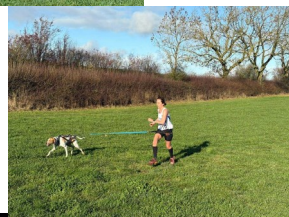




Weekly Newsletter

December 2025



Stilton Striders Race Results Report November 2025

Saturday 1st November

Parkrun Achievements

Newark: Nicola Taylor 22:21 (3rd female)

Watermead Country Park: Natalie Teece 20:59 (1st female)

Hayling 10 Mile Road Race

Gavin Shilham 1:09:35

Sunday 2nd November

Shepshed 7

Rhiannon Baxter 48:55; Lewis Hyde 48:56; Lee Harley-Hotchkiss 55:30

New York Marathon

Abi Arnott 3:59:01; Julie Ashby 4:00:59; Vicki Lowe 4:10:13; Emily Howett 5:10:31

Friday 7th November

Rutland Night 10k

Nicola Taylor 45:55 (1st in AC 45-49); Jamie Dean 46:52; Nikola Dolphin-Rowland 54:22; Alan Barnacle 55:23; Sandra Barnacle 56:20 (1st in AC 55-59); Abi Arnott 57:23; Sarah Lawrence 57:32; Jaz Kirwan 57:44; Gemma Knott 58:37; Imogen Lindsey 1:00:47; Melissa Harley Hotchkiss 1:03:18; Tony Oakes 1:03:20; Leigh Pick 1:04:50; Chris Genes 1:07:37; Harvey Stafford 1:11:27

Saturday 8th November

Parkrun Achievements

Belvoir Castle: Dan Kelly 17:22 (1st place)

Melton Mowbray: Lewis Hyde 19:56 (1st place)

Snowden Field: George Wilson 21:00 (3rd place)

Seagrave Wolds Challenge – 16 miles

Vanessa Walker 4:19:24; Alison Wilson 4:19:25; Sarah Lawrence 5:53:01

Rutland Night 10k

Joe Taylor 42:40; Wayne Hackett 46:34; Emma Gardner 52:38

Sunday 9th November

Stowmarket Scenic 7

Daryl Boyce: 42:11

Gainsborough Morton Half Marathon

Paul Jacobs 1:44:50

Saturday 15th November

Parkrun Achievements

Wimpole Estate: Nicola Taylor 22:29 (2nd female)

Melton Mowbray: George Wilson 20:29 (3rd place)

Sunday 16th November

DRXCL Bagworth Heath

Men: Dan Kelly 32:35; Ian Bickle 36:29; Michael Marsden 36:49; Jef Todd 41:37; Luke Knowles 44:19; Kurt Wilson 45:11; Robert Craig 45:42; Steve Martin 47:14; Tony Oakes 53:00; John Martin 58:55

*Women: Katie Houghton ; Vicki Lowe ; Nicola Dolphin-Rowland ; Gemma Knott ; Katie Hill ; Leigh Pick ;

* times unavailable due to timekeeper technical fault

Derby 10 Mile

Daryl Boyce 1:03:35; Lewis Hyde 1:06:56; Rhiannon Baxter 1:07:07; John Houghton 1:17:21; Mark Preston 1:20:00; Ian Craddock 1:25:08; Sarah Lawrence 1:25:53; Jaz Kirwan 1:28:11; Harvey Stafford 1:47:32

Saturday 22nd November

Benidorm Half Marathon

Michelle Kent 1:43:36; Wayne Hackett 1:54:56; Mark Tyler 2:00:26; Lewis Hyde 2:00:26; Emma Gardner 2:00:27; Alan Barnacle 2:01:35; Sandra Barnacle 2:01:35

Sunday 23rd November

Silverstone Half Marathon

Half Marathon: Joe Taylor 1:44:30 (PB)

10k: Kier Lymn 44:05

Great Dalby Dollop (results not yet available)

Nicola Dolphin-Rowland

Gemma Knott

Midlands Master 5K Race Walk

Neil Jaggard (results not yet available)

Saturday 29th November

Parkrun Achievements

Abbey Park: Dan Kelly 17:08 (1st place)

Belvoir Castle: Ian Bickle 19:36 (3rd place)

Melton Mowbray: James Sutton 20:39 (3rd place); Rachel Wade 27:29 (2nd female)

Striders Race Reports

Daryl Boyce - Stowmarket Scenic 7 – 9th November 2025

Ipswich Phoenix (black, white and yellow stripes), St Edmunds Pacers (red, white and black hoops), Stowmarket Striders (gold and black chunky stripes)... Some new names and rather fetching kits lined up on the start line of Remembrance Sunday's Stowmarket Scenic 7.

