also Lewis got a wet face!) so when Saturday morning came around, we weren't as fresh as we'd like!

Saturday morning the three of us spent eating, stretching, body gliding and a bit more eating! Wayne turned up later after doing parkrun!!



12pm came round and we started running. It was so hot, but the course was beautiful and we had a great time singing and high fiving Elvis.

At the end of the 8th lap (approx. 40 miles) Wayne was waiting for us so we had a quick chat and rest before trying to power through again. But sadly, from here on it suddenly got very tough! Lewis's leg started to hurt, and I was very sick. About 3 miles into the 9th lap, I unfortunately got to see my pizza again! After dusting myself down, we began running again, past all the people who had overtaken us during the interlude and very kindly offered to stop and help! At the end of this lap we both ended up in the medical tent, Lewis was bandaged up and I was given an anti-sickness tablet (which do not work!).



As the sun disappeared behind the trees along with our hopes and dreams, we carried on jog walking for another 2 laps but after lap 11, at about 2:30am we decided it was time for a bit of a rest. At 4am I had to drag Lewis kicking and screaming out of his wet tent! We did another 2 laps again jog walking but by lap 13 it was mainly walking, we were both in so much pain for different reasons. We agreed halfway round lap 13 for our own safety it had to be the last. We stopped at the 20-hour mark having completed 108k.

We tried everything to keep us going including "eye spy" in the dark and word association!

It was an amazing experience but we both definitely underestimated the challenge. We had no strategy (other than keep moving) and went off way too fast. It was like we were doing a 5k PB at the start of a marathon!! Amateur! Upon finishing in agony, we were convinced that this would be the last time we would do anything this stupid, BUT after 24 hours and some food, our minds had been changed and will definitely be doing something similar again, when we have physically and mentally recovered!!



It's amazing what your brain can allow you to do when you have been injured for 10 hours and haven't been able to eat for over 10 hours. 100 miles here we come – if I can persuade my running companion! Not sure I could do that on my own!



## Andy Nicholls – Leicestershire Orienteering Club Summer League Results

Where have I been all summer? After a busy spring/summer of orienteering (16 local events between mid-April and early August), the overall results of the Leicestershire summer league were announced last week.

In the sprint/urban events, I was 1st overall and Carol Stynes-Martin was 1st Leicestershire lady (11th overall) with Steve Martin 5th overall.

In the whole summer league, I was 1st overall (only missing 1 event), Steve 7th and Carol 2nd Leicestershire last (17th overall) with over 100 people taking part over the series.

Meanwhile Matt and Karen White were at some much higher level events - the Scottish 6 Days and World Masters (in Spain) - hopefully they'll tell us more about those events.

For anyone interested in trying orienteering, I would recommend this local summer series. Runners with limited orienteering experience can do well at the urban races especially. Watch this space for more info on upcoming events!

## Summer League Winners

Posted on [August 10, 2025](#) ([August 15, 2025](#)) by [Chris Bosley](#)



### Congratulations



Final Table

Junior Table

Urban Table

Overall Winners

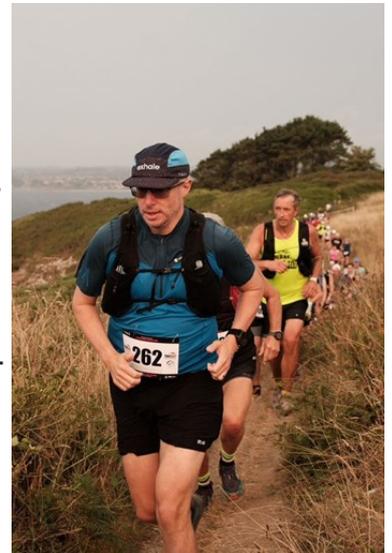
- Senior Man – Andy Nicholls
  - Senior Woman – Jane Dring-Morris
  - Junior Male – Aidan Chester
  - Junior Female – Cara Tolley
- Sprint & Urban
- Senior Man – Andy Nicholls
  - Senior Woman – Carol Stynes-Martin

## Richard Gray - Roseland August Trails - Black RAT 50k - 16 August 2025

Whilst Mudcrew's other big event (the Arc of Attrition) is now part of the UTMB empire, they have kept the rights to their summer running festival - the RAT - which is a more low key, but exceptionally well organised, event. Run along the South West Coast Path, and particularly the Roseland peninsula, the event is made up of 10 mile, 20 mile, 50k, 100k and a bonkers 24 hour race run on the toughest 5 miles of the course with a rule that if you stop moving for 10 minutes you are disqualified! Camping, food, bar, etc are all on site to make a weekend of it.

