



# Weekly Newsletter

September 2025



The Leicestershire Road Running League Night of Champions saw THREE of our fellow club mates receiving top podium awards!

Massive congratulations to

**Rhiannon Baxter for completing the series 5th Senior Lady over all**

**Nicola Taylor for finishing 3rd V45 Female overall**

**Chrissie Heerey for finishing 3rd V65 Female overall.**

The LRRL is one of the biggest Road Running Leagues in the country and has an extremely competitive field of runners from 29 different clubs.

Not only have these three members competed strongly in the league races but also in a variety of other races and events throughout their running year, gaining themselves new PBs along the way.

Hard work, strength and determination has certainly paid off.

**Not forgetting two members completed 100% of the 11 races, congratulations to Jaz Stafford and Daryl Boyce.**

You have made our club very proud!



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

### **Saturday 4<sup>th</sup> October**

#### **Parkrun Achievements**

*Doddington Hall: Nicola Taylor 21:53 (2<sup>nd</sup> female)*

*Melton Mowbray: Theresa Coltman 26:37 (3<sup>rd</sup> female)*

#### **Hoby Hop Trail Race**

Chloe Jones 42:55

### **Sunday 5<sup>th</sup> October**

#### **Chester Marathon**

Tom Wilkinson 4:16:11; Courtney Lightfoot 4:29:22; Melissa Harley-Hotchkiss 5:18:58

#### **Cardiff Half Marathon**

Crissy Heerey 2:03:27

#### **Lincoln Half Marathon**

Tom Hansen 1:20:33

### **Sunday 12<sup>th</sup> October**

#### **Great Eastern Half Marathon**

Tom Hansen 1:14:34; Lewis Hyde 1:22:24; Mark Stoneley 1:28:10; Rhiannon Baxter 1:28:58; Chris Page 1:34:00; Robert Craig 1:38:23; Simon Dolphin-Rowland 1:39:16; Nicola Dolphin-Rowland 1:50:57; Sandra Barnacle 1:58:08; Alan Barnacle 2:01:41

## **Sunday 12<sup>th</sup> October**

### LRRL Rotherby 8

#### *County Standards:*

*Gold:* Daryl Boyce (VM40) 48:41; Michael Marsden (VM55) 53:47; Nicola Taylor (VF45) 56:26; Katie Houghton (VF45) 57:35; Chrissy Heerey (VF65) 1:12:52

*Silver:* Andy Mackay (SenM) 51:15; Kurt Wilson (VM50) 58:23; John Houghton (VM55) 1:01:02

*Bronze:* George Wilson (SenM) 54:01; Jo Taylor (SenM) 56:42; Jamie Dean (SenM) 59:37; Michael Cooke (VM55) 1:07:07; Ian Craddock (VM60) 1:08:05; Sarah Lawrence (VF45) 1:09:58; Jaz Kirwan (VF50) 1:11:26

*Copper:* Anthony Ison (SenM) 59:47; Lee Harley-Hotchkiss (VM40) 1:02:22

*Pewter:* Harvey Stafford (VF50) 1:25:35

*Tungsten:* Suzie Skelton (VF40) 1:27:16

## **Saturday 18<sup>th</sup> October**

### Parkrun Achievements

*Melton Mowbray:* Daryl Boyce 18:50 (2<sup>nd</sup> place) *Rutland Water:* Dan Kelly 16:56 (1<sup>st</sup> place)

## **Sunday 19<sup>th</sup> October**

### DRXCL Ravenstone

Ian Bickle (VM45) 36:34; Michael Marsden (VM55) 36:46; Robert Craig (VM40) 42:47; John Houghton (VM55) 45:07; Alan Barnacle (VM60) 48:35; Nikola Dolphin-Rowland (VL50) 51:49; Sandy Barnacle (VL55) 51:50; Gemma Knott 52:26; Tony Oakes (VM65) 52:42; John Martin (VM65) 53:55; Brian Walkling (VM55) 54:29; Leigh Pick 59:50; Katie Hill 60:11; Susie Skelton (VL40) 63:27

## **Saturday 25<sup>th</sup> October**

### Parkrun Achievements

*Melton Mowbray:* Daryl Boyce 18:50 (2<sup>nd</sup> place)

*Rutland Water:* Dan Kelly 16:56 (1<sup>st</sup> place)

### Eryri 2025 Marathon

Wayne Hackett 4:14:10

## **Sunday 26<sup>th</sup> October**

### Valencia Super Half – Half Marathon

George Wilson 1:35:08; Kurt Wilson 1:40:41; Crissy Heerey 2:03:02; Emma Gardner 2:07:31; Vanessa Walker 2:17:01

### Leicester Running Festival – Half Marathon and 10k

Andy Mackay 1:27:33; Kier Lymn 1:45:23; Joe Foster 1:45:35; Chris Page 1:47:52; Sarah Lawrence 1:57:14; Nikola Dolphin-Rowland 1:58:25;

Leicester Running Festival – 10k Rosie Allen 1:02:25 (first ever 10k)

### Duxford 10k

Brian Walkling 58:05

## EXCITING TRACK SESSION NEWS!!

### Coming Soon Track Session



Stilton Striders are putting on a trial track session at Ratcliffe College, it will be free to members as the committee has agreed to pay for this event.