Hosted by the local Stowmarket Striders, the club website bills it as the “most picturesque seven mile road race in Suffolk.” Not the busiest category, perhaps, but the route does pass through a couple of lovely villages with a good scattering of traditional Suffolk pink cottages.

After the minute's silence, the race started just outside my old school (crumbling concrete, asbestos roof - the full heritage package), headed through Onehouse and Harleston, looped for three miles, then back through the same villages to the finish.



The route is Suffolk flat - no “Castle on the Hill” here (sorry, Ed) - with about 231 ft of climbing in total: kinder than the now defunct Stilton 7 (~495 ft) and gentler than Burghley (~300 ft), but still with a punchy climb around mile 4. It made a nice change from the LRRL roller-coasters and, praise be, no grim grass sections. Looking at you, Rotherby and Watermead.

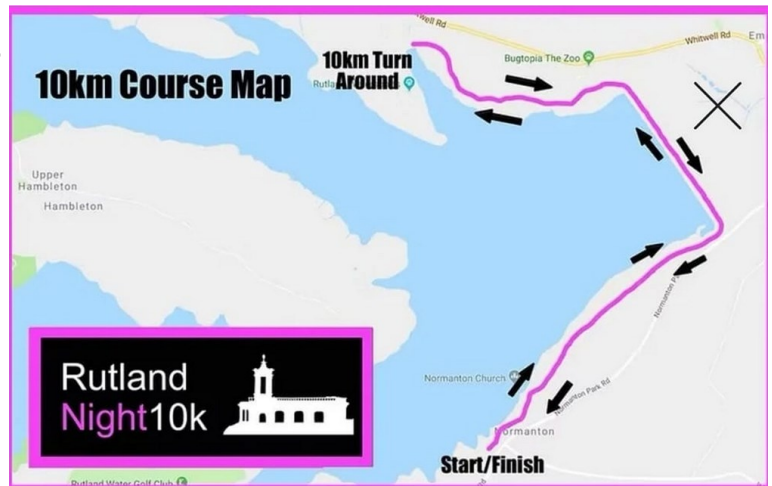
The race was won by (Strava) local legend Ben Carpendale in 36:10, a few seconds ahead of the runner up and a whopping three minutes clear of third. I plodded in about six minutes after the winner.

I'm sad to report there were no bananas or crisps at the finish! But I was impressed to see live results on a big screen in the sports hall; it'd be interesting to see this at LRRL races. Before leaving, I had a quick chat with the race director who wanted to know where Stilton was - he likes pork pies but didn't think “Melton Mowbray Striders” would sound as good as “Stilton Striders”.

PS. On a personal note, while it was lovely to spend a weekend back home in Suffolk and visiting with family, it was tough to see how much my Nan is struggling with a horrid combination of Alzheimer's and Parkinson's and how this affects her and loved ones. As a reminder, Luke will be running next year's Cambridge Half and is fundraising on behalf of Alzheimer's Research UK.

Tony Oakes – Rutland Night 10k - 7th November 2025

A mild evening at Rutland Water banished memories of the same race the previous year that was a bit on the chilly side. For those of you unfamiliar with the event, it's held over 3 days (Thursday – Saturday) with a 10k walk on the Thursday evening and a 10k race on Friday and Saturday evenings. The course takes you around the Rutland Water shoreline, starting and finishing near the fishing lodge in Normanton. Parking fees are included in the entry for use of the car park.



It's a chip timed event with runners setting off in groups between 17.30 – 17.45 in order to make the start of the race safe for everyone – even though it's a well lit course it's still run after sunset and torches are compulsory for all runners, although that rule appeared to be lost on a handful of entrants!.

I opted for the Friday evening 10k, which turned out to be the most popular one for Stilton Striders, with us all making use of the fantastic facilities provided by Nikola Dolphin-Rowland – an Oasis of food (mostly cake) and drink to be consumed after the race under the shelter of a huge Gazebo!



The course itself is one-lap out-and-back, mostly flat on mostly tarmac although it can be a little uneven if you need to overtake other runners by stepping to the side and onto the grass. If you're going for a quick time I would recommend lining up early to get into the first wave of runners released to avoid the inevitable congestion further down the field, particularly on some of the narrower sections.

