

Stride & Tested

Denmead Striders

December 2017

2017 – Reflecting on the year

Clare Welch

So as we draw closer to the end of 2017, I find myself once again reflecting on another year spent with the Striders and admiring everyone's progress, trials and tribulations and the ever growing friendships that unfold through the love of one simple thing "Running".

I myself started off the year by forgetting previous achievements and just concentrating on a new year with new targets - being steady, enjoying it more and doing my utmost not to get injured. What I didn't bargain for was how much fun I would have, how much I would achieve and how much my addiction to putting one foot in front of another would get even stronger.

As well as racking up a few PBs, staying relatively injury free I also discovered a whole lot more!

This year I discovered the beautiful summer Friday social runs and was able to take in the stunning countryside we have right on our doorstep. I discovered the ability to run/stop/run/stop/run/stop on the unofficial pub to pub – finding new people to while away the day with and listen to the interesting stories so many people have.

I discovered my love for Parkrun again. Meeting up with fellow runners on a Saturday morning is a great way to start your day.

I discovered that I quite like a little break away with some running involved. Two mini breaks with some races thrown in and impeccable company is definitely something that will appear on my calendar yearly.

I discovered that it's okay to take a break from running occasionally and that it's for the best long term.

Most of all, I discovered that I love seeing everyone else's journey and somehow experiencing it with them along the way.

Seeing the jubilation on getting that new best time or just watching someone come back from injury and the pure satisfaction on being able to run again has been a pleasure to watch.

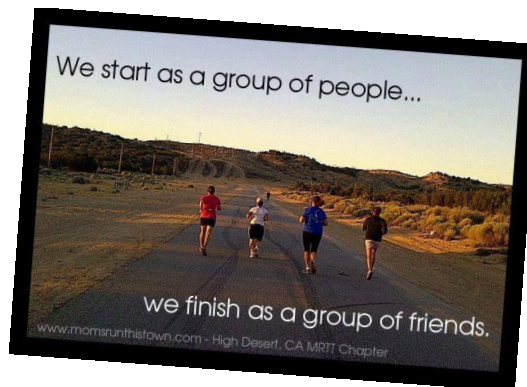
This year has seen an incredible amount of PBs with the likes of Dan Starkey, Dan Shawyer, Lisa Peckover, Suzanne Richardson, Lee Mawson getting them in abundance.

It's also been great to witness some fantastic new members join and be straight up there with the speedy ones, just to make sure they can't take it easy! It's nice to see the likes of Chris Cornwell, Rob Wilson, Kev Gale & co challenging the positions.

I simply couldn't name everyone in person but in some shape or form it has been great to witness every moment with you guys throughout the year.

Who knows what 2018 will bring. I have stupidly signed up to another marathon so I'll let you know how that goes! But until then.....

Thanks for the memories Striders...it's been great.



Race dates –January & February

January 2018

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

February 2018

- Chichester 10k 4th
- Ryde 10m 4th
- Bramley 10 & 20m 11th
- Polecat Valley XCountry 28th

Striders Stats
PB's by Clare

October PBs. Well done to:

Name	Race	Time
Terry Aked	Hayling 10M	01:20:27
Chris Cornwell	Hayling 10M	01:04:22
Kev Gale	Hayling 10M	01:03:05
Lisa Peckover	Hayling 10M	01:21:50
Suzanne Richardson	Hayling 10M	01:15:03
Dan Starkey	Hayling 10M	01:05:47
Linda Taylor	Hayling 10M	01:15:34
Rob Wilson	Hayling 10M	01:02:09
Kev Gale	Gosport Half	01:26:30
Roland Hill	Gosport Half	01:27:55
Stuart Hoare	Gosport Half	01:44:42
Slavena Jenson	Gosport Half	01:56:28
Tillie Johnson	Gosport Half	01:43:43
Lee Mawson	Gosport Half	01:25:55
Lisa Peckover	Gosport Half	01:50:07
Suzanne Richardson	Gosport Half	01:40:01
Dan Shawyer	Gosport Half	01:26:47
Dan Starkey	Gosport Half	01:26:27
Clare Welch	Gosport Half	02:07:33
Mark Wilson	Gosport Half	01:43:28
Rob Wilson	Gosport Half	01:21:24
Jane Woodroof	Gosport Half	02:05:33
Tillie Johnson	Remembrance 10k	00:47:28
Neil Williams	RNLI 10K	00:38:14

Official New Members
A warm welcome to:

- Steve Hutt
- Adam Chant
- James Cocksedge
- Leanne Kelley

Striders Photos

Chimney Pot Challenge Selfie
Gary McCawley



Hell Runner – The bog of doom



Paul & Jelly Baby Lady
Peter Maisey



Marathon vs Ultra
Kirsty Bailey



Hampshire Road Race League Update 17/18

Kirsty Bailey

Victory 5 marked the 5th of the 12 Hampshire Road Race League races and the last race of 2017. The competition has been fierce this season and for the first time in the history of the HRRL Winchester ladies A and B teams have been knocked off their reign at the top spot by Hedge End!