I ran the 50k, albeit with just under 8,000 feet of climbing it feels much further. Whilst the climbs aren't long, pretty much the entire race is climbing or descending on fairly rough coast path. The weather forecast was hot enough to warrant the organisers insisting on everyone carrying extra water between the very well stocked checkpoints, but luckily there was a decent sea breeze taking the edge off.

7 hrs 46mins was 20 minutes quicker than I had previously run here - and the perfect excuse to enjoy a couple of weeks of pasties and ice cream 'recovery' afterwards!



## Andy Nicholls - Swim Rutland 2025 – 3<sup>rd</sup> August 2025

4 Striders (or former Striders?) took part in the Swim Rutland event, swimming across the lake from Whitwell to Normanton and back again for the 4K or "just" from Normanton to Whitwell for the 2K..

In the 4K event, Emma Gardner was an impressive 4th female in 1:06:31, Kristy Nicholls next in 1:32:19 and Andy Nicholls in 1:37:46.

In the 2K, Julia Mannering was 1st in her age category in 1:05:16.

Also good to see Amelia Fisher on registration and giving us our medals at the end.

An early start for all but a beautiful morning and fairly calm conditions in the water made for a great experience.



## Trefor Pugh Memorial Race, Powys, Wales – Friday 15<sup>th</sup> Aug

Myself and Courtney made our annual trip back to my parents (and where I grew up) in Montgomery, Powys, on the border of Wales and England for the Trefor Pugh Memorial Race. This is the last race of the local Maldwyn Harriers summer season; unsurprisingly given what it entails it never sells out and you can pay on the night. The race is the night before the town's summer show, so starts in the show field after a 1 mile junior race. There were ~120 runners this time, and the weather was very warm and sunny (we have done it in torrential rain before). The route starts flat and takes you across two fields and onto a private track, into the bottom of the town, and out on the road. After about a 1 mile, you turn off the road and enter the bottom of Ffrid Faldwyn woods. This begins a sharp ½ mile climb (~19% gradient) where only the first few can actually manage to run the whole thing. When younger we used to use this as a downhill mountain bike run. It's steep, but brings you out onto the old Iron Age fort (think Beacon Hill but less pronounced). Once there, it's a few more fields, before back onto a nice bit of concrete road for ¼ mile. However, then you turn right and begin ~1 mile climb (11% average) to the town's war memorial. This sits 320m above sea level and on a good day you can see Snowdon (~50 miles as the crow flies). My mum was marshalling at the top which meant no walking here as risk of our photos going on Facebook! Around the monument, you fly back down the track, and head to the ruins of Montgomery Castle. A lap of the castle's old moat, it's then back onto the road and into town. A very steep decent into the town square and you are done.....although a slight walk back to the pub you just ran past for a beer. In total, its 4.2 miles and 801 ft of elevation – the average gradient is 6.3% which is impressive given the first mile is pancake flat! I finished in 36:32 (6<sup>th</sup> Sen Male) not my quickest but pleased given the temperature) and Courtney finished in 44:01 (5<sup>th</sup> Sen Female). The course record remains around 26 mins! Until next year.....



Here is a link to some really good drone footage of this year's race: <https://www.facebook.com/reel/1132890828940282>

Tom and Courtney

## Fell Running Special

Running in the fells, for me, has to be one of my favourite types of running. Although the terrain can be challenging, meaning the brain has to be engaged as well as the legs, running across the fells really provides a sense of freedom and switches on all the senses. The scenery is outstanding with varied terrain covering open moorland through to woodlands.

These races are open to runners of all abilities. Most will walk on the ups and some are tentative on the downs, no matter where you finish one thing is for sure you will receive a warm welcome and a cup of tea once over the finish line- normally at the local village or school hall

So what better way could I possibly celebrate my big Birthday this year (surely your not 49 again I hear you cry) than by taking part in a Fell race. The Beast of Bamford 15km and Beastier of Bamford 23km will take part on Saturday November 15th, with two distances covering a beautiful area of the Peak District. It would be wonderful if any of you did fancy a go at Fell Racing and to join me on my Birthday and eat cake on the finish line!

Link to the entries- [Beast of Bamford](#) | [AV Timing](#)



**This years Summer Outrun Season** has seen a record turn out of club mates with each week bringing a new route and pub for refuelling post run.

