

# Stride and Tested

The newsletter of Denmead Striders

February

2016

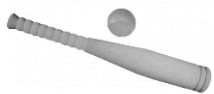
Denmead Striders  
Annual General Meeting  
7pm, Friday 18<sup>th</sup> March, 2016  
followed by  
Presentation and Prize Giving at 8pm

Cowplain Community Centre  
Padnell Road  
Cowplain

We have access to the centre from 6.30pm until midnight  
Bar available

## Dates for Your diary

### Rounders Evenings King George Playing Fields, Denmead



- April 17<sup>th</sup>
- May 29<sup>th</sup>
- July 17<sup>th</sup>
- September 4<sup>th</sup>

### Sports Day King George Playing Fields, Denmead

- June 25<sup>th</sup>

### Christmas party Cowplain Social Club



- December 9<sup>th</sup>

## Hell Down South 16 Jan 2016

Richard Gray

Well we all like a challenge and I can confirm that 'Hell Down South' is the real McCoy when it comes to challenges!!!

I had intended to do the Stubbington 10K on the Sunday with the rest of the club. But Hanna, my daughter, suggested that we should give the Hell Runner a try. She didn't have much information on what was involved and there wasn't a huge amount of details on the Hell Runner web site apart from phases such as 'Bog of Doom' 'Hills of Hell' 'Lucifer's Lido. We should have been warned!!

Typically or perhaps predictably, having had 6 weeks of very wet but warm weather conditions, Saturday the 16 January was freezing cold with loads of ice on any open water. We arrived at Longmoor camp near Liphook with our multi-layered clothing, gloves and hats on but still we shivered waiting for the 10am start. The organisation at the start was first class with loads

of facilities, hot drink and food stalls for family and friends who had turned up to support.

The first couple of miles were along fairly typical trails and we had warmed up sufficiently to start contemplating whether the race was 8 mile or 11 miles long. The organisers aren't specific about actual final distance so the conversation was focused on doing perhaps about the 8 miles.

Then we went completely off trail, encountered the first hill, trudged through knee deep water, ran along a bit of undulating trail, up another hill, through more water and you can guess the rest. Hills the size of a long steep staircase were our next challenge, as soon you had got to the top of one the route took you straight down again and then up another.

This went on for another six or seven miles, by which time we had made friends with our fellow runners as we helped each other up hills, down hills and through icy water.

Further along the trail we could hear music so assumed that the finish wasn't far. How misleading was that! This was the prelude to the 'Bog of Doom'! Lots of smoke machines to give atmosphere then we run into 75 metres of deep stagnate water. I'm 6' 3inches tall but the water was up to my arm pits. Hanna had to swim part of the way. The water was very cold but we came out the other side smelly, but smiley, ready to push on for another two miles to Lucifer's Lido, twice through water that wasn't quite so deep or dirty, then through the sand pits and to the finish.

We had run almost eleven miles, we came about 600<sup>th</sup> out of 1,300 people in a time of about 2hour 2mins and I can honestly say I enjoyed every minute of it.

## Julia Reville – A profile

Julia Reville. Membership Secretary. Multiple marathon runner. Strideand teste wanted to know more – why, when, where, how.

**Stride and Tested:** So how did you get into running?

**Julia Reville:** Watching the London Marathon, I said to husband Mick, "I would love to do that some time."

"Well you'd better start running," he replied.

So I did. I was working at a veterinary practice at the time, which had a drive a mile long, I started running up and down during my lunchtime, in my works clothes and some old plimsolls. At first I was only able to run in short bursts. My colleagues, passing by in their cars to buy their lunches, would call out, offering me a lift. Finally, I was able to run the entire way, and the calls changed to "Looking good Julia".

**S&T:** Why join Denmead Striders?

JR: I went to a meeting at Midhurst Community Centre where there were notices for Midhurst Milers and races of all distances. My first race was the Pub-to-pub in 1999. I was third to last with two old men behind me. Mick was very impressed by the ladies in lycra – I was wearing heavy trousers and a baggy tee shirt. I told him he'd never catch me in lycra.

When I raced horses as an amateur jockey my colours were red and black. A red vest with Denmead Striders on the back. So I made my way to the swimming pool one Wednesday night in January 2000.

I remember Peter Maisey saying I should come and run the club's cross country. I told him I could never run cross country. But never say never.

