

Stride & Tested

Denmead Striders

September 2016

Denmead 10k 16th October – The club needs you Rory Heard

As you may be aware the event of the year is almost upon us. The infamous Denmead 10K!

This great race is our contribution to the Hampshire running community and in the past 2 years has also made a useful contribution to the club funds (over £1000 last year). We've got all the permissions to use the route, booked the Race Adjudicator and St John's Ambulance, spoken to the residents around the course and agreed with the Scouts that we can use their hut as Race HQ and that they will have a tea and cake stall. We've also ordered a new, bespoke medal for this year with the club badge on it.

So this is the part where you can help with this great event!

To all those that have all already offered their services a big thank you, however we still need more volunteers.

It takes about 60 people to make the race run successfully. There are roles at Race HQ, as marshals around the course and at the finish.

The race starts at 10, so depending on your role you would need to be at the Scout Hut by either 8 or 9AM (except for the really early-birds like Anita and Richard, who are marking the course), and we should be all away (or in the pub) by 12. If you can help, please talk to Lee Weeks (Head Marshal).

Finally, if you have friends in other clubs who might like to run please let them know that the race is on - details are at

www.denmeadstriders.co.uk/denmead_10k

Thanks once again for your support.



Race dates – October 2016

Southsea Pieces of Eight	2 nd
RNLI 10k	2 nd
Basingstoke Half	2 nd
Solent Half HRRL	9 th
Denmead 10k	16 th
Great South Run	23 rd
Ghost Race 5	28 th
Oktoberfest 6K	29 th



24 Hours..... John Malthouse

The South Coast Challenge is a 100km endurance event from Eastbourne to Arundel following the South Downs Way with a minor deviation along Brighton Seafrost.

My daughter Megan (17) decided after completing the Great South Run last October that it would be a good idea to increase the ante – go for a longer distance (100km), raise money for charity (British Red Cross) and try to keep up with her Vegan peers (Tim Shieff).

After a few months of ramping up the miles (past marathon distance) she said she was ready to take on the challenge. The weather forecast for Bank Holiday Saturday looked good (sunshine, temperatures in the mid 20's – ideal for going to the beach).

The alarm went off at 5am and Megan prepared herself for the day ahead (bowl of porridge/bananas). We set off at 5:45; truly remarkable as it usually takes a good 1.5 hours to get out of the house, and made our way on a very quiet A27 to Eastbourne. We arrived at 8 o'clock for Megan to prepare....registration, hydration, food and the obligatory 'warm up' before her 9 o'clock start. She was in with the walkers (the seasoned runners set off at 7).

At this stage I indicated that there was an Eastbourne Parkrun not too far away. (There were a few displeasing glances in my direction...). Just as Megan was called to the starting pen I was off for my first 5km of the day (21:16).

We caught up with Megan when she reached Alfriston @25km (having completed climbs up Beachy Head the Seven Sisters) still looking good; the PA announcing the arrival of runners, joggers and walkers was quite encouraging.....saying they'd got 'half way to half way' slightly irritating. We said we'd meet up with Megan at Hove Park (@54 km) so had a leisurely lunch and drove off. We walked the dog around the

park for an hour, relaxed with a cup of tea, took in the ambience. There was a call from Megan saying that she was 2 km from Woodingdean mini stop (@43km) and suffering from a severe headache. We drove off to meet her.

Megan was dehydrated – the temperature was in the mid 20's. She sat in the shade of some trees for 15 minutes and took some paracetamol; I then volunteered to run with her to Hove Park (11km) and see how she was feeling. It was lovely running along the downs and then into Brighton and along the seafront (which was packed) and Megan recovered – although I had to keep telling myself to slow down, as it was she who'd run a Marathon already!

