

Stride & Tested

Denmead Striders

May 2016

Watching from the Sidelines London Marathon 2016

Clare Welch

Last year I watched from the comfort of my sofa, finding myself cheering as Julian popped up on our TV screens alongside Paula Radcliffe. This year however we decided to leave the comfort of our home to see this prestigious race for ourselves.

We had our plan (well we went along with Lisa & Gary's). Parked in Wimbledon train station, head in on the train to about mile 9/10 then hop on a tube to around mile 21 and then head to the finish to see all those smiling/pained faces.

As we got to our first view point it was great to see various spectators with banners of well wishes and charity shout outs. The atmosphere in such a huge event really is something.

So all ready and waiting, with the Marathon App ready. Mr Armstrong (aka App Boy as we renamed him) was able to tell us exactly when our first strider

was due to appear. Unsurprisingly we saw Mr Manning first and we were lucky enough to get a wave from the London Marathon regular. Then came the masses and watching out for the green and red tops in a sea of different running & charity vest became increasingly difficult. However all in all we were pretty pleased with the amount of people we managed to cheer at our first check point (even if some of them didn't see us).

We then headed over to what we thought was going to be mile 21 but ended up at 23. By this point it was really interesting to see the change in the runners. Getting to the end of their journey and how the race was beginning to take its toll. But I also saw the elation on peoples faced of what they were about to achieve, seeking the crowds encouragement to get them through those final miles.

We finally headed over to the finish to congratulate who we could and seeing people re-united with loved ones, celebrating what they had achieved, all no doubt with their own drive and incentive to run those 26.2 miles was a great thing to experience.

Massive congratulations to all those striders that took part. Be it your first time or 22nd and thank you for a great day out.

Personally it has never been something that has appealed....however after my little outing I could be swayed.

Race dates – June 2016

5m Beer Race - Romsey	5 th
DDay 10k (HRRL)	5 th
WR10K Southampton	12 th
South Downs Marathon, Half Marathon & 5K	18 th
Alresford Rotary 10K	19 th
Fareham Solstice 10k	19 th



Thank you from the Davenports Elaine Davenport

The Davenport family would like to thank all who supported Dave's son, Tim, running his first marathon in memory of his dad.

Tim completed this in 4hrs 30 mins, saying it was brilliant but by far the hardest thing he has ever done. £3,400 was raised for CRY (Cardiac Risk in the Young)



Canicross San Clark

Canicross is cross country running with dogs and has been an ever growing sport in the UK for the past decade. We got into this sport partly by accident as I wanted a loyal running partner for long off - road training runs. I have been canicrossing for over 6 years. Some may have seen me run in the Summers X country in 2010 with my dog.

Now in theory, any dog can participate in canicross but just like us humans some are better than others, so naturally long legged, deep chested and streamlined dogs generally make the faster and stronger running partner. However, it's all about getting a dog that matches your running ability and the type/distance of running you prefer.

As with the UKA and age restrictions for certain distance races, there are some broad guidelines of how old a dog should be before it undertakes competitive canicross and over varying distances. The rule of thumb is that a dog should be at least 1 year old before competing in 5k canicross races and at least 2 years old for half marathon and above.

There are also recommendations regarding equipment where competitors should wear a waistband to which a bungee lead is attached between the runner and the dog that should not be greater than 2.5m when fully stretched. There is a wide variety of harnesses for dogs and just like human running equipment can vary wildly in price. The key is fitting and ensuring that the harness does not restrict the movement or breathing of the dog.

I/We started training our dogs straight away by teaching them direction calls when being walked on the lead. Simple left, right, up, on/go and the all important steady/easy and woah commands underpin canicross running and aid the runner in guiding the dog running ahead of them and controlling them throughout. Next we introduced the harness while walking and over a couple of months they got used to walking and running in it without over stressing their bodies (particularly their chests and legs as their bones are still developing and fusing together).

At about 10 months old we then started to train them a little more and found parkrun invaluable in giving the dogs the experience and confidence to canicross. Finally at 12 months old, they got to race their first canicross race and excelled at it.

