



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

### **Saturday 6<sup>th</sup> September**

#### Parkrun Achievements

*The Plens*: Dan Kelly 17:57 (1<sup>st</sup> place)

### **Sunday 7<sup>th</sup> September**

#### Great North Run – Half Marathon

Mark Tyler 1:34:21

Abi Arnott 1:49:30

Ian Craddock 2:40:05

Anne Craddock 2:40:05

#### Midlands Orienteering Championships – Chinley Churn

*Course 3*: Andy Nicholls 1:32:56

*Course 5*: Matt White 1:14:45

*Course 11*: Karen White 1:27:33

### **Saturday 13<sup>th</sup> September**

#### Parkrun Achievements

*Leicester Victoria*: Dan Kelly 17:28 (1<sup>st</sup> place)

#### British Master Track & Field Championship

*3k Walk*: Neil Jaggard 20:34

### **Sunday 14<sup>th</sup> September**

#### Derby Sprint Triathlon

Chris Vaughan 1:44:46 (*Swim*: 13:37; *Bike*: 44:11; *Run*: 41:17)

#### Vitruvian Triathlon - Aquabike Middle Distance

Emma Gardner 3:22:25 (*Swim*: 30:27; *Bike*: 2:49:49) 1<sup>st</sup> place

#### Copenhagen Half Marathon

Nicola Taylor 1:36:37

Chrissy Heerey 2:06:15

#### The NOTFAST Ponton Plod – 17 Miles

Tom Wilkinson 2:26:04 (2<sup>nd</sup> place)

Courtney Lightfoot 3:54:40

### **Saturday 20<sup>th</sup> September**

#### Parkrun Achievements

*Abbey Park*: Dan Kelly 17:10 (1<sup>st</sup> place)

#### Equinox Night 10k

Lewis Hyde 42:37 (5<sup>th</sup> place; 1<sup>st</sup> in AC)

#### Rutland Night Triathlon

Amelia Fisher 1:20:29 (*Swim*: 13:45; *Bike* 37:16; *Run* 26:43) 2<sup>nd</sup> in AC

## **Saturday 20<sup>th</sup>/Sunday 21<sup>st</sup> September**

### Equinox 24

Richard Gray 60k; 6 laps (*Lap1*: 1:29:35; *Lap2*: 1:30:10; *Lap3*: 1:37:22; *Lap4*: 2:00:38; *Lap5*: 1:59:19; *Lap6*: 2:08:23)

### Tri Dog Aquathlon

Jef Todd & River 1:04:06 (*Sat Run/Swim*: 32:20; *Sun Run/Swim*: 31:46)

## **Saturday 27<sup>th</sup> September**

### Parkrun Achievements

*Ferry Meadows*: Dan Kelly 16:58 (2<sup>nd</sup> place)

*Coronation Park*: Ian Bickle 20:00 (3<sup>rd</sup> place)

### Rutland Night Triathlon

Amelia Fisher 1:20:29 (*Swim*: 3:45; *Bike*: 37:16; *Run*: 26:43)

## **Sunday 28<sup>th</sup> September**

### LRRL Markfield 10k

#### *County Standards:*

*Gold*: Tom Hansen (VM40) 36:15; Daryl Boyce (VM40) 38:51; Michael Marsden (VM55) 42:05; Mark Tyler (VM60) 43:45; Nicola Taylor (VF45) 44:19; Kurt Wilson (VM50) 45:50; Chrissy Heerey (VF65) 57:17

*Silver*: Andy Mackay (SenM) 40:02; Luke Knowles (VM45) 43:33; Rhiannon Baxter (SenF) 43:34;

*Bronze*: George Wilson (SenM) 41:47; Jo Taylor (SenM) 42:52; Chris Page (VM40) 43:41; Jamie Dean (SenM) 46:12; Michael Cooke (VM55) 52:56; Nikola Dolphin-Rowland (VF50) 53:17; Jaz Kirwan (VF50) 55:39