It will be on Friday 14th November 6:30 pm til 7:30 pm.

This is a taster session to gauge if it is viable to run these on a more regular basis.

No spikes allowed on the track.

All members and all abilities are encouraged to attend and try it out.

**PLEASE let John Martin know or reply to this email if you would like to attend!**



**Park Run takeover** was a great success! Many of you came along in support of our club and volunteered your time in various roles. Thank you to Andy N for organising the take over and Mark 'Turbo' Tyler too. James Sutton our Membership Secretary with the assistance of Rebecca handed out blue heart shaped lollies and many flyers and membership forms. I know we will make any new potential members feel very welcome. A huge thank you to all who came along to support.

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

**Start time is 6.30pm!**

NOT FORGETTING With our membership with 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.

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



**The next Structured Session**– Thursday 6th Nov, 6.30pm at Horseguards Parade for a hilly session lead by John Martin

## **Friday Social Runs**

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

**Check out this bad boy cakes!!** →



## 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 2026!

I attended the recent LRRL meeting and the provisional dates for 2026 LRRL races were discussed. **It was stated that we could share these dates internally but not to put on Social Media yet** until these are confirmed, hopefully in November we will know for sure.

They are starting early-

**January 25th—Desford 6**

**March 1st— Kibworth 6**

**May 10th— Bosworth Half**

**May 20th— Watermead 10k**

**June 7th— Swithland 6**

**June 21st— Westend 8**

**June 28th— Steve Morris 5**

**August 5th— Joy Cann 5**



**August 26th/27th?- Hermitage 5 miles/ Mallory area NEW ONE**

**September 13th— HOSE10 NEW ONE** hosted by the amazing club known as the **Stilton Striders**

**September??- Markfield 10k Not stated**

**Rotherby 8?? Not stated**

### 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 an 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](#)

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

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

Next race is-

<b>16th November</b>	<b>Bagworth Heath</b>	<b>Desford</b>
7th December	Grace Dieu	Shepshed
18th January	Martinshaw Woods	Westend
15th February	Holly Hayes Wood	Hermitage
8th March	Bosworth Battlefield Centre	Hinckley

Cross Country provides a whole different level to your running skills and is super laid back. Come along and give it a try, you really don't know what your missing out on! NOT FORGETTING THE CAKE!!



## 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.



## **EXCITING KIT NEWS!**

For future orders of Striders' training tees and hoodies we are switching to Neutral, a leading supplier of certified ethical and sustainable clothing. This is in keeping with our 'green runners' ethos.

Neutral's performance tees are 100% recycled polyester made from plastic bottles collected from landfill. Its hoodies are organic cotton and Fairtrade. Dyes used are non-toxic and both production processes are powered by renewable energy.

The tees and hoodies are available in lots of different colours at the following special club prices:-

**\* Training tee £15**

**\* Hoodie £35 \* Zipped hoodie £38**

**Initials (or short names) can be printed for an additional £2.**

**Long sleeve fluo tees with reflective print are also available at £15.**

Check out the samples at Melton Sports and order by Saturday 15th November please.

Thank you, Michael



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## 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.***

# STRIDERS AWARD NIGHT,

DATE CONFIRMED!!

The Stilton Striders Award night date has now been confirmed for Friday 5th December to be held at the Melton Rugby Club who hosted our Award Night last year. 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. Further details, including the delicious menu choice, is attached to your email along with this Newsletter.

**BOOK YOUR TICKETS NOW!!**



Time to collate your County and Club Standards. To apply for these, or if you have any questions, please email all female standards in to Nicola Taylor, email address- [nicola.i.taylor@outlook.com](mailto:nicola.i.taylor@outlook.com) and Male standards into Kurt Wilson, email address- [kurt.wilson@hotmail.co.uk](mailto:kurt.wilson@hotmail.co.uk) with details of your races/parkruns so that they can be verified. Although there is still a month left to achieve Club Standards and 2 months to achieve County Standards, the earlier you send through your information, the better chance of being able to have them ready to award to you at the Awards Evening.

