

Stride & Tested

Denmead Striders

March 2016

New beginnings.....



Mark Pelley
Chairman for 5 years

2016 is already proving to be a year of change with the announcement from our dear Mr Pelley that he will be standing down as chairman and after 20 years dedicated to the Stride & Tested newsletter Peter Maisey has made way for me to be let loose on supplying you with useful (or useless) information over the coming months.



Peter Maisey
Editor for 20 years

I think I am pretty lucky with the first edition as it seems I have a whole years worth of news! New chairman (Welcome Mr Aked), New editor, Summer Schedule, various race reports. I really am spoilt for choice.

However, just as Peter needed you, so do I. Your input over the coming months when I am sure the news may start to dry up will be

much appreciated.

I welcome any stories, race reports, feedback, and suggestions of what you would like to see in **YOUR** newsletter so please feel free to email me: **sads1978@googlemail.com**

For those of you that know me, I can be a little vocal so if you don't freely come forward with stories etc then fear not the little Jack Russell of the human world will be pestering you for those great achievements that you experience on a monthly basis.

The newsletter is a great way to share achievements, inspire fellow runners, provide information and advice for all members.

I look forward to working with you all in 2016.

Race dates – April 2016

Hundred Acre 10K & half Marathon	3 rd
Queen Elizabeth Spring half	3 rd
Queen Elizabeth Spring marathon	3 rd
Kestrel Cycle stands Portsmouth Duathlon Two (Speakers corner Southsea)	17 th
London Marathon	24 th

Peter Maisey – I ask him the questions?

Clare Welch

How did you get involved with the newsletter?

In '95 the newsletter was resurrected quarterly. I had the impression that the editor was producing it under sufferance, so, after one rather poor quality edition I offered to take it on for a short while. I didn't realise that "short while" would be twenty years". Initially it continued as a quarterly edition, but by popular demand it became monthly

How has the striders changed over the years?

Striders has always been a club I have enjoyed being a member of. Year on year it has continued to become a better club, both competitively and socially. I notice now that club members become more than just members. They become good friends as well, something that I think bodes well for the future of the club.

What do you love about being a strider?

It's that friendliness I have already mentioned that makes Denmead Striders such a great club to belong to. And I think that is reinforced by our having a Meet and Greet person to make newcomers welcome.

What's next now as you step down as editor?

You will already be aware that I haven't yet relinquished all

links with the newsletter as I will be chasing up contributions for you from those Striders I think have something of interest to say. I will also take the opportunity to read the newsletter properly, something I did not always do as editor.

I am also thinking of starting up another newsletter. It's called "Tried and Stressed It", the newsletter of "Deadbeat Triers" of which I am the only member.



Meon Valley Plod or should it be Meon Valley Mud? Race report - Phil Oconnor

A really good experience of long distance cross country running and its a good job I like Cross Country because I thought I was entering a road race in preparation for my first marathon in May. Only a few striders had signed up for this event and I was soon about to find out why. About half a mile in and we soon started to climb the first of many very long and steep hills and all of a sudden the 40mph winds didn't seem that bad, but on

the plus side the scenery was amazing, the marshals were so supportive all the way round and there were plenty of food and drink stations with all sorts of sugary treats. This was more than a challenge than a race and will definitely sign up for this again and would be nice to see a few more striders next time as it is kind of enjoyable. Roll on the summer plod where there should be a lot less mud.....

sorry I forgot to mention the knee deep mud that was with us for most of the 21.3 miles !



THANK YOU – Parting words from our current Chairman Mark Pelley

As my tenure as Chairman draws to a close, I want to thank everyone in the club for making my five years such fun and really enjoyable. We have a truly great club and what makes us stand out from other clubs is our amazing group of people who are always on hand to help, support, inspire, nurture, congratulate and share in the successes we have enjoyed over the years. We have all greatly benefitted from being a Strider, not just in terms of fitness but also forming strong friendships with one another. The support and encouragement we see on training nights is fantastic and the social side of the club goes from strength to

