



Weekly Newsletter

January 2026

Literally a FLYING START TO the NEW YEAR

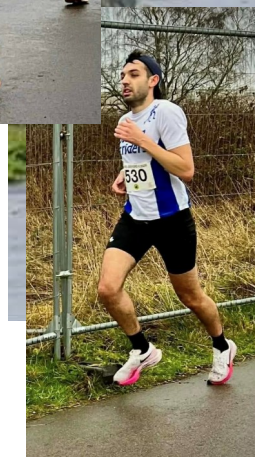
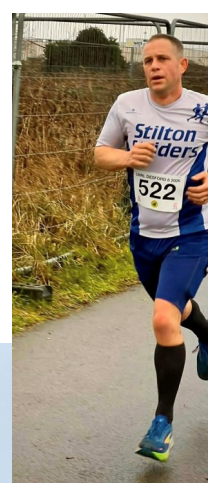


PHOTO OF THE MONTH!

What is not to love about Cross Country!



Stilton Striders Race Results Report December 2025

Saturday 6th December

Parkrun Achievements

Bedford: Dan Kelly 17:11 (2nd place)

Sunday 7th December

Valencia Marathon

Tom Hansen 3:02:01

Saturday 13th December

Parkrun Achievements

Abbey Park: Nicola Taylor 21:20 (3rd female)

Melton Mowbray: George Wilson 20:43 (2nd place); Luke Knowles 21:21 (3rd place)

Sunday 14th December

Keyworth Turkey Trot Half Marathon

Paul Jacobs 1:43:46

Sarah Lawrence 1:55:23

Saturday 20th December

Parkrun Achievements

Beacon Hill Country Park: Nicola Taylor 22:57 (2nd female)

Ryan Bonaminio (USA): Charlotte Coltman (2nd female)

Sunday 21st December

Nottingham Holme Run

Half Marathon: Emma Gardner 1:57:54

5k: Chris Vaughan 44:04

Sunday 28th December

The Huncote Hash

Nikola Dolphin-Rowland 1:07:27

Rebecca Forrester 1:09:58

Stilton Striders Race Results Report January 2026

Thursday 1st January

Parkrun Achievements

Doddington Hall: Tom Hansen 17:56 (3rd place)

Saturday 3rd January

Parkrun Achievements

Abbey Park: Dan Kelly 17:50 (1st place)

Belvoir Castle: Ian Bickle 19:26 (2nd place)

Melton Mowbray: James Sutton 21:15 (3rd male)

Yarborough Leisure Centre: Tom Hansen 17:26 (2nd place)

Ryan Bonaminio (USA): Charlotte Coltman 30:50 (3rd female)

Saturday 10th January

Parkrun Achievements

Leicester Victoria: Dan Kelly 17:41 (1st place)

Sizewell: Ian Bickle 19:54 (2nd place)

Saturday 17th January

Parkrun Achievements

Melton Mowbray: James Sutton 20:03 (1st place)

Sunday 18th January

DRXCL Martinshaw Woods

Ian Bickle 42.04; Lewis Hyde 43.53; Luke Knowles 44.11; Scott Bradford 45.09; Duncan Toon 45.30; Jef Todd 47.00; Andy Nicholls 47.58; John Houghton 50.35; Robert Craig 52.26; Vicki Lowe 52.46; Tony Oakes 59.37; Nikola Dolphin-Rowland 60.48; Gemma Knott 60.52; Sandy Barnacle 60.55; Katie Hill 61.56; Suzie Skelton 73.13; Leigh Pick 75.22; Katie Houghton 75.23 (Guide)

Mallory Park 10k

Chris Vaughan 1:26:15

Finsbury Park 10k

Emma Gardner 58:03

Brass Monkey Half Marathon

Gavin Shilham 1:27:08

Saturday 24th January

Parkrun Achievements

Auldcathie District: Tom Hansen 17:34 (1st place)

Sunday 25th January

Canicross Challenger: Salcey Forest 1

Jef Todd & River 35:53

LRRL Desford 5 (Steve Morris 5 Course)

