

# Stride & Tested

## Denmead Striders

September 2017

### Winter Cross Country

Paul Welch

As the newly appointed XC rep I thought that I would give you a small insight into the world of cross country running. Denmead Striders is a member of the Winter League which has 24 clubs who compete in 6 multi-terrain races held between October and April. Each club's team comprises of the first 5 men and first 3 women finishers.

Each race is 5 ish miles of off-road terrain usually consisting of mud, grass, mud, trail, mud, tree roots, mud and maybe a few little hills. I think you get the idea. Now I understand that this might not immediately appeal to some runners, but it really is a welcome distraction from the pressures of road race running and trying to constantly get PB's or course bests. By the pure nature of the courses that we run, it is never going to be a 5 mile PB, so you can instantly forget about pace or time and just enjoy the run for what it is, a dirty, muddy, wet, Sunday run in the beautiful Hampshire countryside with like-minded athletes.

Although, as I said earlier it's only the 5 men and 3 ladies that score for the team I would welcome as many members as possible to come along, as there is always a great team effort in supporting and cheering on every last member and of course discussing at length everything that you loved (or hated) about the course afterwards.

Oh and by the way these races are FREE! All you need is to wear a club vest to be eligible. So get your trail shoes out, come along and give it go, you may just like it.

Sun 08 Oct Basingstoke & MH AC, Pamber Forest

Sun 12 Nov Portsmouth Joggers, QE Country Park

Sun 10 Dec Farnham Runners, The Bourne Woods

Sun 31 Dec Hart Road Runners, Lord Wandsworth College

Sun 21 Jan Stubbington Green, Manor Farm CP

Sun 25 Feb Haslemere Border AC, Polecat Valley - date to be confirmed



### Race dates – October & November

#### October

Alton Downland Challenge 1<sup>st</sup>

Basingstoke Half 1<sup>st</sup>

Salisbury Half 1<sup>st</sup>

Bournemouth Marathon 8<sup>th</sup>

Chichester Half 8<sup>th</sup>

Pieces of Eight/ RNLI 10k 8<sup>th</sup>

X Country Pamber Forest 8<sup>th</sup>

Denmead 10k 15<sup>th</sup>

Great South Run 22<sup>nd</sup>

#### November

Ghost Run 666 3<sup>rd</sup>

Meon Valley Half 5<sup>th</sup>

Remembrance Day 10k 11<sup>th</sup>

X Country QE Park 12<sup>th</sup>

Gosport Half (HRRL) 19<sup>th</sup>

Hayling 10M (HRRL) 26<sup>th</sup>

St Andrews Day Run 30<sup>th</sup>

## Striders Stats PB's by Clare

### August PBs. Well done to:

Name	Race	Time
Lee Mawson	Lakeside 5k	00:17:36
Dan Starkey	Isle of Wight Half	01:28:51

## Official New Members A warm welcome to:

Damion Allen  
Amy Gaunt  
Michael Harrison  
Nicholas Minter

## Striders Photos



Isle of Wight Half  
Lisa Peckover



Gravel Hill Success  
Clare Welch



One hill too many!  
Clare Welch

## Next Month's edition

It has been so great to have such great write ups that I have not been able to fit everything in – through fear of creating a novel!

Therefore next month look out for a great insight into the madness of Liz and her Iron Man (I know I promised it this month but the best things come to those who wait). Also after some feedback on the website there is a write up from webmaster Sarah Heard with some hints/tips and explanations.



## Midnight Marathon

Kirsty Bailey

The Midnight Marathon by Kirsty Bailey

As the day of the midnight marathon arrived I realised how little I had thought it through. By that I mean I hadn't thought about what I should eat, and when, and about getting some extra sleep to keep me going through the night! Normal preparation of pasta the night before and porridge on the morning was thrown into disarray. Then there was the question around what to wear. It had been hot during the day and I thought a running vest would be fine – luckily I had packed extra layers and I quickly realised that I needed them as the sun dropped bringing with it a chill in the air.

Seven Striders took part Matt Cheney, Martin Parfitt, Phil O'Connor, Liz Steward, Martin Carpenter, Steve Colmer and I. The marathon started at 9pm and we quickly needed our head torches to light our way as dusk turned to night. Our route took us through Queen Elizabeth country park along the South Downs way onto Harting Hill eventually reaching the half way turn point at Cocking. Martin, Steve and I all ran together and I must admit I was very grateful of the company as some of the darker wood sections would have been quite scary!! Feed stations were located along the course every 4.5 miles which nicely broke the course down into manageable sections. As you would expect from the South Downs way there were quite a few hills, some tough climbs equally rewarded with some nice downhill sections. The benefit of running in the dark is that you can't actually see the hills ahead or

how far they climb – only the twinkling of head torches gave away the impending rise!

There were some amazing night time views along the way. The full moon shone brightly in the sky and the lights of villages, Portsmouth and the Spinnaker tower could be seen far in the distance from the top of Harting Hill. We were also incredibly lucky to have the Striders support team who drove through the night to encourage us at different points along the route. I'm sure all of us greatly appreciated the cheers from Terry Aked, Paul Welch, Lisa-Marie Peckover, Gary Armstrong, Julian Manning, Emma and Clare Welch who was lit up like a beacon in Christmas lights!!

We crossed the finish line just under 5 ½ hours and were warmly greeted by our fellow Strider runners, who had stayed around to see us finish even though they could have been tucked up in bed. Our efforts were rewarded with a fantastic medal, hot bowl of chilli and a flapjack before heaving our weary bodies back to our beds – it's been a long time since I rolled in at 3am!



## Getting to know you, getting to know one another....

As promised our regular feature for questions with your fellow striders continues. This month's volunteer is our very own Mr Chariman – Terry Aked



### Q & A with Terry Aked

#### ***What made you join the Striders?***

I had been running for years on my own but always thought I would be too slow to join a club. Having hit 40 weighing nearly 22 stone I decided things needed to change. I set myself a few targets and decided if I could do a half marathon in sub 2 hours I'd join a club. 5 stone lighter I completed the 2013 Reading half in 1h58m and look what happened!!

#### ***What inspired you to start running?***

Football was my main sport when I was younger. Unfortunately one knee injury too many ended that career and running was about the only thing I could do.

#### ***What's your favourite distance and why?***

10 miles. Manageable but you know you've done it.

#### ***Cross country or road?***

Bit of both?

#### ***Summer/winter training?***

Winter definitely, too warm in the summer for the fat lad.

#### ***Favourite club session?***

Pint reps at the Denmead Queen!

#### ***Any club inspirations and why?***

Given my personal struggle with, and hatred of the marathon distance I find Julia Revills achievements remarkable and inspiring, although not enough to get me into another 26.2!

#### ***Any pre run/race superstitions or prep?***

3 weetabix if I'm up in time.

#### ***Favourite medal?***

Tough question given I'm a bling whore. I think the Battle of the Somme Centenary run, purely for the atmosphere on the day and the significance of the occasion made the bling a bit special.

