

Stride & Tested

Denmead Striders

April 2018

Awards Night March 2018

Unfortunately I cannot give a detailed write up on the awards night as I was too busy dancing the night away at a Dirty Dancing tribute evening! However I was regularly updated on the achievements by everyone and am reliably informed it was a successful evening. I would however like to say a special thank you to our Chairman Terry as although you may all think of him as the class clown I know how much hard work goes into the organisation of this evening. Therefore Mr Aked...take a bow and thank you for yet another successful striders awards night

Race dates – May & June 2018

May 2018

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

June 2018

D-Day 10k	10 th
Alresford 10k	17 th
Eastleigh 10k	17 th
Lordshill 10k	24 th
Lakeside 5k series	27 th



Awards 16th March 2018

Best Female Performance		Best Male Performance	
Suzanne Richardson		Dan Starkey	
Most Improved Female		Most Improved Male	
Tillie Johnston		Dan Shawyer	
Female Club Captain Award		Mens Club Captain Award	
Suzanne Richardson		Darren Buttwell	
BURTONIAN TROPHY		JOYCE BURTON MEMORIAL TROPHY	
Tracey Crank		Rory Heard	
DAVE DAVENPORT MEMORIAL TROPHY		WINNIE MAE SHAW MEMORIAL TROPHY	
Clare Welch		Chris Cornwell	
Marathon Performance Award			
Paul Welch			
CLUB CHAMPIONSHIPS 2017			
	10K	DISTANCE	
MALE SENIOR	Matt Cheyney	Matt Cheyney	
OVER 40	Julian Manning	Julian Manning	
OVER 50	Kev Gale	Kev Gale	
OVER 60	Roger Jones	Graham Clark	
OVER 70	Graham Clarke		
LADIES SENIOR	Lisa Peckover	Liz Steward	
OVER 40	Kirsty Bailey	Suzanne Richardson	
OVER 50	Mel Hunt	Mel Hunt	
OVER 60	Julia Revill		
CLUB CHAMPION "MEAD END" 2016 HANDICAP SUMMER SERIES			
	MALE	FEMALE	
1ST	Lee Mawson	1ST	Gill Evans
2ND	Chris Cornwell	2ND	Claire Parfitt
3RD	Steve Gardener	3RD	Liz Steward

Awards 16th March 2018

THE IVAN MARSHALL TROPHY FOR THE STRIDERS LEAGUE 2016/17			
1ST	Gary Armstrong/Paul Welch	1ST	Mel Hunt
2ND	Brian Harris	2ND	Lisa Peckover
3RD	Matt Cheyney	3RD	Liz Steward
200 Marathon		Spirit of the Striders	
Julia Revill		James Berry	
LIFETIME MEMBERSHIP AWARD			
Graham Clarke			
FRIEND OF THE STRIDERS			
Denmead Scouts			
BBQ Chef Award			
Julian Manning			
TIME TRIALS 2016/17 MOST IMPROVED			
MALE		FEMALE	
1ST	Sean James	1ST	Jenny Parks
2ND	Matt Madill	2ND	Tillie Johnson
3RD	Paul Saunders	3RD	Tracey Crank
MOST CONSISTENT			
Simon Toms		Claire Parfitt	
BEST PERFORMANCE			
Gary McCawley		Liz Steward	



Striders Stats PB's by Clare

March PBs. Well done to:

Name	Race	Time
Matt Maddill	Maidenhead 10M	01:05:55

Unless I have missed something just one little PB from Matt Madill! Well done Matt who was also in Marathon training at the time

Striders Photos

Julian & his friend



Gary Selfie – Southampton
Marathon

Summer Lanes!
Martin Carpenter



Denmeads youngest
supporter
Dan Starkey



The cow bells!
Kirsty Bailey

Dates for the diary

1st June – 1st rounders evening of the year, 6:30pm King George Playing Fields, Denmead. White Hart after for drinks.

7th December - Denmead Striders Christmas Party will take place this year at the RNA Club, Waterlooille

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

This month's insight is someone fairly new to the club but certainly has a big personality – Adam Chant

Q & A with Adam Chant

What made you join the Striders?

Gary Armstrong convinced me to give it a try.

What inspired you to start running?

I just fancied a new challenge and wanted to run a marathon.

What's your favourite distance and why?

5 miles, it's not as full on as 5k and lasts a little longer.

Cross country or road?

Road

Summer/winter training?

Winter training as its cooler!

Favourite club session?

800 negative nelly

Any club inspirations and why?

Julian, Matt and Gary they're the top dogs

Any pre run/race superstitions or prep?

Got to have toast with peanut butter and jam and small can of lucozade before a race

Favourite medal?

London marathon 2016.

Club championship Trophies

The ladies & mens club championship trophies have been filled with so many names that we have had to invest in new ones after the recent awards evening. As we do not have the liberty of a club trophy cabinet it was decided that Julian Manning would keep the men's and the committee decided that Marilyn Crocker would be the deserved owner of the ladies as she was the first lady to win this back in the day.

Well done guys – hope they take pride of place