Megan asked if I would keep her company to the next stop (Botolphs @68km), which I agreed was OK. She ate and drank lots before we continued on our way, maybe a little too much; as we climbed out of Brighton to continue on the South Downs Way she was complaining of stomach cramps. Needless to say after a while she put in her headphones to block out my droning reassurances and listen to some music - which worked. I also seemed to have become 'the water boy' carrying both water bottles. As the sun starts to set the tracks seem to get more and more uneven, so at Botolphs I managed to scrounge another light from the organisers. Now that I had become a part of this challenge (water boy, torch bearer) I wanted to see my daughter complete the 100km. Next stop Windlesham House School @80km, the pace slows - more to do with the conditions underfoot, but Megan insists on jogging rather than walking; she's worried about being 'slow' and not putting in a good time! The Downs are shrouded in mist and we're glad the organisers have put glow sticks every 200m and arrows at every 'decision point'.

Mandy is at the school to welcome the weary travelers. The facilities at the rest

points are so good one could be enticed to stay for a few hours, but we've got to keep moving. Not far now...only 20km to go. Next stop Houghton Farm, Amberley @91km the plod continues....we continue on the Downs for about 8km which are becoming more treacherous and culminating in a steep decent which really does test whether your brain or your quads are going to give up first. We leave the Downs for the Arun Valley and the final Rest Stop.

Mandy is there to cheer us in, Megan is exhausted and in 'walking' mode. I reassure her that we've only got a 'short' 9km to go and from the map it looks 'easy' along the river valley with a small hill immediately before the finish. The previously experienced stony South Downs were now replaced with tree roots, narrow paths and mud. We make it to the Arundel Estate Park with a 'brisk' walk to the top, and then we descend past the lake and into the finishing straight. Megan asks if she can take off her trainers. Of course you can I reply. We can now see the finish and the tent illuminated (it's getting on for 3 in the morning). I peel off early to leave Megan to complete the last 200m on her own.....

SHE'S DONE IT!!! Twelfth woman to finish -18 hours 2 minutes.

We sit down; take off our trainers and socks to inspect the damage....and to our surprise and relief not a single blister. Megan has a celebratory glass of champagne, I have a cup of tea. (Something wrong there!) She's exhausted and it doesn't take long for her to fall asleep in the chair.

Mandy drives us home. Just as I clean my teeth ready to go to bed the alarm goes off....5 o'clock....I quickly press the mute button!



SOUTHERN CROSS COUNTRY LEAGUE 2016-17 SEASON

Martin Shaw & Graham Clarke

With the start of Winter training it signifies that the new cross country season will shortly be upon us and the opportunity for all to visit some spectacular locations in the far-flung corners of Hampshire and neighboring counties in order to enjoy a little jaunt of around five miles to admire the scenery while participating in a Southern Cross Country League (SCCL) race! OK – there may be a little mud on the course as well as one or two hills and a few tree roots to keep you alert, but it's all part of the fun, not to be taken too seriously although there is a competitive element as well!

For the benefit of newcomers, the League fixtures are a series of six or seven races held on Sundays over the winter months. The League members consist of 23 clubs from Hampshire and Surrey, the competitors being restricted to members of the participating clubs. Your club pays a small annual fee to the League so there is NO entry fee to you! Furthermore there is no need to register in advance. Just turn up wearing a club vest (Martin's words!), plus (added by Graham) a few essential supplements to satisfy the requirements of decency and the weather!! . All races start at 11am and are approximately 8km long, more often than not a little shorter rather than longer. The terrain is often hilly and probably muddy! If you REALLY want to know in advance, the old timers in the club will be able to advise on the worst (or most challenging!) courses!

The emphasis of the league is to provide the ordinary club member with the opportunity to participate in cross-country events in friendly competition with other clubs. The atmosphere is enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues. To preserve this spirit of the races, runners who have achieved times

faster than those below in the calendar year preceding the date of the first race (9th October this year) are ineligible to enter:

5 miles 27:30 men 30:00 women
10 Km 34:11 men 37:17 women
10 miles 55:00 men 60:00 women.

Severe penalties are imposed on club teams if any of their members are subsequently found to have infringed this rule. The onus is strictly on the individual to establish whether he/she has exceeded the "speed limit". However, I believe that only ONE Denmead strider is currently ineligible to compete in the League and has been in that enviable position for quite a few years now. No prizes for guessing who!

