

# Stride & Tested

## Denmead Striders

April 2016

### And the award goes to.....

18<sup>th</sup> March 2016 saw yet another great turnout for the annual Denmead Striders awards ceremony. This was the first year for me as an official Strider as last year I came simply as Paul's "plus one"

It was actually from that moment that I knew I wanted to be involved in what I knew was more than just a running club. It was also the lovely speech from our resident charmer Mike Shaw that got me putting on my running trainers the following week.

Anyway I digress...

The awards stood proud at the front of the room (although it was evident they needed a polish) with Mr Pelley ready to present his

last awards evening and hand over the reins to our new Chairman Terry. Mr Aked started the evening with a lovely speech, followed by some vertically challenged person reading a poem dedicated to Mr P. After that the awards were in full swing with some midway intervals that got our brains working with Mark's customary quiz. As you will see from the awards presented the great thing about the Striders is that it celebrates and acknowledges all ends of the spectrum. So whilst the club recognises the fantastic achievements from our prolific runners it also proves that you don't have to be the fastest or have done the most races just to get recognition. It's all about the people that make the club....who knows next year it could be you!

### Race dates – May 2016

Alton 10m	8 <sup>th</sup>
Netley 10k	15 <sup>th</sup>
Petersfield Heath 5K	21 <sup>st</sup>
Clanfield Challenge 12k, 5k, 1k	22 <sup>nd</sup>
Lakeside 5K series	25 <sup>th</sup>
Kent Road Runner	28 <sup>th</sup>



### Polishing welcomed

If anyone would like to polish their trophies before returning next year then I can recommend Brasso or Silvo as a good buffer....Go on get polishing...you know you want to!

# The Winners

<b>Best Female Performance</b>		<b>Best Male Performance</b>	
Elizabeth Steward		Gary Armstrong	
<b>Most Improved Female</b>		<b>Most Improved Male</b>	
Lizzie Jenner		Grahame White	
<b>Female Club Captain Award</b>		<b>Mens Club Captain Award</b>	
Clare Welch		Paul Welch	
<b>BURTONIAN TROPHY</b>		<b>JOYCE BURTON MEMORIAL TROPHY</b>	
Peter Maisey		Steve Trevenna	
<b>DAVE DAVENPORT MEMORIAL TROPHY</b>		<b>WINNIE MAE SHAW MEMORIAL TROPHY</b>	
Stuart Hoare		Steve Colmer	
<b>Marathon Performance Award</b>			
Julian Manning			
<b>CLUB CHAMPIONSHIPS 2015</b>			
	<b>10K</b>	<b>DISTANCE</b>	
<b>MALE SENIOR</b>	Jon Sullivan	Julian Manning	
<b>OVER 40</b>	Julian Manning	Martin Shaw	
<b>OVER 50</b>	Gary Edmonds	Alan McVittie	
<b>OVER 60</b>	Graham Clarke	Graham Clarke	
<b>LADIES SENIOR</b>	Elizabeth Steward	Kirsty Bailey	
<b>OVER 40</b>	Linda Taylor	Anita Crawley	
<b>OVER 50</b>	Mel Hunt		
<b>OVER 60</b>			
<b>CLUB CHAMPION "MEAD END" 2015 HANDICAP SUMMER SERIES</b>			
<b>MALE</b>		<b>FEMALE</b>	
1ST	Paul Welch	1ST	Marilyn Crocker
2ND	Stuart Hoare	2ND	Sally Rowe
3RD	Steve Allen	3RD	Gail Long

## And there's more.....

<b>THE IVAN MARSHALL TROPHY FOR THE STRIDERS LEAGUE 2014/15</b>			
1ST	Graham Clarke	1ST	Anita Crawley
2ND	Martin Shaw	2ND	Annali Court
3RD	Roger Jones	3RD	Mel Hunt
<b>GRIT &amp; DETERMINATION AWARD</b>		<b>TEAM OF THE YEAR</b>	
Gary Edmonds		The Coaching Team	
<b>NEWCOMER OF THE YEAR</b>		<b>LOYALTY &amp; COMMITMENT AWARD</b>	
Steve Colmer		Brian Harris	
<b>FRIEND OF THE STRIDERS</b>			
Ron Crank			
<b>TIME TRIALS 2014/15 MOST IMPROVED</b>			
<b>MALE</b>		<b>FEMALE</b>	
1ST	Sean James – 2:09	1ST	Stephanie Whitely – 3:54
2ND	Paul Welch – 1:50	2ND	Suzanne Richardson – 3:21
3RD	Dan Shawyer – 1:35	3RD	Clare Welch – 2:54
<b>MOST CONSISTENT</b>			
Gary Cassap – 22:30 – 22:34		Sarah Hadfield – 25:50-25:52	
<b>BEST PERFORMANCE</b>			
Julian Manning – All five under 17 mins, best 16:36		Annali Court – 23:07	