strength. So many people contribute to the success of the Striders and it is impossible to name everyone individually but I would like to pay tribute to the club committee, who have been superb in all they have done and have made my job so much easier. The 10k committee have done a brilliant job organising the first two Denmead 10k races and I am delighted Rory Heard has agreed to be Race Director for this year's event in October. Lisa Guile and Lee Weeks have organised many memorable social events, including curry nights, drinks evenings, rounders, sports days, Christmas Parties and of course the trip to Paris. The number of Striders who take part in road races and cross countries is

excellent and, for a relatively small club, we certainly punch above our weight! How many other clubs can boast TV coverage of their top runner, Mr Julian Manning, keeping up with Paula Radcliffe or the incomparable Mike Shaw being interviewed on Channel Five before becoming the oldest finisher at The Great South Run in 2015? I have loved being Chairman and look forward to the club continuing to flourish under the guidance of our new Chairman, Mr Terry Aked. GO STRIDERS!

Running in memory of Dave Davenport

Dave Davenport's son Tim is running the London Marathon in Dave's memory.

If anyone wishes to sponsor him please visit:
<http://virginmoneygiving.com/timdavenport>



Striders set sail across calm waters – Ryde 10 mile Race report – Clare Welch

It was a beautiful sunny morning as all the striders set off in force ready to face the hilly Ryde 10 mile.

The car share was almost perfect with a few adjustments to seating arrangements dependant on size (Lisa & I squishing into Mr Colmers spacious Fiat).

We got lucky with the travel over and had a nice smooth sailing with the normal striders banter keeping us all entertained along the way.

Once back on dry land the normal pre-race rituals took place with the quick boys going off for their routine warm up (probably snuck in a few miles beforehand),

multiple toilet breaks (no one wants to do a Paula Radcliffe) and the customary number pinning.

The weather conditions were kind to us with a little downpour towards the end (well my end, most other striders were finished at this point).

For me personally I had a pretty tough time as my calf decided to cause mischief around 5 miles. Luckily I had the encouraging Mr P with me every step of the way and we both limped to the finish together.

Listening to everyone's count of events post race it seemed

like all done well with some PBs for that course achieved.

So with the running out the way it was off in force to good old spoons to put on the calories we just burnt off.

With a sea of red taking up the tables there was again the usual mischief with a new game of beard kerplunk that kept us amused for all of 5 minutes – Thank you Matt Cheyney for the loan of your beard.

As the day drew to a close we all headed back to the ferry where the usual game of Uno took place and the naughty crew continued to

mock each other in the best way they know how.

I'd also like to give a mention and a thank you to the Striders supporters that came along - Terry, Paul, Lee and Mike.... It must have been tough wafting down a hearty breakfast in a nice warm café.



All in all a great day out for the club. Here's to many more!

Bramley 10 & 20 mile Race Report – Lisa Peckover

Walking the long walk from the car park to race HQ didn't fill me with great excitement for the race ahead. It was freezing cold and I wasn't relishing the idea of taking all my layers off to go to the start line! As I dropped my baggage off I saw a few other Striders getting ready to start their 20 mile race. Myself, Gary Armstrong and Dan Shawyer were subject to usual friendly banter from Martin Carpenter and Matt Cheyney for choosing the lesser 10 mile race. Simon Toms was also doing the 10 miles.

As we gathered on the start line it was the warmest I had felt with all the body heat around! Both the 20 mile and 10 mile race started together.

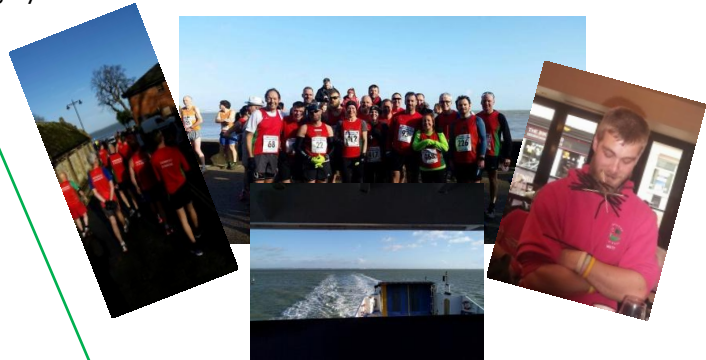
About 3 miles into the race, a runner came up beside me to say hello as he used to be