The majority of the races are not timed but you are given a token with your race position. Males and females are placed separately so your places only reflect your position amongst those of the same gender. These tokens are then handed to your Cross Country Rep or his nominated deputy who records and hands in the results.

The 5 highest placed men and 3 highest placed women score for the team, the male and female placings are added up separately and then ranked by gender against those of the other clubs in the league. The male and female placings are then added together to form the clubs overall position, lower scores being better than higher scores. All runners MUST wear a club vest, although it may be possible to borrow one with a bit of advance notice if you need one. NO vest – no placing. This rule is strictly applied.

Food is provided by the host club after each race at charge of no more than £2 per plate. This is optional and in my experience most Striders don't stay for the

food (M's words) although the temptation of delicious home made cakes proves too great on occasions (G)! Facilities, including toilets, are often more sparse than you may be used to at some of the bigger road races. Details of directions and car parking arrangements (please car share if possible as car parking is very limited at most of the races) will be on the club website and be announced on the Wednesday training sessions prior to each race.

The first race of the new season is on Sunday, 9th October at Pamber Forest twixt Basingstoke and Reading. It really is a lovely course, not too hilly and ideal for those of you who are new to running and a little apprehensive about taking part in their first race. Last year we came 10th/23 in the League, a fantastic improvement over the previous year when we came 19th. I am confident that, with the support of all you superfast up and coming youngsters in the club we can do even better this year. Even though we are a small club compared with the likes of Basingstoke and Portsmouth Joggers, we have won the League before (1998) and we have the potential to do it again! So don't be shy come along and give it a go – every single club participant makes an important contribution to the success of our teams and we guarantee that you will enjoy the experience! Furthermore, you are guaranteed a full FIVE points in the Striders' League for every race you complete! It is particularly important that we field complete teams (5 men and 3 ladies) since the penalty for being just one team member short is horrendous.

Full details of the League may be seen on the club's website in the Southern Cross country League Section which includes a link to the League Website. If you have any queries or concerns about participation in the League races please do come and have a chat with Martin Shaw or Graham Clarke. We won't bite!

Finally a few tips from your Men's Captain: Wear trail shoes, if possible. It is worth investing in a pair and they last years if looked after. Essential in my bitter experience of not wearing them! -G. Bring a spare pair of socks and trainers to change into after the race. Remember to wear your club vest, you won't get a position if you don't. Do car share and aim to arrive early.

All the races do start at 11am but feel free to ask Graham Clarke what time each individual race starts, he likes to be asked!

Date	Host club	Venue
9th October 2016	Basingstoke & Mid Hants AC	Pamber Forest
13th November 2016	Portsmouth Joggers	QE Country Park
11th December 2016	Farnham Runners	Bourne Woods
2nd January 2017	Hart Runners	Lord Wandsworth College
29th January 2017 (TBC)	Stubbington Green Runners	Manor Farm
26th February 2017	Haslemere & Borders AC	Polecat Valley
TBA	Alton Runners	Chawton Woods

Striders Stats....coming soon

As you know last month Kev hung up his calculator from doing the striders results. However fear not we have some fine replacements...(Well subject to opinion!) No other that me and the speedy speedy Gary Armstrong. Please bear with us as we are getting to grips with everything and watch this space for results and maybe some exciting stats to follow....please note the emphasis on *maybe* though!

Official New Members A warm welcome to:

Lisa Cross
Stephen Cross

Also a welcome
return of:
Lorna Smith
Mark Smith

Who are we?

The striders committee – Member's Representatives

Working behind the scenes of the club we have a trusted committee to make sure everything runs smoothly. Over the coming months we thought it would be good to re-introduce you to the team if you are not already aware, especially as there has been a few changes of late. All details are on the website but for those of you that do not frequent the World Wide Web we welcome you to our members representatives. Richard Gray who has been in the role for a while and Mel Hunt who is new to the role after stepping down from ladies club captain and after Alison Pople stepped down as members representative (Are you keeping up!). Therefore if you have anything you want to raise within the club please feel free to email or speak to them at training and they will be happy to answer any questions you have or raise at the committee meeting if necessary.



