

Stride & Tested

Denmead Striders

October 2017

Denmead Striders Website

Sarah Heard

The new website has been up since the beginning of the year – the first major overhaul it has ever had. Sue Rattley had created the old website from scratch and updated the information on it single handedly but felt that it needed completely re-working and updating. Some of the new features include letting regular contributors have their own accounts so that they can upload their information as soon as it is ready, and a mobile version so that you don't have to keep zooming in and out on your phone screen. Thank you for all your comments on how much you like the new look and feel – as you probably know, I'm not a professional website designer so it's nice to know what is working well.

As with any change, it will take a bit of time to adjust to the new layout. However, there are a few common problems so I thought I would give a bit of guidance.

Why are all the handicap times showing as 12:00?

This is a mismatch between how some spreadsheets save times, and how your browser displays them. I'm now saving handicap and time trial results to PDF which gets rid of this problem. If you do find a problem with this, please let me know and I will convert it to a better format, or if you can't wait you can try opening the file on a desktop computer spreadsheet programme - I use OpenOffice which is free.

Can you make the site more colourful?

At the moment the site uses the default colours of black, white and grey from the package I build the website in. Other websites that use this colour scheme include Wikipedia and Google so we are in good company! I will be including more photos as and when I get a chance but the colour scheme is unlikely to change. I've had comments from people who like the new clean look and feel, and also comments that people preferred the old colour scheme - unfortunately there is no way of pleasing everyone.

I can't see anything other than the menu

options on the mobile site

The mobile version of the site has the menu bars at the top of the page, which completely fill some mobile screens. Scroll down and you will see the page content.

I can't find anything

The majority of the content from the old website came across to the new one. The things people seem to struggle most with are handicap / time trial results; and administrative documents such as membership forms. The Results tab is where you will find race results, Striders League, handicap and time trial results. You may need to follow another link – blue text means you can click on it and see more information. This is a really common convention across the internet so hopefully isn't too confusing. The Info tab is where you will find most of the information that relates to anything other than running – such as club kit, membership forms, committee meeting minutes etc. You can also type what you are looking for into Google (www.google.co.uk) – so if you are looking for the handicap page, trying searching for "Denmead Striders handicap" and it will find it.

Can you add more links to the home page?

I would consider switching things around if enough people wanted it, but the layout will become unwieldy if I increase the number of menus any more. If you want something adding to the home page, could you please suggest what you would like taken away.

If you are really struggling with something, I always welcome polite feedback. It is easiest for me to help you if you tell me what you were looking for as unfortunately I can't do much if you don't. I don't often make it to training as I work in Salisbury during the week but you can email me on

denmeadstriderswebmaster@gmail.com.

Alternatively, if you want to speak to someone in person, Clare Welch is likely to be able to help.

Race dates –November & December

November

Ghost Run 666	3 rd
Meon Valley Half	5 th
Remembrance Day 10k	11 th
X Country QE Park	12 th
Gosport Half (HRRL)	19 th
Hayling 10M (HRRL)	26 th
St Andrews Day Run	30 th

December

Santa Fun Run Southsea	3 rd
Victory 5 (HRRL)	3 rd
Bourne Woods X Country	10 th
Portsmouth Coastal Marathon	17 th
Pub to Pub	27 th
Lord Wandsworth X Country	31 st
Twixmas 10 off Road	31 st

Striders Stats PB's by Clare

September PBs. Well done to:

Name	Race	Time
Kev Gale	Solent Half	01:26:45
Lee Mawson	Solent Half	01:27:21
Stuart Hoare	Overton 5 mile	00:37:26
Lee Mawson	Overton 5 mile	00:29:59
Lisa Peckover	Overton 5 mile	00:39:45
Dan Shawyer	Overton 5 mile	00:31:32
Liz Steward	Overton 5 mile	00:33:41
Tillie Johnson	Meon Valley Half	01:58:12
Martin Parfitt	Royal Parks Half	01:37:17
Dan Shawyer	New Forest Half	01:30:17

Official New Members A warm welcome to:

Graeme McCartney



Striders on Tour - Palma
Clare Welch

Striders Photos



Bournemouth Selfie
Gary McCawley



Denmead 10k
Peter Maisey

Don't forget.....

Curry night at the Red Rose Lounge – 24th November 2017.
Contact Lee Weeks to book your space

Christmas Songs! Don't forget to send your favourite songs to Terry for a chance to be entered in the raffle and a chance to get up and boogie. (Xmas do is the 8th December)



Outlaw Ironman Triathlon, Nottingham, 23rd July 2017

Liz Steward

A funny race it was this weekend... I really did dislike it at the marathon 20 mile mark! This usually happens whether I have cycled and swam prior or not! But I was so set in my heart for a sub 4 hr marathon and so to get it I was mighty pleased. No doubt the marathons of spring helped.