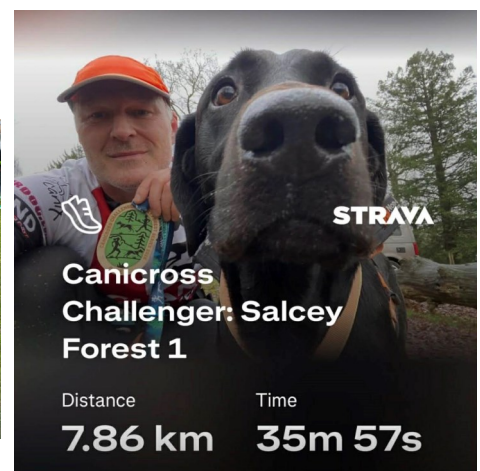
James Sutton 30.32; Daryl Boyce 30.37; Lewis Hyde 31.04; George Wilson 31.49; Michael Marsden 32.10; Rhiannon Baxter 33.29; Chris Page 33.38 (**PR**); Luke Knowles 34.05; Kurt Wilson 35.27; Jamie Dean 35.24 (**PR**); Rob Mee 35.35 (**PR**); Paul Jacobs 35.35; Andrew Wilson 36.55; Kier Lymn 36.48; Katie Houghton 37.32; John Houghton 37.33; Tom Wilkinson 37.53; Abi Arnott 38.32; Vicki Lowe 38.37 (**PR**); Nikola Dolphin-Rowland 41.21 (**PR**); Nicola Taylor 41.53; Michael Cooke 42.17; Tony Oakes 42.25 (**PR**); Michelle Farlow 45.47; David Hall 46.57; Katy Hill 48.19; Courtney Lightfoot 48.29; Kathy Walsh 50.03; Rosie Allen 51.24; Neil Jaggard 53.13; Suzie Skelton 54.32

Saturday 31st January

Parkrun Achievements

Holme Pierrepont: Dan Kelly 17:15 (1st place)

Melton Mowbray: James Sutton 20:58 (1st place)



Race Reports

Mallory Park 10km– Chris Vaughan and Adam Hopton

On Sunday 18th January myself and friend and guide Adam Hopton.

Took on the VATW Mallory Park 10km run.

We got the race course at 10:30 which gave us plenty of time to park up, register and most important to find and go to the toilet.. once this was done and we had registered.

Our amazing cheerleader and photographer Kathryn took our photo at the start line before we went to get ourselves positioned in the right place within the run pen.

Just as we were getting ready and in position it was announced we would be running. Eight laps of 1.25 km laps to get up to 10km. Also running on the course was a half marathon and 5km distance race.

Once we were set off we had a good and steady run and I felt good for the first 4 laps once we hit half way I needed a little fast walk, here and there but we didn't stop and we got across the line running it home. I enjoyed this run and Adam did great in his first race guiding, also it gave us an idea of the course we will be racing when we do our sprint triathlon together in august this year.



Volunteering on the Winter Spine Race– Katie Houghton

For those who have not heard of the Winter Spine Race the route follows Britain's first National Trail, the Pennine Way, which is a 268 mile trail with 32,800 ft of climb and their claim is to be the toughest foot race in the UK. There is also shorter distances of 46miles, 108miles and 160miles covering various parts along the route. The runners have 7 days to complete the Full Spine, although they have now reduced this by 12 hours for the future races!

I was based at the first Checkpoint which was 46miles along the route and positioned at a Scout Hut right next to the beautiful area of Hebden Bridge. There are various roles from kitchen duties, to tending to the runners needs and taking the runners kit bags to them– this is the area I offered to help in. Each kit bag weighed 20kg! Once the runner had finished with their kit the bag it had to be taken back up the stairs ready to carry the next bag down. I must have shifted around 400-500kg over the weekend!



The conditions were just bonkers with 3ft of snow facing the runners on the start line on the Saturday and slabs of ice breaking under foot for many long miles. Winds picked up on the tops and diversions were put in place for safety reasons. We watched the tracker dots on the screen getting ready to grab the next kit bag and the numbers of DNFs (Did Not Finish) continued to rise! This race is certainly not for the faint hearted!

I had such a great weekend and met so many wonderful volunteers. Everyone has a story and it was certainly a joy to hear so many of theirs. I will definitely be revisiting Hebden Bridge and what better way to revisit then by signing up to a Fell Race there.



TRACK SESSION NEWS!!

The first track session at Ratcliffe College was well attended on Friday with 40 of you all signing up to the sessions.

The next sessions are-
20th February,
27th March,
17th April,
15th May.



A big thank you to our coaching team for their time spent with organising these sessions and tailoring them towards your training goals.

Wednesday Club Run are back in full swing– Meet at the Rugby Club at Melton Sports Village ready to start at 6.30pm. Please do wear a high viz, reflective top on a club run night.



Friday Social Run 12pm- Look out for posts on the club Facebook and WhatsApp group for details each week.



Dates for the diary

Grand opening of Melton's Relief Road Run-

**Pencil the date— mid March and time TO BE CONFIRMED
(14th or 21st at 10.30am)**

Our very own Johnny Boy Houghton contacted the Melton Borough Council requesting an opportunity for the Stilton Striders to officially open the Relief Road in Melton. After further discussions with the Leicestershire County Council we have a big fat yes! Not only a yes for running the 5km route along the relief road but they will provide parking, marshals and toilets!! John will also be making approaches to other local Melton grass root sporting clubs to join us on this monumental 5km run. Further details to follow soon.



Striders AGM

**Wednesday April 15th at 8pm at the
Rugby Club.**

Our annual AGM is a great opportunity for all Club Members to vote on any matters arising and to suggest any new ideas or changes. It is your club and your votes do matter, so please do come along on the 15th April after club run.