The turning point after 5k is at Whitwell Creek as you head back towards the start/finish line. On the approach to this there are runners in both directions so you are advised to keep to the left – although the course is relatively well lit, it can be difficult to judge the distance between yourself and runners coming in the opposite direction towards you.

I ran the race at a comfortable pace, hoping to see some fellow Striders which wasn't that easy at night. A few did pass in the opposite direction and a few "well done" and "good luck" exchanges were made. The best section of the race for me was when I realised that Chris Genes was just ahead of me on the return to Normanton. I decided to grasp the opportunity to run with him to the finish line – something I missed when he took part in his final LRRL race at the Joy Cann 5 in the summer.

Neil Jaggard report from his Masters Speed Walking competition

They say that "everyday is a schoolday", and it certainly is in the wonderful, weird world of race walking! There are so many things to remember, such as: a straight lead leg, keep one foot on the floor, don't swing your arms across your body, keep upright (like you have a metal rod down your back, keep your head up (like it's pulled up by a piece of string), keep your stride long. I think that's about it - apart from the judges at every 100mtrs on the 1K loop.

I haven't concentrated this long and hard since my Biology 'O' Level in 1975!! Having said that, I managed to complete the course with no warnings and, actually, came away with a lot of tips and advice on how to improve.

There were 2 races, a 5K and a 10K, both starting at the same time. It was a small field for the 5K and I was 2nd out of 2 of us! The 10K was won by a young Welsh International, who lapped me about 200mtrs from the end of my 5K. Apparently, his technique is almost perfection and he certainly looked very smooth (unlike me). Still, onward and upward, with 2 weeks to work on my technique before the next League race on 7th December at Coventry (Warwick University). I'm already looking forward to it.



EXCITING TRACK SESSION NEWS!!



The track session held on Fri 21st was very well attended. John Martin lead a Pyramid session for all who took part. The feedback was very positive from the members and we will be looking to continue these sessions on a regular basis. Watch this space for further details of how you can book your place.

PLEASE DO let us know if you have any further feedback about the session.



Club Run Nights every Wednesday at 6.30pm from our Base at Melton Rugby Club, Melton Sports Village- LE13 1DR.

DON'T FORGET As members of the Rugby Club we receive a discount at the bar on all drinks. Food is also available from the kitchen. Andy and his team always provide some delicious food at a very reasonable cost.



PLEASE DO WEAR HI-VIZ REFLECTIVE CLOTHING when running through Melton, this allows us to be seen by not only road users but other people on the paths. **If you do not have a HiViz/ reflective top we have a bib which you will be asked to wear and can be placed over your own top so you can be seen in the dark.**

Michael Cooke at Melton Sports, Kings Street, Melton, sells our wonderful Striders hi viz t-shirts.

The next Structured Session will be on Thursday 11th December. Further details to follow.

Friday Social Runs

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



Leicestershire Road Running League 2026 Race Calendar

This years LRRL races had a phenomenal turnout of Striders members all of which have done the club proud. There have been many achievements from Personal Best times, to achieving County & Club Standards and 3 of our members finishing in top positions overall in what is a very competitive field from 29 Leicestershire Clubs in what is the biggest Road running league in the UK!



NOW ONTO THE 2026 SERIES!

They are starting early-

PLEASE remember to use your name as it appears on your England Athletic membership when entering the races.

Race 1 - Desford 6 - Sunday 25 January

Race 2 - Kibworth 6 - Sunday 1 March

Race 3 - Bosworth Half Marathon - Sunday 10 May **ENTRIES LIVE TONIGHT!**

[Bosworth Half Marathon 2026 - Online entry via EventEntry](#)

Race 4 - Watermead 10k - Wednesday 20 August (DEPENDANT ON BRIDGE REPLACEMENT)

Race 5 - West End 8 - Sunday 31 May

Race 6 - Swithland 6 - Sunday 7 June

Race 7 - Steve Morris 5 - Sunday 28 June

Race 8 - Joy Cann 5 - Wednesday 5 August

Race 9 - Hermitage 5 - Thursday 27 August

Race 10 - Hose 10 - Sunday 13 September **HOSTED BY US!!!**

Race 11 - Markfield 10k - Sunday 27 September

Race 12 - Rotherby 8 - Sunday 4 October

County and Club standards

These Standards offer a great opportunity to compete at your own level by achieving various standards ranging from Tungsten through to Rhodium level in various distances road races which are on measured verified courses and also for varying age categories.