It is also time for last years winners to hand back their trophies please ready for this years fabulous winners! You can either bring them along to a club night or drop them at The Grange Caravan Park, bottom right corner of the Grange Garden Centre carpark.

## Other Festive News.

### Christmas Tree festival



## Christmas Tree Festival 2025 Festival Dates



### Tuesday 25<sup>th</sup> November

Decoration of trees in the windows

### Wednesday 26<sup>th</sup> November

Decoration of trees on the floor

### Thursday 27<sup>th</sup> November

Preview evening

### Friday 28<sup>th</sup> November

Church open: 9.30am ~ 9.00pm

### Saturday 29<sup>th</sup> November

Church open: 9.30am ~ 4.00pm

5.00pm ~ Family Carols in the Trees

with presentation of the winning Christmas Card

### Sunday 30<sup>th</sup> November

Church Open: 9.30am ~ 3.00pm

6.00pm Advent Sunday Service

### Monday 1<sup>st</sup> December

Church Open: 9.30am ~ 9.00pm

### Tuesday 2<sup>nd</sup> December

Church open: 9.30am ~ 2.00pm (last entry 1.00pm)

2.30pm ~ late: Removal of floor trees

**The annual 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 .**

**Lets have a great turnout for the Striders!**



**These Ladies will be running the New York Marathon as we read this letter. For Vicki Lowe this will be her 6th and final marathon in**



**which she will complete her World Majors challenge!**

**Enjoy your 26.2 mile tour of New York, it will be an amazing atmosphere. I know you have all trained extremely hard-**

**Emily Howett, Vicki Lowe, Abi Arnott and Julie Ashby (plus friends)– go and smash it!**

## **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 your 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??!!**

**Your Club Committee's next meeting will be November 20th** If you have anything you would like discussing at the meeting or any suggestions then please reply to this email and we will add them to the agenda.

## STRIDER OF THE MONTH-

This months very worthy winner is.....

### Sharon Mee !!

For her support for Rob – she still keeps smiling and never shows the worry she must be going through. For her friendly and welcoming manner to members of the club. For her Cake making, and running the Chatty Run group. For setting up a WhatsApp group so we kept in touch in Valencia. For her kind heart, thinking of others rather than herself.

She bakes wonderful cakes almost every Friday and she deserves some recognition for that - I think we should have a collection and buy her something to show our appreciation.

For her fantastic baking and encouraging the Friday chatty runs.

Others to receive votes were:

**Sarah Lawrence** - For getting under two hours in a half marathon for the first time since Covid.

**Nikola Dolphin-Rowland** - Nikola's running is improving week by week. She completed two sub-2 hour half marathons this month in very impressive times, with a Cross Country race sandwiched between the two, leading the team of ladies, and being the first Strider lady home. Not only has her running been impressive, she has done this with a positive 'can do' attitude while also encouraging fellow Striders with their running. A real asset to the Club.

**Joe Foster** - Joe did so well with his come back half marathon, pacing and helping others. His pacing time was so close to the target over such a long distance, and he had a massive group following him.

**Nicola Taylor** - For the dedication to the league races and the support & encouragement she gives to others along the way, and for completing the Rotherby 8 league race in a Gold standard time.

**Chris Page** - For totally smashing it at the Peterborough HM. For having an amazing year overall and for pacing me (or very patiently dragging me) round on a couple of races!

**Emma Gardner** - To come back from injury after a fantastic performance in the Swim and Bike at Long Course Weekend Belgium and then to line up in the Valencia HM less than a month later.

**Lewis Hyde** - Every week he plans a session for us all putting in a lot of effort to make sure it's suitable for all of us. If he didn't do that we wouldn't have a session!. He's very encouraging to new runners and pushes existing runners.



## CONT-

**Jaz Kirwan** - Always making an effort to check in and chat with other people and is so friendly - I think that is quite an important thing to do as people can still feel lonely even though they are in a crowded place. She is doing brilliantly with her running as well since she's joined up with the Striders.

**Mark Preston** - Mark is always volunteering and trying to organise different event's for everyone. Always takes time to sit down next to you and ask how you are doing e.g. after the training runs on a Wednesday night.

## STRIDER OF THE YEAR AWARD.

The Strider of the Year award will be announced at our annual award night on Friday December 5th. All of the monthly nominations will be considered as well as new nominations and you are most welcome to vote again for the members who have already won the monthly award.

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 Year will be presented with their award on Friday 5th December at the annual club award night.

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)

**PLEASE SUBMIT YOUR VOTES BY SUNDAY 23RD NOVEMBER.**

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. **Tony x**

**Last years winner Nik Dolph Rowland!**



# HAPPY 60TH BIRTHDAY TO JOHNNY BOY.

Here's to many more pictures of you  
punching the air!



Have a wonderful November 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