

Stride & Tested

Denmead Striders

February 2019

A year of reflection

Clare Welch

Every year I seem to learn something about my ever evolving running journey and 2018 was no different. I started the year with a mission, which was to complete my second marathon in a considerably better time than my first attempt. This time felt different, I felt more focused and in control of the situation. I was determined not to be swayed by watching Strava 24/7 and seeing what all my fellow marathon trainees were doing, making me worry if I had done enough miles compared to everyone else. I had my own agenda, my own plan and that was that. The weather was not always kind to me but somehow going out in the wintery and sometimes icy conditions felt oddly satisfying when I had completed each run. In a nutshell, marathon day came and went, I accomplished what I set out to do and took just under 50 minutes off my time. Tick in the box for me and no desire whatsoever to do another marathon (although hold that thought for later).

So as the year progressed I had different goals in mind and it wasn't solely revolved around running. I wanted to get fitter in other ways and a little more streamlined so to speak. I knew by working on strength training would also aid my running and help prevent injury. So in April I took the plunge and took on a PT and haven't looked back since. Working with Matt has taught me so much more about my mental strength and without even realising my running has improved 10 fold. I have not just seen seconds come off my times but minutes in all distances.

I seemed to find a good balance too. When I first joined it was almost my mission to sign up to every race conceivable until I was broken and limping over the finish line. 2018 has taught me that my body is amazing (I'm not thinking I'm a goddess or anything I mean amazing as in its makeup and mechanics), so much so that I should listen to it when it is telling me to rest, telling me that something is not quite right and that it needs TLC. By doing this I truly believe that it has actually allowed me to run more miles, enjoy more early morning runs and social catch ups with people that have become friends for life. If I hadn't listened there would have been months of set backs that I experienced in my novice days.

So what does 2019 hold I wonder? In the back of my mind I guess I still want to progress in weight loss/body composition, which I know will progress my running further, but more importantly I need to prepare myself physically and mentally for the Coastal Ultra in December. OK, so I said I had no desire to do a marathon but who said anything about an Ultra!

Whatever your goals are this year be it smashing out pb's, getting back from injury or just to run with friends I hope it comes with lots of good endorphins, surely that's what it's all about.

Race dates –April & May 2019

April 2019

Hundred Acres Half Marathon	6 th
Hundred Acres 10k	7 th
Combe Gibbet to Overton 16	7 th
Gosport 5k Summer series	9 th
Running Grand Prix Goodwood 5k, 10k, Half & Marathon	14 th
Salisbury 10m (HRRL)	14 th
London Marathon	28 th

May 2019

Southampton Marathon and Half Marathon	5 th
Barratt Homes Romsey Marathon Relay	12 th
Gosport 5k Summer series	14 th
Alton 10M (HRRL)	12 th
Netley 10k (HRRL)	19 th
Clanfield Challenge	19 th

Striders Stats PB's by Clare

December & January PBs. Well done to:

Name	Race	Time
Kirsty Aked	Victory 5m	00:34:28
Gary Armstrong	Victory 5m	00:29:24
Adam Chant	Victory 5m	00:29:10
Amy Gaunt	Victory 5m	00:38:21
John Malthouse	Victory 5m	00:33:46
Nicholas Minter	Victory 5m	00:33:06
Lisa Peckover	Victory 5m	00:37:30
Kirsty Aked	Stubbington 10k	00:41:48
Jessica Brimecombe	Stubbington 10k	00:45:03
Chris Cornwell	Stubbington 10k	00:38:44
Hannah Curtis	Resolution Run (Marathon)	03:36:48
Roland Hill	Stubbington 10k	00:37:51
Tillie Johnston	Stubbington 10k	00:44:44
Martin McKinlay	Stubbington 10k	00:40:44
Jenny Parks	Stubbington 10k	00:54:01
Catie Pettit	Stubbington 10k	00:55:34
Lisa Peckover	Stubbington 10k	00:44:59
Suzanne Richardson	Stubbington 10k	00:45:56
Daniel Shawyer	Stubbington 10k	00:39:22
Caroline Whiting	Stubbington 10k	00:54:08
Neil Williams	Stubbington 10k	00:35:52

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 did a grand job persuading local business to donate prizes.

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

New members

A big warm welcome to:

Gemma Aldwinkle, Naomi Mulcahy, Simon Hazel

Striders Photos

Resolution Run Selfie
Gary McCawley



Runners aid!
Lisa Peckover



Mud...what mud
Jenny Parks



Sean & Mr Parkrun himself!
Sean James

Striders League Update 2018-19 Season Graham Clarke

How time flies when you're enjoying yourself! We are now already exactly halfway through the HRRL races for this season while the last of the six cross country races will be held next Sunday, 24th February. Thus with 13 of the 21 events qualifying for the award of Strider' League points already completed, it seems timely to give the League a bit of a "plug" with a summary of the latest results.

For the benefit of newcomers and others not familiar with the competition, the Striders' League was set up in the 2006-7 seasons to encourage members to participate in both the Hampshire Road Race League (HRRL) and the Southern Cross Country League (SCCL) races and have some fun through a bit of friendly rivalry with other Denmead Striders. In recent years, three additional road races have been included to add a little more variety and challenge with the intention of catering for the whole spectrum of distances from 5 miles to a full marathon – the current event list comprises 2 5m, 4 10k, 4 10mile , 4 Half Marathons, 1 20 m, 2 marathons and 6 cross country races. While it is possible to compete in a maximum of 15 road races, only the best 12 count towards an individual's overall score so you can pick your favourite distance.