*Copper*: Joe Foster (SenM) 44:36; Sarah Lawrence (VF45) 54:50

*Pewter*: *Tungsten*: Suzie Skelton (VF40) 1:09:25

### Linlithgow 10k

Martin Hansen 58:07

### River Ness 10k

Vanessa Walker 1:02:42

### Loch Ness Half Marathon

Alison Wilson 5:21:19

### Robin Hood Half Marathon

Lewis Hyde 1:25:21

Andy Nicholls 1:39:20

Kier Lymn 1:49:41

## **Tuesday 30<sup>th</sup> September**

### Kingfisher Challenge – Coombe Abbey Park

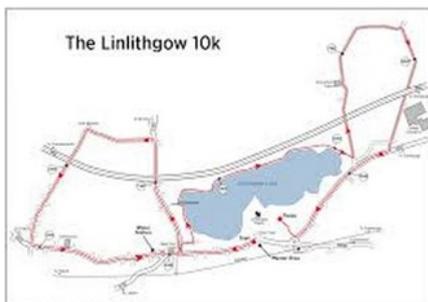
Wayne Hackett 2:03:22 (4 x laps; 13.5 miles)

## **Martin Hansen – Linlithgow 10k - 28th September 2025**

On Sunday I took part in the Linlithgow 10K along with my daughter, Katie Cook, and her husband James. Linlithgow is a historic town about 20 miles West of Edinburgh and the 10k has a significant place in the local running calendar, many runners travelling from Edinburgh to compete. The route started in the centre of the town, and then took an undulating route out into the countryside before coming back into the town. It then followed a route along the northern edge of Linlithgow Loch, which afforded a fantastic view of Linlithgow Palace, once the home of the Scottish Kings, on the opposite bank. Finally, the route then went uphill for about a mile, before rewarding the runners with a nice downward descent to the finish line which was in the shadow of the Palace. There were just under 1000 runners and it attracted some strong competitors. The men's race was won by Moray Pryde in 31:05 and the women's race by Freya Ross, in 36:40. Freya represented GB in the marathon in the 2012 Olympic Games. So fast times with serious runners! I was actually on the opposite bank of the Loch when I could hear the leading runners coming in but I was pleased to clock a creditable 58:07 chip time, so Bronze standard and 7<sup>th</sup> out of 11 in my age group.

As a run it was once of the nicest 10K's I have done. It was well organised from the start, with runners segregated by expected times and assisted by pacemakers. The route was challenging, with 340ft of climb, but interesting and the people were very friendly. The "goodie bag" contained a running shirt, a banana, a chocolate and a magic cup that would get you as many cups of coffee you could drink from the cafés in the town. Interestingly there were none of the dreaded portaloos, as all the cafes in the town had opened up their toilets for the runners to use for free.

So, if anyone is contemplating a holiday in Scotland towards the end of September next year, I would recommend adding this event to your holiday itinerary.



## 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 sells our wonderful Striders hi viz t-shirts.**



**Next Structured Session Thursday 9th October. Meeting at MSV, 6.30pm for a hill session kindly lead by John Martin**

### Friday Social Runs

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



## **ONLY 1 LRRL (Leicestershire Road Running League) RACE LEFT!**

Race 11- Rotherby 8 - Sunday 12 October, there are still some places left for those who have not entered! [Rotherby 8 2025 - Online entry via EventEntry](#) There are also rumblings of all going for a post race celebratory liquid refreshment, more details will be shared in our Facebook and WhatsApp group.

I attended the recent LRRL (Leicestershire Road Running League) meeting on Monday 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**

The League are also trying a new chip timing system which allows for results to be shown immediately, Simon will still need to collate the results for the points which will then show on the league tables. There was also mention of them allowing for more ease of on the day race transfers but still waiting on clarification of this.

