

Stride & Tested

Denmead Striders

July 2016

Somme Centenary Challenge – Dover, Kent Terry Aked & Kirsty Bailey

It's 7.28am on 1st July 2016 in the shadow of the white cliffs of Dover, we have just heard a reading from a vicar who is also running (not Pete Maidment) and the assembled crowd falls silent. We are here to run, but also remember the brave young men, nearly 60 thousand of them, who were killed or wounded 100 years ago today. It is a century since the start of the battle of the Somme. At precisely 7.30 am a whistle sounded, as it had to signal to the soldiers to go 'over the top' and we were away.

We set off on the narrow path ahead, the day was overcast and windy, very windy. But having just thought about past events we really couldn't complain. We wound our way across Samphire Hoe, a man made nature reserve, created with the soil dug from the channel tunnel. The route then turned onto the sea defence wall where we headed east for about 1.5 miles with the wind at our backs which was great. Having reached the turnaround point it became obvious this wasn't going to be fun. For those of you that

have done the last 2 miles of the Great South Run on a windy day, it was just that! The event was a timed challenge whereby there was no fixed distance to cover. At registration, as well as your race number you were given a card to attach, after each lap you get the card punched to show how far you'd run. You chose what you wanted to do, it was a 3.85 mile lap, to be a finisher you had to do 1 lap, 7 and you'd done a marathon. Our plan was for 3 and 4 laps, however, given the horrendous wind, and the fact that about an hour in it started raining (wind assisted) these plans were quickly curtailed. It was like running into a car wash! Despite the temptation to keep going, if only to visit the water stop which was also offering ample supplies of various cake, chocolate, sweets, crisps and nuts, with 8 and 11.5 miles in the bag, we rang the bell to signal we wanted to finish.

We were then presented with the most amazing medal and a goody bag to cherish. The medal is one I

will treasure, not only because it looks fantastic, but also for what it represents. The goody bag contained a massive bar of Dairy Milk, beer, crisps, and more chocolate. What else could you want? We headed back to the car to get changed into dry clothes and set off home, stopping en route for a guilt free Starbucks of course. The run and the course will not stay in the memory, but the significance of the date and the events that it commemorated will never be forgotten, we will remember them.

Race dates – August 2016

Harting 10 mile	7 th
Isle of Wight half	21 st



The Striders League – It's the taking part that counts

Clare Welch

Back when I joined the striders it became very apparent that there were some great runners in the club and hearing their names get read out on a Wednesday evening is something little stumpy legs could only dream of having. However that was until I discovered the striders league!

Now apologies for those of you that are old school striders that clearly know all about this but I thought I might catch the eye of our new members that may not be aware of what could be achieved.

Now the following blurb I cannot claim as my own as I have merely taken this from the Striders website, however this will put those of you that don't know in the picture.

Back in 2006 the Striders League was introduced to support the team captains in encouraging Club Members to enter and participate in Hampshire Road Race League and Today's Runner Cross Country League (now renamed the Southern Cross Country League (SCCL)) races.

The League was the source of some fun during its

inaugural season and created extra interest between club members as the season progressed.

The League is split into two competitions, one male and one female. In addition to the aim of increasing participation and members scoring points for taking part, runners can challenge themselves to improve against the Club Standards.

The standards can be found on the Website, each runner can score extra points the better they do against their own age banding.

In order to encourage members to take participate in as many races as possible, additional bonus points are awarded to those who compete in at least 50% of the SCCL and HRRL (and the three additional road races). Acquisition of these bonus points can have a significant effect on the final results.

So until my name was called out one Wednesday evening I didn't even realise I was in for the running (pardon the pun) and that by merely being a keen race goer I was racking up the points. By attending all the cross countries (which I am still

undecided if I love or hate) I was even achieving bonus points.

Now this isn't a glory story as in the end I actually came 4th as injury scuppered my final races however my point to this all is that if you fancy a bit of competition and you know you are not going to get it by coming high up the rankings in a race. Why not see how you rack up the points and recognition some other way....by simply taking part!

For those of you that don't know this years top peeps in the league congratulations go to:

Women

1st – Melanie Hunt
2nd – Kirsty Bailey
3rd – Anita Crawley

Men

1st – Gary Armstrong
2nd – Martin Shaw
3rd – Brian Harris

The HRRL 2016/2017 is fast approaching so if you want to get yourself involved, the AGM the races for the 2016/17 season were agreed as follows:

Overton 5 - 04/09/16

Solent Half - 09/10/16

Gosport Half - 20/11/16

Hayling 10 - 27/11/16

Victory 5 - 04/12/16

Stubbington 10K - 15/01/17

Ryde - 10 05/02/17 - TBC

Salisbury 10 - 05/03/17

Eastleigh 10K - 19/03/17

Alton 10 - 7/05/17

Netley 10K - 21/05/17

Lordshill 10K - 11/06/17 TBC



A local challenge

Gary McCawley

Last month we had a great insight into some local races. Here is some more feedback from our very own Gary McCawley....



