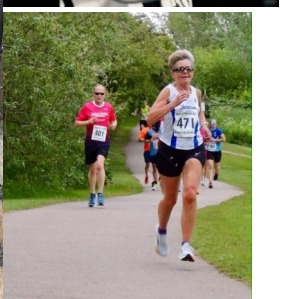
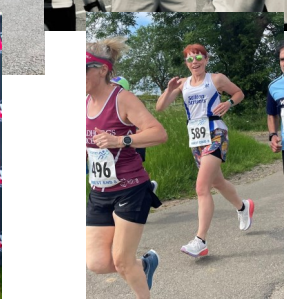
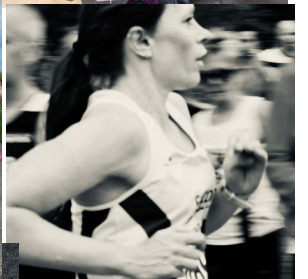
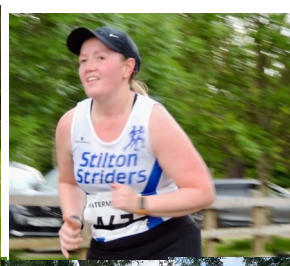
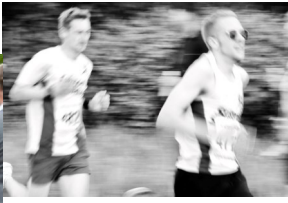




Weekly Newsletter

Month May 2026



PHOTOS OF THE MONTH!



Proof Katie is funnier than
Johnny Boy!



Kurt- "How fast Nic?!!"



I will beat you brother..



Just 10km to go?!



Lets Rock!!



Did someone say Sausages?....

Green Park Run for Nikola



When Nikolas daughter 'Immy' messaged to ask if we could wear Green at Melton Park Run to let Nik know we are all thinking of her, we certainly went all out! Even those who could not make the morning gathering still flooded the club WhatsApp group with photos of green outfits in support. I am tad worried about what Rich does for a job!!



Stilton Striders Race Results Report May 2026

Stilton Striders Race Results - May 2026

Saturday 2nd May

Parkrun Achievements

Abbey Park: Dan Kelly 16:58 (2nd place)

Belvoir Castle: Ian Bickle 19:21 (3rd place)

Forest Rec: Nicola Taylor 22:34 (2nd female)

Melton Mowbray: Paul Ravenscroft 19:52 (2nd male)

Keswick: 17:05 (3rd place)

Canix Fur Nations – England Day 1

5K: Jef Todd & River 20:47

Sunday 3rd May

Birmingham Half Marathon

Mike Williams 1:50:36

Milton Keynes Rocket 5k

George Wilson: 18:28

Canix Fur Nations – England Day 2

5K: Jef Todd & River 23:49

Monday 4th May

Milton Keynes Half Marathon

George Wilson 1:29:25

Canix Fur Nations – England Day 3

5K: Jef Todd & River 20:45 (VM 2nd place)

Saturday 9th May

Parkrun Achievements

Doddington Hall: Tom Hansen 17:02 (3rd place)

Melton Mowbray: James Sutton 19:36 (3rd place)

Burghley Multisport Half Marathon

Jack Hatfield 1:51:30

Sunday 10th May

Bristol 10k

Katie Houghton 55:16 (VI Guide); Leigh Pick 55:17

Clawson 10k

Daryl Boyce 42:11; Michael Marsden 44:47; Adam Hawkins 45:25; Paul Jacobs 50:49; Shari Woodcock 53:56; John Houghton 56:55; Courtney Lightfoot 1:12:53

Leeds Half Marathon

Ian Craddock 2:16:11

LRRL Bosworth Half Marathon

Gold: Vicki Lowe 1:44:10 (F55)

Silver: Rhiannon Baxter 1:32:10 (SENF); Jamie Dean 1:33:12 (M40); Kurt Wilson 1:34:02 (M50); Chris Page 1:36:22 (M45); Andy Nicholls 1:40:29 (M50); Abi Arnott 1:47:49 (F50); Christina Heerey 2:12:18 (F65)

