

# Stride & Tested

## Denmead Striders

August 2018

### Coach Stop – Knowing when to rest

Gary McCawley



Now that we are enjoying the warm weather of summer, those spring marathons we all took part in seem a distant memory. However, is all the training you put in and the race itself affecting your performance long after the event has finished?

Post marathon you may have had a couple of weeks of good running and may have been rewarded with some personal bests or fast times, but then running didn't quite feel right.



Perhaps you were feeling tired, lethargic and demotivated. Your race times were not improving and training was becoming hard work and monotonous. As runners we think we can carry on after a hard race as 'we are fit, we are runners' As runners we can quickly spot an injury developing a slight twinge here a tight calf there, but spotting overtraining is a lot more difficult to notice, it gradually manifests itself until you no longer enjoy training, your times become slower even

though you are still putting in the same or more effort. Overtraining can be just as bad as an injury.

We are not elite athletes who have the benefit of a team of coaches and data analysts who can spot the warning signs way before the rot sets in, so how do we spot the signs.



Well, here is what you do. When you feel your motivation waning, your running is becoming laboured, you would rather sit on the settee than go training and you cannot be bothered to enter the next race.

Take a rest from running completely. All the training you have done will have provided you with a good base fitness so missing a few training runs/sessions won't hurt. Take as much rest as you feel necessary it may only be a few days or a couple of weeks. Following your period of rest, you will come back reinvigorated and ready start running again.

Remember the old saying 'A change Is as good as a rest'  
Happy running Striders.  
Gary.

### Race dates –September & October 2018

#### 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>

#### October 2018

Chichester Half	7 <sup>th</sup>
RNLI 10k	7 <sup>th</sup>
Pirates Pieces of 8	7 <sup>th</sup>
Denmead 10k	14 <sup>th</sup>
Great South	21 <sup>st</sup>
GHOSToberfest	26 <sup>th</sup>
Pamber Forest XCountry	28 <sup>th</sup>

## **Hampshire Road Race League end of season Reports Club Captains - Martin Shaw & Kirsty Aked**

### ***MENS TEAM***

The Men's teams in the HRRL again performed admirably well in the Striders league. The Men's A team finished 6<sup>th</sup> in the A division down from 4<sup>th</sup> in 16/17, a race clash between the Netley 10K and the considerably more local Clanfield challenge in all likelihood cost the team the 3 points that would of given them 5<sup>th</sup> place. The standout result for the A team was the Solent Half when they achieved 3<sup>rd</sup> place. The B team improved upon last season's position by 3 places coming 4<sup>th</sup> in the B Division 1 and the C team consolidated and again just missed out on promotion by coming in 3<sup>rd</sup> place for the second season running in the B Division 2. The results demonstrate a fantastic strength in depth in the club with the C team finishing above many clubs B teams and the B team finishing above some much bigger clubs 2nd teams.

Individually 15 male striders completed 7 races or more to qualify for the individual league and earn a much coveted HRRL mug! Performances of particular note were Julian Manning who finished in 2<sup>nd</sup> place overall in the men's League, the 10<sup>th</sup> season in a row where Julian has finished in the top 5 a truly amazing performance over 10 years, Matt Cheyney finished in 22<sup>nd</sup> place, Rob Wilson in 29<sup>th</sup>, Gary Armstrong in 34<sup>th</sup> Lee Mawson in 39<sup>th</sup>, Kev Gale in 43<sup>rd</sup> and Chris Cornwell in 50<sup>th</sup>, a record number in the top 50 for Denmead.

Looking forward to the new season there are 2 races new to the league which should add a bit of variety for those who have competed in the league over a number of years. It should also be noted that participation has gone up in recent years and consequently the races are selling out so it is well worth signing up for them early to avoid disappointment.

### ***LADIES TEAM***

Ladies A – Division 1  
6th Place

Ladies B – Division 1  
5th Place

Our Ladies A team moved up 1 place up on the previous season and ahead of Portsmouth Joggers and the B team was a whopping 6 places higher moving from 11th position to 5th!!

6 of our ladies completed 7 or more races to earn an individual position

Liz Steward 14<sup>th</sup>, Kirsty Aked 21st  
Linda Taylor 29<sup>th</sup>, Daniella Offer 33rd  
Suzanne Richardson 34<sup>th</sup>,  
Lisa-Marie Peckover 47th

We had a complete A team at all of the 12 league races

We had a complete B team at all but 2 of the 12 league races – Ryde (sold out early) and Netley (lots of Clanfield races that day and not a favourite course!).

We had 27 of our ladies compete at one or more of the HRRL races compared to 23 in the previous season.

The competition over the last couple of years has certainly stepped up and it makes me immensely proud of every one of our ladies that competed in this year's league and helped achieved such a fantastic result. Well done to our ladies teams!!

The biggest threat to maintaining our position next year is that the races are selling out much earlier so there is a risk that we could have incomplete teams due to missing out on race places. My plea to everyone is please, please enter the races as soon as you can and I am confident that we have the ability as a club to improve on our league positions next year!