Chilly Hilly 10K – January 2016

Kiernan Easton from the Portsmouth Joggers has never been one to shy away from a demanding route and this race organised by Kiernan didn't disappoint. The route followed the trails and hills in and around QE Country Park, held in January the race was sure to be muddy and it was. The hills came thick and fast, although I am sure the uphill's had a steeper gradient than the downhill's. The race is seen as a sister run to the Summer Cross Country, with the hills and distance it must be its big sister. A well designed medal and a free plate of chilli were handed out at the end, very satisfying after a cold run.

One Hundred Acres Half Marathon – April 2016

Organised by the same group that held the Twixmas 10K, Anita and I thought we would try this new race as the Twixmas was such a good race.

Well, I think enough has been said about this run and its organisation. All I will say is the organiser has recognised the issues and is working to prevent the same mistakes being made for the 2017 race. On the positive side what I did run was held on wonderful woodland trails starting at 100 Acres Wood, North Boarhunt. It was a mixture of undulating compact gravel, mud and road (for those that managed to find it).

Such a shame for a run that could have been really good lost its way through poor planning. Unfortunately, I will not be taking part next year.

Clanfield Challenge 12K – May 2016

Many years ago, almost 25, there was a yearly fun run held in Clanfield, it was approximately 3 miles in distance and was run across fields and through woodland. The run only lasted for 2-3 years, so I am pleased to see that after all this time another run is being held in Clanfield. The Clanfield Challenge is a series of races which includes a 1K, 5K and 12K event. The Ropley 10K had been postponed this year so I decided to enter the 12K Challenge. The race was a multi-terrain event and was run around the tracks and lanes of Clanfield and the outskirts of Hambledon the race finished in the centre of Clanfield. The run was well organised with friendly marshals and a well marked course. For finishing you received a medal, technical t-shirt and goody bag which included the usual nutrition bars and energy gels. Also included was a water bottle and discount vouchers. The finishers were also treated to free bananas and homemade cakes. The Clanfield Challenge has received many positive reactions, so if you want to run the race next year I would get in early.



Congratulations Mr Bowpitt

Congratulations to Graham Bowpitt with his appointment as head coach and taking up his position on the committee. Graham will be completing additional English Athletics coaching courses to allow him to reach the higher level of qualification and enable him to progress in this role.



Striders Stats

PB's by Kev

May PBs. Well done to:

Name	Race	Time
Gary Armstrong	Hayling Billy 5 mile	0:29:34
Lee Mawson	Hayling Billy 5 mile	0:30:46
Paul Welch	Hayling Billy 5 mile	0:30:51
Paul Saunders	Hayling Billy 5 mile	0:32:34
Melanie Hunt	Hayling Billy 5 mile	0:38:03
Stuart Hoare	Hayling Billy 5 mile	0:39:00
Christopher Ellis	D-Day 10k HRRL	0:51:53

Official New Members A warm welcome to:

Matt Madill

Just one new member this month but great to see people still joining the striders family.

Break down of races

5K	6
5M	23
10K	26
10M	
½ Mar	5
20M	
Marathon	1
X-Country	35
Other	6

Monthly Stats Not including Parkruns

No of Different Race's	13
No of Different Striders competing in a Race	54
Race Finishers for Striders	102
Most Striders in a Single race	35
PB's	7

Summer Plod – A turn of events

Clare Welch

This years summer plod saw quite a turn of events. First of all huge congratulations to Paul Saunders (or Andy as some may better know him) for coming first in the 6.5 mile plod. Secondly big well done to Patrick Stephenson who not only came second in the 21 mile event but also beat our very own Mr Manning, which is a first on the striders calendar in a while.

Random Fact.....

The oldest person to complete a marathon was born in 1911, making him 100 years old at the time. He was an Indian man named Fauja Singh. AND guess what? Fauja didn't even start running until he was 89 years of age. It's never too late!

Lee (Seb Coe) Mawson – 800m record

Well done to Lee Mawson for retaining and beating the 800m club record with a new impressive time of 2.12.3. Even more prestigious he won the sprint in the striders sports day as well. Well done from all your fellow striders