



PHOTOS OF THE MONTH!



No need for any words....



Rhiannon levitated around the Colwick 5 miler.



And you shake to the left and you shake to the right, do the hokey kokey– Michael have a jig whilst running.

Multi tasking, what a skill!



Andy puckering up for Kristy.



Peek a boo!

Nikola visits Park Run & Whissendine 6



Nikola recently had 12 days on a home visit and we were very lucky enough to have a surprise visit at Melton Park Run on two occasions and also at Whissendine 6. I think we can all agree it was just a joy to see her beaming face cheering us all on and to be able to spend some time with her.

Nikola then shared her fantastic news this week of her recent test results showing her to be in remission and that all of the Leukaemia has gone from her body. She will be continuing her treatment as planned but her most recent update will give her even more strength than she had before.

We are all sending our continued love, hugs and support to
Nikola and her loving family xxxx



Stilton Striders Race Results Report June 2026

Tuesday 2nd June

Rothley 10k

Duncan Greene 44:06; Chris Vaughan 1:24:41

Saturday 6th June

Parkrun Achievements

Melton Mowbray: James Sutton 19:47 (2nd place); Paul Ravenscroft 20:16 (3rd place)

Oakwell Hall: Nicola Taylor 23:35 (2nd female)

Podium North 5K

Tom Rochelle 18:49

Sunday 7th June

Coniston Half Marathon

Gav Shilham 1:53:58

LRRL Swithland 6

Diamond: Tom Hansen 33:35 (VM40); Michael Marsden 39:15 (VM55)

Gold: Mark Tyler 43:02 (VM60); Vicki Lowe 46:41 (VF55)

Silver: Jensen Drage 37:06 (U23M); James Sutton 37:39 (SenM); Scott Bradford 38:57 (SenM); George Wilson 39:09 (SenM); Chris Page 40:28 (VM40); Rhiannon Baxter 40:30 (SenF); Kurt Wilson 41:22 (VM50); Kevin Hyde 45:03 (VM60); Abi Arnott 47:48 (VF50); Tony Oakes 49:41 (VM65)

Bronze: Lewis Hyde 39:31 (SenM); Jamie Dean 41:26 (VM40); Richard Page 42:51 (VM40); John Houghton 49:20 (VM60); David Hall 1:00:18 (VM75)

Copper: Robert Craig 46:23 (VM40); Kier Lymn 46:39 (SenM)

Pewter: Neil Jaggard 1:07:35 (VM65)

Tungsten: Melissa Harley-Hotchkiss 1:04:06 (VF40); Rosie Allen 1:05:44 (SenF); Paul Curtis 1:06:07 (VM50); Suzie Skelton 1:06:43 (VF40)

Saturday 13th June

Parkrun Achievements

Doddington Hall: Tom Hansen 16:59 (1st place)

Battlestead Croft: Ian Bickle 19:36 (2nd place)

Melton Mowbray: Paul Ravenscroft 20:05 (1st place)

Stilton Striders Race Results - June 2026

Sunday 14th June

Lutterworth 5 Miler

Tony Oakes 40:19

Two Castles 10k

Kurt Wilson 42:51; Nicola Taylor 45:06; Abi Arnott 49:19; Steve Martin 50:40; Carol Stynes-Martin 52:15

Jersey Half Marathon

Vanessa Walker 2:24:26

Friday 19th June

Tideswell Fell Race (5 Mile)

John Houghton 47:57

Summer Solstice 10k

Tom Hansen 35:26; Paul Jacobs 46:04

Saturday 20th June

Parkrun Achievements

Kettering: Dan Kelly 17:12 (1st place)

Melton Mowbray: James Sutton 19:33 (2nd place); Paul Ravenscroft 19:33 (3rd place)

Rutland 10k

Michael Marsden 40:45; Tom Rochelle 41:08; Stephen Abbott 47:24; Jaz Kirwan 56:37; Harvey Stafford 1:06:05

