

Stride and Tested

The newsletter of Denmead Striders

December

2015

Membership Fees

Julia Revill

A quick reminder that 2016 membership fees are due from 1st January. If your details have not changed, a cheque or cash for £22 in an envelope with your name on will suffice. If you have moved house or have a new phone number it would be helpful if you would fill out a renewal form which can be downloaded from our web-site.

London Marathon club places

The two "lucky" recipients of our London Marathon places are:

Not done London before: **Stuart Hoare**
Done London before: **Martin Carpenter**

Congratulations to...

Striders Paula Hill and Andy Weston on their recent wedding



STRIDERS END OF YEAR REPORT 2015.

Mark Pelley

P.E. Many superb performances have been achieved by our members this year with numerous PB's. The amount of effort shown at training is fantastic. A+

English Congratulations to Peter Maisey for his fantastic Newsletter which he has produced monthly for the past 22 years. Peter is considering stepping down from this role, so from February 2016 we are looking for a member to take on the task of replacing him. A+

Science Special praise to Gary McCawley for his knowledge and understanding of the human body and how it benefits from physical exertion, as explained on his training nights. B+

History We have a proud history within our club which has been significantly enhanced this year with Julian Manning's stunning performance running alongside Paula Radcliffe at the London Marathon. Special praise also to Mike Shaw for his remarkable run at the Great South Run and his pre-race interview with the media. A+

Geography The Striders have travelled extensively throughout the year to compete in numerous races from 5kms to a Full Iron Man (well done Gary Edmonds). A+

Home Economics A superb effort on the catering front at the Christmas Party, Queen Elizabeth Cross Country and the Mince Pie Run. A

Maths New Striders + existing members + Club Committee Members + Denmead 10k Committee + Coaching Team = Our great club! A++

Languages Well done to Steve Trevenna for his amazing media communication skills showcasing Mike Shaw's talents. A

Dance Thanks as always to class teacher Lisa Guile for organising our Xmas Bash and to her glamorous assistants Terry Aked and Clare Welch for their expert handling of the raffle and to Kev Raymond and Mike Shaw for selling the tickets. B+

Attendance Participation at training and races has been excellent throughout the year. A

Punctuality It has been great to see everyone ready for action on training nights and at races. B+

Head Master's Comment Welcome to all our new members and thanks as always to everyone who made 2015 another successful and very enjoyable year. Happy Christmas to you all and I hope 2016 will be another great year for us all.

GO STRIDERS!

Leading from the front (almost) Mike Shaw

The 30th running of the Hayling 10 mile road race was again on a revised course after the Billy Trail was unavailable. 21 Striders in all took to the start line and all enjoyed the scenic course, although the strong wind did affect their running.

The intrepid Striders were led by Commander Pelley, and it was good to see our excellent coaches proving they could put their training into practice. All performed really well and we had several new up and coming athletes on show including Patrick Stephenson and Dan Sawyer. There were also fine performances from Jon Sullivan, Gary Armstrong, Lee Mawson, Paul Welch, Alan McVittie, John Malthouse and Clare Welch, who achieved a new PB.

A round of applause for our coaches, so often back room heroes, but now showing how it's done - step forward Angie Agate, Martin Shaw and Gary McCawley.

I try in these reports to give a pen picture of the events on race days, and I must admit my admiration for these men and women who put their bodies through testing conditions. Their reward is human spirit at its best!

The consensus of the after race assessments was that the ill wind made an enjoyable run a test of stamina, although from the comfort of the Community Centre it didn't seem so bad.

I can also confirm that a telegraph pole moved out of line and collided with one of our popular members!

Need a massage? San Clarke

Marathon season is almost upon us and we need to keep our bodies in good running order... "Need For Kneed" will be offering discount Sports massages right through January at the reduced rate of £25 - normal price £30 Contact club member San Clark

07526756481



**Best Wishes for
Christmas and the
New Year from all the
staff of Stride and
Tested**

Victory 5 Mile Road Race Mike Shaw

Lisa Peckover joined me to watch this dual event (5 miles and 10k) as she is recovering from injury.

The line up of runners resembled the queues for a One Direction gig rather than a race as, by my watch, it was 10 minutes before the last runners left the stadium. Pre-race, it was nice to catch up with Julia Revill and Brian Harris and to see former race star Michael East in attendance.

The race itself was a brisk affair with so many athletes under 30 minutes. The first Strider home was the young Manning, who I have tipped for a bright future and what about the Gang Of Four (Jon Sullivan, Gary Armstrong, Lee Mawson and Ben Mowatt), all of whom did admirably. There were good performances from Graham Clarke, Dennis Sanderson, Gary McCawley and Martin Shaw with Grahame White, Mel Hunt and Patrick Stephenson all giving sterling efforts.

Over 20 Striders took part, all finished safely, but from the post race comments, the wind was again a problem.

The Fox and I left the stadium and headed home as Mrs Fox had given us some mince pies but I will always regret Lisa making me ditch Harry Styles' cap, as I could have sold it on Ebay!

Rubix Chilly Hill Race Keirnan Easton

This is a new event on 31st January, 11:00 start. It avoids all league and XC races.

Entries are via Runners World, or using the paper entry on Running Diary without the SAE.

<http://www.runnersworld.co.uk/events/viewevent.asp?sp&v=2&EN=95948&ms>

The course is a hilly route at Queen Elizabeth Country Park, using a large area of the park. There will be a water station just after 5km.

The entry price includes car parking, a medal and a bowl of chilli at the end for all runners.

It is a new Portsmouth Joggers event being brought to you by the same team that bring you the Summer XC there.

As it is the first event places are limited to 250.

- £15 affiliated
- £17 unaffiliated.

There will be prizes for male and female, overall, senior, vet and super vets, as well as spot prizes from supporters and sponsors.