a Strider. We got chatting, and it turned out he was doing the 20 mile race. To cut a long 7 mile story short, Ashley stayed with me for the rest of my race, encouraging me when he could tell I was feeling tired. About half a mile from the finish Gary appeared (obviously he had finished long before me) he helped push me to the end, as much as I didn't want it at that point! I couldn't thank Ashley enough for staying with me and wished him all the best for the next 10 miles. I don't know why as I should be used to it by now, but I am always so surprised at the friendliness and support of complete strangers and so grateful.

As my race ended it was time to see in the crazy guys doing the 20 mile, Matt Cheyney, Jon Sullivan, Alan Mcvittie, Martin Shaw, Paul Saunders and Martin

Carpenter all completed their races in impressive times. I always like to support my fellow Striders over the finish line, even in the freezing conditions! The same couldn't be said for Dan who decided to stay in the warmth of the school hall while Gary and I saw the other guys finish.

The course itself is mostly flat with a few hills but nothing to be concerned about, this was reflected in my time as I achieved a new 10 mile PB. All in all it was a great race and I would recommend to everyone. Well done to all the other Striders that competed that day!



Striders Stats

PB's by Kev

As most of you know Kev does a sterling job of collating all the results, fastest times etc throughout the year.

Something that he has started doing recently is looking back on peoples times (it's been recorded since 2011) and looking at peoples PBs. This is

something I am going to share with you on a monthly basis so we can enjoy everyone's achievements.

Just bear in mind that you have to have been a strider in that time and done more than 1 race at said distance.

I would also like to take this opportunity to thank Kev for doing this on a regular basis. I'm sure it's not a small task collating all the information!

Official New Members A warm welcome to:

Daniel Shawyer
Kate Harris
David Walker
Samantha Feiven
Louise Woodhouse
Neil Hawkins
Ryan Harris
Simon Houghton
Caroline Whiting
Ruud Jonkers
Debbie Marks
Gretta Willans
Tillie Johnston
Emma Wilson
Nicola Wills
Stephanie Whiteley
Carol Jones
Emma Killen
Dan Starkey

February PBs. Well done to:

Name	Race	Time
Mike Nolan	Brighton Half Marathon	01:39:46
Jane Woodroof	Tonbridge Wells Half Marathon	02:12:23
John Malthouse	Worthing Half Marathon	01:35:57
Martin Shaw	Bramley 20M	02:41:07
Daniel Shawyer	Bramley 10M	01:08:26
Lisa Peckover	Bramley 10M	01:27:09
Lee Mawson	Portsmouth Coastal Half Marathon	01:29:33
Steven Colmer	Portsmouth Coastal Half Marathon	01:44:00

Well done all – Great running

Hoka Trainers – Testing opportunity

Terry Aked

I have been contacted by a representative of Hoka trainers who would like to attend one of our training sessions and bring trainers for members to run in and test. I have suggested the evening would be best suited once we have gone back to Denmead for summer

training. So have provisionally penciled in the 6th April and would recommend arriving 6.30pm to allow time for this. It would be good to know who is interested beforehand so if you could let me know if you are interested in taking part that would be great. Either

Speak to me at training or email terryaked@sky.com



Don't forget.....

Rounders evening

Sunday - 17th April
King George playing field,
Denmead

Feedback

I'd love to hear your thoughts on my first newsletter. Good bad or indifferent. If there are particular things you enjoy reading, have suggestions on what could feature then please let me know. Contact me via email sads1978@googlemail.com, facebook or just speak to me at training.

Summer Schedule 2016

Gary McCawly

The Denmead Striders winter training is almost coming to an end and we can see the days getting gradually longer. This is when we start to look forward to training around the lanes of Denmead on warm summer evenings.

Welcome to the 2016 summer schedule with the Denmead Striders. Both the sessions will start at Kidmore Lane car park in Denmead, unless otherwise stated. The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00.