### Being awarded the Burtonian Trophy Peter Maisey

Let me begin by saying a huge thank you for awarding me the Burtonian Trophy for services to Denmead Striders in 2015. I am guessing my 20 years as newsletter editor may have had something to do with it. I'm sure it was not awarded for charm, wit and good looks.

I am also somewhat humbled at winning, as I felt the other contenders (Julia Reville and Kev Raymond) were more worthy of the award than I was. I understand that the voting was actually very close.

I have passed on the newsletter editorship into the very capable hands of Clare Welch, but I will be continuing as part of the coaching team. So here's looking forward to a great 2016.

## 21st Sellaronda Skimarathon Simon Toms

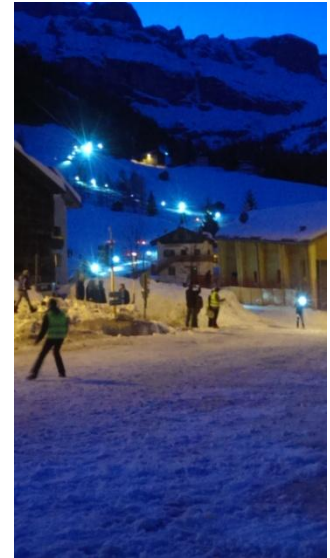
I've just spent a great week skiing in the Italian Dolomites and whilst I was there an alternative marathon took place.

Over 20 years ago in Canazei, Italy, 3 friends with a passion for ski mountaineering, one autumn evening whilst chatting in a pub "invented" the Sellaronda Skimarathon. A few months later they set off at night to give their dream a go. From this humble beginning the Sellaronda Skimarathon has grown into a top international event attracting over 1000 athletes from all over the world. The Sellaronda is a circular skiing route around the Dolomites in Italy, passing through the ski resorts of Corvara, Arabba, Canazei and Selva. The route handily happens to be 42km! The marathon starts and ends in one of the four villages listed above (the start/finish village rotates each year). The athletes

take part in pairs, the race starts after dark, once the lifts are closed and the general public skiers have left the mountain. Before you start to think it would be a doddle, the twist is that the 42km is completed without the use of any ski lifts. The skiers "walk" up the mountains using "skins" – synthetic layers that are stuck to the bottom of each ski which allow forward motion without sliding back – if you imagine stroking an animals fur the right way and then the wrong way you get the idea, back in the day actual animal skin was used for this purpose, but things have moved on a little since then. After walking up the mountain, the competitors remove the skins, ski down to the next valley and the process then starts again at the next slope up. All of this takes place in the dark using head torches. To put things into

perspective, during the day (using the lifts) an average skier will take 4-5 hours to circumnavigate the sellaronda, the winning racers in the marathon take a little over 3 hours to complete the course, reaching speeds of up to 100km/hr on the downward sections in the dark! Watching the procession of lights flow down from the mountain into Arabba was an impressive sight which unfortunately the pictures really do not do it justice, to then go across to the transition area and see the competitors take off their skis, fit their skins and then march off up the other side into the night was awe inspiring. I'd like to suggest forming a Striders ski team to take on the challenge, but unfortunately you cannot just rock up and enter, due to the dangerous nature of being

on the mountain at night, there are very stringent qualifying criteria to meet. Not sure a cruising week every year away would pass the entry requirements!



## 42nd RomaOstia Half Marathon – 13 March 2016

### Race report – Richard Gray

How about a long weekend in Rome? See the sights and even take in a half marathon perhaps?

This was the proposition put to me just after Christmas 2015.

That's how I found myself in the start pen for the RomaOstia Half Marathon 2016 on the 13 March, me and 11,999 other runners about to run in the biggest half marathon in Italy (allegedly).

When I entered the race the attraction was the chance to run around some of Rome's most iconic historical sites and soak up the Italian atmosphere.

The plan was to travel with Maureen, my other half, together with Maureen's daughter Kate and Kate's best friend Sarah. Kate, Sarah and I were entered in the half marathon. Maureen was going to run in the 5k run.