No doubt at all, confidence and strength were in the bag some to at least get through the run. Some triathletes can dread the run. I am lucky it's my favourite bit. Although the bike makes up the large part in time.

I signed up to the Outlaw triathlon the morning after watching a friend win (first female) in 2016 on the TV. An athlete of the world champs ironman order! She inspired me. I had already completed Ironman Wales in September 2016 but that was hilly and tough in different ways. Outlaw was flat and fast. It had to be easy right!

Canada geese, ducks and a few swans adorned the lake and gave a tranquil feel. I liked muchly. On the edge of a rowing lake in Nottingham, we assembled, registered, got briefed and left our bikes for the night. I had brought a fancy sheet to protect my beast from the heavy rain forecast overnight. Was there any point? Would it be just as wet tomorrow?

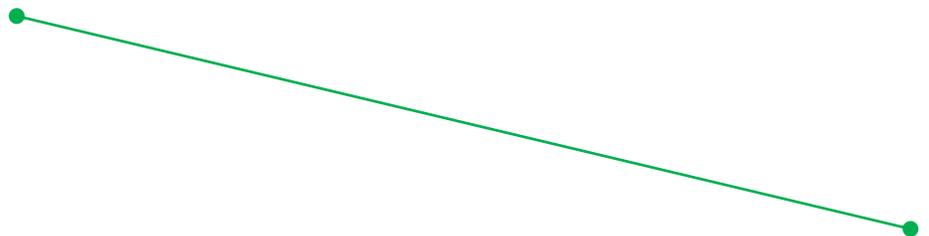
We were lucky, it held off. A 4am rise, and the heavy rain finally eased! And with a 6am horn blast, we were off for our morning bath, swimming the 1.2 mile one way up the rowing lake, east into the sun, before turning for the 1.2mile return on the other side. A bit of a scramble, but not too bad, no waves to contend with. And on to the bike, I start to play catchup. My head's down and focused, not my usual leisure ride! I felt confident though, I

knew I had the distance in my legs. I was relying on that. I had had enough dramas with the bike setup already this year to know I was all good there too. It did the job! And a fine one! :D. But I looked forward to the run. How would it be?

The trainers, ahh. So good to use the legs again - tough to begin with and then I found my groove. Some mental struggles to keep going at times, but I pulled through. A great field of athletes we were, encouraging each other and supporters goading us on too - always a real help. When I got to the finish line, and finally eased up, I felt so emotional! Self-pride perhaps in realizing the dream of finishing it - finally accomplishing it. Or just a whoosh of adrenaline etc haha. I try always to allow for a slip up in my head. You can never truly know you can do it till you've done it. But the nearer the finish line comes the more and more you know you have it. There's just something about that, that I love.

Thanks to the club for my lovely applaud the following Wednesday at training! It's great to have such a great crew to train with and push each other on! Team effort!

**(2.4mile swim, 112mile cycle,
26.2mile run. – Splits:
1.21/5.52/3.54)
Total time : 11:18:24.**



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

This month's insight is marathon lady herself – Julia Revill

Q & A with Julia Revill

What made you join the Striders?

I saw the colour at my first race, the pub to pub in 1999. My horse racing colours were red with a black stripe so close enough. Lucky there was no Portsmouth Tri then!

What inspired you to start running?

Fat, fifty and fed up as had lost my last horse. Watched the London Marathon on TV and thought I would like to try it!

What's your favourite distance and why?

Marathon, a great day out and amazing way to see our lovely countryside and areas not normally visited.

Cross country or road?

Cross Country, so much to see, no traffic or Industrial Estates

Summer/winter training?

Winter – Do not like running in the heat.

Favourite club session?

Hills & Short Reps, 200-600s

Any club inspirations and why?

So many, Julian for his amazing commitment to every run, Graham Clarke and Brian Harris for their great road run times, Matt Cheyney for his long distances and Liz Steward for her all round resilience. Also seeing all the work that everyone puts in every week.

Any pre run/race superstitions or prep?

Pasta Friday night. 3 small meals Saturday, nothing after 7pm. I never put on my race number until I am at the venue and never wear a race T-shirt before the run.

Favourite medal?

Tresco Marathon on the Isle of Scilly, my PB course. I did it 3 times, the last in 2005, I still long for it to come back!

