

Stride & Tested

Denmead Striders

August 2016

The Crossing – Dartmoor July 23rd 2016 Julia Reville

As I was browsing for a marathon in July I came across this one. It really appealed to me, not too far away, we have only been once to Dartmoor and we could visit friends from Denmead who moved there last year.

The description was exciting, north to south across the moor, a wild and hilly 34 miles but well marked with good water and feed stations.

Mick and I stayed on a campsite near the start and arrived for registration before the marshals. The main registration was at the finish and a bus full of 75 runners turned up to join us at the start, about 100 starters.

The route was fantastic and the weather was perfect, low cloud to cool us down but not too low to spoil the view. Most of the runners looked like hardened fell runners and by the end of the first hill I was second to last. I then overtook two and managed to pull ahead to see runners ahead of me again. We had looked at the route on the map and Mick had told me about cycle paths and disused railway

lines...easy running then. The bike trail was a bridleway barely visible, rocky and tufted Juncus and other grasses. The railway was 200 years old from the tin mines, barely visible, rocky with tufted grasses so the running was never easy.

At Postbridge, picture of the famous Clapper Bridge, the 12 mile checkpoint, I changed my shoes as I was not happy with my new Merrells, back into my lovely old Brooks Cascadia, as Mick was there to meet me with the van. With happy feet I made for Princetown which was the cut off point, 21 miles at 6 hours, I was there in 5.15. I caught up with a guy at 23 miles and also one of the marshals who was looking worried. They had lost 20 runners who had missed a turn, they found 4 of them by the time I got to the next checkpoint but I never did find out what happened to the others! We caught up with another guy, limping with a blister, at 26 miles and then I went on and ran the rest alone. The marshals seemed quite concerned that I was on my

own but I was really happy and enjoying myself, although I wish there were more words for Mull of Kintyre as I got stuck singing it. On the last downhill to join the run in for the last 3 miles I met another worried marshal running up towards me carrying a 20 litre water container and he offered me a drink, these fell runners are amazing.

I was hoping to make it under 9 hours and as Mick was waiting for me near the finish, I asked him if I could make it in 15 mins and he said not unless you can run down steep hills. I am pleased to say I ran all the way to the finish, 2 fields, 2 stiles then steep downs to the river and then back up to the finish and 8.54 and not last, 4 behind me, and who knows where the 16 are.

What a great day, I feel I know Dartmoor now.

Race dates – September 2016

Overton 5 mile HRRL	4 th
New Forest Marathon	11 th
Meon Valley Half	18 th
Butser Hill Challenge	18 th
Bishops Waltham 5	18 th
Hambledon Hilly 10k	24 th
Perform 5 Mile	25 th
Winchester Half	25 th



Striders Sports Day

Lisa Guile

Well, what can one say about Sports Day this year that sets it apart from the previous 3 years? Absolutely nothing... and that's a good thing. The events were met with the same 'gung ho' attitude as every other year and good fun was had by all, both by spectators and participants.

I'm certain that if we looked closely enough we'd see local residents, noses pressed up against the window, watching on with disbelief, as once again these strange men, women and children meet up to perform this annual ritual.

The usual suspects attended and below are the final results, however to give you a brief overview of the highlights, I can tell you that Julian & Emma defended their title in the wheelbarrow race for the 4th year running.

Lee Mawson also remains undefeated for the men's Sprint.

However despite winning the women's sprint 3 years running, I was pipped to the post by Sarah Heard this year, who had been a close second the previous year! She'd clearly been in training for it, must have wanted it badly! As did Gail, Gary,

Julian & Emma, all of whom have been spotted practicing the 3 legged and wheelbarrow race down Kidmore Lane!!

You will also be pleased to learn that no small children were harmed during the making of this production... better known as Striders Sports Day and that footage can be found on Stride & Rested's Facebook page.

Also no reported injuries for the dizzy stick race.. a first I believe,

Thanks to all those who came to participate or just to watch... fab day as always.

EVENT

Men's egg & spoon
Women's egg & spoon
Wheelbarrow
Three legged
Sack race
Skipping race
Men's Welly throwing
Women's Welly throwing
Bean bag race
Men's 60m Sprint
Women's 60m Sprint

WINNER

Rob Moore
Clare Taylor
Julian & Emma
Gail & Gary
Rob Moore
Terry Aked
Lee Mawson
Clare Taylor
Rob Moore
Lee Mawson
Sarah Heard



it's fine.
i ran today.

Striders Stats – BIG THANK YOU KEV

Kev hangs up his calculator

As some of you may already know our trusty statistician Kev Raymond has decided to hang up his calculator and pass over the reins to someone else.

Kev has been tirelessly trawling through race results for many years and making sure that we are kept well informed of our results, fastest times and PBs.

I know I speak on behalf of others in thanking Kev for all his hard work on bringing us this information and keeping us up to date with all our achievements over the years. Your hard work has been much appreciated with all your fellow striders.

As of yet a new statistician is not in place, but hopefully in due course we will have someone to start feeding back all that information to you all.

Official New Members

A warm welcome to:

Sara Brown

Lesley Anderson

Brian Curtis

Ian Carden

Striders drinks night

9th September 2016

As most of you will know Denmead Striders are not just a running club. It's a pretty good social club as well! So true to form there is a drinks night coming up in September.

Usual haunt is the Denmead Queen in Waterloo, meet anytime from 7.30pm 9th September. No doubt the usual suspects will be there (I have been known to partake occasionally)

So come join us for a few bebies and a good catch up..and no doubt the odd conversation about running.

Congratulations



From all your fellow striders big congratulations to Paul Saunders and Sara who tied the knot on the 4th August. We hope you had a great day and look forward to seeing you back at training soon

Random Fact.....

In a recent study, when asked what food they couldn't live without, most runners named bananas as their most adored foodie fix!



Who's feeling helpful?

Great South Run – 23rd October 2016

It's coming round to that time of year when the South's most popular race is nearly upon us – The Great South Run.

Denmead Striders aid the race by supplying volunteers to help out with this prestigious event and as a club for doing this we get money towards our club funds. Thank you to those who have volunteered so far but we do still need quite a few more to make up our allocation for the day.

If anyone would be interested in seeing what it is like on the other side then please contact Lee Weeks to put your name forward.

The day starts around 7.30am/8am and you will be provided with lunch and a Great South Run special jacket.

It's a great day out with such a fantastic atmosphere so what better way to support those many people you will know doing the race whilst doing your good deed for the race and the striders.

Lee Weeks details are available on the club website or grab him if you see him at training