Throughout all runs, the health and welfare of the dogs is paramount. Therefore we always ensure that water is available either naturally (puddles, rivers, streams, etc), water stations or carrying water - we've taught our girls to drink from water bottles.

On longer runs, just like us humans needing all important sustenance and energy, we will carry food for the dogs. Before during and after runs, the dogs paws are checked and treated as required, including some pampering with the application of paw wax.

Canicross events are becoming more and more common throughout the UK and now many trail running events are accepting canicross participants. Being a Strider and attending training sessions certainly benefits us when running

with dogs, likewise running with the dogs benefits our running with the Striders.

The greatest joy of running with dogs is that you forget about your own running or how far you are going to go because you are keeping an eye out for your dog who is just loving being out with you. The bond between human and dog becomes even stronger as does the loyalty and love. Running freely across the UK countryside with your best buddy and most loyal companion is always a pleasure and makes you appreciate the light side of cross country running.

As for goals, well Howard would love to represent England at the European Championships but for the time being the focus for both of us and our dogs is to train to run in the Portsmouth Coastal Marathon 2016, so keep an eye out for us and you are always more than welcome to give it a go and see if it really is cheating or just another way of running that throws up different challenges and opportunities.

I/we also run a Canicross group "South Hants Canicrossers" and currently have 119 members, we set this group up almost a year ago. We cater for all abilities. If you want to give it a go or just want to know more then join our facebook group or drop me a message.

Kent Roadrunner offer

San has a special offer for anyone running Kent Road runner...Bring along your medal and claim a £5 discount off a sports massage (normally £30.00). For more info call San 07526 756481



My Virgin Experience

Stuart Hoare

When I reached a certain age I had thought to myself that I should complement a longer distance to my running, thus the idea of running a marathon was born. London Ballot was entered with only a distant thought of being accepted along with a paid entry to Brighton. Disappointment was felt receiving the email – “not successful” so Brighton it was. However to my amazement my name came out of the Club Ballot – so now it was London! 6.48am boarding the train along with vast number of others all carrying transparent kits bags – we were all off to London, next stop Waterloo, queue for the toilets, hop over to Waterloo East, then pack ourselves into and squeeze onto the Blackheath service, still with everyone having smiles on their faces – this was going to be a good day. Having said my goodbye’s to my wife I located the other Striders at the convenient

meeting place, outside the toilets, shared the standard comments – good luck, what time you aiming for?, to pee or not to pee...etc.? we all located our herding pens to await the start. 8 mins past the gun I was crossing the start line to the sound of a grandstand of people cheering you on, this was a new experience. With the thoughts of “don’t go too fast & don’t waste energy darting in & out passing people” I settled into my run, all the time pinching myself “I was in the London Marathon”. Pre-arranged, my support party were going to try and cheer me on at selected places on route, however with hindsight; this was never going to work! Having said that while turning around the Cutty Sark I caught sight of them - I shouted, no response, so with no alternative I stopped and headed back to them, shouted again still no response but with a quick lob a my water bottle at them

gained the required response!. With a two-second wave I was off, never to catch a glimpse of them again until the end. Back to the run I caught up with some other Siders, passed the time of day with Julia (loving the tu tu) and said hello to Mel. Next thing I know I was crossing Tower Bridge, again hordes of people cheering you on, now we were close to half-way – was this the point that I would push for a sub 4 hour Marathon or not?, the decision was made to just run at the same pace and see where that got me (the right decision as it turned out). Out to London Dock Lands - I was told that this was going to be difficult however I ran through there without too much of an issue, again still plenty of cheering support, all you could hear was the random shouts of people’s names and the vast cheers every time someone ran past with a charity vest on, and so we

ran on. Working our way back toward the embankment, thoughts of the finish line began to appear; yes I could do this.... Come 23 miles and the wheels started to buckle, yes I was well and truly into the “dreaded last 6 miles” I resorted to a Walk/Jog phase for a while, so was this the “wall”? “lack of training?” or perhaps just “Oh my god what am I doing?” – after a few minutes and handfuls of jelly babies we were up and running again – Big Ben approaching then turn right and out of nowhere was the 1K sign– this was now totally achievable.