Bronze: James Sutton 1:29:35 (SENM); Tom Rochelle 1:31:30 (U22M); Scott Bradford 1:32:43 (SENM); George Wilson 1:33:52 (SENM)

Copper: Kier Lyme 1:42:53 (SENM); Robert Craig 1:45:29 (M40); Liz Gard 2:12:11 (F50)

Pewter: Kristy Nicholls 2:21:19 (F45)

Saturday 16th May

Parkrun Achievements

Doddington Hall: Tom Hansen 17:04 (1st place)

Kingsbury Water: Nicola Taylor 22:17 (3rd female)

Melton Mowbray: James Sutton 20:01 (1st place)

Rushcliffe: Ian Bickle 19:18 (3rd place)

Sunday 17th May

Market Harborough Half Marathon

Jaz Kirwan 2:06:14; Vanessa Walker 2:27:43; Melissa Harley-Hotchkiss 2:31:10; Alison Wilson 2:37:13

Buckingham Half Marathon

Jake Burdett 1:49:01

Eyam Half Marathon

John Houghton 1:57:19

Outlaw Nottingham Half Triathlon

Andy Mackay 4:53:50 (*Swim:* 29:00; *Cycle:* 2:39:06; *Run:* 1:34:30)

Wednesday 20th May

LRRL Watermead 10k

Diamond: Tom Hansen 34:24 (VM40); Vicki Lowe 46:45 (VF55)

Gold: Kurt Wilson 42:11 (VM50); Nicola Taylor 43:59 (VF45); Chrissy Heerey 57:44 (VF65)

Silver: James Sutton 38:50 (SenM); George Wilson 38:49 (SenM); Jenson Drage 39:34 (U23M); Lewis Hyde 40:23 (SenM); Rhiannon Baxter 41:53 (SenF); Chris Page 42:53 (VM40); Abi Arnott 48:54 (VF50); Tony Oakes 50:19 (VM65)

Bronze: Joe Taylor 41:45 (SenM); Richard Page 44:51 (VM40); Lee Harley-Hotchkiss 45:29 (VM45); Mark Preston 48:20 (VM45); Sarah Lawrence 51:28 (VF45); David Hall 1:01:05 (VM75)

Copper: Anthony Ison 45:28 (SenM); Courtney Lightfoot 50:42 (SenF); Katy Hill 54:39 (SenF)

Pewter: Natasha Inns 1:00:32 (SenF)

Tungsten: Adam Hopton 57:27 (SenM)

Saturday 23rd May

Parkrun Achievements

Canterbury: Nicola Taylor 24:53 (2nd female)

Melton Mowbray: James Sutton 19:49 (3rd place)

Salento: Wayne Hackett 24:12 (3rd place)

Watermead Country Park: Dan Kelly 17:06 (2nd place)

Canix Fur Nations - Scotland Day 1

5K: Jef Todd & River 23:15

Canix Fur Nations - Scotland Day 2

5K: Jef Todd & River 23:02

Canix Fur Nations - Scotland Day 3

10K: Jef Todd & River 48:42

Saturday 30th May

Parkrun Achievements

Belvoir Castle: Sophie Clarke 28:37 (3rd female)

Hunstanton Promenade: James Sutton 19:23 (3rd place, 2nd male)

Rutland Water: Dan Kelly 16:49 (2nd place)

Watermead Country Park: Nicola Taylor 22:20 (2nd female)

Sunday 31st May

LRRL West End 8

Diamond: Tom Hansen 46:04 (VM40)

Gold: Greeba Heard 1:02:04 (VF55); Vicki Lowe 1:03:07 (VF55)