Sunday 21st June

Dambuster Triathlon

Standard: Rachel Wade 3:03:50 (*Swim:* 37:47; *Bike:* 1:27:48; *Run:* 50:37)

Aqua Bike: Emma Gardner 1:44:36 (*Swim:* 24:09; *Bike:* 1:18:23)

Sprint: Jef Todd 1:29 40 (*Swim:* 19:35; *Bike:* 42:02; *Run:* 22:57); Amelia Fisher 1:29:58 (*Swim:* 17:06; *Bike:* 42:43; *Run:* 26:51); Liz Gard 1:40:48 (*Swim:* 17:02; *Bike:* 49:29; *Run:* 30:10); Chris Vaughan 2:13:52 (*Swim:* 26:19; *Bike:* 54:14; *Run:* 47:21)

Stilton Striders Race Results - June 2026

Sunday 28th June

LRRL Steve Morris 5

Diamond: Tom Hansen 28:00 (VM40)

Gold: Michael Marsden 32:37 (VM55); Greeba Heard 37:38 (VF55)

Silver: Jensen Drage 29:53 (U23M); James Sutton 31:13 (SenM); Ian Bickle 33:21 (VM45); Chris Page 33:56 (VM45); Rhiannon Baxter 34:38 (SenF); Nicola Taylor 36:59 (VF45); Kevin Hyde 38:23 (VM60); John Houghton 39:20 (VM60); Abi Arnott 39:50 (VF50); Chrissy Heerey 48:10 (VF65)

Bronze: Scott Bradford 32:40 (SenM); Joe Taylor 34:37 (SenM); Ian Drage 37:05 (VM45); Lee Harley-Hotchkiss 37:13 (VM40); Sarah Lawrence 42:11 (VF45); David Hall 50:07 (VM75)

Copper: Richard Page 37:36 (VM40); Kier Lymn 39:28 (SenM)

Pewter: Neil Jaggard 56:17 (VM65)

Tungsten: Kathy Walsh 52:55 (VF45)

---: Adam Hopton 51:36 (SenM); Rosie Allen 56:56 (SenF)

Peterborough Half Marathon

Imogen Lindsey 1:53:45

Derby Ramathon

Vanessa Walker 2:19:51

Grafham Water Swimrun

10k: Kristy Nicholls 2:03:35

21k: Andy Nicholls 3:13:07

Tuesday 30th June

HPGP Embankment 5K

James Sutton 18:34; Gav Shilham 18:52; Michael Marsden 19:26; Duncan Greene 19:28; Rhiannon Baxter 20:25; Andy Nicholls 21:27; Katie Houghton 22:38; Vicki Lowe 23:15; Andrew Wilson 23:20; John Houghton 23:28; Ian Craddock 24:38; Tony Oakes 25:07; Katy Hill 26:36; Chrissy Heerey 28:12; Natasha Inns 28:37; Kristy Nicholls 28:37; Chris Genes 29:35; Daryl Boyce 29:46; Mark Preston 36:29

Rothley 10K race report by Chris Vaughan.

On Tuesday 2nd of June myself and Andy N, took on the Rothley 10K race, raising funds for the LOROS charity. This was my third time doing this amazing race and Andy's first time.

The race began with Andy arriving at my aunt and uncle's house who live in the village. He was early and came into the house to find myself, my cousin and her boyfriend all getting ready for the race ahead.

As we were all taking part, we headed down the road which would be the second hill on the run route. Once down in the heart of the village, which I know very well as have been coming to the village of Rothley since I was 5 years old, we headed straight to registration to hunt out some safety pins as they were the only thing I had forgotten to pack in my run kit bag. But on a positive for me and Andy, no bag drop so we had no bag to forget after the run this time (unlike last year's Birmingham 10K when I learned a lesson which has stuck with me).



As we got into the run village, I was glad I had ordered myself a hi-vis tabard which states I am a visually impaired runner, as it felt and sounded busy. I would find out afterwards that there had been over 1,000 runners taking part.