Leicestershire Road Running League 2026 Race Calendar

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

Race 1 - **Joy Cann 5– WE SMASHED IT!**

Race 2 - Kibworth 6 - Sunday 1 March

ENTRIES GO LIVE TONIGHT [Kibworth 6](#)

[2026 - Online entry via EventEntry](#)

Race 3 - Bosworth Half Marathon - Sunday 10 May **Entries still available**

[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 - Desford 6 - 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-

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!



CLUB WEBSITE UPDATE with NEW RACE CALENDAR

This updated site is designed to be a central resource for all members:

New members can easily access the latest membership forms – junior and senior

Existing members will find recent newsletters, club standards, and our newly introduced club calendar.

The calendar already features scheduled DRXC and LLRL races, along with local events you might enjoy. We'll also be adding coaching sessions and social activities. If you know of any events that should be included, please contact a committee member.

We're thrilled that so many new members have joined in the last 12 months. Many of those have been friends and family of existing members, inspired by your amazing accomplishments.

Given the influx, we're actively encouraging prospective members to visit our new website - for the updated version of our membership form. This version includes the latest payment information - and can now be completed digitally. Please take this message forward if you receive any enquiries about membership, referring to our website in the first instance. www.stiltonstriders.co.uk

Important Website Update

By now, we hope you've had a chance to explore our new Stilton Striders webpage. The site has been redesigned and streamlined to highlight the most up to date information for both members and non members.

For now, the legacy website remains accessible via the taskbar at the top of the page. However, as part of our ongoing maintenance and simplification efforts, this link will be removed on **1st March 2026**.

If there are any materials you wish to keep - such as old photographs, award records or race reports - please make sure to save your own copies before this date.

Rest assured, the full archive will continue to be safely retained by the committee for future reference; no data will be lost. But from, **1st March 2026** onward, these materials will no longer be publicly accessible.

James Sutton

STRIDER OF THE MONTH-

This months very worthy winner is...

JAMES SUTTON

Here are the words from James nominees-

-His resilience and determination to get back to full speed and being the first strider home in the Desford 5 is truly inspirational.

--For his performances this month on his journey back from injury; 1st Strider home at Desford 5, and two 1st place finishes at Parkruns.

-For his performance in the LRRL race and his recovery from injury



Well done James— Your rehabilitation has been astonishing! You have shown strength and determination in abundance.

Others to receive votes are-

Vicki Lowe- For being the first female Strider at Martinshaw Woods XC (2nd in her age category), and for her performance at the Desford 5, a Gold County Standard and 3rd in her age category.

For a strong return to the league races at Desford gaining gold standard and 3rd in her age category.

Michael Marsdon- For his storming Diamond standard run at the Desford 5, back on top form after a couple of seasons beset with injury.

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 make someone's month! Not only does Tony take lead on The Strider of the Month voting he also does a grand job of collating all of your results and also the members 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!

Club Members Fundraising Pages

Luke Knowles

Hello everyone!

In March 2026 I will be running my 1st ever half marathon in Cambridge. I have never run this distance before so it is going to be a completely new experience for me. I'm really excited to support the work of Alzheimer's Research UK with this attempt.

My dad was diagnosed with dementia a few years ago and, sadly, passed away last year. My family and I have lived through the terrible effects this disease can have on the sufferer and those around them. It isn't easy.

With your kind donations we can help fund vital research that brings us closer to breakthroughs and understanding. Together, we can stand #ForACure! Every donation, no matter how small, brings hope and helps change lives. Join me in this important cause, and let's make strides towards a future free from dementia!

[Cambridge Half Marathon for Alzheimer's Research UK](#)



Mark Preston

My Story

I'm taking part in the Great North Run 2026! I'm running for SRUK - they are the only UK charity dedicated to Scleroderma and Raynaud's. Their mission is to reach everyone with these conditions - they raise awareness, provide support to those affected, and fund research - to ultimately find a cure. Please support me as I take on this iconic half-marathon, and together we can make a difference!

[Scleroderma & Raynaud's UK \(SRUK\): Mark's page](#)



Katie Houghton

Hello All. I am taking part in the Northern Traverse at the end of March which follows the 190 mile Wainwrights Coast to Coast route with 21500ft of climb. I am fundraising for our local LRWT Nature Reserve at Holwell which we often run through on our Summer Outruns. Please feel free to read more about why I am running for LRWT on my Just Giving Page and if you fancy donating a penny or two then this would be lovely jubley! Otherwise a virtual hug at the end of March would be also massively appreciated. <https://www.justgiving.com/page/grangecaravanpark>



Winter Olympics Local Legend!

Amelia Coltman will be representing Team GB in the Skelton Team at this years winter Olympic Games Milano Cortina. Not only is Amelia a local lass but she is also one of our life time members 'Theresa Coltman's' daughter! We wish all the best to Amelia and her team who have trained tirelessly to be selected for Team GB.

Amelia you are making Melton proud!



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..

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



I hope you all have a wonderful running loved filled February!