Silver: James Sutton 51:21 (SenM); Rhiannon Baxter 55:36 (SenF); Kurt Wilson 56:30 (VM50); Andy Nicholls 58:02 (VM50); Nicola Taylor 1:01:13 (VF45); Mark Tyler 1:02:29 (VM60); Kevin Hyde 1:03:07 (VM60); John Houghton 1:04:07 (VM60); Abi Arnott 1:05:05 (VF50); Chrissy Heerey 1:19:22 (VF65)

Bronze: Jensen Drage 52:20 (U23M); Scott Bradford 53:48 (SenM); George Wilson 55:34 (SenM); Lewis Hyde 56:11 (SenM); Joe Taylor 56:22 (SenM); Richard Page 59:36 (VM40); Lee Harley-Hotchkiss 1:01:19 (VM45); Sarah Lawrence 1:07:47 (VF45); Tony Oakes 1:15:06 (VM65)

Copper: Jamie Dean 1:00:52 (VM40); Robert Craig 1:03:43 (VM40); Michael Cooke 1:09:31 (VM55)

Pewter: Kathy Walsh 1:24:16 (VF45); Harvey Stafford 1:26:43 (VF50)

Tungsten: Natasha Inns 1:22:55 (SenF); Kristy Nicholls 1:27:40 (VF45)

---: Suzie Skelton 1:37:30 (VF40)

Northampton 10k

Sandy Barnacle 57:24; Bob Barnacle 57:27

Wirrel Half Marathon

Courtney Lightfoot 1:57:05

Uppingham Sprint Triathlon

Tony Nice 1:34:57 (*Swim:* 10:09; *Cycle:* 55:33; *Run:* 26:46)



Stilton Striders Race Results Report May 2026



Melton Relief Road Run

When Johnny Boy Houghton contacted the Leicestershire County Council & Balfor to see if we could run along the new Melton Relief Road just before its grand opening the answer was a big fat YES! So on Saturday 9th



May 250 runners were welcomed to run along the 5km, surprisingly bumpy, route. There was a real buzz from all who took part. This is definitely something that we should put on more often, it was such a wonderful morning with a great turnout of so many runners from various groups in and around Melton. I just love the top photo of all 52 of us including our Nik!

Guiding my mate Leigh at the Bristol 10k

Myself and Leigh headed to Bristol straight after the Relief Road run ready for Sundays Bristol 10k. Leigh had been training for several months and had to build her strength back up after suffering for two years the affects of Covid. She was determined to get a PB of under an 1hour and there was no stopping her. She went from several months of not being able to run up a hill without stopping to then being able to complete a Wednesday training run without stopping, then from 10.30/11min mile pace to 5 weeks later 9.30min mile pace! Her true grit and determination was incredible to watch and her training truly paid off. Race day arrived and the atmosphere was palpable. Many of the events which I take part in have a few people cheering you on so to be a part of this huge event was utterly brilliant. We were joined on the start line by a handful of other VI runners and their Guides and also Claire Lomas husband and brother who have set their own challenges of completing various runs in wheel chairs to raise money for Claire Lomas charity.



The obligatory warm up act appeared which I fully embraced and then it was the count-down for our wave to set off before the masses. We shot off like rockets getting completely drawn in to the atmosphere from the cheering crowd and leaving our fellow VI runners for dust. After realising we were running far too quick we settled in for the next 10k ahead. At 5k Leigh had gained a new 5k PB which is not always the best thing to do when you still have 5k to go but all the same a big winner, winner, chicken dinner. At around 6k Leighs number started to come away from her shirt so I grabbed it and held it up in the hope that people would shout her name just when it was needed. We were flying along, with a slight dip at 7k I knew we had enough in the bag to ease off a little. Then the 9k sign appeared and I got ridiculously excited, last push and sprint towards the finish line. We did it, not only in under an hour but an astounding 55 MINUTES!!!!

For me I BLOOMIN loved my time in Bristol with Leigh and would highly recommend the Bristol 10k or Half marathon 2027. Perhaps a group booking team Striders and Half Marathon Leigh if you fancied it?!

