

Stride & Tested

Denmead Striders

December 2018

Pigs Trotters Sue Rattley

You may have seen some pictures on Facebook recently of a team of Pigs Trotters running at the Lakeside parkrun and wondered what on earth that was all about! Well, it all started back in 1996 when Marilyn mentioned that she needed some volunteers for a team to run the annual South Downs Relay. They were to be called Pigs Trotters and it was made up of Denmead Striders and friends (Portsmouth Joggers and Victory AC), all of whom were running together on a regular basis.

The first year saw Eileen, Claire, Marilyn, Tina, myself and Karen from Victory AC set off from home at around 3:30am for Eileen's 6am start at Beachy Head, near Eastbourne. I don't think Marilyn had mentioned we would be starting that early! Marilyn had spent the previous weeks organising the infamous recces of the 18 legs to make sure none of us got lost on the day. We did 3 legs each of between 4 and 7½ miles. We had great support along the way and two drivers (John Rattley & Andy Hall) to make sure we got to each changeover spot in time for each runner to receive the baton. Marilyn supplied us all with Pigs Trotters t-shirts, pink of course. Marilyn went the whole "hog" with the pink shorts, socks, baseball cap and clipboard to match!

13½ hours and 100 miles later, the final runner, Tina, arrived at the finish line in Winchester to rapturous applause. Despite feeling exhausted after such a long day, we had such a brilliant time (especially the picnic at the end!), we all agreed we would do it again and did so every year until 2002 (when we had a 5am start!) and then again in 2006, although the event didn't take place in 2001. There were several team changes

over the years, including the addition of Nuala, a former Denmead Strider, Alison Rose and Jenny, both Portsmouth Joggers. Some of our longer serving Striders will remember Nuala, who was one of our coaches for several years. Paula Weston also joined us in 2000 and despite having a horrendous migraine, took several painkillers and finished the last leg on a high! We came 5th the first year and the following 2 years, we were placed 2nd but we were never able to beat the superhuman ladies team called Arena 80. Mind you, they were a lot younger than us! Our best time was 12 hours 47 mins.

Anyway, having made contact again with Tina recently, she suggested we all get together again and where better than at a parkrun – none of us are fit enough to do the relay any more, well not to finish in daylight anyway! So on 25 August, Eileen, Claire, Marilyn, Jenny, Tina and me all ran together at the Lakeside event, supported by John, Andy Hall, Peter Maisey and Tony Allen, with Nuala joining us afterwards for coffee. Unfortunately, Nuala had misunderstood my message and thought we were just meeting for coffee! Well, that was her excuse for missing the run! Peter Maisey was also our official photographer and persuaded me to write this article.



Race dates –February & March 2019

February 2019

Ryde 10m	3 rd
Portsmouth Coastal Half	3 rd
Winchester 10k	24 th
Polecat Valley XCountry	24 th

March 2019

Knowle Village 10k	10 th
Reading Half	17 th
Fleet Half	17 th
Wickham 20	31 st
Wickham Spring 10k	31 st

Coach Stop – Stuck on Repeat... Gary McCawley



Some of us may remember those first days at school sitting at our desks copying line after line of the alphabet. The teacher would always walk around with a ruler in their hand waiting to tap a pupil on the knuckles who had over stretched their 'q' or forgot to put a dot above their 'i'. At the end of each lesson the teacher would announce "Practice makes perfect". Many years later who would have thought we would be doing the same again, although, now we are running up and down a pavement, hills or country lanes. In this edition of the newsletter here is a brief explanation why Interval or Repetition sessions are beneficial to runners.

Interval or repetition training is where you run for a period of time at pace – usually faster than your race pace - followed by a period of recovery (or interval). This type of training is good for building speed over distance. If you are new to the club this type of training can feel exhausting but after a few sessions your body begins to adapt and it becomes easier, honestly.

Along with building speed interval sessions also improve your aerobic capacity. This is your body's maximum capacity to consume, transport and use oxygen for energy. The higher your aerobic capacity, the faster you can run long distances with less effort. Intervals also improve your lactate power threshold, this is the pace beyond which large amounts of lactic acid build up within the blood stream, causing muscle efficiency to deteriorate.

Once the lactate threshold kicks in you will start to feel uncomfortable, your muscles begin to ache and you feel tired. Interval training will improve your resistance to the lactate threshold.

Our intervals are run over many distances here is why;

- Short repetitions 200m to 400m – Good for speed and power, exercising fast twitch muscle fibres and practising your finishing kick.
- Middle repetitions 600m to 1000m – Improve your aerobic capacity, lactate threshold and resistance to tiredness. Will help you to run faster at speeds for longer periods of time.
- Long repetitions 1200m to 1600m – Good for overall stamina and increasing your lactic threshold.
- Hills – Build strength & stamina and exercise muscle groups not used when running on the flat.

The club sessions on Monday and Wednesday are mixture of various interval/repetition sets along with hill repetitions, time trials and fartleks these sessions should accompany your training through out the week to improve your all-round fitness and conditioning.



