

Stride & Tested

Denmead Striders

October 2018

Brighton to Petersfield via Somerset!

Julia Revill

At the end of May I joined the London to Brighton Challenge halfway, somewhere in Surrey, a 46k trek to Brighton. The 100k competitors started at 7am in Richmond, 200 of us started at 9am. The start was very slow and I found myself 4th, 2 fast lads and a slower lady in front of me. At CP1 I was 4th but the lady had to attend to her blisters so I was 3rd at the rest of the CP's and was on my own for the whole route which I really enjoyed. I was expecting to be overtaken by 100k runners but I think the hot weather slowed them down. The finish on Brighton Racecourse was lovely and I kept on looking behind expecting to be caught, (never look behind, a sign of weakness), but as I came in I was told I was first lady home, the 2 lads were 2 hours ahead. A nice drink of Cava on the line! I was amazed at my result, never won before and where were all the young girls? Imagine my feelings when I looked at the results the next day saying I was 2nd lady, I recognised her number as I had passed her in the first K and Mick had seen her behind me at CP3. I e-mailed the organisers but did not receive a reply, a bit miffed! I did enjoy the day, an interesting mixed route.

After the hills of the South Downs I went for an easy flat marathon on the Somerset Levels in June, at the Langport Walking Festival. This turned out to be a big mistake, a NEVER AGAIN course. The first 5 miles were quite pleasant and then the instructions were to run along the river Cary for 3k. The footpath was invisible under the thick knee high grass and as I was first at the time I had to forge my own pathway. It was hard to find the stiles which were hidden under grass and nettles and all the gates were locked and had to be climbed over. 2 people caught me up after a few fields and then 8 runners overtook us. After 3k we changed sides of the river and had to join an 'enclosed footpath'. This was just a jungle of 6 to 8 feet high weeds and bushes and a machete would have been useful. I was pleased there were people in front of me as they were making a

pathway and we all ended up on the road at CP2 at the same time after 6 long slow miles. I spoke to a lady who caught me up and she said it was a never again course a few years ago, so I said why are you here today and her reply was not printable. I guess the fact that there were only 28 entries for the marathon should have been a clue.

So onto Petersfield, The Serpent Trail in July. A hot day and Mick and I had a great plan, he would meet me in between CP's with a cool box full of cold water bottles and ice cubes. I really needed it, I can always tell a hot marathon if my buff and top dries up between CP's. Our plan worked well and there was also plenty of water and fruit at the CP's to keep me going. Very slow pace due to the heat but over a lovely route, wooded areas and pretty heathland with some fields and villages as well. Mick had stopped at a pub on the course and bought me a J2O so I went on with the bottle to leave it at the next CP which was 'just round the corner'. 1.5 miles later there it was, I had been passed by a 100k runner who was very frustrated as was demonstrated by his language, and everyone said they thought they had missed it. The up-side was the next CP came up really quickly.

I had a great day, overtaking quite a few people in the last few miles due to being able to keep cool all the way.

I will sign up for next year hoping for a cooler day. I recommend the event, there is a half marathon and 10k as well as the 100k and 50k. Such a great event and only 20 minutes to home.

Race dates –November & December 2018

November 2018

Hayling 10m	4 th
Meon Valley Marathon	4 th
Oakhaven New Forest Half	4 th
Remembrance Day 10k	10 th
QE Cross Country	11 th
Gosport Half	18 th

December 2018

Victory 5m	2 nd
Southampton Common 10k	2 nd
Bourne Woods Cross Country	9 th
Santa Fun Run	9 th
Twixmas 10k	30 th
Lords Wandsworth Cross Country	30 th



Coach Stop – It's only mud! **Gary McCawley**

Running along the lanes of Denmead on a warm summers evening is now a distant memory and our thoughts turn to winter training and the start of the cross-country season.

Whilst cross-country events tend to be run over shorter distances usually between 4-5 miles the effort required to complete the distance is equivalent to a fast and flat 10K. The reason for this is cross-country routes tend to be run over varying terrain with a few hills thrown in for good measure, making it hard to get yourself into a comfortable pace. This makes cross-country more demanding over the shorter distance.

Don't be fooled by the near flat grassy surfaces and man-made mounds you see on the television at the Cross-Country World Championships. In a typical local league race, you could be comfortably pacing yourself along a leafy woodland path only to turn a corner and you are faced with a section which is ankle deep in mud and water, another turn and you are climbing a lung busting hill.

Over the years I have taken part in many cross-country events, so here are a few tips for those newer members who would like to give cross-country running a go in the Southern Cross-Country League (SCCL). The ethos of the league is summed in this statement from their website; "The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is to be enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues"

Shoes

Choose a pair of trail shoes with good grip this will give you confidence on the downhill and will hopefully keep you upright on slippery muddy surfaces. Here are some popular brands I have seen at races, Inov-8, Salomon and Walsh.

