

Stride & Tested

Denmead Striders

June 2016

To run or not to run – That is the question? Clare Welch

The Salisbury 10 mile race back in March was quite a pivotal moment for me and a race that set me off on what was to follow, 2 months of quite frankly an emotional rollercoaster.

I achieved a PB in that race, knocked almost 2 minutes off my 10 mile time so needless to say I was a happy bunny. However post race it became clear that with a developing limp all was not well in camp little Welch.

Ordinarily a few weeks rest or even more would not have bothered me however I had signed up for the infamous Kent Road Runner. I was looking to complete my first ever marathon.

The hype that surrounded Kent as most of you will know was huge and as I was one of the main ring leaders in recruitment I felt this huge debt to participate. As the weeks went on and with copious massages and a trip to the physio my hope was fast fading on even starting this god damn thing.

4 weeks to go it was still not comfortable going up and

down stairs let alone attempting to run and with complete lack of training I had to face reality that I was not going to be able to complete my first marathon.

Now I may come across as a tough little thing but at this moment in time I completely broke down and cried like a girl (much to Paul's horror who had to do the emotional support thing). However after a few glasses of wine and a cup of get a grip girl I soon got over myself and decided that maybe it was not meant to be and I could always try for another one some other time.

As the weeks passed my leg started to ease and I was able to do a few little runs. It felt amazing to get back even if it was only a couple of miles. Then I stated to have this feeling... called hope. I thought that as KRR was 20 laps of the track at least I could start, soak in the atmosphere, join in with the mad thing that 20+ Striders had subscribed to.

So I did. I started. I started with my fellow twin

in tow (who had exactly the same dilemma as me) and somehow thorough all the weeks of should I shouldn't I, can I can't I. We did it. We completed it. We achieved what back last year we first set out to do. Complete our first marathon!

Without Lisa and the support of all the other striders on that day I don't think I could have done it.

Through all the odds this has been one of my biggest achievements so far.

One that I know so many of you have experienced and even experienced themselves that day.

I knew there was a reason I joined a running club...to experience things like this with a great bunch of people!

Race dates – July 2016

Round the Island 2 Day multi-day Ultra (Isle of Wight)	2 nd
Stansted Park Slog	3 rd
Summer Plod 6.5m or 20 mile	3 rd
New Forest 10	10 th
South Downs Midnight Marathon	16 th
South Downs Gravel hill 5 mile	16 th
Portchester Castle 10k	24 th
Lakeside 5k	27 th



Kent Road Runner – My favourite yet Liz Steward

The highlight of my running in May was definitely KRR and not the roasting that was Alton10!

Mid moving house, 6 weeks after London and 2 weeks after New Forest Middle Distance Triathlon. Kent was a holiday compared to moving home.

The team spirit was with us from the start, from the well organised special mini-bus to the team hotel rooms in Kent. We all eagerly awaited our opportunity to run. Excitement was abound. The Cyclopark was a welcoming and easy venue, and the Striders setup a perfect pitch for sideline support. Gels and water bottles lined up at the ready for each lap of our 1.3mile circuit.

As well as the more regular manned water stations where water was kept on tap by water carriers fetching barrels back and forth from the main centre. Everyone was playing their part in what was a fantastic day.

The heavens opened and with a bit of luck we even got some rain – which was certainly welcome for the runners! The sun soon followed! So the Manning bbq continued with success! Hot tea was sooo welcomed!

Arms full of elastic bands gradually disappeared as one was removed each time we crossed the finish line, to begin our next circuit. The circuit was far from boring. A 400 meter track would have been different. The odd glimpse of a Strider and the support from regular spectators kept it interesting. Some gentle hills also. This was the first time I wore a pace watch for a race so it was extra interesting there. Enjoying the beep every mile which would tell me my average pace for the completed mile. Geek!

And of course the racing of Coach Bowpitt! Very soon into the marathon we were clearly synching together with our pace. Though he occasionally ducked off to powder his nose. He always managed to catch up and on the last finale went streaking past! Well done Graham. It was great to have the support of a running partner even if you had more in the tank at the end!

With a few minutes off of my PB and a Ladies Good For Age entry time for London – I for one was ecstatically pleased. What was even greater was to watch fellow Striders completing their first

or 100th marathon and reveling in the experience.

Knowing I wasn't alone on this running journey that has been with me since the days of school x-country! Running is certainly in us!

Well done everyone, you certainly did yourselves proud.



Smile Please



It's time to update our club photo. We plan to do this before training on Wednesday 6th July.

Can everyone please make an effort to attend this session and also remember to wear their club kit."

A local challenge

Gary McCawley

The last year or so has seen a rise in local races being organised, either through corporate management companies, charitable organisations or local clubs. I have competed in a few of these new races; here is an overview of the races that I have taken part in.



