

Stride & Tested

Denmead Striders

Striders on tour – Majorca October 2017

Clare Welch

October is becoming a distant memory now but still fresh in my memories is the little trip that a few of us Striders decided to participate in the autumn of last year.

It all started from young Gary Armstrong planting a seed and escalated from there. Before we knew it there was a sea of striders jetting off to take part in the Majorca Marathon & Half Marathon.

As tip top trained athletes we took this all very seriously and started to hydrate as soon as we hit the foreign soil. For some reason though their water looked distinctly like sangria and beer – very odd but still we continued with the lubrication and enjoyed some well-deserved rest in the Majorca sun.

After the fun of the night before we decided to warm up the legs in preparation for race day and participate in a social run along the beach. I think this is the first time I have ever been in the company of king Julian on a run. It didn't last long though as soon enough keen bean Dan was taking off and setting the pace for all the boys (a few who were in a fragile state from that strange water the night before). I kept good company in Lisa & Martin and was quite impressed that I managed our little 3 miles feeling how I did.

That same day we all headed off to Palma to collect our numbers in prep for the next day and the atmosphere was great. There you could go and purchase some race goodies and even enjoy a free pasta dish to keep us carb loaded for the race ahead. I must say I was most impressed with Palma and the beautiful Cathedral, it made me look forward to the race even more (although I cant say the heat was that welcoming).

After a much more sensible evening we found ourselves leaving the hotel at a stupid time in the morning to experience (for me anyway) our first race in a foreign country. Again the atmosphere was great, there were so many runners from other countries and it was also great to see some familiar club shirts amongst the sea of people. It made a pleasant change to be stood around waiting in the warm climate

and as always the striders pre-race banter was in full swing.

Before we knew it we were soon huddled round near the start line and about to see what this Majorca race lark was all about. I'd like to say I took this really seriously but myself and Lisa (you know we're the ones that get accused of chatting....a lot!) had already decided this was going to be a race of selfies, sight seeing and just enjoying the late autumn sun. In true race fashion we were soon treated to a bit of excitement from Mr Manning. The race done an up and back on part of the course and we nearly squealed when we realized he was in 3rd place. Unfortunately it was not meant to be and he was merely showboating for his fellow striders and dropped off towards the end. He still finished an impressive 7th which of course is not to be sniffed at.

The course itself was pleasant, with the 2nd half running through the streets of Palma, a little odd when people are walking around doing their shopping and we are all sweaty running along but a great experience nevertheless.

All the half marathoners had finished (even Lisa and myself) and waited eagerly for the two crazies (Matt & Martin) that were doing the Marathon. As you can imagine as the day went on the sun was getting more intense so we really felt for our team mates that were still out there doing the miles. Of course in true striders style they completed and got the job done with Matt finishing an impressive 34th place.

It was such a great day (and weekend for that matter) and you really felt that sense of team spirit especially when all experiencing something new together. There are so many stories and memories that we have brought back with us and I have no doubt another striders tour will be on the cards...fancy it?

February 2018

Race dates – March & April 2018

March 2018

New Forest Running Festival	17 th
Eastleigh 10k (HRRL)	18 th
Hundred Acres 10k	25 th
Combe Gibbet to Overton	25 th

April 2018

Salisbury 10M	8 th
Brighton Marathon	15 th
London Marathon	22 nd
Southampton Marathon	22 nd



Striders Stats PB's by Clare

January PBs. Well done to:

Name	Race	Time
Kirsty Bailey	Stubbington 10K	00:44:11
Jessica Brimecombe	Stubbington 10K	00:46:00
Chris Cornwell	Stubbington 10K	00:38:46
Kev Gale	Stubbington 10K	00:38:13
Steven Gardener	Stubbington 10K	00:47:43
Roland Hill	Stubbington 10K	00:38:58
Lee Mawson	Stubbington 10k	00:37:35
Lisa Peckover	Stubbington 10k	00:48:28
Suzanne Richardson	Stubbington 10k	00:46:17
Dan Shawyer	Stubbington 10k	00:39:33
Dan Starkey	Stubbington 10k	00:38:49
Simon Toms	Stubbington 10k	00:38:58
Clare Welch	Stubbington 10k	00:54:29
Jane Woodroof	Stubbington 10k	00:55:27

Official New Members A warm welcome to:

New members for the year are Lisa Hutton, Hannah Curtis, Sophie Allen and Tom Sanderson.

If you are a new member and would like to pay on line, please would you also download and fill in the membership and England Athletics forms from our web-site and either bring them to a training session or send them to Julia in the post, she is unable to register you with EA unless she has all your details.

Please would Andy Wellen who has paid, send me his details.

Striders Photos



What a stride!
Peter Maisey



The clipboard!
Adam Chant



Terry & Julian



Gary's January Selfie
Gary McCawley

Membership Payment

Please note that subscriptions can now be paid directly to the club sort code **40-45-26** account number **51233475** at £24.00 for 2018 year, please add your **full name** as reference

AGM & Awards

Please note that the AGM & Awards evening will take place on the 16th March. Members are welcome to attend both the AGM & Awards (the AGM is not limited to just committee members)

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

This month's insight is one of our coaches – Angie Agate

Q & A with Angela Agate

What made you join the Striders?

I was thinking of joining but was not sure about coming on my own. I met Kev Raymond in the gym and he persuaded me to join.

What inspired you to start running?

I ran as a junior but drifted away in favour of other sports. But I took it up again after I had my children, with the goal of completing the GSR.

What's your favourite distance and why?

I have always enjoyed 10 mile events. It's far enough to be a test, but without the painful last three miles of a half marathon

Cross country or road?

Cross Country

Summer/winter training?

Summer

Favourite club session?

I don't have an absolute favourite as I think all the sessions serve a good purpose. But I do enjoy 800s, pyramids and Creech Wood sessions.

Any club inspirations and why?

Everyone in the club inspires me. There is so much enthusiasm in the club and so many wonderful achievements.

Any pre run/race superstitions or prep?

I don't think I have any superstitions.

I like to make sure I wear my vintage club vest for all HRRL races

Favourite medal?

My favourite medal has to be the one I got at the Pebble Dash. It's just a pebble on a string, but someone picked that pebble off the beach and threaded it onto the string. That's why I like it.