To read more about the County Standards follow this link- [County Standards – Leicestershire Running and Athletics Network](#)

To learn more about the Club Standards follow this link- [Club standards – Stilton Striders](#)

Scoring 2026

The Teams competition will be a best 9 of 12 events, with the Individuals competition being a best 8 of 12.

In the event the Watermead 10k race cannot take place, scoring will be equal to the 2025 competition, being a best 8 of 11 for Teams, and a best 7 of 11 for Individuals.

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

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

Next race is-

18th January

Martinshaw Woods

Westend

15th February

Holly Hayes Wood

Hermitage

8th March

Bosworth Battlefield Centre

Hinckley

7th December

Grace Dieu

Shepshed

Cross Country provides a whole different level to your running skills and is super laid back. It is £7 cash to enter on the day. Our amazing club tent provides a place to change and also to keep the abundance of cake, sausage rolls and tea/coffee safe until post race. Come along and give it a try, you really don't know what your missing out on!



STRIDERS AWARD NIGHT,

The Stilton Striders Award night on Friday 5th December has 76 members attending.

The evening will start at 6.30pm at Melton Rugby Club when we celebrate the Juniors achievements through the year, then it will be our delicious meal from 7.30pm followed by the Seniors award celebrations. These award nights provide a special evening to celebrate all of our members amazing achievements that they have worked so hard for throughout the year. The raffle for the Striders Christmas Tree will also be drawn on the night.



Other Festive News.

Christmas Tree festival



Christmas Tree Festival 2025 Festival Dates



Tuesday 25th November

Decoration of trees in the windows

Wednesday 26th November

Decoration of trees on the floor

Thursday 27th November

Preview evening

Friday 28th November

Church open: 9.30am ~ 9.00pm

Saturday 29th November

Church open: 9.30am ~ 4.00pm
5.00pm ~ Family Carols in the Trees
with presentation of the winning Christmas Card

Sunday 30th November

Church Open: 9.30am ~ 3.00pm
6.00pm Advent Sunday Service

Monday 1st December

Church Open: 9.30am ~ 9.00pm

Tuesday 2nd December

Church open: 9.30am ~ 2.00pm (last entry 1.00pm)
2.30pm ~ late: Removal of floor trees

Club Christmas Light Runs!!

Our very own club Christmas Light Run will be on **Friday 19th December**. Michael Cooke has taken the reindeer lead once again with a 4/5mile run around Melton taking in as much tinsel and lights as humanly possible. The run will start and finish from the Round Corner Brewery in the Cattle Market. Look out for further details very soon.



Leicester Christmas lights run will be on Monday 15th December.

The aim is to run into Town Hall Square Leicester, arriving at 7pm for a mass photo .

If anyone would like to take lead on organising this then please do say. Birstall have offered for us to join them for the run followed by Curry & chips back in Birstall.

Lets have a great turnout for the Striders!



London Marathon Club Place Ballot

Hi everyone!!

It's that time of year again... the 2026 London Marathon Club Ballot is now open!

-You must be a fully paid up members for the past two seasons - 2023/2024- 2024/2025

-You need to provide evidence that you have applied for a place for the TCS 2026 London Marathon and been unsuccessful.

-During 2025, you have run for the club in a minimum of two races from either/both a LRRL or Derby Runner XC race as a first claim member.

To enter the ballot, please either message me or email

emily.howett@hotmail.co.uk

Best of luck everyone,

Emily x

Picture below of last years winner, the lovely Suzie Skelton. Picture is not from London Marathon.. Less hilly in London!



The Striders Kit Swap was a massive success, so much so it will be back in a few weeks time!

Here's more details on how it works-

- ♦ Wondering what to do with that vest or pair of shorts you never wear?
- ♦ Need to clear out some space in your cupboards?
- ♦ Looking for another t-shirt for your training runs?

Striders can help! The Kit Swap is for items that you aren't looking to sell (the Kit Exchange Facebook Group is your go-to for that) and will be a great way to get your hands on some pre-loved gear.

How it works

Donate your unwanted kit. Bring it along to the club run Helen will collect it, or donate via Melton Sports any time.

Please bear the following in mind:

- ♦ Gear should be in good, clean, wearable condition.
- ♦ No race tees.
- ♦ No underwear (that includes socks and sports bras).