The Striders teams have also demonstrated that we are a force to be reckoned with and are making our presence known in the league tables. Our current standings after 5 races are:

A Division 1

Ladies A Team – 6th

Mens A Team – 4th

B Division 1

Ladies B Team – 2nd (ahead of Winchester B team!)

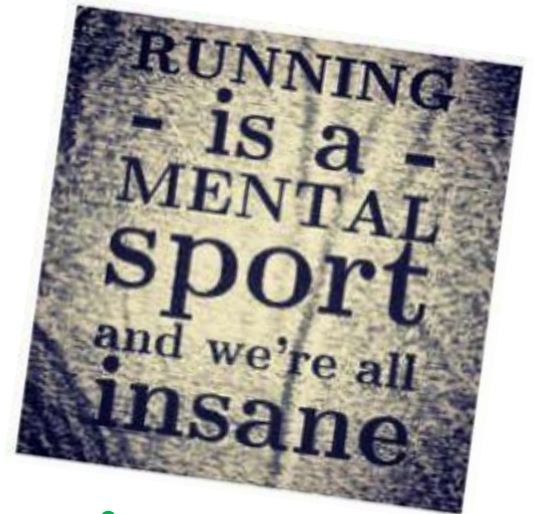
Mens B Team – 3rd

B Division 2

Mens C Team – 2nd

With complete teams at each race and an abundance of pb's it has been an incredible start to the season. I have no doubt that we will continue to do well as the league progressing in the New Year.

Well done team Striders!!



Hayling 10 Mile – 26th November

Mike Shaw

I felt quite alone in Hayling Park on a fine sunny morning awaiting the arrival of the runners at the finish of the Hayling 10 mile road race. Suddenly I was alone no more as the rampant striders arrived all having done the club proud.

It would seem bad to leave anyone out as all performed so well. In 2nd Place was a young chap called Manning, a real prospect this lad, one for the future. Then the great Matt Cheyney, Gary Armstrong, the two Dans, Mr Clark, Bride to be Kirsty, Chairman Terry (a PB), Mel Hunt, Brian Harris, Elvis' daughter Lisa Marie, Liz a couple of Garys.

The parade of red & green seemed to go on forever and proved the diversity of talent in the club and the camaraderie which exists between members. Well done to everyone!

Lastly - Vice Chairman Lee Weeks ran so well it proved that curry evenings...produce runs

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

This month's insight is our Ladies Club Captain Kirsty Bailey

Q & A with Kirsty Bailey

What made you join the Striders?

I had trained for and ran the Great South Run a couple of times and then the Reading half marathon and loved the feeling and sense of achievement at crossing the finish line. However I struggled to keep motivated training on my own and that's when I found the Striders running club.

What inspired you to start running?

Initially it was the Race for Life that inspired me to train and run my first event and then the Great South Run. I had always been conscious about keeping fit but unfortunately wasted too many years in the gym before I really discovered my passion for running. I love being outdoors and the sense of freedom and escapism that you get with running.

What's your favourite distance and why?

My favourite distance would have to be 10 miles – it's long enough to test your stamina, strength and pacing but short enough that it doesn't become a real battle of mind over matter!

Cross country or road?

I enjoy both for different reasons! Road is faster and easier to

achieve pb's, but I also enjoy cross country for being more technically challenging.

Summer/winter training?

Summer for the light evenings, sunshine and running around the country lanes, but not the heat! Equally there is something quite satisfying about chilly/frosty but dry winter training.

Favourite club session?

Pyramids are definitely my favourite – I like the variety of distances that you cover during the session.

Any club inspirations and why?

There are so many inspirational runners at the club that it is difficult to single them out! Suzanne Richardson for her commitment, dedication and incredible performance, Gary McCawley for continuing to achieve new pb's, Julia for the sheer number of marathons she has completed and Julian for managing to maintain his position in the club despite new younger competition and his aging years!!

Any pre run/race superstitions or prep?

A pasta meal the night before an event, porridge for breakfast and a good night's sleep!

Favourite medal?

My favourite medal has to be my bad cow frolic relay medal. Not only is it a lovely medal but it also represents a fantastic weekend of camping and running purely for fun with my fellow Striders.