Richard Gray
Members Representative
j2yy391@yahoo.co.uk



Mel Hunt
Members Representative
melhunt18@hotmail.co.uk

Thank you

I am sure I speak on behalf of my fellow striders in passing on my thanks to Alison for her role as members rep and Mel as Ladies Club Captain.

A special thank you the Mel from me for my award this year too it means a lot to be recognized by the Captain and good to see you will still be involved.

Random Fact.....

Over 1 billion pairs of running shoes are sold world-wide each year.



Membership Fees

As you know to be a member of Denmead Striders you pay just £22.00 per year to be part of a great club and benefit from reduced race entry fee along with discounts from New Balance, Sweatshop.com, Intercontinental Hotel group to name a few.

We have had notification from England Athletics that there will be a rise in membership fees, which was something we also saw this year but did not pass on to the members.

From next year however we have had to make the decision to increase the membership fees to £24.00. We think you'll agree this is still a bargain with all the benefits, fantastic winter and summer training schedules and social events that are put on by the club.

Winter Training Schedule 2016/2017

Gary McCawley

The Denmead Striders summer training is almost coming to an end and we can see the days getting gradually shorter. This is when we start to plan the schedule for the winter training at the Waterlooville Swimming Pool.

Welcome to the 2016-2017 winter schedule with the Denmead Striders. Both the sessions will start at the Waterlooville Swimming Pool, unless otherwise stated. The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00.

The sessions will be a mixture of speed work and sustained running. Over the last 6-8 months there has been a rise in the number of Striders taking part in marathons. One of the positive points to come out of this is the number first timers - especially members who would have laughed at you a year ago if you said "fancy doing a marathon". So, the objective of the 2016/17 winter schedule is to provide a platform and training partner for the 2017 spring marathon season. The schedule will also provide a short course base for those preparing for the Coastal Marathon in December '16. The main focus for members will either be the London or Brighton marathons in April '17, with this in mind the schedule will provide a build up of strength and endurance over the Wednesday sessions. The Monday session will focus on speed.

The winter venues will be the same as last year;

- Intervals/Speed Venue 1 = Waterlooville Swimming Pool.
- Intervals/Speed Venue 2 = Berewood Estate.
- Hills = Arnside Road and Hurstville Drive.
- 5K Time Trial = Out and back to Portsmouth Plumbing Supplies, Purbrook.

The Wednesday evening sessions includes two fitness benchmarks in the

form of a bleep test. The bleep test is a series of timed shuttle runs whereby the 'bleep' gradually decreases over the session therefore making you run faster as the session progresses. Ideally in the second bleep test you should be able to carry on longer than the first. Alternatively those that don't wish to take part in the bleep test can do an 800m Negative Nelly session.

This year, before each 5K time trial, the Monday evening session will be an 800m interval. Members can either use this session as a recovery session before the time trial or as a speed sharpener.

Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the interval it is important to keep moving to prevent muscles getting cold and causing injury.

For the winter sessions it is important to dress appropriately for the conditions, especially when the weather turns colder. Remember you can always take layers off if you get warm. Some sessions may have longer recovery periods, it may be necessary to put an extra layer on to keep warm whilst waiting for the next repetition.

During the darker evenings it also requested that members wear light coloured reflective clothing or a reflective vest during the session. No dark clothing please.

During the winter, weather conditions may force the coaches to adapt the session to suit. In some extreme cases it may be necessary to cancel the session completely at short notice as conditions maybe unsafe.

Please respect the coaches' decision to adapt or cancel a session it is done with your safety in mind. Any members who continue with a session after

cancellation do so at their own risk and will not be insured under our England Athletics policy if a coach is not present.

Finally, we hope you enjoy the winter schedule this year and we look forward to receiving any feedback you may have.

