

# Stride and Tested

The newsletter of Denmead Striders

January

2016

## 2015 Race Results

**Kev Raymond**

As many of you may know, I been collecting all your race results though out the year and would like to congratulate each and every one of you who has taken part in a race this year, and with some impressive results too. I would also like to thank Sue Rattley for putting them on our website, and Mark Pelley for reading them out at the Wednesday's night training session.

In collecting your results I have come up with a few stats.

As a club 125 different Striders competed in 117 different races this year and with 953 race finishes between them (these stats do not include Park Runs).

Of that 125 Striders there were 79 males with 697 race finishes between them, and 46 ladies with 256 race finishes between them.

And on an individual bases there have been some very impressive results by many of you.

With the most races run this year by a male Strider, and in his first year with the club, Gary Armstrong ran an impressive 35 races (even Julian Manning with 26 races couldn't compete with him on this). Gary was followed closely by Gary McCawley with 31 races.

And with the ladies, also in her first year with the club, and with 19 races was Lisa Peckover. But due to Lisa getting an injury near the end of the year, Anita Crawley ran away with it with an impressive 26 races. Maybe next year Lisa.

And finally would like to wish you all A Happy New Year and all the best for 2016. Keep running and keep those results rolling in. Go Striders.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
5K				10	7		15	7		2			41
5M					2	23		3	40			23	91
10K	37	10	33	2	46	39	9	5	11	18		3	213
10M		35	25		20		8	13		35	42		178
½ Mar		10	11	5		5	4	11	11	4	42	7	110
20M		5	2										7
Marathon	1			13	7			3	2	8	3	12	49
X-Country	15	15	12			47			9	18	34	52	202
Others	6			1	1		12		5	14		22	61

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
No of Different Race's	6	8	9	11	11	7	8	7	16	16	8	10
No of Different Striders Competing in a Race	47	50	50	27	46	53	31	25	48	72	58	60
Race Finishers for Striders	59	75	83	31	83	114	48	42	78	99	121	120
Most Striders in a Single race	36	33	28	9	23	47	10	13	29	35	38	27

*Many thanks to Kev for collecting our race results over the year. We all like to hear our names called out by chairman Mark Pelley on Wednesday nights. But can I make 2 pleas on behalf of Kev. Firstly, if you spot a race result that is wrong, let him know. Secondly, if you compete in a race outside of the local circuit, please let Kev know how you got on so that he can include you in the results – Peter Maisey*

## Membership Fees Julia Revill

A 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 website.

## Ultramarathon wear and tear Peter Maisey

The word "ultramarathon" is beginning to be heard of late in Strider circles. It seems that marathons are no longer enough to challenge some of our club members. So you might be interested in some research carried out on ultramarathon runners by researchers from University Hospital of Ulm in Germany, before the lure of ultra-ultramarathons sets in.

Ultramarathons obviously take a toll on the body, wearing cartilage and even shrinking the brain, but the research has discovered that joints start repairing before the race has even finished.

The race the researchers used was Trans European Footrace, a mere 4500 kilometers from the Italy to Norway, in 64 days. This equates to about 100 marathons back-to-back, with no rest days. By scanning feet and leg joints every 900 kilometers, the researchers found that cartilage did degrade during the first 2500 km of the race. But after around 60 marathons – the cartilage seemed to recover. It was thought that cartilage could only regenerate during rest, but this research showed that it can regenerate during running.

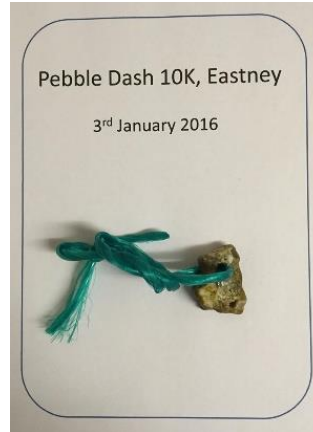
Joints aren't the only parts of ultramarathon runners body affected. Analysis revealed that their brains seemed to shrink by 6 per cent over the course of the race.

The shrinkage might just be the result of extreme fatigue and/or insufficient nourishment, or possibly by lack of stimulation. One brain region particularly affected involves visual processing, and may have been under-stimulated by days of just staring at tarmac.

But the good news is total recovery after six months.

The researchers also found that those who only run marathons don't experience the same issues.

## The Pebbledash – 3<sup>rd</sup> January 2016 Julia Rivell



The Pebbledash is a social run put on by one of the Pompey Joggers. I did it last year on a lovely sunny day and got a lovely 'pebble medal'.

This year it went on Facebook and attracted a big following, but with the bad weather forecast a big turnout was not expected.

We were very surprised when about 80 runners turned out, five of whom were Striders. Jon Sullivan led the 10k field home. Angie Agate was first lady Strider, then came Gary McCawley, Anita Crawley then myself.



I took 70mins 24s, which I was quite pleased with as the wind was sideways on, so no relief. The wind was also gusting stronger all the way back. We were soaked to the skin. Not the prettiest picture of us all.

## Stride and Rested – Facebook

It's all about letting others know what you are up to, and inviting them along. For example:-

*Myself and J. are going to go for a run tomorrow morning @ 8:00 for 10 miles @ a pace of 9 min miles. Anyone most welcome to join us meet @ the car park @ the top of the eastern road. Running to Southsea & back*

*Myself and K. are going to go for a drink tomorrow evening @ 7:00 for 10 pints @ a pace of 9 min per pint. Anyone most welcome to join us meet @ the Denmead Queen @ the top of the Waterlooville precinct. Running to the toilet & back*