I have thoroughly enjoyed each run so a massive thank you to not only those who have volunteered in leading a route but also to all of those two legged AND four legged members who have come along. (I think they stole the show in the pictures!)

A special thank you also goes to Kurt Wilson and Nicola Taylor who volunteered to organise this years Club Handicap race which is certainly no easy task. It was a warm 5 mile run around the Rutland Water Peninsula which offered a stunning sunset toward the end of the run. The winners were then announced at The Grainstore Brewery, well done Jef Todd who won this years race with Daryl placing second and Kier who finished in third place.

Thank you too for members who baked delicious treats for our final outrun– The Cake Run. Susie and Jef were chosen as this years judges after winning the No Watch Race and the Handicap Race. They both did an excellent job of judging the top three cakes & bakes– in third place was Jaz Stafford’s decorative Rocky Road tray bake, second was James Sutton’s Magnificent Chocolate cake and the overall winner was Chris Gosden with his amazing Lemon Cake, a fave at the Cross Country!

I am already looking forward to next years season!



## Club Run Nights are now back at our Base at Melton Rugby Club, Melton Sports Village- LE13 1DR.

### Start time is 6.30pm!

With our membership with the Rugby Club we receive a discount at the bar on all drinks. Food is also available from the kitchen, very reasonable prices too.

This weeks route will be route 2 which I have attached to your email. **Please note that I have renumbered the routes due to Route 2 as it was being saved for our regular Paced session.**



### PACED SESSION WEDNESDAY 17TH SEPTEMBER

These sessions are a great opportunity for members to find a pace that they feel comfortable running at or a chance to try running at quicker pace in the knowledge of another group being a minute or so behind you if you did need to slow up.

For these sessions to go ahead we do ask for volunteers.

We try and lead minute mile paces of- 8min, 8.30min, 9min, 9.30min, 10min and tail runner. We have 3 volunteers so far and are in need of volunteer pacers for 9min, 10 min and tail runner. If anyone would like to volunteer then please do reply to this email or let Kurt Wilson know.

Thanks all!

### Next Structured Session Thursday 11th September

Kindly lead by John Martin from Melton Sports Village at 6.30pm. The session will be a Fartlek session on Norfolk Drive. These sessions really do make a difference with strength and performance.

### Friday Social Runs

Keep an eye out on the club members Facebook Group and WhatsApp group for further details.

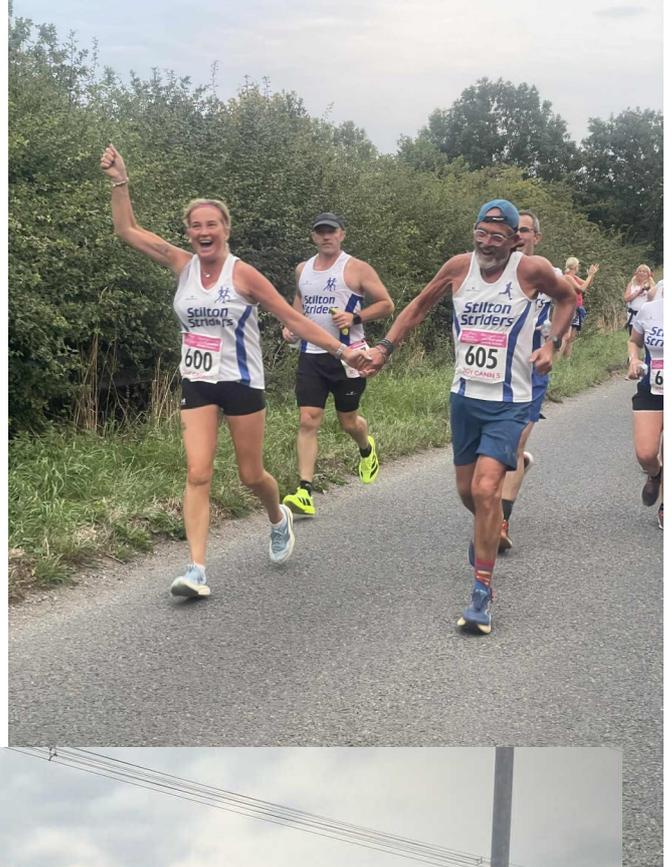


## ONLY 2 LRRL RACES LEFT!

R10 - Markfield 10k - Sunday 28 September

R11 - Rotherby 8 - Sunday 12 October

Race 9— The Joy Cann 5 saw a record turnout of 43 members of Team Striders at any LRRL race in its 41 year history! With such a phenomenal turnout there was equally amazing results all round. It also saw the legendary Chris Genes bow out of racing at the LRRL races after many years of competing at a top level for the Stilton Striders. There was a wonderful support from all members who joined Chris on his final metres leading up to the finish line to an overwhelming cheer and many hugs. Chris will be missed on the start line by many but I know he will be there offering cheers of support for us all on the sidelines.