So far so good! We had to

register with the race organisation the day before the race so arranged our flights out to Rome for Saturday morning. Arriving at Gatwick, Maureen felt too ill to travel, so went home! On arrival in Rome Kate started to feel unwell and went straight to our hotel and bed, and stayed there until Sunday evening.

Two down, two to go!! Sarah & I manfully made it to the race registration on Saturday afternoon where we were given lots of goodies – nice Adidas T shirt + holdall, a race number and information etc plus a rucksack for our post race kit. This had to be placed in the transport lorries by 8.15am (7.15am UK time) on Sunday.

Race morning dawned and Sarah & I took a taxi to the race start area for 8.00am (7.00am UK time), we loaded our stuff into the appropriate lorry and were ready for the

start at 9.00am (8.00am UK time). That's an early start in most people's book!

I'd had a good look at the race website on arrival in Rome and it was obvious that the race course didn't actually start in central Rome, nor did it go anywhere near it. The actual start was on a dual carriageway in a modern office/ business area on the outskirts of Rome. Nevertheless the race start organisation was great. The start gun fired at 9.00am and I eventually passed the chip timer mat about 15 minutes later. The race then set off - in the opposite direction to Rome and 13.1 miles later (after running on an uninspiring undulating but dead straight dual carriageway) we arrived at the seaside resort of Lido di Castel Fusano, Ostia. The route was well marked with kilometre banners, plenty of water stations and the

weather was warm and overcast – in fact deal conditions for a half marathon run.

At the finish there were thousands of runners all glad to accept an another bag of goodies, finishers medal, ice cream and plastic rain coat! Sarah and I then had to work out how to get back to the hotel as nobody (no speaky Italian see!!) had told us we needed to book a seat on a shuttle bus service provided. All in all not the most memorable long weekend away, but the race itself was well organised, the goodies were plentiful and the Italians are extremely friendly and helpful people. I finished in 5,833 place out of 11,000 finishers in a time of 1 hour 49mins 51sec, which considering my lack of distance training I was reasonably pleased with.

But... would I do it again? The experience taught me a lot about registering and running in a race abroad so I'll be looking out for another opportunity (Paris perhaps?), but Rome? No!!!

## A farewell poem to our dear Mr P

### Clare Welch

The time has come to say goodbye  
To our chairman of 5 years  
So please bear with me as I speak  
As I may struggle through the tears.

Now I'm fairly new to the club  
So I can't share history  
All I can do is share my thoughts  
On our very own Mr P

He's the guy we all respect  
The number one main man  
The one we all look up to  
And of whom I'm a massive fan

He welcomes every member  
And helps co-ordinate events  
He runs in all cross countries  
Erecting his massive tent

He's there to give us words of praise  
And encourage when time is right  
We'll certainly miss his witty comments  
Every Wednesday night.

So what's next for our dear lord P  
Colouring in the Striders vest?  
Perhaps he'll sell us all a plot of land  
Or maybe just have a well earned rest

Whatever the choice I wish him well  
and hope he doesn't get bored  
he'll always be special to us  
and always be our lord

But what now for the Denmead crew  
They're massive shoes to fill  
But fear not loyal members  
There's someone that fits the bill

So welcome big foot Terry  
I think you'll do just fine.  
Just ease yourself in gently  
and give it a little time.

Remember everyone's behind you  
you're already everyone's mate.  
So have faith in yourself Mr Aked.  
There's no doubt that you'll do great.

So thank you Mark for all your work  
And dedication over the years  
One last thing we have to do  
Is give you 3 very big cheers!



## Striders Stats PB's by Kev

### March PBs. Well done to:

Name	Race	Time
Gary Armstrong	HRRL Eastleigh 10k	0:36:34
Paul Welch	HRRL Eastleigh 10k	0:38:09
Linda Taylor	HRRL Eastleigh 10k	0:42:58
Liz Steward	HRRL Eastleigh 10k	0:43:16
Rory Heard	HRRL Eastleigh 10k	0:43:09
Melanie Hunt	HRRL Eastleigh 10k	0:47:53
Sarah Heard	HRRL Eastleigh 10k	0:52:42
Matthew Cheyney	HRRL Salisbury 10m	0:59:26
Alan McVittie	HRRL Salisbury 10m	01:08:29
Liz Steward	HRRL Salisbury 10m	01:12:34
Rory Heard	HRRL Salisbury 10m	01:13:29
Sarah Heard	HRRL Salisbury 10m	01:30:29
Clare Welch	HRRL Salisbury 10m	01:35.43
Lisa Peckover	Selsey 10k	0:51:32

### Official New Members A warm welcome to:

Mandy Furredge  
Tina Lowe

#### Membership Reminder

There still appears to be some members that have yet to pay their yearly fee. We are now into April – 4 months into the year so please provide this to Julia Revill either by cheque or cash in an envelope with your name on it.