Tuning into the Mall, running past those folk with rubber legs, the finish line was in sight and what a sight that was, yes I had achieved it, reached the goal, I was there....receiving the medal was emotional and never to be forgotten, what a great day – and to top it all 4:08 was not a bad time for an old git & virgin marathon runner? Overall I had a fantastic day, would like to thank the club for all the support, training and words of wisdom plus for picking my name out of the hat, and finally yes I would do it all again – 2017 Ballot entered, Brighton deferral accepted, and even contemplating Bournemouth !

Easy Fundraising

Terry Aked

Do you enjoy a bit of shopping, book hotels, flights or other purchases online?

If so, could you help us Striders and go via the Easyfundraising site?

It literally doesn’t cost you a penny, but can be used to raise big money for us to use towards club events. The retailer makes a donation to the club for every purchase made.

After the success of the **free** Christmas party this year, it would be great if we can keep it that way as well as the Ryde 10, Mince pie run, Summer XC picnic etc.

Last year the club received nearly £300

via Easyfundraising with only 16 people using the site. Imagine where we could be if everybody joined in?

There is a link at the bottom of www.denmeadstriders.co.uk From there it takes 2 minutes to register, and then every time you shop, as long as you go via the easyfundraising site, the club will receive a percentage of your purchase (Wiggle give 4%).

It really mounts up quickly. There may even be a prize for the biggest fundraiser.

Thank you.....and give it a little time.



Striders Stats

PB's by Kev

March PBs. Well done to:

Name	Race	Time
Matthew Cheyney	London Marathon	2.51.00
Martin Parfitt	London Marathon	3.24.19
Liz Steward	London Marathon	3.35.54
Kirsty Bailey	London Marathon	3.39.41
Mark Wilson	London Marathon	3.49.39
Neil Hawkins	London Marathon	4.28.48
Lawrence Bacon	Southampton Half	1.53.10
Antony Johnson	Southampton Half	2.13.24
Grahame White	Lakeside 5k #1	0.22.04
Gary McCawley	Lakeside 5k #1	0.22.44

Official New Members A warm welcome to:

Jacqueline Goddard
Steve Barnes
Tony Willis
Emma Harris
Melinda Partner.

Break down of races

5K	8
5M	
10K	1
10M	1
½ Mar	17
20M	
Marathon	17
Other	16

Monthly Stats Not including Parkruns

No of Different Race's	14
No of Different Striders competing in a Race	45
Race Finishers for Striders	60
Most Striders in a Single race	14
PB's	10

London Marathon – Repeating myself again Julia Revill

It came to my attention that a few Denmead Striders ran London under another person's number. This is not only **not** permitted by the London Organisation but is also very selfish of those people who do take another number. If it came to the attention of the race not only yourself but also our club is at risk of being excluded from England Athletics. I realise that you think it 'will not happen to me' but it can, a simple twisted ankle, or something worse, end up with the medics and they will find out who they are treating! Please think before you do it, repeat offenders are noted.

Mike Faulkner – Chartered Physiotherapist Martin Carpenter recommends

Having known Mike for nearly 2 years now and been treated by his physiotherapy skills I would highly recommend him. He treats all musculoskeletal injuries and misalignment using a variety of techniques including exercise, manipulation of muscle energy techniques, ultrasound, laser acupuncture, massage and now instrument assisted soft tissue mobilization which helps mobilize fascia which surrounds every structure in our bodies and helps form facial chains that get damaged with use, injury and age and cannot function or slide over other tissue. ITASM helps mobilize the damaged scar tissue and return the treated area to full range function and mobility. Mike is situated in quiet surroundings in Port Solent.

Mike Faulkner 07956 625721

Random Fact.....

Athletes dressed in red are more likely to win events than athletes wearing any other colour. So Striders are winners before we even start!