

# Stride & Tested

## Denmead Striders

March 2018

Race dates –April & May 2018

### Kirsty's World Record attempt

Kirsty will be attempting a World Record at the London Marathon by running the fastest marathon dressed as a Cavewoman!

As you may know she has been lucky enough to run the London Marathon on a few occasions before, but 2018 is an extra special London Marathon for her.

Not only will it be her last marathon as 'Miss Bailey' (!!!) but she will also be attempting to break a Guinness World Record by running the marathon dressed as a cave woman!

You might think that is an easy challenge until you discover that she has to run with a club that weighs 1kg for 26.2 miles! That's equivalent to running with a bag of sugar in her hand.

So given that it is extraordinary marathon, She has decided to raise money for Stubbington Ark - a separately registered branch of the RSPCA covering Portsmouth and Southampton, providing care and rehoming for all manner of animals.

If you would like to sponsor Kirsty then please use the link below or find Kirsty at training:

[www.justgiving.com/thirstyrunner](http://www.justgiving.com/thirstyrunner)

#### April 2018

Salisbury 10M	8 <sup>th</sup>
Brighton Marathon	15 <sup>th</sup>
London Marathon	22 <sup>nd</sup>
Southampton Marathon	22 <sup>nd</sup>

#### May 2018

Gosport Summer 5k series	1 <sup>st</sup>
Alton 10M	13 <sup>th</sup>
Netley	20 <sup>th</sup>
Clanfield Challenge	20 <sup>th</sup>



## Striders Stats PB's by Clare

### February PBs. Well done to:

Name	Race	Time
Clare Welch	Bramley 10M	01:31:55
Roland Hill	Worthing HM	01:25:57
Mel Hunt	Portsmouth Coastal	01:48:41
Ruud Jonkers	Portsmouth Coastal	01:26:26
Chris Cornwell	Portsmouth Coastal	01:26:48
Tillie Johnston	London Big Half	01:43:17
Matt Madill	Thorpe Park Half	01:29:54
Paul Saunders	Tunbridge Wells Half	01:28:58
Neil Williams	Knowle 10k	00:37:54
Stuart Hoare	Bramley 20m	02:50:03
Suzanne Richardson	Bramley 20m	02:45:19

## Members

Don't forget that subscriptions can now be paid directly to the club  
Sort Code  
**40-45-26**  
Account Number  
**51233475**  
Fee is £24.00 for 2018 year,  
please add your **full name** as reference

## Striders Photos



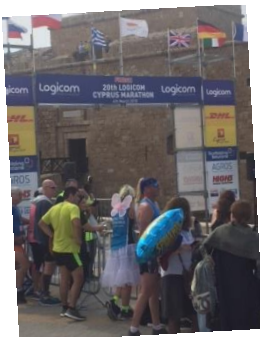
**Gail & Gary return for Lidl  
Jenny Parks**



**The lanes  
Paul Saunders**



**Tunbridge Wells Half  
Paul Saunders**



**Cyprus Racing  
Ian Jones**

## Awards Night 2018

The 2018 Awards Night was yet another success with worthy winners receiving recognition for their hard work throughout the year. For those of you that couldn't attend look out for the results coming soon on the website and in next months Newsletter.

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

This month's insight is Liz Steward

### Q & A with Liz Steward

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

A work friend encouraged me along, and then left! It was on my commute path, so convenient. The training was a fresh take on running which I had always treated more casually. It was great to get pushed. I dropped in a couple of times a year to begin with! On hearing of the HRRL from Sally Rowe, I signed up and joined properly (Autumn 2015), and have loved the racing, training and welcoming friendly crew.

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

Leaving school and realising there was no more xcountry adventures! I enjoyed running at school. I became a casual runner to keep myself slightly healthy, and I enjoyed it. I ran on trail mostly, and remember counting rabbits in the spring! For 12+ years I ran without a watch.

Now I clock all the miles instead of rabbits!! Haha. I always just liked running!

My younger sister ran London marathon years before me. She inspired me to go long.

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

Marathon. It's a classic distance. Memories of London marathon on the tele as a child, it was special and inspiring. The 2016 Olympics I loved the women's marathon, I ran after to match their run time and managed 17 miles.

It is also a distance that brings so many more adventures in, within the event and the lead up to it!

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

Cross country or trails for relaxing fun. Road racing for the challenge. General training is mostly road, as its more accessible for me.

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

Winter for running, and gearing towards spring marathons. Summer for cycling and marathon recovery! If I am not injured I will train all year. Runnings a ritual I don't go long without, all being well.

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

Hills, love working hard on the up. And recovering on the down. And being motivated seeing everyone else do it! Strength training I believe.

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

Too many to mention. 100miler Matt Cheyney and his follow up at Hayling Billy 5 days later was impressive. Julian Manning's persistent speed that drags us all along! Julia Revel's 208 marathons (maybe more now)!. Lee Weeks legendary run of curry's.

Gary Edmonds, and his inspiring Munroe bagging, I fancy that Scottish adventure... all that hill training!

So many, it's a special club, including the coaches, are so dedicated to the training, it helps hugely. The club has great peer support and everyone celebrates each other's efforts. And most importantly some people keep the club ticking! All who turn up are inspiring, whatever the level of running. Sometimes I turn up just to see a friendly face. However the session goes I'm always glad of it! But I love having the races booked to keep my focus on too.

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

Pasta on the lead up to big ones. Lots of hydration day or two before big event. Couple of pints of liquid in the morning. Keep calm, remember why I'm running, life's meant to be fun, and carry on!

Porridge on the morning of a long one, 2+hours in advance. With dates, and an apple or banana. black coffee pre-race too if I'm lucky.

I don't eat before long training runs generally, get up, get out and get it done!

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

Eastbourne Track Marathon. It was a bizarre event I was surprised to take part in. 105 laps of a track is quite a surreal experience. But one I would recommend. It makes me laugh a bit that one. And it was my PB marathon. As with all these events, they make for a fine day out!