#### Break down of races

5K	
5M	
10K	37
10M	26
½ Mar	1
20M	
Marathon	
X-Country	
Parkrun	57

#### Monthly Stats Not including Parkruns

No of Different Race's	8
No of Different Striders competing in a Race	39
Race Finishers for Striders	67
Most Striders in a Single race	26
PB's	14

Good luck.....



#### All marathon runners

With marathon silly season upon us best of luck to all of you

#### Mr Manning - Record Breaker Peter Maisey

Congratulations to Julian Manning for his superb record breaking run in the final time trial of the Winter. Not only did he manage to beat the course record but also broke the 16 minute barrier.

His previous runs were around 16 minutes 40 seconds. His last run of the series was just inside 16 minutes at 15 minutes 57 seconds, and unlike his previous runs he didn't look too exhausted at the end

Becoming a veteran doesn't seem to have had any downside as far as Julian's running is concerned. . So maybe more to come!

## Food for thought

Gary McCawley

One of the benefits of running was I could eat what I like – within reason – safe in the knowledge that I would burn it off with a run or training the next day. Although fairly sensible there were improvements that could be made with my diet.

With so many diets and lifestyles to choose from whether it be vegetarian, vegan, pegan, paleo, high fibre or low carb the list was endless each with its own merits and drawbacks. This brief article explains the changes I made and the benefits I gained.

The change to my diet began when a colleague at work started to embark on a 'Raw Till Four' diet. The diet involves eating whole unprocessed raw foods until 4.00 pm then you are allowed to cook and eat certain beneficial foods. Listening to my colleague talk about this diet at length, I thought I would give it a go....well sort of..... I do like the odd biscuit or bar of chocolate, so I wasn't willing to fully commit to the program. I decided to go my own way with 'Half Raw Till Half Four'. The plan was to keep processed foods to a minimum, introduce more raw foods (salads and fruit) and exercise portion control. The first 4-6 weeks were tough especially at breakfast time when I would fill the bowl with cereal and milk and eat two slices of toast. I cut out the toast and the cereal was reduced to the RDA of 40-45 grams, I was eating between 80 -100 grams. It would get to mid morning and I would feel incredibly hungry, I fought this

hunger off with a glass of water. Soon after the 4-6 week period the mid-morning hunger began to stop as my body got used to the smaller breakfast portions.

As mentioned before I do like biscuits and chocolate. I would have this as a mid-afternoon snack during the week and with every cup of tea or coffee at the weekends. I now snack on fruit during the week mainly black grapes, blueberries and raspberries. To replace the sweet hit of chocolate I eat dates which is just like eating a sweet chewy toffee. Biscuits and chocolate at the weekend has now been reduced to only one portion for Saturday and Sunday.

Deglet Nour dates the best for a sweet taste.



Main meals are now portion controlled with lots more fish and green salads. Brown meats have been replaced with chicken, pork or turkey. I have also introduced rice and couscous to replace potatoes.

Another small but effective change was to create a weekly menu in advance. Having this menu helped, as I knew what I was going to eat and it prevented me from going to the

cupboard or fridge and picking the first thing I saw to eat. Usually after a run or training you want the most satisfying food to eat which isn't the most healthiest or beneficial.

That was a brief introduction to my dietary changes has there been any change, well to my surprise there has. I wouldn't have believed that such small changes can have a big effect. One of the biggest changes was with my running. Admittedly I had stepped up the training but I am convinced the dietary changes have helped me improve my running and race times. I feel less bloated, I have more energy to race and train and I genuinely do feel lighter. At first I did not notice any physical changes until people started to comment on my weight loss. It wasn't until I saw the official photographs for last years Gosport Half Marathon that I thought "Oh yes, I have lost weight".

The enjoyment of food is also more noticeable especially when you do treat yourself to a big Sunday lunch and treacle sponge pudding. I have also found a greater resistance to colds and viruses, I still catch them but they don't last as long and I can now continue to run through a mild cold virus.

Will I give up the diet? Not likely, the positives far outweigh the negatives and I am now looking to future improvements and dietary changes.



Gosport Half 2015

### Thank you

Much thanks to all of you that have contributed thus far. I have been overwhelmed with the response. Please keep them coming. They're great and it is much appreciated!