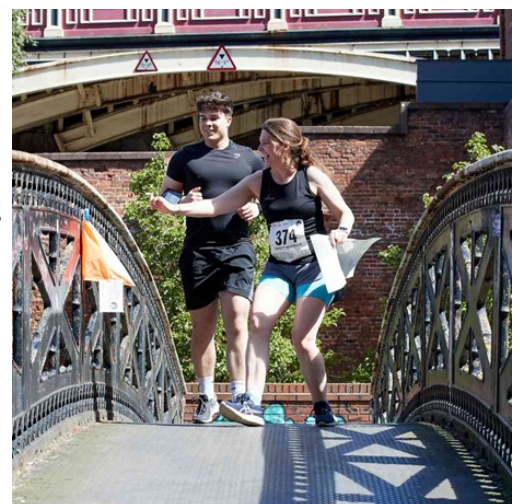


Andy Nicholls – Manchester in May Orienteering Weekend

Four Striders (Carol & Steve, Kristy & Andy) travelled to Manchester on the bank holiday weekend for some great quality urban orienteering as part of the "Manchester in May" weekend, with events happening on the Saturday, Sunday and Monday in different locations across the city.

All of us took part in the UK urban league on the Sunday, starting to the west of the city centre and weaving around the various canals with a fair few head-scratching moments, trying to decide the best route. Despite the extreme heat, we all just about survived and really enjoyed the event - Carol coming a fantastic 2nd on her course (WSV), Steve 7th (MUV), Andy 11th (MO) and Kristy (joined by our son Luke on his first ever orienteering event, providing some local knowledge) came 1st non-competitive on their course.

After cooling down, refreshing with a cold shandy or 2, good food and getting some sleep, Steve and Andy regrouped the next day for the knock out sprint event in a housing estate next to another canal near the Etihad stadium. The knock out sprint is a type of orienteering you only typically see at the elite level, with head-to-head racing in small groups of 6 on short but fast routes. The day started with an individual sprint event (about 3K) which acted as a qualifying event to seed participants into the semi-finals. Steve & Andy were both seeded into the B stream (2nd of 3 streams). An hour or so later, we got ready to take part in our semi-final - 2.5K racing against each other.



Stilton Striders Race Report Cont-

After crossing a canal bridge while frantically trying to read our maps, we raced to the first control which we all shared before heading off in different directions - causing a fair bit of chaos. We were aware that there could be "gaffles" - where everyone has a different route but ends up doing the same distance overall - but weren't sure this would be the case. Once on our different routes, the pressure mounts - you can't see how the other runners are doing so you just

have to concentrate on running your own route as hard as possible and not getting put off by anyone you do see. We did 3 loops, coming back over some familiar territory before heading out again on the next loop each time. Towards the end, we ran to the same common control for the 4th time before heading to the finish area. Chasing the leader, I had to decide whether to follow her and see if I could just run faster or try a different route to the finish in case it was shorter. Sadly, the route I chose wasn't shorter and she was faster, so I finished 2nd with Steve 4th just 24 seconds behind.

Then another hour or so later, the finals. The top 2 from each semi-final in the B stream competed in the A final, the next 2 in the B final and the final 2 in the C final. Therefore these were likely to be much closer races than the semis. Again we ran across a different canal bridge and then set off in different directions towards our first control on another 2.5K route, and I settled into last place (i.e. got left behind!). Pushing hard into our different loops, trying to read the map and spot good route choices, the time quickly passed and then became a hard run to the same end field. Somehow I caught up one place and finished 5th,;with Steve, having completely run out of energy by then, finishing 6th in his final.

Although a tiring event on a very hot weekend, this was a great experience and would love to do something similar in future. Urban events are predominately on roads and therefore favour runners over navigators.



TRACK SESSION AND STRUCTURED SESSION NEWS

The next round of Track sessions start very soon, if you have not already done so then do sign up to the next round of Track Sessions. They are £10 for 5, pay into the Club Account with Track and name as reference. 24 members have already signed up!