Hambledon Hilly – September 2015

Organised to raise funds for the local primary school the Hambledon Hilly is a 10K multi-terrain race. As the name suggests there are hills in this race, luckily the worst of them are in the first two miles of the race. Those Striders that head out for the 17.30 Friday summer runs will recognise most of the paths and trails used in this race. The route starts in the village centre then heads out towards the vineyards. Following roads and trails the course takes the runners to the outskirts of Denmead before heading back to the finish at Hambledon. On completing the race you receive a goody bag and medal, for those that didn't enter on the day you also receive a technical t-shirt.

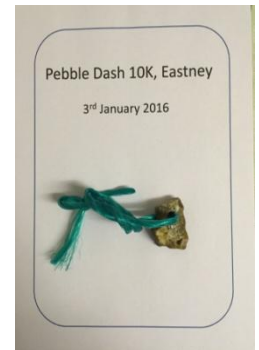
Twixmas 10K – Dec 2015

After taking part in the Pub to Pub for 20+ years, I thought I would try a different run over the Christmas period. The Twixmas 10K is a trail run which starts at the Wicor Recreation Grounds and works its way around the Portchester and the Fareham Creek Trail to Cams Hall and back again. The race was well organised, it was also the perfect antidote to clear your head after being indoors for two days celebrating the festive season. The race supported the Guide Dogs for the Blind and was the first in a number of races to be organised for the coming New Year. On finishing all competitors received a sparkling Christmas tree medal and a fun sized Twix bar. I really enjoyed this run and have already signed up to take part next year.

Pebble Dash 10K – January 2016

The Pebble Dash 10K is not an official race, but worthy of a mention. I found out about this run from Anita and Julia. The run is organised by the Portsmouth Joggers and Portsmouth Triathletes and is seen as a bit of fun to start the New Year. The run starts at Eastney Swimming Pool and follows the shore line all the way to Southsea Castle and back. Conditions this year were not ideal and it was one of those runs that can be described as character building. The wind, rain and cold temperatures lashed in from the sea as we made our way along the coastline. The only respite was a brief bit of protection as we ran past the front facade of Southsea Pier. As we all finished we received a unique souvenir for our efforts before heading to the public toilets to change into some warm dry clothing. The souvenir was not a shiny medal but it will be one of my most treasured as it was handmade and I had really earned it.

Look out for further local reports from Gary in next month's edition



QUIET PLEASE

It has been noticed at recent training evenings that there are a lot of people chatting while the coach is trying to explain the session. Not only is this rude, it is also preventing others from hearing what is being said. You may know what's happening, but there may be newer members who don't. Can we all show some respect for the coaches and save the chat until they have finished speaking.

Thank You



Striders Stats

PB's by Kev

May PBs. Well done to:

Name	Race	Time
Linda Taylor	Mont St Michel Marathon	3:38:50
Paul Welch	Kent Roadrunners Marathon	3:12:19
Kirsty Bailey	Kent Roadrunners Marathon	3:35:47
Philip O'Connor	Kent Roadrunners Marathon	3:36:19
Steve Colmer	Kent Roadrunners Marathon	3:56:35
Sarah Heard	Kent Roadrunners Marathon	4:45:28
Gary McCawley	Lakeside 5k	0:22:43
Christopher Ellis	Lakeside 5k	0:23:50
Graham Clarke	Cape Wrath Marathon	04:44:21
Jane Woodroof	Netley 10k HRRL	0:55:55

Official New Members A warm welcome to:

Jenny Parks

Welcome back to familiar faces:

Gerard Beauvoisin

Anthony Grabham

Kevin Reeves

Pete Turrell

Break down of races

5K	9
5M	1
10K	20
10M	23
½ Mar	1
20M	
Marathon	30
Other	10

Monthly Stats Not including Parkruns

No of Different Race's	15
No of Different Striders competing in a Race	54
Race Finishers for Striders	93
Most Striders in a Single race	24
PB's	10

Summer Handicap - Polite Request

Pete Maisey

If you are planning to take part in any of the remaining Wednesday night handicap races, can you turn up a little earlier than you might for other sessions please. It takes time for Julia to collect all your names and get your expected times calculated. It isn't so much of a problem when the nights are light for a long time. But from August onwards, the light disappears earlier and earlier, so prompt starts become increasingly important. Your prompt arrival will be very much appreciated.

Random Fact.....

Even if you're a super-slow jogger, you'll burn at least 10 calories per minute of running.

Mr Manning – Improving with Age

Huge congratulations to our very own star runner Julian Manning for officially being top male runner in Hampshire. Julian fended off some stiff competition to become top in the Hampshire Road Race League.

Well done from all your fellow striders