

# Stride & Tested

## Denmead Striders

July 2018

**Race dates –August & September 2018**

### Knee Pain Natalie March

Below is some advice, exercises and stretches which are good for those suffering with Patellofemoral pain syndrome (knee pain).

Runners, cyclists, sailors, rambles and people taking up new sports and activities plus many more suffer from this problem. Most people with this problem have some pain when walking up and/or down stairs.

Knee pain can have many root causes, such as cartilage tears, osteoarthritis, tendon and ligament sprains. We are going to give you exercises which will help with knee pain due to muscle imbalance which then leads to poor tracking of your knee cap (Patella).

Hands on physiotherapy treatments including; sports massage, mobilisation, taping, balance (proprioceptive) re-education, combined with stretching and strengthening exercises is an effective treatment for patellofemoral knee pain.

Please be aware of your body and take advice from your GP before exercising. All of these exercises should be pain free.

#### ITB Stretch

The ITB (ilio-tibial band) stretch is good for lengthening the tight muscle which runs from outer hip to outer knee which leads to muscle imbalance around the knee.

- Cross one leg in front of the other one and bend that knee, keep back leg straight, drop hip of back leg to side, to increase the stretch lift the arm of straight leg up and over.
- You should feel the stretch in the outer thigh/hip of the straight leg.
- Hold 30 seconds, repeat 2 times, 3 times a day

#### Squats

This exercise helps strengthen the weaker inner thigh muscle to improve the muscle imbalance.

- Feet hip width apart, toes pointing forwards. Squat down, sticking your bottom out like there is a chair behind you.
- Always keep your knees in line with second toe, do not drop your knees in.
- Hold 10 seconds, repeat 3 times 10, 2 times a day.

#### Side Leg Raises

This exercise helps strengthen the gluteal muscles to improve the muscle imbalance around the knee

- Lying on your side with your back against a wall
- Tighten your buttocks
- Lift your top leg up, make sure you slide your heel up the wall so your leg stays in line with your body and doesn't come forwards, hold for 10 seconds
- Repeat until fatigue, 2 times a day

#### August 2018

Hartin MT	5 <sup>th</sup>
Isle of Wight Half	19 <sup>th</sup>
Lakeside 5k	29 <sup>th</sup>

#### September 2018

Andover Trail & Half Marathon	2 <sup>nd</sup>
Overton 5 (HRRL)	2 <sup>nd</sup>
Gosport 5k summer	5 <sup>th</sup>
New Forest Marathon/Half/10K/5K	9 <sup>th</sup>
Butser Hill Challenge	16 <sup>th</sup>
Meon Valley Half	16 <sup>th</sup>
Solent Half	23 <sup>rd</sup>
Ageas Bowl 10k	30 <sup>th</sup>

## Giants Head Marathon and Sydling Hill 10k – 23rd June 2018 Terry Aked

We arrived early in the village of Sydling St. Nicholas, near Dorchester on a beautiful summer morning. The chocolate box Dorset village throws itself behind this annual White Star Running event, and it's a previous winner and runner up in Runners World Best UK Marathon and 10K categories. It is also known as the willy race, given the view en route of the Cerne Abbas giant and his massive appendage.

The village hall was home to the bar, hog roast and BBQ, whilst the village green played host to the finish line, ice cream van and the race admin. There was also camping available a short walk from the village green.

I myself had opted for the 10k (I don't do marathons!!) but Graham Bowpitt and the beautiful Mrs Aked had both entered the marathon. Having seen them set off at 0830, I then found myself with an hour or so to kill until my 1000 start.

The atmosphere was really friendly and relaxed, everyone seemed in a good mood and was looking forward to the race. Having all assembled on the start line we were off. The entire village were out, clapping and bell ringing to see us on our way. After about half a mile through the village we turned to encounter our first challenge. Affectionately known as 'concrete hill' there was no running to be done up this beast (imagine slightly steeper than the side of Butser!). Everybody ground to a walk apart from a few nutters who decided to try and jog up, only to be seen bent over gasping for breath halfway. Having reached the top we were greeted with an amazing view of the valley below. There was rolling English countryside, and fields of sheep and lambs. We descended into the valley and followed a winding path along the bottom for about 3 miles.

It was at this point that I realized I had made a schoolboy error! My little toes were starting to hurt from the brand new Hoka trail shoes I had decided to wear for the first time. I had worn them a few times to break them in, but obviously not enough. Having reached the end of the valley it was now time to head up again. Another beast of a hill, not as steep as the last, but long

and draining.

Once again everyone slowed to a walk, and by now the sun was really beating down. We reached the top and passed several 'amusing' motivational signs...you know the ones.

