

Stride & Tested

Denmead Striders

October 2016

Solent Half Marathon – A view from the side Clare Welch

It was a beautiful sunny October morning and the 2nd Hampshire Road Race was upon us. It was evident that there was a season change as there was a sea of Strider hoodies with everyone reluctant to remove them until that final minute before the off.

The strider faces were out in force with their usual pre-race preparation - Straightening of numbers on vests, the ever growing pin collection with people comparing their pots, the customary warm ups with little groups going off and doing a lap of the field.

We had a great turnout for both the Men & Women's team which should put us in a great position for the season ahead. No doubt our team captains will be rallying round for runners in the races to come.

Good lucks said, hoodies stripped off and laces tightened the time came for the start and for me....the wait!

Unfortunately due to yet another injury I had the job of chief spectator. As I had time to kill before the first strider was due I took myself off to the comforts of our little van Dora, cooked myself a yummy breakie and sat and read a magazine whilst the autumn sun

heated my little sun box.

Soon enough, by my estimations a certain young man named Julian Manning would be crossing the finishing line in no doubt another great position. My money was on first but you never know what can happen while these striders are out gallivanting in a half marathon.

Not one to disappoint that regular face appeared first, with the customary sideways head meaning there was some amount of effort made for the day!

Mr Manning was once again our first strider home with what I would say was a comfortable lead, so comfortable he even managed a little wave for me as he came round for the final stretch.

Soon enough there was a sea of striders that proceeded and a plethora of PBs were achieved. With most enjoying my Dad's homemade banana cake for a bit of recovery food.

Although I would prefer to be out there running and enjoying the beautiful scenery that people kept telling me about (there were Donkeys too apparently). Being able to cheer everyone on from the sidelines and see the smiles on their faces

as they reveled in their achievements came a close second for me.

Days like this make me realise that being part of the striders is so much more than running (I guess it has to be with my injury record).

It's about the team spirit, the support, the motivation, its about great friendships and sharing in each other's achievements its about healthy competition and quite frankly it's about being part of what I consider a blooming great club!



Race dates November/December 2016

November

Meon Valley Marathon	6 th
Meon Half	6 th
Portchester 5k Series. Race 4	9 th
Brutal Spider Hill	12 th
QE Cross Country	13 th
Gosport Half (HRRL)	20 th
Portchester 5k Series. Race 5	23 rd
Hayling 10M (HRRL)	27 th

December

Victory 5M	5 th
Bourne Woods	11 th
Santa Fun runs 5 & 10k (Southsea)	11 th
Portsmouth Coastal Marathon	18 th
Twixmas 10k	27 th

Ironman Wales – 18th September Liz Steward

Near 2500 athletes queued in wetsuits and swim caps excitedly, nervously mentally preparing. It's a glorious day and the sky is full of colour for sunrise, the power tunes stop and the Welsh national anthem is played over the speakers. The day is breaking...

The sea is beautifully flat like all contenders would have hoped for. I chat to a local girl whilst shuffling forward, doing it for her first time too, her husband's completed it many a time, her family are watching, and it brings tears to her eyes already!

The marker buoys were set and we were off. Once in the water we spread out quite quick so there wasn't too much strife with colliding arms/legs, though there will always be a few chances of that in an open water swim wave. I had been practicing at Eastney for rough conditions, breathing alternate sides and one side only for if waves were to come. The majority of my swim training was pool based though. Occasionally a group session for drill practices – like speed work for runners. I like to do my own thing too and swim continuous for longer sessions.

The long solo sessions gave me the confidence to meet

the goal, as well as training muscles, breathing etc. And being fantastically good for strengthening the back, if running has taken its toll – I've been there!

I battled around the buoy turn points, always a cosy party! 1st half of the 2.4mile swim we ran out the water over a chip mat and back in up the beach for a second round. I was off to a good start.

Running out the water, peeling off the wetsuit, we ran up the cliff path to our trainers. Wetsuit in the bag, we ran up the cliff like heroes/nutters, with crowds of supporters lining the streets. 1km run to the bike transition with bag. In cycling decor we ran out to the bikes and got on our way. A day in the country, 112 miles of it. With closed roads, made me smile to see locals making most of it and out cutting hedges. Gels were shoved away, no way did I want a DNQ for littering! Fuelling and keeping up on the nutrition is major central for 'I guess' most longer endurance events. This was my first attempt at an Iron distance triathlon.