**S&T:** How did joining Denmead Striders affect your running?

JR: Running with the club was great. I learnt how to move my legs with short rep sessions, something I'd never have done on my own. I enjoyed going to races with other members, slowly building up to half marathons and more – Coombe Gibbet and MV Plod.

**S&T:** You are known for doing a lot of marathons. Do you remember the first one?

JR: I entered my first London marathon in 2001, running with a gold bond place for Spinal Research. As I was working I was able to get sponsorship from work



**How to tie your shoe laces – courtesy of San Clark**

colleagues and employees. I really enjoyed it, finishing with a big smile on my face. No blisters. Four hours thirty eight minutes. Not too bad for a 53 year old novice.

S&T: But one marathon wasn't enough was it.

JR: I must have been hooked because I then ran the Isle of Wight Marathon a month later on a pig of a course. I became Hampshire County Champion for my age group. Very few ladies ran marathons in those days, and certainly none in my age group. That was followed by the Seven Sisters Marathon in October. Fabulous course. Five hours twenty seven minutes. Tears at the end. I told Mick it was adrenalin.

After that I was told that we should only run one marathon a year, as our bodies can't handle more. So in 2002 I ran London again, and New Forest in September.

S&T: So why did you ignore that advice?

JR: With more experience and plenty of reading I learnt more about hydration and nutrition, and was able to do more long distances with careful training and diet. From 5 marathons in 2003, I went to 8 in 2004, 9 in 2005 and 2006. In 2015 I ran 22 long distance events, 7 of which were ultras. By the end of 2015 I had run 167 marathons or longer.

S&T: Don't you get bored with running marathons?

JR: How can they be boring? They are a great fun day out, talking to people. It's our hobby, so smile and enjoy it. I tend not to do road marathons any more though, only 26 in all. Trail marathons are so much more interesting. I've done 108 in total, with 33 ultra-marathons making up the rest.

S&T: You don't seem to suffer from running related injuries. Why is that?

JR: I think I am lucky having a neutral gait, but I am careful about my running shoes, having 3 or 4 pairs on the go at any one time. If I run twice in one day I will wear different shoes. I think it might be a mistake to get tied to one pair of shoes, as my joints might get used to the way they make me run, leading to less flexibility. But that's just my opinion.

S&T: What about cross training, or do you just run.

JR: As I do at least one marathon each month, I don't have to do long runs. I do a lot of cross training, mostly at the gym on the bike, or hills on the treadmill, not that I like running on the treadmill. I do tai Chi twice weekly, which helps with balance and diaphragm breathing, which I use if I am in trouble running up hill. I cycle or run to the sessions in Southsea, adding to my training.

S&T: You've been a Strider for some time. Do you still get anything from being a club member?

JR: As my eyes get older I find it more difficult running in the dark, which is why I don't take part in many of the winter Strider sessions. But I do love to come along and chat every week, and very much enjoy being part of the club. As I am now retired I have plenty of time to be Membership Secretary, and will probably continue until somebody decides it has to be done online.

S&T: You've run a lot of marathons. Do still have any running goals?

JR: If I am honest I want to get to 200 marathons. If I complete the 21 I have entered this year, I should make 200 in 2017. After that I look forward to Long Distance Walking Association challenges, costing less than £10, with 10 hours to finish, and a free meal at the end. I might just make 20 stone by the end of 2018.

S&T: And finally, how do you, as a vegetarian, manage to have a diet that keeps you fit and healthy enough to run so far so often.

JR: I eat vegetables, fruit and nuts. In November 2013 I bought a Nutribullet blender which really revolutionised my diet. Despite being vegetarian all my life I found it very difficult to eat green vegetables, broccoli, spinach and rocket being particularly difficult. I am now able to blend a 'green drink' for lunch, broccoli, lots of watercress, celery, cucumber and I add wheat grass powder which is a miraculous 'cure all'.

I have a fruit smoothie for breakfast, banana, blueberries, raspberries and the juice of a fresh orange, I even managed to persuade Mick to have half of it but he cannot face the green one. I also gave up bread and went gluten free at the same time. This is when my running times got faster and I found that I actually was able to sprint a bit at the end of a race. So fat and protein comes from nuts, sweetness comes from fruit, and boy am I hydrated!