The sessions will be a mixture of speed work and sustained running with some new sessions as well. The objective of the 2016 summer schedule is to improve overall fitness enabling club members to maintain speed over distance.

During the summer we aim to train over a variety of surfaces from road to woodland trails. If you are susceptible to insect bites remember to apply insect repellent beforehand. The Negative Nelly session from the winter training was well received so we have included it in the summer

schedule. The idea of the Negative Nelly is to run each repetition slightly faster than the previous repetition.

The first handicap race of the season will be a naked scratch race. Don't worry you don't have to strip off your clothing before running, you just cannot wear a watch or any digital device which may help you with timing and pacing. On the evening each member will give their predicted time for the 5.4K route, the winner being the one closest to their predicted time. This time will then be used to calculate your handicap. It will not be a problem if you cannot make this first race, at the next

handicap race just give your predicted time and the coach will slot you into a suitable starting time.

Once again the session on 29/06/16 will be the Summer Cross Country organized by the Portsmouth Joggers. There will be no 'Kidmore Lane session' on this day.

We cannot all run as fast as Mo Farah, but we can train like him and the session on 31/08/16 will allow members to do that by copying a Mo Farah interval training session.

How will your times compare? Your body needs to train in order to become accustomed to the faster pace of speed work.

Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the interval it is important to keep moving to prevent muscles getting cold and causing injury.

Finally, we hope you enjoy the summer schedule this year and we look forward to receiving any feedback you may have.

Mo Farah	Time		Time
1Mile	00:03:55	1Mile	
1200	00:02:57	1200	
1000	00:02:27	1000	
800	00:01:57	800	
600	00:01:20	600	
400	00:00:50	400	
200	00:00:25	200	

Health & Safety still applies in the summer months

Peter Maisey

We are moving away from the neon lights, dark nights and busy roads around Waterlooville Swimming Pool. Hoorah! We are moving to lighter nights, quieter roads, and warmer temperatures. Hoorah! But we mustn't fall into the trap of thinking we can drop our health and safety guard. We are still going to be sharing the roads with cars and the occasional truck. But we also have the additional sharing with bicycles,

pedestrians and the occasional horse. Also don't forget that the low sun in the evenings can make you less visible to drivers. Stay vigilant. Wear bright or reflective clothing. Be seen. The club's Health and Safety policy recommends that "All runners participating in training sessions must wear white and/or reflective tops" at training sessions. Sharing means giving way to cars in particular. Let's stay on good terms with other road users.