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 19th June
- Friday 24th July
- Friday 21st August
- Friday 18th September
- Friday 9th October.

Structured session dates are-

- **Thursday 25th June**

ALL SESSION START AT 6.30PM

Keep your eyes peeled for further details on this along with many more structured sessions planned for Thursday nights all of which will complement the track sessions.

Friday Social Run 12pm— Look out for posts on the club Facebook and WhatsApp group for details each week. It's a wonderful way to spend your lunch hour and the cake is delicious! Can someone please help with advertising these out for a few weeks?? Pretty please.... Happy travels to Rob & Sharon.



Summer Outrun Season is here, HUZZAHH!!

Yes that's right Summer Outrun season is upon us and we will be heading away from our base at the Melton Rugby Club each week to explore an off road route from a local village surrounding the Melton area. 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 including the very first one from The Grange.

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

Here is the summer season calendar so far, these will also be placed onto our club calendar on our website-[Existing Members](#) -

June 10th– Grimston Black Horse, LE14 3BZ– Jaz & Harvey

June 17th– Ashby Folville, Carrington Arms-

June 24th– Kinoulton, Cricket Club, NG12 3ED– Tom & Courtney

July 1st– Frisby, The Bell, LE14 2NJ– Katie & Johnny Boy

July 8th- Somerby (THE Burrough Hill utterly brilliant Route) The Stilton Cheese Inn, LE14 2QB– Katie & Johnny Boy

July 15th– No Watch Race

July 22nd– **THE THREE CLUB CHALLENGE NEW DATE!**

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-The Grange

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.



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 7 - Steve Morris 5 - Sunday 28 June

Race 8 - Joy Cann 5 - Wednesday 5 August– **ENTRIES OPEN TONIGHT!**

[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.

Hose 10 update

We had a very successful meeting with the team from Hose and all plans are coming together nicely for what should be an amazing race and only 10miles in the LRRL series. The road closures have all been confirmed, and the route which was recce'd by this handsome lot in the photo, will be measured in July. Plans of marshal & water points are underway and parking will be firmed up. Still to be confirmed is numbers of race entries and also the children's fun run which is being organised by the local Hose Primary School and work alongside the Hose10 enabling a great fundraising opportunity for the school.



STRIDER OF THE MONTH-

Once again we have received a huge amount of votes for many members-

This months very worthy winner is– GEORGE WILSON!

For his sub-90 min Half Marathon just 24hrs after a 5k PB, backing up his Berlin HM masterclass

3 PB's in a month, 2 of which were on the same week-end - absolutely brilliant running!!

For his heroics at the Milton Keynes running festival and 2 PB's, one day after the other!

For his Milton Keynes Half Marathon PB after getting a 5k PB the day before!

Other nominees are-

Vicki Lowe

She is the unsung hero who turns up to all the league races and smashes it. On top of all the marathon she runs and modestly never looks for praise.

Vicki is an outstanding Strider, she turns up to every LRRL and Cross Country race, and every Wednesday she gets my vote this month.

Nikola Dolphin Rowland

For her super speedy parkrun at Watermead.

Before her illness she was running so well and with a huge smile on her face.

She epitomises what it's means to be in a club - enthusing others and celebrating others achievements as much as her own.

Her enthusiasm over the years cheering others and welcoming newbies as well as XC team bonding is priceless.

Leigh Pick

For her brilliant double PB achievement. A 4mi PB at the Bristol 10k, followed up 2 weeks later by a 5k PB at Abbey Park parkrun.

Kristy Nicholls

She showed great resilience and strength finishing the LRRL West End 8 despite having a migraine and heat stroke.

She has come back to do LRRL races again. She's great company and I hope she does many more.

Tom Hansen

I can't think that we've had a runner mixing it in the top 10 of the LRRL since the days of Jason Barton. It's great to see and good for the club as a whole



A massive well done to all who have been nominated by fellow club mate. There has been an incredible amount of votes once again so do keep them coming in for Junes 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 is amazing how much it can makes 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 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