In my head I broke the cycle into 3 parts, first part lacked the major climbs that came in 2 and 3, around

Saundersfoot, the neighboring village to Tenby. I didn't worry too much about nutrition to start with, wasn't sure where fuel stops were either, just wanted to crack on. There were fuel stops every 20 miles. Volunteers held out bike bottles of water, energy drink, bananas and bars. I always went for water and bananas.

Low point of the cycle and event was fear of a kidney infection at mile 60, the reason I pulled out of a marathon previous. Paranoia probably! That was it I said to myself. Race over, I cannot run. I was in pain. I slowed the pace and stretched out on a hill climb. Picked up two bottles of water at the next stop and downed them both asap. I soon began to feel my energy levels low and vague. With the advice of a fellow cyclist to keep on nutrition every 20 minutes I decided he was right, I had been spreading it all out way too much. Gels, bars, banana, at least something every 20 minutes, along with a salt stick tab every hour. (Useful tip to replace salts – useful for hot marathons too) From that point on the hills began, along with the masses of supporters which took my mind off the hills! They made it great fun. Some in fancy dress, a big day out for locals. Before I knew it, it was the last climb and I was coasting into time on the bike. Hurrah.

Back to transition, and run gear. It was quieter this time as the athletes had spread out time wise. Change of top to a running vest, trainers on. Stretch to the quads! I had to get over the excitement and run! I was off, for the fastest run mile of the day. Always too fast to start. I had a rule in mind – only walk if a cup is in hand. The run went smooth, though increasingly shut down. It was a 4 looped run, out through the town, up a long hill, the out of town highway, turn and back to town. Repeat. Crowds poured from pubs as we ran the cobbled streets to shouts of support and smiley children holding out hands for a high5. The red carpet finish was some MAJOR feel good moment! And the pizza that followed in the finishers tent – WOW – delish! And well earned. Those spring marathons had prepared me well. Not much to say on the run – I was frazzled!

I had completed my goal, I had been chasing too long, and I loved it.

Thank you Denmead for keeping me fit!

Total Time: 12:50:44
Splits: Swim 1:15.15 / T1 10:22 / Cycle 6.49.57 / T2 8:18 / Run 4.26.52



Striders Stats

PB's by the new result masters

September PBs. Well done to:

Name	Race	Time
Gary Armstrong	Ageas Bowl 5 mile	0:29:27
Dan Starkey	Ageas Bowl 5 mile	0:33:04
Rory Heard	Overton 5 mile	0:36:25
Suzanne Richardson	Overton 5 mile	0:38:41
Liz Steward	Overton 5 mile	0:34:50
John Malthouse	New Forest Marathon	3:32:17
Lisa Peckover	Littlehampton 10k	0:51:08
Daniel Shawyer	New Forest Half	1:39:51

Official New Members A warm welcome to:

Mike Batchelor

Neil Williams

As this seemed to be well received I have decided to keep it in the newsletter as a regular piece. Please bear in mind this is only taken from when Kev started keeping track a few years ago so it might not be entirely accurate from all your stats. If there is ever anything you feel has been missed please feel free to get in touch and let me know.

Who are we?

The striders committee – Club Captains



Kirsty Bailey
Ladies Club Captain
kirsty5715@hotmail.com



Martin Shaw
Mens Club Captain
martin.shaw701@btinternet.

First of all a big welcome to Kirsty Bailey and her newly appointed position as Ladies Club Captain I am sure I am joined by all your fellow striders in wishing you good luck and have no doubt that you'll do a fantastic job.

So here are our club captains Martin & Kirsty. Here to offer encouragement and support and answer any questions you may have on the race fixates, leagues etc.

Random Fact.....

Women were excluded from the Boston Marathon until 1972. But that didn't stop them. In 1966, Roberta Gibbs, hid behind a bush and jumped out to complete the run and finished "unofficially" in 3:21:25! She was the first woman to complete the course.



Want to stay warm?

As the colder months are now upon us why not treat yourself to your very own striders hoodie. I can confirm they are very toasty and a bargain priced from £19.95. If you want your very own red vest you can order online at www.thesportshack.co.uk. Just follow the link on the striders website