If like me after the race season your shoes are cleaned, stuffed with paper and thrown into the shed or loft until next year, putting your shoes on for the first time can be an effort. This is because cross-country shoes are generally a tighter fit than road shoes and tend to shrink when they dry out. I have found going for a few runs in the shoes a couple of weeks before you need them loosens them up and makes them a little more comfortable on race day. You can also use this method with a newly purchased pair of shoes as well.

Post run I always wash them in a bucket of warm water only, never in a washing machine with powder or liquids. The higher temperatures coupled with the cleaning detergents can break down the bonding materials causing the shoes to fall apart or come way from the sole easily.

To prevent heel blisters, I have always put petroleum jelly on the inside heel of the shoes rather than directly on the skin. I have found this a more effective method to prevent blistering.

Clothing.

Start and finish areas for events are usually located in a field some distance from the race car park or event centre. Although this sounds obvious, take some warm clothing to change into after the race. Whilst feeling warm immediately after finishing you will soon chill down, especially on a cold day. It is surprising how many people I see cold and shivering as they make their way back to the car or event centre.

A bin liner is also handy to keep your clothes dry in the finish area or act as a barrier against the cold as you wait on the start line and after the race you can use it to put your muddy shoes and socks in.

Event

Races usually start on narrow cart tracks or a wide field which narrows down to a single gate. This means the start of the race is usually fast as runners jostle for the best position, make sure you warmed and ready to go so the fast start doesn't catch you out. If you feel uncomfortable with this approach you can always start further back.

Due to the varying terrain and going underfoot concentration levels are increased as you negotiate the route. Try to keep it simple rather than worrying about a good time try to think about overtaking the person in front of you rather than trying to beat the clock.

Try to run as relaxed as possible and don't follow the crowd, sometimes running through a muddy puddle is quicker than skirting around the edge with the rest of the crowd, you could use it as an opportunity for some clear air and pick up a few positions.

Finally, enjoy yourself cross-country is good fun and excellent for all round conditioning and building strength. Denmead Striders is affiliated to the Southern Cross-Country League and the first event is on 28/10/18 at Pamber Heath.



Striders Stats
PB's by Clare

August & September PBs. Well done to:

Name	Race	Time
Simon Burrough	Ageas 10k	00:39:41
Adam Chant	Solent Half	01:22:43
Slavena Jenson	Berlin Marathon	04:19:35
Ruud Jonkers	Solent Half	01:25:39
Matt Madill	Maidenhead Half	01:28:14
Nicholas Minter	Ageas 10k	00:40:16
Nicholas Minter	Solent Half	01:35:42
Jenny Parks	Solent Half	02:05:16
Lisa Peckover	Ageas 10k	00:46:10
Lisa Peckover	Maidenhead Half	01:48:09
Joe Pymont	Wickham 10k	01:00:38
Neil Williams	Solent Half	01:19:09

Xmas Do

The Striders Xmas Party will take place on the 7th December at the RNA club in Waterlooville.

Donations for raffle prizes would be greatly received.

Striders Photos

Bacon Butty Run
Jenny Parks



Striders Domination @ Hambledon Hilly
Matt Cheyney



Roma Parkrun
Clare Welch



OTW Woodland Way – Selfie Time
Gary McCawley



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

This month's insight is from our old (not in age) head coach Graham Bowpitt

Q & A with Graham Bowpitt

What made you join the Striders?

I started running whilst I was in the RAF just to keep fit. When we moved home to Waterlooville an old friend of mine Dave Arnold suggested I come along to a few striders sessions to see how it went, I enjoyed the relaxed atmosphere of Striders and was hooked

What inspired you to start running?

My father died from a Heart attack when I was 15. When I had children of my own I decided that I would have to keep up the fitness so I could see my children grow up and have children of their own.

What's your favourite distance and why?

I love all distances but as I have got older the half marathon has become my preferred distance

Cross country or road?

Definitely trail recently I have become a massive fan of white star running events they do great runs with fab medals and really well organised.

Summer/winter training?

Definitely summer training Its lovely to run in the lanes around Denmead.

Favourite club session?

Really enjoy the out and back fartlek sessions in Denmead and also the Negative Nelly sessions

Any club inspirations and why?

Gary McCawley e and I were in the same class at school so on joining the club was great to meet up again. He is a great coach and is always so positive. And I love his medal smileys

Any pre run/race superstitions or prep?

Haha I have a few Got to have a coffee 1 hour before a race .Also a weird one when I run a Marathon I have to wear a brand new pair of socks started when I did London in 97 and its one I have carried on with.

Favourite medal?

So my favourite one has got to be the Giants head marathon medal after all how many medals have a spinning glow in the dark Willy

