

Stride & Tested

Denmead Striders

November 2017

Kielder Marathon, Northumberland

Mel Hunt

I decided it was time to brave another marathon, so had a word with our marathon expert Julia Revill, asking her to recommend one with views and decent paths, so one of the ones she mentioned was Kielder in Northumberland. She definitely fulfilled both criteria with this race! It was a beautiful area and the paths were excellent but if I should ask for any other recommendations in the future I must remember to include asking about the number and severity of the hills!!

Anyway Graham Clarke and I decided to enter, having checked it out on their website. It was going to be undulating with the largest incline at the beginning according to the elevation profile. So trained for hills, with the 'Woodland Way Challenge' as our longest run, which I felt should be adequate training for the race!

Race day arrived, we had a little time to enjoy the scenery before the race got under way fifteen minutes later than planned at 10.30. We started with what we thought would be the hardest incline, got that out of the way and enjoyed the sun and views as we completed the first half marathon at our target pace or thereabouts, however, as the constant undulations continued relentlessly I began to find it a little harder than anticipated and gradually lost sight of Graham who appears to have regained speed and endurance lately.

Slowly the miles to go got less and I began looking forward to the one and only flat mile across the dam, miles 17-18, which was a welcome change when it arrived. After the dam I had to succumb to walking most of the inclines but didn't feel too bad about that as everyone around me obviously were also feeling the effects of the hills.

Eventually the sounds of the finish began to get clearer so not too far to go, the last mile was virtually all walking for me and I saved just about enough energy to look a bit fitter than I felt and managed a little run over the line.

I was pleased to have finished in a fairly respectable time of 4 hours and 49 minutes. Graham however, got back a good sixteen minutes ahead of me in a good time of 4 hours 33 minutes.

We collected the first of our two medals T-shirt and goody bag for this race and headed to the baggage area. I say the first of two medals as the ones we were supposed to receive didn't arrive in the country in time, so others were ordered so they had something to hand out on the day, and the original ones will be posted to us a little later!

On arrival back at the baggage tent my body decided it had definitely had enough, so much so that Graham was worried enough to ask if I needed the first aiders, so he went and fetched one, after a bit of a lay down on the concrete with a space blanket over me, a Mars bar and a cup of coffee I was right as rain again! If all problems could be so easily solved with chocolate!

I would like to take this opportunity to thank those of you who sponsored us in aid of the Rowans Hospice for your support. The race was most definitely a challenge so hopefully we earned our sponsorships!



Race dates –December & January

December

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

January 2018

Stubbington Green 10k (HRRL)	14 th
Wickham Torchlight 10k	21 st
Manor Farm XCountry	21 st
Chilly Hilly	28 th

Striders Stats PB's by Clare

October PBs. Well done to:

Name	Race	Time
Chris Cornwell	Denmead 10k	00:40:22
Sarah Hadfield	Denmead 10k	00:56:11
Ian Jones	Denmead 10k	00:47:03
Dan Starkey	Denmead 10k	00:40:36
Rob Wilson	Denmead 10k	00:40:13
Chris Cornwell	Great South Run	01:06:06
Chris Ellis	Great South Run	01:19:22
Tillie Johnson	Great South Run	01:18:10
Martin Parfitt	Great South Run	01:06:59
Darren Phillips	Great South Run	01:13:03
Suzanne Richardson	Great South Run	01:15:26
Dan Sawyer	Great South Run	01:05:27
Mark Wilson	Great South Run	01:17:09
Rob Wilson	Great South Run	01:02:22
Dan Starkey	Bournemouth Marathon	03:22:46
Neil Willams	RNLI	00:38:14

Official New Members A warm welcome to:

Harry Woodroof –
Husband of Jane and
Father of Nick, glad
that he is joining them
and us

As there are a lot of new members you may not be aware of how I get the PBs. I generally take these from when you became a strider and will be based on your second race of any distance. If you do have results on Power of 10 then I do try and update them according to this.

Striders Photos

They should be on your feet Sean!
Alan Dunk



Striders Snacks – Chef Manning
Lisa Peckover



Meon McCawley Selfie
Gary McCawley



Don't forget.....

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

Christmas Party! Friday 8th December 7.30pm - RNA Club,
Waterlooville. Free entry and subsidised bar
Raffle Prize donations would be appreciated



Bad Cow Frolic – AKA Striderfest Clare Welch

I'm not sure where the idea sprang from. I have a feeling it was our old Head Coach and fellow shorty Graham Bowpitt. However back some time ago an idea grew and before we knew it there was a little group of us all booked for the Bad Cow Frolic in Dorset. It was soon renamed Striderfest and a great weekend was upon us.

We arrived throughout the afternoon with Graham being the first and nicely reserving spots for all the campers that were soon to arrive.