## MUD SEASON IS NIGH!! Also known as Cake Season- WOOHOO..

Here are the provisional Cross Country Fixtures for the 2025/2026 series.

19th October	Ravenstone Confirmed	Ivanhoe/Dave Mann
16th November	Bagworth Heath	Desford
7th December	Grace Dieu	Shepshed
18th January	Martinshaw Woods	Westend
15th February	Holly Hayes Wood	Hermitage
8th March	Bosworth Battlefield Centre	Hinckley

Look at the pictures below of everyone sprinting for cake— Brian and Kate are clearly elated!!



**In case anyone did not see this on the LRRL Facebook page and you are able to help-**

Please see below an announcement from the Leicestershire & Rutland Schools XC organisers regarding the 2025 season.

These events bring through our next generation of athletes, not just superstars like Keely Hodgkinson, but all the way through the athletic levels and promote healthy lifestyles and show kids that sport primarily is to be enjoyed, hugely valuable lessons to take into adulthood.

If any of our followers are able to assist in preventing this long storied series from going fully under and coming back with a bang in 2026, please contact us and we can connect you to the right people.

**\*\* IMPORTANT UPDATE FOR 2025 SEASON \***

Sadly, on behalf of Leicester, Leicestershire, and Rutland (LLR) Schools Cross Country League I am not in a position to agree contracts with the third party contract holder for the use of Mallory Park for the 2025 Autumn season.

I would like to put on record that we are extremely grateful to the Mallory Park team for all their help, kindness and support over the last 2 years.

It is, and has always been, LLR Schools Cross Country League primary aim to make our events affordable and inclusive to every young person in the area. We have welcomed all children who live or are educated in our area, including home schooled

The league has given every young person, for the last 48 years the opportunity to experience a high quality event in the countryside in all weathers, get muddy and have fun while exercising. We've helped them do that without the cost extending to our families. This has been possible due to the amazing work which our small team of volunteers has carried out over the last 5 decades.

With this in mind, we are unable to subsidise the event sufficiently to keep it affordable for many of our families this year.

I have therefore taken the very difficult decision to cancel the 2025 season.

This will allow us the time to build our organisation to fully support our return, concentrate on finding a venue, secure sponsorship, and additional support so we can return even better in 2026.

We understand that this will be a disappointment to so many young people but truly hope that you understand this decision and that you will return with us again next year.

This was not a decision I took lightly and I have spent many, many hours over the summer trying to find a solution.

If you, or anyone you know, may be able to offer any support, whether it be the gift of your time, or you are able to offer any sponsorship opportunities, please do contact us, a breakdown of our costs can be found on the website.

We would like to thank you once again for all your continued support over the years and we look forward to welcoming you all again in 2026.

On behalf of our fantastic team of volunteers, I hope we'll see you again in 2026"

## Frisby Lakes event!

A huge thank you to Kurt Wilson for organising an introduction into Paddle Boarding and also to try the new café out at Frisby Lakes. It was a fantastic evening and many members had a go at both Paddle Boarding and Kayaking. Frisby Lakes is certainly a beautiful place and the café will definitely be a regular visit on my runs now.



## Monday 15th September

### From the Lovely Leigh Pick-

Guide Running session Monday 15th September 2025.

Hi all, what an awesome year 2025 has been for Striders stepping up to give guide running a go, its been fantastic!

There's been talk of a session to demystify guiding, safely have a go and hopefully boost confidence to volunteer for the odd run in the future.

Meeting in town at The Harborough Hotel 6.30pm for a 6.45pm start we will have a brief over view of sight loss and guiding up to the point of a run. We'll then head over to the council car park to practice guiding and experience being guided. Finished off returning to the venue for the all important beer and possible chips of some variety.

We'd like to know numbers to run the session so if you can please email the Striders mailbox by 1st September if you plan to attend that would be great.

Have a great running week ahead.