Striders Stats PB's by Clare

October & November PBs. Well done to:

Name	Race	Time
Kirsty Aked	Hayling 10m	01:09:25
Kirsty Aked	Gosport Half	01:31:29
Simon Burrough	Hayling 10m	01:07:24
Simon Burrough	Gosport Half	01:29:08
Adam Chant	RNLI 10k	04:19:35
Adam Chant	Great South	01:01:12
Hannah Curtis	Great South	01:15:39
Stuart Hoare	Gosport Half	01:48:36
Rolland Hill	Yorkshire Marathon	03:05:54
Sean James	Great South	01:30:05
Malc Janiec	Great South	01:26:08
Tillie Johnston	Great South	01:13:42
Tillie Johnston	Gosport Half	01:40:59
Matthew Madill	Hayling 10m	01:05:16
Matthew Madill	Gosport Half	01:26:45
Natalie March	Great South	01:31:26
Rob Moore	Great South	01:06:44
Claire Parfitt	Great South	01:19:52
Jenny Parks	Great South	01:31:28
Lisa Peckover	Great South	01:16:12
Lisa Peckover	Thrive Half	01:39:19
Clare Welch	Hayling 10m	01:29:17
Clare Welch	Gosport Half	01:58:27
Neil Williams	RNLI 10k	00:35:55
Neil Williams	Great South	00:59:11
Rob Wilson	Great South	01:01:50
Nicolas Woodroof	Chichester Half	01:40:29

Striders Xmas Party

Big thank you to all of those that helped organize the Christmas Party, I think you will agree it was quite a success.

Thank you also for all the raffle prize donations and a big thank you especially to Mike Shaw who don't a grand job persuading local business to donate prizes.

If anyone has any feedback, good bad or indifferent then please feedback to the committee

Striders Photos

**Overton 5
Dennis Sanderson**



**Kirsty's Ultra
Terry Aked**



**Striders Success
Suzanne Richardson**



**Gosport Half
Jenny Parks**



**Hellrunner
Nick Bailey**



Mike's Race Reports in brief

Mike Shaw

Our very own resident Colonel was thinking of leaving the club as he felt he was not contributing enough to the club! Ludicrous I know as that is not what it is about. It's about coming along, being part of the Striders Family and supporting the Red & Green wherever possible. Anyhow he has kindly put together some race reports for us which I have detailed some snippets from:

Great South Run – Memphis Fist Pump inspires rampant striders to GSR Glory

Any person passing by the queens hotel early Sunday morning in October may have noticed a group of athletic men & women gathered round an elderly man. The group broke up with a bizarre ritual known as the Memphis fist pump where members say goodbye with hand gestures. The routine had a good effect because all striders performed superbly and various PBs were achieved. The elderly man was seen for hours on a vantage point by the jolly sailor with a wary eye on all Striders and was seen in conversation with Denmead Legend Julian Manning and his lady whose mum was running.

The Colonel cut a lonely figure as he made the trip back to where he had left the runners early on and when asked about the Striders success he smiled and said "I love em all"

Great South Run – Memphis Fist Pump inspires rampant striders to GSR Glory

Hayling 10 Mile Race – Under hour Julian leads the way

A fair number of striders turned out for this jaunt along Hayling scenic course. Weather was initially mild but runners reported breezy conditions along the journey to Hayling Park.

Frist Strider home was the emerging talent Julian Manning under the hour but other striders proved the talent in the ranks. Kirsty, Matt Cheyney, Adam Chant, Neil, Dan, Paul (W) and stellar performances from Mr Hoare, Harris and our lovely editor. Apologies to anyone not mentioned but it was a fine turnout and credit to the club.

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

This month's insight is from ME. Clare Welch aka Newsletter Editor

Q & A with Clare Welch

What made you join the Striders?

I always dabbled in a bit of running and fancied joining a club. Hubby Paul joined the striders a year previous and when I went along to the first awards evening with him I was sold by all the lovely people I met.

What inspired you to start running?

I was useless at running when I was younger, always came last in races and wasn't sporty at all. As I matured in years wanted to keep fit and healthy so started challenging myself with signing up to a few races and the rest is history.

What's your favourite distance and why?

I guess it has to be a 10 mile as you can get into a nice pace and not feel like your lungs are about to explode yet it still feels like you have challenged yourself at the end.

Cross country or road?

I always say to Julia I hate Cross Country but every year I turn up in the wintery conditions so I guess that for the fact that you have lovely scenic routes and there is less pressure on time but road as it is always good when you want to push yourself and perhaps see some improvements in your running.

Summer/winter training?

Both for different reasons. Summer as running round the Denmead lanes is such a pleasure.

Winter as I always give myself a pat on the back that I made the effort to get out and run in the challenging weather

Favourite club session?

I actually really enjoy the run like Mo Farah Session. Not only does it challenge the body but it also challenges the mind!

Any club inspirations and why?

If I named everyone the list would be endless. There are so many for so many reasons however I am very impressed with a lot of our ladies at the moment as so many have improved massively over the last year.

Any pre run/race superstitions or prep?

If I am racing for the striders I always wear red or green socks and my prep for Parkrun appears to be a few glasses of wine the night before (although never intentional!)

Favourite medal?

I think it has to be my Kent Road Runner Marathon medal. That was such a milestone in my running for many reasons. That day taught me determination, mental strength and cemented a great friendship with Lisa.