It was the hive of activity with all sorts of outdoors equipment being dusted off and soon we had our own little Athletes Village erected with the Striders Gazebo taking centre stage. Once everything was set up we took in the surrounding area with huge excitement over the camp shop (which was so special it only opened at certain times). We walked all of 500m to collect our numbers and that was it. We were set for the days ahead.

Now of course being the tip top trained athletes we are, there was a lot of serious race preparation going on and everyone drank H2O and got an early night.

The following morning – with a few sore heads (That H2O can be very naughty you know) it was time to take in the events of the day. Today's event was the timed/relay event. You could enter as a team of 4/3/2 or go it solo and basically run loops (4 miles) of a multi terrain course for up to 12 hours. All of us were in teams in some shape or form and everyone had their own targets they wanted to achieve. So off the first runners set – cow baton in hand ready for the laps ahead. Some decided to take it in turns, some done a few laps on the trot and others had a break and went back out again. All in all Matt Cheyney & Paul Welch achieved Marathon distance over the day,

Mark Wilson done 4 laps (about 17 miles), Terry, Kirsty, Graham, Steve, Martin, Gary Cassop, Emma all achieved half marathon distance and not forgetting me, Gail, Mandy and Julie (Steve's wife) for doing some laps too.

Around the course the support was great with the "Love Station" being a particular welcome with some beverages and snacks provided and music to keep you going.

The great thing about the day was the teamwork, the support and just the fun of running. Everyone there just did love to run and it showed throughout the day.

So with the sun going down there was some well-deserved food and drinks to be had and everyone gathered round the campfire to take in the day, discussing every lump/bump and distance accomplished. It was also a double celebration as our very own Mr Cheyney was celebrating his birthday so it would be rude not to indulge in some birthday cake for the occasion.

The following day saw more running with an organized Marathon and Half Marathon. Crazy Matt was in for the marathon (just because the day before wasn't enough) With Kirsty, Terry, Martin, Graham competing in the Half. This meant the rest of us could dismantle the athletes village and support when they came round on their various laps. Again the day saw some brilliant efforts with Matt coming in 2nd for the Marathon and Kirsty 2nd lady for the half.

So after 2 days of running, chatting, eating oh and singing it was time to say our goodbyes and head back in our various modes of transport.

I couldn't have spent the weekend with a better bunch of like-minded

people. The event is organized by White Star running and if you have not taken part in one of their events before I must say I thoroughly recommend it.

It really is a great running day – a bit like a festival for runners!



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

This month's insight is our wonderful Head Coach and master of the selfies – Gary McCawley

Q & A with Gary McCawley

What made you join the Striders?

After returning from a three-mile run around the block, I was asked by a neighbour if I would like to come along to a training session arranged by some local runners. The neighbour was Dennis Sanderson who had been along to the initial sessions, how could I refuse with his enthusiastic recollection of running around the King George V Playing Field trying to catch the person in front of him. These local runners eventually turned into the Denmead Striders.

What inspired you to start running?

Nothing inspiring, all the usual reasons, a need to get fit and lose some weight.

What's your favourite distance and why?

Ten miles. It is a distance to make you feel you have achieved something without going too far.

Cross country or road?

If you would have asked 10-15 years ago it would have definitely been road. Now it is cross country or off road running as much as I can. It has definitely improved my road speed and stamina training on a changing terrain



Summer/winter training?

Winter training. Nothing beats the satisfaction of completing a session in the cold rain or the exhilaration of running through the cold chilly air on a clear night.

Favourite club session?

Summer: 800m intervals
Winter: 5K time trial.

Any club inspirations and why?

At a club level, it was watching a number of new members take on the marathon distance. Some of whom vowed they would never ever run a marathon when they first joined the club.

At an individual level Anita Crawley just for her sheer determination and self-motivation. As I first became aware of Anita in local races, I would think I have done enough to win the challenge, only for her to come sailing past me in the finishing straight. Suzanne Richardson just for the way she has turned her fitness around through lifestyle changes and stepping up her training. This resulted in a self-belief in her own abilities leading her to take on the marathon and ultra-marathon distances and produce some really good times over the shorter distances.

Finally, Julian Manning. Mainly for his ability to excel at any distance over any terrain.

Any pre run/race superstitions or prep?

This is probably not the right thing to say, but I do not like filling in the personal information on the back of a race number due to a fear of tempting fate.

Favourite medal?

I have two favourite medals, mainly because they mark milestones in my running career.

The first was back in the day when the height of fabric wicking technology was a top with holes in which resembled a stringed vest and an isotonic drink was a bottle of water with a spoonful of salt and sugar added. I took part in the 1992 IBM Portsmouth Half Marathon, this was the first time I went under 1:30 for the distance completing the route in 1:28:27

The second was the 2017 Southampton Marathon. After a period of 25 years and several attempts, I finally broke the 4-hour benchmark, completing the route in 3:57:41.