Cheers,  
Leigh



The votes are in for Strider Of The Month for August, and the winner is..... 🥁 🥁 🥁

**Rob Mee**, for his Brecon Beacons 51k Ultra. Having been talked into entering this by Kurt, he then lost his partner and training buddy when Kurt was injured. Rob was unsure whether to do the event on his own but after being reassured by Katie & John 🤔 that he would be fine, he decided nervously to go ahead. He structured his training to include not only distance but also hills in preparation for the event but in hindsight nothing could have prepared him for the climbs he had during the event. He reached the checkpoints, absolutely shattered but with a steely determination to go on and cross the finish line after 31 miles and 6909 feet of elevation in an amazing time of 8 hours and 13 minutes. What a fabulous achievement



## **STRIDER OF THE MONTH– Tony Oakes**

Hello everyone!'

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](mailto: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.

## **Other News..**

Melton Sports is appealing for donations of nearly new sports books / biographies and sports DVDs. They will be marked for sale in support of Dan and Stuart's Three Spokes Challenge. They are fundraising for the Nicholls Spinal Injury Foundation in memory of the inspirational Claire Lomas - please see below for more information. Your pre-loved sports books and DVDs can be dropped off to the shop anytime Tuesday to Saturday. Thank you! [\[#MakeItAMillion\]](#)

[\(3\) #makeitamillion - Explore | Facebook](#)

## Tom Evans had been here before. He was a glutton for punishment. BBC SPORTS

His last two attempts at the Ultra-Trail du Mont-Blanc (UTMB), one of the toughest endurance races on the planet, had ended in failure. One almost ended in tragedy. But here he was back again to tackle his nemesis for the fourth time.

Starting in Chamonix, in the French Alps, the 175.4km (109 mile) course around Mont Blanc runs through Italy and Switzerland with an elevation gain of 10,000m before ending back where it started. Battling blizzard-like conditions, the Briton took victory in an incredible 19 hours, 18 minutes and 58 seconds, finishing 32 minutes ahead of second place American Ben Dhiman, with fellow Briton Josh Wade in third.

"The last two years, I have not finished, so to be able to come from that with a win and put my worries at ease and prove if you really want to achieve something, you find a way to do it..." the former army officer, 33, told BBC Sport, his words trailing off.

"It's a race that starts at 6pm and you run through the night. This year we had rain, snow and gale force winds and the distance itself is no joke. It would be a long way in a car.

Evans finished third in the UTMB in 2022 and returned to compete the following year. But what started as a shot at beating his previous finish almost ended tragically. "I was completely unprepared for it and I started too fast, My body just went in to complete shutdown and I didn't know what I was doing or where I was and the tracking system had failed." One of the hormones your body will release after having a heart attack is the same as what it would release after pushing yourself to the absolute limit," he said. "So the concern was that I had either pushed myself to exhaustion or I had just had a heart attack." After receiving the all clear following tests back in the UK, Evans competed in 2024 but again failed to finish.

Evans' first ultra-distance race was the 2017 Marathon des Sables, which he entered for a bet. He has now become the first Briton to win at the UTMB since Lizzy Hawker enjoyed five victories in the women's race from 2005-2012, and the first British man to win since Jez Bragg in 2010. And he joins a group of runners to have won the UTMB and the Western States, a 100-mile endurance run.

His wife, Sophie Coldwell, a trail runner and Commonwealth gold medal-winning triathlete, joined him at the finish line with their three-month-old daughter Phoebe. "It felt like a full circle moment where I had gone through so much adversity in the race that I was just incredibly proud," Evans said. "I was so proud that I had put myself up to fail and was willing to fail again but was then able get the result I knew I was capable of getting. "It was just incredibly special to share that moment with them [Sophie and Phoebe]. They have sacrificed so much for me to be here."

As he crossed the finish line, Evans saluted in celebration, a nod to his time in the armed forces. His career before sport is something he feels has helped make him a better endurance athlete.

"When I was in the military, there were times on courses where giving up just wasn't an option," he said. "I was an officer and so for my soldiers I had to set an example - and I guess I get it is a similar mindset when I get out on the trail and push myself to the absolute limits. "The mental strength it takes to push yourself when you are really tired can be difficult at points," Evans said, "and for me it's about going back to the why and asking myself: Why am I doing the things I am doing?"



It's September! Time to pick out a Halloween costume and start your Christmas shopping. Happy New Year, everybody!



**Have a wonderful September 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**