As we had about twenty mins to wait we met up back with my cousin and her partner. We had a good chat and then the very nice run organise asked if we would like a separate start and go ahead of the mass start. In my typical fashion without asking Andy I said yes, afterwards Andy was talking to me and with a bit of thought we decided instead it was best to hide in plain sight running with the masses.

This would turn out to be the best option as we started and there was a huge cheer. When you can't see and all you get is the noise it is a bit scary with that many people. Once we started, I knew we had to turn a corner before climbing a hill within the first few metres and it was packed with people trying to get into the right position for the bend. I was very glad of my new tabard, as with me and Andy both with bright tops on, we were given plenty of space and people were great as always. The crowds were supportive and the kids who had done their race ahead of us stayed out with their families to cheer us all on.

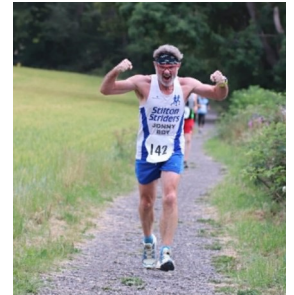
In this race you have two main hills to do on each lap: the first one is steep but short, the second one is long and sweeping. When we hit the second hill on the second lap, I was feeling it and had to walk a little and kept apologising to Andy for walking. Andy told me off for apologising and so, as a forfeit, whenever I apologised we agreed on a £1 charge per "sorry".

The last couple of miles were hard but with Andy's great support and guiding we made it across the finish line. I hadn't managed to catch my cousin but I was happy with my time and it is a great event as always.

And as there was six pounds-worth in the "sorry" pot I asked Andy if he wanted a drink, so we headed into the Royal Oak for a well-earned drink!

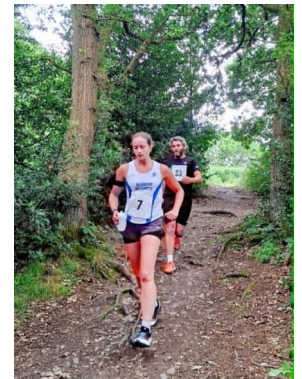
Stilton Striders Race Results Report June 2026

Windmill Fell Race: 3 Striders made the short trip to Woodhouse Eaves on Wednesday evening for the annual Windmill Fell Race. Low key and only £4 to enter, this claims to be Leicestershire's only fell race and the toughest race in Leicestershire, it didn't disappoint. Lovely atmosphere with around 150 runners congregating in the pub garden for race registration and briefing (and post race BBQ). The route covers just under 5 miles on trails and woodland paths, with around 1,000 feet of climbing - which starts immediately uphill with a climb from the village up to the old Windmill. A couple more short climbs follow and then the longer hill up Broombriggs, before coming back down and going back round for a second lap before the long downhill to the finish. Whilst this was just another race in a packed calendar for John (including 4 in 4 days this week!), it was a first fell race for both Rich and Shari. Based on the conversation whilst walking back to the cars it certainly won't be the last...



Fell Races

Fell Races are one of the most exhilarating forms of running— in my opinion anyway! And ARE for all runners. Most people DO walk up the hills and many also on the way down. The atmosphere is always guaranteed to be friendly and welcoming with a low key feel, and a cuppa and cake available on the finish line. They vary in distances— S for Short (under 6miles/10km) M for Medium (6-12miles/ 10-20km) L for Long (anything over 12 miles/ 20km) and also vary in ascent from Cat A (steepest) to C. (least steepest)



Here are a few future races which are worth a consideration-

Tue Aug 4th, Parwich Panoramic Five— CS (least ascent) 8.5km/ 5miles, near Ashbourne. £5 entry on the day.