Give pre-loved kit a new home. Come along on one of our kit swap nights after club run and have a rummage. If you find something you like, take it away and wear it. There will be no charge, but donations will be gratefully received (charity tbc).

Any donated items that aren't rehomed will be passed on to [Preloved Sports](#) via their drop-off point at Leicester Running Shop.



Micheal Cooke at Melton Sports offers a wide range of club kit. I recently purchased a new club zip up jumper from the sustainable range available in various colours.

Look out for future orders from this range. Other racing club tops and hi viz/reflective kit also available as well as much more.

Orienteering Special

Orienteering is an inclusive sport that can be enjoyed by all. It can be competitive - the orienteer runs with a map and compass, choosing their own route to a series of locations marked on a specially drawn map and on the ground by red and white control markers or flags. Just like parkrun, there is no requirement to run, and you can take the course at your own pace, and walking is perfectly acceptable. Orienteering has a fantastic structure so that newcomers can take on courses that are easy and quick to navigate around, whilst the experienced can take on more complex courses that are more physically and technically challenging. Either way, it is a wonderful way to explore new areas and to take your running/exercise to another level. Orienteering is all about freedom and adventure. Events are traditionally held in forests, but fells, moors, country parks and even urban areas are also used.

Most Striders know that Karen and I, Andy Nicholls, and Steve and Carol Martin are keen orienteers, and can be found running with our heads buried in maps most weekends. Sometimes, we are even successful - this year Andy and I managed first place in our age categories in the East Midlands Urban Orienteering League. For Andy, this was the fourth year in a row that he has been first! Karen and I also like to travel further afield and have been to championship races in the Lake District, Scotland, Spain and Western Australia in the last six months. These include races held in private estates or on army land, where permission to access the land has been specially negotiated

Many other Striders have given the sport a go, and have loved it. There are many ways to get into the sport and events are held across the East Midlands and further afield most weekends and also during the week. Events are listed on the British Orienteering Federation website (<https://www.britishorienteering.org.uk/home>), plus the local club websites (our local club is Leicestershire Orienteering Club - <https://www.leioc.org.uk>). There are introductory courses run by local clubs throughout the year. Nottingham Orienteering Club are running a course in November and December, and Karen and I will be helping with that (<https://www.noc-uk.org/introduction/MRC>). But if you're interested in giving it a go, speak to one of us, and we will be delighted to tell you more.



STRIDER OF THE MONTH-

This months very worthy winner is.....

Me..

I am totally overjoyed with being voted for although a tad uncomfortable in announcing it in the Newsletter which I put together

BUT a humongous thank you for the kind words, it really does mean a great deal.

Others to receive votes were:

Vicki Lowe - For gaining her 6 star medal at this year's New York Marathon. The commitment and dedication she gives to the club and running and the positive encouragement she gives to her club mates. For getting that Six Star Medal in NY!

Suzie Skelton-She has taken over where John Robinson has left(leaving) off, continuing to proactively support all the junior members, giving up a lot of her time, as well as being a busy mum. She completed her coaching course this month, and is now qualified to coach the Juniors.

Johnny Boy Houghton-His run at Derby 10 was outstanding culminating in him getting Silver standards and PB's at 60!!!! He smashed it at Derby 10 to get his best ever standard wrapped up.

Jane Martin- Jane is currently out with injury but is still turning out to XC each month. Taking on all the club admin at the events and shouting VERY loud encouraging you along even when she's in pain. She's often attending the Friday social when pain allows and making sure she keeps up with our achievements (and gossip!). Personally she checks in with me about my running regularly and is just a lovely Strider.

John Martin-For braving the cold and giving us a great first track session.



A Big Fat Thank you to Tony for taking the time to encourage us all to vote for a member each month. It is amazing how much it can makes someone's month!

Race Reports

Race reports are a great way to tell your fellow club mates all about your recent run, race, event that you have taken part in. It does not have to be war and peace, two or three sentences and a couple of pictures would be wonderful.

For example you could mention- the scenery, the course, the weather, the terrain, how you felt, was it a pb or first time achievement, did you not finish, you do not have to mention your finishing time.

BUT they DO provide a great read!

SOCIAL MEDIA POSTS

Put the Striders Running Club out there! By simply adding Stilton Striders @stiltonstridersrc and @stiltonstridersrunningclub to your posts can boost our Social Media profile.. Perhaps don't do this on your family wedding posts! Not unless it involved a club run??!!



Have a wonderful December 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