## Striders Stats PB's by Clare

Name	Race	Time
Matt Madill	Wyvern 10k	00:39:50

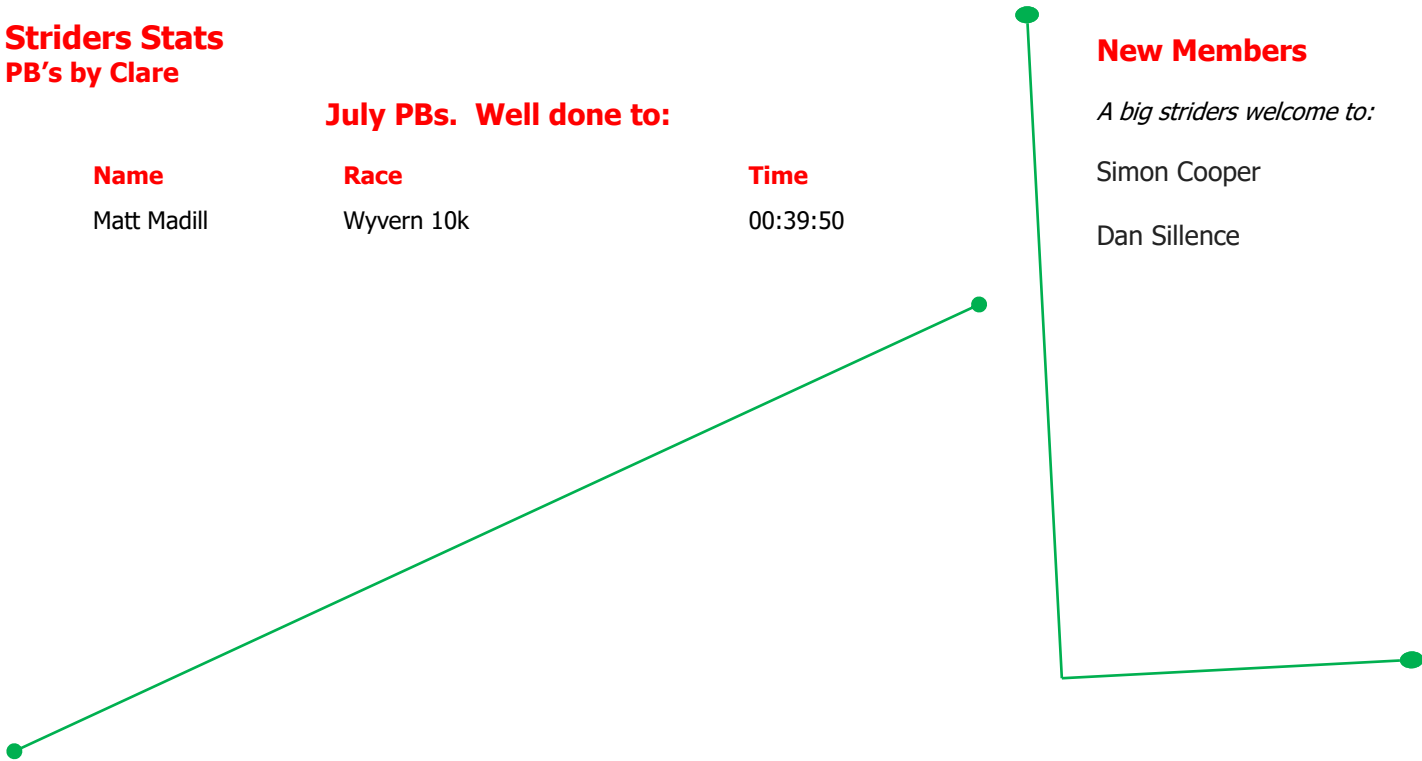
## July PBs. Well done to:

## New Members

*A big striders welcome to:*

Simon Cooper

Dan Sillence



## Striders Photos

Club Handicap – Far too happy!  
Peter Maisey



Gary's Why Not Run Selfie  
Gary McCawley



New speed session venue!  
Simon Toms



Gravel Hill 5Mile  
Liz Steward



Midnight Marathon Support Crew  
Clare Welch



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

This month's insight is from the man with the amazing beard. The one that gives me neck ache – Dan Starkey

### **Q & A with Dan Starkey**

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

I did the first Chilly Hilly, which was my first local race, and there was a lot of Striders there so I thought I'd try out training the following week. Signed up after my first training session.

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

I'd been out running a few times just to get a bit of fitness when a friend introduced me to Parkrun, then the addiction began.

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

Half marathon. Challenging without being too painful.

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

Cross country! Always! No time pressure and every course is different.

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

Summer, love running in the lanes.

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

Hills. Tough session but worth it.

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

That's a tough question as there are many! But I'll have to go with my pal Mr Welch, some cracking personal achievements whilst always being full of encouragement for everyone.

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

Not really, I'm normally pretty chilled before a race.

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

Coastal marathon 2016. My first marathon which was not something I ever imagined doing when I joined.