Sat Aug 8th, Teggs Nose— BM (middle ascent) 12.8km/7 miles, near Macclesfield. £6.50 online entry/ £9 on the day Tegg's Nose fell race - Saturday 8th August 2026

Thu Aug 13th, Rickys Race— BS 7.5km/ 4.5miles, Matlock £6.50 pre entry Ricky's Race - Matlock Athletic Club

Sun 16th Aug, Crowden— BM 12.9km/ 8 miles, Crowden Campsite registration, £8 pre entry/ £10 on the day Crowden Horseshoe fell race - 16th August 2026

Fri Sep 4th, Great Longstone Chase, BS 7.7km/ 5miles, Great Longstone. £9 pre entry. Great Longstone Chase | AV Timing

Sat Sep 5th, Longshaw Sheep Dog Trial Fell Race, BS 7.1km/4.5miles, Longshaw National Trust Estate. £10 pre entry-

Longshaw Sheepdog Trials fell race - 5th September 2026

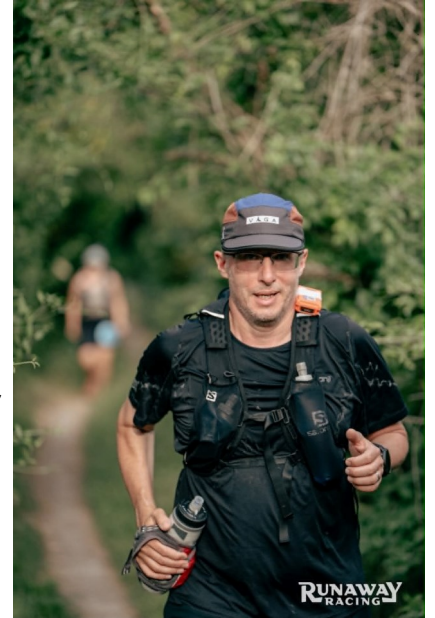
It would be brilliant to get a team of us going along to a race, the buzz you get from these races is like no other!

Rich Gray reaches 100!!

Yes that's right, The Stilton Striders Running Club has its very own 100 marathoner achiever! And in true Rich style a majority of these races have been Ultra distances.

Here are some details on Rich's marathons below.

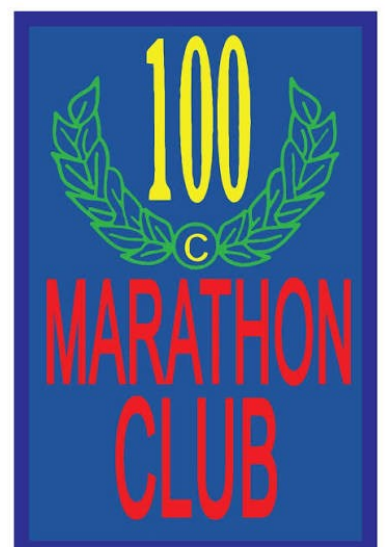
Rich started running in the summer of 2003, thinking that he would train for a 10k and then stop. After completing Woodhall Spa 10k in September 2003, he got back to the car and there was a flyer for the Turkey Trot half marathon and it all spiralled from there... His first marathon was Nottingham Robin Hood in Sep 2004, which he then did 3 years in a row before getting sucked into racing further afield and eventually for much longer. Rich's longest races have been 100 miles - Thames Path 100 in 2014 and South Downs Way 100 in 2017. Quickest marathon was London in 2010 - 3 hrs 11 mins.



Rich completed this phenomenal achievement by running The Ridgeway Challenge 86mile ultra on May 30th 2026.

The breakdown of the 100 marathons completed are 15 Road Marathons, 32 Trail Marathons and in true Rich style 53 Ultra Marathons— and No you cant split the 100 milers into 3 marathons completed!

When I first ventured into running Ultra Marathons I asked Rich for advice and his response was- 'It's a day out with food'. Very wise words!





**Looking for some support to start or
get back into running?**

Melton Running Club and Stilton Striders are delighted to host a low pressure, 10-week couch to 5K course at Melton Country Park, Willow Drive car park.

Start date: Saturday 25th July 2026 at 0830

Finish date: Saturday 26th September 2026 with a graduation 5K at Melton Mowbray parkrun at your own pace.

£15 registration fee (with a free T-shirt for all C25K finishers)

To find out more and sign up, scan the QR code or use the link below

Link: t.ly/6p2dP



This is a fantastic opportunity to encourage someone to find the joy of running and more importantly running with others.