As mentioned our club will now be hosting the Hose 10 next year. This will be an exciting opportunity for our club and we will be hosting it with the amazing help of Hose Village Hall as well as our own volunteers. Hose Primary School will also be involved with the day, so it is looking to be a great event. Hose Village Hall have ran the Belvoir Half for over 25 years and have asked if we could help keep a race going from the village of Hose. We have chosen a 10mile race rather than a half marathon as there is no 10 mile race in the LRRL race calendar.

**PLEASE GO TO OTHER NEWS TO READ ABOUT  
THE LRRL AWARD NIGHT!**



## 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!!



## Striders Kit Swap – Wednesday 29<sup>th</sup> October

- ◆ 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! We will be holding a kit swap event at the Rugby Club after the club run on Wednesday 29<sup>th</sup> October. This 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 on 8<sup>th</sup> or 15<sup>th</sup> October and Helen will collect it, or donate via Melton Sports any time up until 25<sup>th</sup> October.

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).



" There - I've tucked it in my pants!  
Now will you believe me... it's too BIG! "

**Give pre-loved kit a new home.** Come along on 29<sup>th</sup> October 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).

Michael will also be there with samples (in many colours!) of the new Striders' training tees and club hoodies and taking orders on the night.

He is introducing a new brand called Neutral - performance tees are made from recycled yarn, and the hoodies from organic cotton, so very much in keeping with our 'green runner' ethos.

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



## Other News..

Congratulations to Michael Cooke on becoming a Finalist for the Best Independent Business Award in Melton. Michael's passion for supporting local grass root sports is certainly apparent, not only in his shop but also in everything he does outside of this. I do not know how you find the time Michael! Our club is very lucky to have you not only as a member and our lead kit supplier plus all the extra bits you do in supporting the Stilton Striders throughout the year.



ALSO- 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!

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

## Charity donation to Vista

The Striders donated a fund of £250 to a local charity from some of the proceeds from the Stilton7 which we hosted back in April.

This years local charity was VISTA and was picked by Chris Vaughan at the AGM. Vista is a charity supporting people of all ages living with sight or dual sensory loss in Leicester, Leicestershire and Rutland.

Read more about Vistas work here. [Leicester, Leicestershire and Rutland's leading charity for people with sight loss. | Vista](#)



## AWARD NIGHTS CHAT

### From the Leicestershire Road Running League

**\*\*ON SALE NOW\*\***

**Tickets for our annual LRRL Night of Champions presentation evening on Friday 31 October 2025 are now available to purchase.**

Our Night of Champions celebrates all of our 2025 prize winners, both individuals and teams (although with two races to go there is lots still to be fully decided!)

We are once again going to be celebrating at De Montfort University's The Venue on Western Boulevard, with prices frozen at the same level as last year at £25 per head. This includes a two-course meal for all attendees.

This year, to reduce admin workload on clubs, we are selling tickets directly through Event Entry and the link is here:- <https://www.evententry.co.uk/lrrl-annual-presentation..>

Realistically we know most people will be holding off until after the season has concluded at the Rotherby 8, however if you are planning to attend you are welcome to purchase your ticket now.

We are booked for 150 although this can be extended to a maximum of 200. Tickets will be on sale until 7 days before the event when we confirm our final numbers to DMU.

We look forward to a wonderful night celebrating our amazing local athletes!



## 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 to follow soon.

Start to collate your County and Club Standards to receive your well deserved award.



## NEW FLAG!!!

The Striders flag is now here! Thank you to James Sutton for organising this, it looks FABULOUS! I think you will agree, Michael does make a great Flag Model!

## The flag will be seen at Park Run takeover!

We have once again been asked to deliver a Park Run takeover!! This will be on Saturday 25th October and is a great opportunity to showcase our wonderful club. We have lots of offers volunteers so a huge thank you to all who have volunteered. We are still after someone who can pace at a 26minute Park Run finishing time, if anyone can help with this then please let Mark 'Turbo' Tyler know or reply to this email.