A quick glance at my watch said just over halfway and the first water stop was in sight. I stopped briefly for a bottle refill and carried on. The ground was undulating, but the spectacular views and the friendly chat amongst the runners made the distance pass quickly. I felt good and apart from my toes hurting, everything was ok.

My watch was now saying 6 miles, but all I could see was another aid station. Now this being a White Star race, I was aware that all distances are vague or 'ish', as their slightly mad race director Andy Palmer likes to point out, he says it's a free bit on the end! I grabbed a piece of flapjack, although there was a vast array of cakes, drinks, fruit and booze available and carried on. One more steep hill to cover and then it was a lovely drop back into the village to cross the finish line on the green. I collected my T shirt and spinning willy medal and slumped on the grass.

I had thoroughly enjoyed myself, the course wasn't as hilly as I expected and the big lad that doesn't like the heat or hills had managed a very respectable 37th place out of 297 entrants. I wandered back to the village hall and treated myself to a hog roast roll and a refreshing pint whilst I waited for Kirsty and Graham to finish. Mrs Bowpitt also arrived, so we sat in the shade and cheered the other runners in. Before long Kirsty arrived, 3rd lady overall, and Graham wasn't too far behind having done no training.

We all had a brilliant time and it's easy to see why the race is so popular (it sells out in 1 hour). I will definitely aim to run again next year, it would be great to see some more Striders there too.



## Striders Stats PB's by Clare

### June PBs. Well done to:

Name	Race	Time
Adam Chant	Hayling 5m	00:29:50
Kev Gale	Lordshill 10k	00:38:09
Tillie Johnson	Hayling 5m	00:35:29
Ruud Jonkers	Hayling 5m	00:31:15
Matt Madill	Midsummer 5m	00:31:37
Matt Madill	Eastleigh 10k	00:39:54
Rob Moore	Eastleigh 10k	00:42:10
Jenny Parks	Arelsford 10k	00:57:29
Lisa Peckover	Hayling 5m	00:39:26
Clare Welch	Hayling 5m	00:43:22
Neil Williams	Hayling 5m	00:28:34
Neil Williams	Lordshill	00:36:33
Nicholas Woodroof	Southdowns Half	01:50:01

## New Members

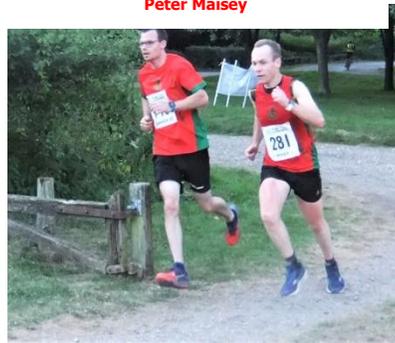
*A big striders welcome to:*

Peter Roper

Chris Hand

## Striders Photos

### Summer Cross Country – Race on! Peter Maisey



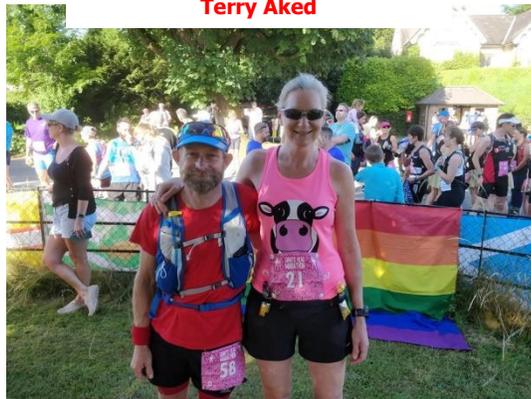
### Lidl Run Jenny Parks



### Gary's Parkrun Selfie



### Giant Heads Marathon – The Start Terry Aked



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

This month's insight is from the lady that has been giving us the tips over the last few months in the newsletter. Natalie March

### Q & A with Natalie March

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

Local club, treated alot of runners who are and were all really friendly, wanted to build up to running 10 miles which I did last Oct, plus have a bit of me time away from two young kids!!

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

Initially I completed Race for life a few times years ago but after the birth of my second child I joined in one of the 401 runs with Ben Smith (took my daughter in buggy with me!), from that took part in virtual 10km race again I ran this with my daughter in the buggy, then I wanted the next challenge which is when I joined to build up to 10 miles for GSR in Oct last year

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

10KM can manage that without pushing too much, would like to try a half marathon though one day

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

Road

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

Summer

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

Lidl Sat runs - very social

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

It would have to be Lisa Peckover - really proud of Lisa for completing I think two marathons now and running so well.

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

Only done one race!

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

GSR