Please share the link below with anyone you feel may benefit from this training delivered by our local Melton Running Club and Stilton Strider RC Run Leaders.

[Clubspark / Melton C25K / Coaching / Course](#)

TRACK SESSION AND STRUCTURED SESSION NEWS

The Track sessions are £10 for 5, pay into the Club Account with Track and name as reference.

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

Start time will be 6.30pm. The sessions will be a mixture of speed and tempo work and there may even be the odd running circuit thrown in with a few plyometrics! Along with the track sessions there will also be weekly structured sessions held every Thursday throughout May, June, July, August and September. Start time 6.30pm with venue to be announced in the weekly news email. Note there will be no Thursday session on a track week. These sessions will comprise of hills, tempo or speed sessions and will link in with the track work as well. Interval training with others is an absolute necessity to elevate your running performance. It is also surprisingly enjoyable. You will get much more out of a speed or tempo session when you have others to push you. But they are not just for the competitive as they are still really good fun for anyone and will help maintain and build muscle which is of particular importance once you turn 50! From your Structured Session Team.



Track session dates are-

- Friday 24th July
- Friday 21st August
- Friday 18th September
- Friday 9th October.

Structured session are posted each week-

Tuesday 07/07/26 Time: 6:30 PM Location: Melton County Park Visitor Centre Car Park Session Type: Easy Interval Session Core Philosophy: Focus on proper form and controlled pacing rather than going all-out. This is a great way to build consistency and aerobic capacity without burning people out.

Workout Structure 1. Warm-Up (approx. 15–20 mins) Mobility: Dynamic stretching (e.g., leg swings, walking lunges, high knees, butt kicks) to prepare muscles and joints. Easy Run: 1-mile easy jog at a conversational pace. Strides: 3 x 80m gradual accelerations (focusing on high turnover, upright posture, and relaxation) with full walking recovery between each. 2. Main Interval Set (approx. 35 mins) The Set: 6 repetitions of the following block: 4 minutes or 1k at a structured pace (controlled, comfortably hard aerobic effort—roughly 10k pace or an effort of 7/10 where breathing is deep but rhythm is maintained). 600m of easy recovery (a very slow jog or walking recovery to allow the heart rate to come down before the next interval). 3. Cool-Down (approx. 15 mins) Easy Run: 1-mile very light jog to bring the heart rate down gradually. Strides: 3 x 80m light strides to flush out the legs and reset running form. Flexibility: Static stretching (focusing on calves, hamstrings, quads, and hip flexors)

Thursday 09/07/26. Time: 6:30 PM. Location: Melton County Park Visitor Centre Car Park. The "30/60" Hill Interval Plan. Warm-Up: 10–15 minutes: Easy, conversational jogging on flat ground.

Dynamic Stretches: 5 minutes of leg swings, high knees, and butt kicks to activate your glutes and calves. The Main Set: Run 30 seconds uphill. Run up at a hard, fast pace—think 3K to 5K race effort. Focus on driving your knees up and pumping your arms. Recover downhill. Turn around and slowly jog or walk back to the minute starting point. Ensure your heart rate drops before the next effort. Run 60 seconds uphill. run up for a full minute. Because it's longer, pace yourself slightly more conservatively than the 30-second burst (around 5K to 10K race effort). Focus on maintaining tall posture as you tire. Recover downhill. Slowly jog or walk back down to the 30 minute starting point. Take an extra 30–60 seconds. Repeat x6. Cycle through this 30s/60s pair six times total. Cool-Down. 5–10 minutes: Very easy jogging or walking on a flat surface to flush the lactic acid out of your legs.

Friday Social Run mini holiday



New Stilton Strider Club Socks!



Captain Kurt has sourced some new club gear which Michael at Melton Sports will kindly be taken orders for.

Get your orders in now for a twin pack of Spox Performance Running Socks– one royal blue and one white pair, for only £22 so a saving of £3 on the single pairs alone.