## Christmas Tree Festival.

The annual Christmas Tree Festival held at St Marys Church in Melton will be on Wednesday 26th November and decorating will commence from Tuesday 25th. Our tree will be kindly donated by the Grange Camping & Caravan Park and will then go into a prize drawer for a lucky member to be in with the chance of winning— minus the decs! A poll will be sent out soon for you to choose what you would like to see adorn our tree!

## 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 October 18th. 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 month's very worthy winner is....

### ABI ARNOTT

Here are the words written about Abi-

"For running her fastest HM since 2018 at The Great North Run"

"For an outstanding GNR, finishing in a brilliant time of 1:49:30. Achieving four personal records along the route, smashing the final mile in 7:41, her fastest of the day. Reward for her regular long distance training runs."

"For her GNR. It's a race that means so much for her as she runs it with her family. She has worked so hard and focussed on heart rate training and it's paid off. Lovely to see her buzzing with her running. 1:49:30 was not her PB, but incredible improvement she has made through hard work. Megan her daughter also ran the junior race. Looking good for her for New York in November."



### Also to receive votes were:

Nicola Taylor - for her Copenhagen HM PB.

Anne Craddock - for her GNR, just 6 months after giving birth.

Chris Genes - for his kindness and encouragement on the Out Runs, ensuring nobody gets lost or left behind.

Emma Gardner - For smashing 2 of the 3 disciplines at the Long Course Weekend in Belgium, before her untimely accident ruled her out of the marathon.

Tom Hansen - for putting in incredible mileage, and his GNR in 1:16:17.

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, be entered into a prize drawer, 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. **Tony x**

## 'I couldn't run or swim - now I'm a GB triathlete'

**A woman who said she could not run or swim properly until a few years ago is set to represent Team GB at the World Triathlon Championships.**

Georgia Couzens ran her first long-distance event at the London Marathon in 2016 in memory of her infant daughter Millie, who died just six weeks beforehand.



Now the 33-year-old is taking part in the sprint triathlon event in her age category at the championships in Australia in October "If 10 years ago someone had said to me I'd be representing Great Britain, I think I just would have laughed," she told the BBC.

Life changed dramatically for Georgia when her daughter Millie was born in 2015 with epidermolysis bullosa (EB), a rare condition which causes the skin to blister and tear at the slightest touch. Millie was given just 10 weeks to live, but she fought until she was 17 months old before passing away in March 2016.

Georgia, from Southend-on-Sea, said she was determined to raise money for the charity DEBRA UK - which helped to support Millie and her family - running the London Marathon as planned, despite having not even run a 5km race before.

"Seeing everything that Millie went through, those dark days, they'll always be with me and they'll always be part of my journey," Georgia said "Millie dealt with everything with such humility and strength, and that has really inspired me. She was like a force, and I think I take that with me in everything I do."

Georgia built up her experience by running more marathons and an Ironman event, before successfully qualifying for the World Triathlon Championships, which take place in Wollongong, near Sydney.

With no funding available, she turned to crowdfunding to help pay for her travel, accommodation and even her Team GB kit - but said it was a "pinch-me" moment when she opened it for the first time.

"When [the kit] arrived and it's got my name on it and Great Britain - I just never ever in a million years would have dreamt that this is something I'd be able to do," she told the BBC.

Georgia prefers to "fly a bit under the radar" and describes herself as not naturally talented but someone who works really hard in her training.

Her event, external on 17 October sees her compete against more than 50 other women aged 30-34 years old, and involves a 750m swim, a 20km bike ride and a 5km run.

She will be watched by her family, including four-year-old daughter Flossie and two-year-old son Kit.

"I think everyone around me has more faith and confidence in me than I do myself," Georgia said.

"I'm just proud to be there - to come out the other side of something that was absolutely awful, but also very rewarding - it's given us all strength we didn't know we had."

"To stand on that start line - with my family behind me - means the world.

Courtesy of BBC News.



**Have a wonderful October 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**