

Stride and Tested

The newsletter of Denmead Striders

November

2015

STRIDERS CHRISTMAS PARTY

4th December, 7.30pm

Cowplain Social Club



No tickets this year... free event courtesy of Denmead Striders!! Feel free to bring food for the evening and we'd be most grateful to anyone who would like to make a prize donation for the raffle

Please give names to Lisa Guile, Tracey Crank or Mark Pelley

Race Results

If you do a race out of the normal circuit, could let Kev Raymond know so that he can keep results updated. You can contact Kev via email or a Facebook message. All he needs is your name, the race, and date and he'll do the rest.

And if you see a mistake on any results posted by Kev, please contact him directly so that he can put it right

An apology

Julia Rivell

I have to apologise for pushing ahead of all our gentlemen Striders at the QECP cross country. I am so used to being the last Strider home with someone waiting for me to take my number that I rushed up to Graham without noticing the orderly queue waiting with their numbers and he took mine first!

A lovely, quiet 'are you in a hurry Julia?' from John Malthouse made me realise what I'd done. It will not happen again!

Southern Cross Country League Remaining 2015 fixtures

13th DEC	FARNHAM RUNNERS
	BOURNE WOODS
28th DEC	HART RUNNERS
	WANDSWORTH COLLEGE

Hampshire Road Race remaining races 2015-2016

Some of these events fill quickly, so be sure to enter in good time if you want to run

• Victory 5M	6th December 2015
• Stubbington 10K	17th January 2016
• Ryde 10M	7th February 2016
• Salisbury 10M	13th March 2016
• Alton 10M	8th May 2016
• Netley 10K	15th May 2016
• DDay 10K	5th June 2016



**Misty and Murky at
Lordshill
Mike Shaw**

**Sunday 1 Nov 2015 – 10
mile road race**

The mist was heavy as we headed along the M27 towards our destination, safe in the hands of our driver Martin Shaw.

We soon arrived at the designated car park at the Ordnance Survey HQ and then embarked on what was almost a 'warm up' to the race HQ, the great and good of the Striders soon arrived all on time and in fine fettle, over 25 members in all; a tribute to the club competitive spirit – Mr Clarke was an observer.

Soon we were at the start line for what the race adjudicator acknowledged was one of the strongest line ups in the race history. The course record was actually broken.

Lisa Peckover stocked up on teas and flapjack, remembering also our fellow clubbers running needs. All our Striders finished the course and all seem satisfied with their times and performances. They seem to finish in droves, so many Garys' and Grahams'.

The young Manning was the first strider home under 1 hour for the 10 mile course. Lee Mawson had a personal best and we all cheered the performance of Sallie, Kirsty, Terry, Paul and Clare (No Gizzy). Marilyn, Anita, John M, good performances from one and all and young Jon Sullivan and Gary Armstrong produced stellar runs.

After the customary post runs assessment and discussions, we drifted homewards and stopped for a Water Buffalo burger which Martin S and Mel enjoyed and I was left to reflect that every strider had beaten my time the previous Sunday so from now on it's early nights, high carbs and low fat diets and will abandon my celebrity life style.

**Hampshire League Cross Country
QE Country Park – Sunday 6 November 2015
Mike Shaw**

(How well the 2 minutes silence was observed)

Conditions at the Country Park were far from ideal for the 5 mile event, wet and slippery underfoot but at least it had stopped raining and was mild.

As we know the family 'Striders' are not deterred by inclement conditions and 27 members of all ages and genders arrived to tackle the undulating course. The selections of Gary and Graham were out in their normal numbers also good to see family members and pets were there to support their men and woman. Lisa Peckover and I stood with Lee Week's family and Lisa Young's daughter as the race commenced.

We watched with baited breath as our members came down the steep hill to the finish and I am pleased to report all members came through unscathed and were a credit to the club. It would be churlish to seek out anyone special as all performed well but Gary Armstrong first Strider home and Paul Welch gave very good accounts but we cheered all home, the Kirsty, Paul (A) our selections of Grahams' and Garys', Misses Clark and Sanderson all were a credit to the family Strider!

The Joggers had laid on refreshments but the hall was virtually deserted, the tough conditions probably hadn't wetted the appetites. I made my way home, impressed by the whole event (well done Joggers!!) and my day was made when the radio announced 'The King' was No 1 in the charts.

WELL DONE STRIDERS, I stand in awe of you all.

**A big myhttake?
Peter Maisey**

Remember when your spots teacher told you that post exercise muscle soreness was due to a build-up of lactic acid? Turns out he/she was so wrong.

Contrary to perceived wisdom, lactic acid (or lactate as it is often called) build-up is apparently not responsible for the muscle soreness you might in the days following hard exercise. Researchers found little correlation with the level of muscle soreness felt a few days later

Any soreness after heavy exercise – often referred to as delayed-onset muscle soreness—is thought to be caused by micro-tears, as well as swelling in your muscles.

You can read much more about lactic acid (or lactate) on the internet, including how and why the myth arose and persisted for so long.

Trouble is of course, whatever the cause of post-exercise fatigue, it still hurts.