Please place your order with Michael asap.



Thank you to Kurt & Michael for organising this!

Summer Outrun Season.

The routes all start at **7PM** from a public house and head out to explore a 5ish mile area along public footpaths before finishing in time for a refreshing drink and bite to eat if wish. The pace ensures that we all stay together throughout. There is also interest from a few for leading a shorter walking route.

It is always gratefully appreciated for volunteers to offer to lead a route.

Here is the summer season calendar.

July 8th- HOBY-BLUEBELL INN – Katie & Johnny Boy

July 15th– No Watch Race– Melton Rugby Club. 4.5miles.

July 22nd– THE THREE CLUB CHALLENGE The Grange

July 29th– Tilton on the Hill, The Rose & Crown, LE7 9LF– Rhiannon

August 5th– LRRL Joy Cann 5

August 12th– Club Handicap Race

August 19th– THE CAKE RUN– Venue to be confirmed

August 26th– NEED A VOLUNTEER PLEASE!!

If you would like to lead an outrun then please do let me know. I am very happy to plot a route if this helps. All we ask is that if you could please recce the route before hand for nettles, livestock etc to make your fellow club mates aware. A lead for a walking group is also very much appreciated. For those who want to continue with their road running then this is not a problem and you are still most welcome to meet at the village of where the outrun is being lead from or the Ruby Club, although this may not be open during the summer period. Please do ask away if you have any questions about the outruns or road runs. Thanks to all who have helped with leading any routes either off road, on tarmac and walking.



The Three Club Challenge– Wednesday July 22nd, 7pm

This annual event has been happening for many years between ourselves, Wreake Runners and Barrow Runners with each club taking it in turns to host– this year being our turn. It will be held at The Grange LE14 3QU with lasagne and garlic bread being served after the run. The cost of this is £12, if you could please pay for this in advance to the usual Club account with reference 3CCS. If you have any dietary requirements then please do let me know. I have a list of volunteers from the previous offering of help and will send out a separate email to see if you are all free to help still. The 3 club challenge is always a laid back fun event and well worth coming along for with your club shirts being worn please, doesn't have to be your race tops.

I do hope to see you all there!

COUNTY and Club STANDARDS

There has been a recent update to the LRRL County Standards, please click on the link below to read the details further.

[County Standards - 2026 Update](#)

[COUNTY STANDARDS | Leicestershire Road](#)

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

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



Race 8 - Joy Cann 5 - Wednesday 5 August– **ENTRIES HOPING TO BE OPEN SUNDAY 12TH JULY, please do look out for further details on this race as they have to confirm road closures still due to road works going ahead.** [Joy Cann 5 2026 - Online entry via EventEntry](#)

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

Scoring 2026

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

STRIDER OF THE MONTH-

This months very worthy winner is– Johnny Boy Houghton!

He has done 4 races in 5 days, with 4 silver standards. Always happy to chat with anyone and does a lot for the striders behind the scenes.

He's completed 5 races in 6 days, incredible running. I actually don't know how he made it around Whissendine 6!

Other nominees are-

Michael Marsden- He's consolidated his excellent form since returning from a lengthy injury and achieved three Diamond standard times during the month (Swithland 6, Rutland 10k and the HPGP Embankment 5K).

Steve Ward- I recently did a training session which Steve led and it was well planned excellently executed and great fun, and he is giving up his free time to help others.

Carol Stynes-Martin- For leading a great first track session back.



A massive well done to all who have been nominated by fellow club mate. There has been an incredible amount of votes since Tony started Strider of The Month so do keep them coming in for July Strider of The month. A Big Fat Thank you to Tony for taking the time to encourage us all to vote for a member each month.

It takes less than one minute to vote and provides a well deserved boost of positivity to a member for a whole month.

**Message Tony via WhatsApp or Facebook or email your vote to
tonyoakes123@gmail.com**

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 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!

Lets celebrate your achievements-

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 – Lewis, James or Katie

Do any of the below resonate?!? Have a great July all!