Denmead Striders Summer Schedule 2016

Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
04/04/2016	800 Intervals	3-5	75 secs	Steve.T	Practice pacing and improve speed.	06/04/2016	Fartlek	18-24 mins	Coach	Gary.M	Practice transition of pace.
11/04/2016	1200 Intervals	2-5	90 secs	Gary.M	Build strength and speed.	13/04/2016	Handicap No.1 - Scratch Race No watches or electronic devices	5.4K		Julia.R	Obtain a benchmark time to monitor progression through the summer.
18/04/2016	Fartlek 5K	2F/2S	120 secs	Martin.S	Practice change of pace and build strength.	20/04/2016	Negative Nelly - 1 mile Intervals	3-5	150 secs	Graham.B	Speed and strength endurance.
25/04/2016	Creech Woods 600's	6-8	60 secs	Graham.B	Improve lactic & aerobic threshold	27/04/2016	500 Intervals	6-10	60 secs	Martin.S	Improve lactic & aerobic threshold.
02/05/2016	800+400+200+200 - Interval Set	1-3 sets	75/45/25 + 60 secs after set	Angela.A	Improve lactic & aerobic threshold. Practice finishing kick.	04/05/2016	Hill Repetitions	7/8/9 mins	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
09/05/2016	Timed Fartlek - King Georges Playing Field	30-36 min	Coach	Steve.T	Practice change of pace and build strength.	11/05/2016	600 Intervals - Creech Woods	30 mins	60 secs	Steve.T	Improve aerobic power.
16/05/2016	200 Intervals	16-20	25 secs	Graham.B	Sharpen speed and finishing kick.	18/05/2016	Negative Nelly - 800m Intervals	4-6	75 secs	Angela.A	Speed endurance.
23/05/2016	Incline Session 5 Down / 5 Up		Down	Gary.M	Sustained effort. Improve pace, strength and stamina.	25/05/2016	Handicap No.2	5.4K		Julia.R	Use to monitor training progression.
30/05/2016	400 Intervals	8-12	45 secs	Angela.A	Improve aerobic conditioning and running economy	01/06/2016	(1200)+(800) - Interval Set	(2-4)+(1-2)	90/75 secs	Gary.M	Sustained effort and race finish.
06/06/2016	800 Intervals - Creech Woods	4-6	75 secs	Martin.S	Practice pacing and improve speed.	08/06/2016	Hill Repetitions	7/8/9 mins	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
13/06/2016	1200 Intervals	2-5	90 secs	Steve.T	Build strength and speed.	15/06/2016	400+200+200 - Interval Set	3-5 sets	(45/25) + 60 secs after set	Martin.S	Improve lactic & aerobic threshold.
20/06/2016	Timed Fartlek - King Georges Playing Field	30-36 min	Coach	Graham.B	Practice change of pace and build strength.	22/06/2016	600 Intervals - Creech Woods	30 mins	60 secs	Angela.A	Improve aerobic power.
27/06/2016	400 Intervals	10-12	45 secs	Angela.A	Improve aerobic conditioning and running economy	29/06/2016	PJC Summer XC Queen Elizabeth Country Park	5 miles		PJC	Sustained effort.
04/07/2016	Incline Session 5 Down / 5 Up		Down	Gary.M	Sustained effort. Improve pace, strength and stamina.	06/07/2016	Negative Nelly - 1 mile Intervals	3-5	150 secs	Graham.B	Speed and strength endurance.
11/07/2016	800+400+200+200	1-3 sets	75/45/25 + 60 secs after set	Steve.T	Improve lactic & aerobic threshold. Practice finishing kick.	13/07/2016	Handicap No.3	5.4K		Julia.R	Use to monitor training progression.
18/07/2016	Sustained Run 10K - Denmead 10K Route	10K		All Coaches	Sustained effort and race practice	20/07/2016	Hill Repetitions	8/9/10 mins	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
25/07/2016	200 Intervals	16-20	25 secs	Martin.S	Sharpen speed and finishing kick.	27/07/2016	600 Intervals - Creech Woods	8-10	60 secs	Steve.T	Improve aerobic power.
01/08/2016	Incline Session 5 Down / 5 Up		Down	Gary.M	Sustained effort. Improve pace, strength and stamina.	03/08/2016	Handicap No.4	5.4K		Julia.R	Use to monitor training progression.
08/08/2016	600 Intervals - Creech Woods	8-10	45 secs	Angela.A	Improve lactic & aerobic threshold	10/08/2016	Negative Nelly - 800m Intervals	4-6	75 secs	Graham.B	Speed endurance.
15/08/2016	1200 Intervals	2-5	90 secs	Graham.B	Build strength and speed.	17/08/2016	Sustained Run 10K - Denmead 10 Route	10K		All Coaches	Sustained effort and race practice
22/08/2016	400 Intervals	10-12	45 secs	Martin.S	Improve aerobic conditioning and running economy	24/08/2016	Hill Repetitions	7/8/9 mins	Down	Peter.M	Build strength and stamina. Give confidence to attack the uphill during a race.
29/08/2016	800 Intervals	4-6	75 secs	Steve.T	Practice pacing and improve speed.	31/08/2016	Train Like Mo Farah. 1600/1200/1000/800/600/400/200	1 set	400	Martin.S	Speed and stamina.
05/09/2016	Incline Session 5 Down / 5 Up		Down	Graham.B	Sustained effort. Improve pace, strength and stamina.	07/09/2016	Handicap No.5	5.4K		Julia.R	Use to monitor training progression.
12/09/2016	Fartlek 5K	2F/2S	120 secs	Gary.M	Practice change of pace and build strength.	14/09/2016	Fartlek	18-24 mins	Coach	Gary.M	Practice transition of pace.