Participation in the League is for beginners and experienced runners of all ages and abilities, definitely NOT solely for the elite runners in the club. To this end, a scoring system has been devised to ensure as far as possible that everyone is competing on an even footing regardless of age. Points awarded for each race is dependent on the three factors: completion of the race, age and club standard achieved. In order to emphasise the PARTICIPATION aspect of the contest, bonus points start to be accrued once an individual has completed 50% of the races.

All paid-up members of the club are eligible to take part in the competition and points will be automatically included on completion of their first race. Full details of the rules including the qualifying races are given on our website page:

<http://www.denmeadstriders.co.uk/results/45/striders-league>

The points table which can also be viewed from the above page will be updated as soon as possible after each race and includes details of competitors' times, age related grading and HRRL scores for each race..

The standards achieved by members have increased steadily over the years and this season has proved to be no exception. To date, 78 members have gained points by competing in at least one race with special congratulations going to Kirsty Aked, Linda Taylor and Julian Manning for achieving platinum standard (9 points) and Kev Gale (gold standard, 8 points) at the Gosport Half, to Linda Taylor again for her 9 points at

the Solent Half, to Kirsty Aked again for her 9 points at the Ryde 10 (a particularly challenging course). Also to Suzanne Richardson, Kev Gale and Julian Manning for their gold standard (8 points) at Hayling 10, Kirsty and Julian 8 points at both the Victory 5 and Stubbington 10 k, . In addition, there have been no less than 70 instances of silver standard (7 points) being awarded! Rob Wilson and Brian Harris have completed every race so far!

After eight road and five cross-country league races the current leader board is as follows:

Ladies

1st	Kirsty Aked	82 points
2nd	Lisa-Marie Peckover	68 points
3rd	Jenny Parks	60 points
4th	Suzanne Richardson	52 points
5th	Caroline Whiting	48 points

Men

1st	Rob Wilson	102 points
2nd	Graham Clarke	95 points
3rd	Brian Harris	91 points
4th	Gary Armstrong	86 points
5th	Adam Chant	74 points

Well done to everyone who has taken part so far!

There are still 7 road races to go so plenty of time for changes at the top and it looks as if it will be a close competition as the season advances. Even though we are halfway through the season I would like to encourage even more of you to take part, particularly those of you who are newcomers to running. If you have never run in a race before, don't be shy, give it a go, perhaps starting with one of the cross country races (less than 5 miles) and see just how many points you can accumulate over the season. You'll probably surprise yourself and gain the confidence to aim at the top next year - I know I did after my first race! The more participants, the more competition which all adds to the interest and fun elements.

If you would like to know more about the Striders' League or just require some clarification of the rules/scoring system please don't hesitate to come and have a chat- I'm normally at the Wednesday sessions or you can contact me by email (details on the web site). Also, I always welcome suggestions for new races to be included in future seasons and any improvements to the way in which the League is administered.

Mike's Race Reports in brief

Mike Shaw

Some more snippets from our very own Mike Shaw:

Out & About with the Colonel Birthday Girl at Fareham Parkrun – Ms Peckover

The elderly marshal on Graceland's corner of the Fareham Parkrun was overwhelmed when the Striders Big Guns turned up to celebrate Lisa's 22nd Birthday followed by a brunch afterwards. Lisa who has been in good form this year was in company with the Mannings, the Welch's and Gary A and others of note.

Portsmouth Coastal 23rd December

Langstone bridge resembled the Mexican border on this Sunday as hundreds of hardy souls struggled to cross before the bridge was closed. The manager of the Ship Inn was astonished to see his car park full at 9am and was heard to say "I don't care who you are, get those reindeer off my land" I saw Matt Cheyney, Armstong Welch on their way back and may ladies Kirsty, Lisa Marie and the editor on the outward journey. I was also embraced by Mr Bowpitt & Steve T and high fived by a Terry Aked lookalike. Well done to you all!

Victory 5 Road Race – 2nd December

All roads led to the Lakeside Sunday. It was the hottest run in town!

The win time was 24 minutes over 5 miles. Over 20 striders of all ages, abilities and gender took part and all did well and returned safely. The weather was damp and windy!

Out & About with the Colonel & Rachael

If you like lots of runners and fast times the Stubbington 10k was the place for you in January. 2000 runners lined up on a balmy day for this jaunt round the scenic course. The Striders played a full part turning out a big team of all ages, genders and abilities and all brought credit to the club and some PBs. Rachael our cheerleader was present but did not run due to a cold.

Our ladies were out in force & did the club proud. First Strider home was the emerging talent J Manning, what potential this lad has but the club showed its future talent in the diversity of age & experience. Well done everyone – A Memphis fist pump to one and all.

NB The cakes were great afterward

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

This month's insight is from a fairly new member but now an ever presence at training. Jeffery Streeter

Q & A with Jeffery Streeter

What made you join the Striders?

Having run solo for over eight years, I decided it would be more fun to run with people, and to make new friends while doing so.

What inspired you to start running?

My Father passed away in 2007, and in 2011 I decided I wanted to do something to honour him. I decided to train for the 2011 Great South Run and the rest as they say is history.

What's your favourite distance and why?

I would say my favourite distance is 10K, as I can run that far without stopping on a good day.

Cross country or road?

Definitely road

Summer/winter training?

I like both for different reasons. Summer for the light, peaceful, cool mornings and winter for the satisfaction of getting out and achieving a run in adverse weather conditions.

Favourite club session?

Saturday morning social run

Any club inspirations and why?

Too many to mention

Any pre run/race superstitions or prep?

Always wear a black armband in a race in memory of those lost, so always kiss it before crossing a start line.

Favourite medal?

London Marathon 2017.

