

Stride & Tested

Denmead Striders

November 2016

Denmead 10k Rory Heard

After weeks of fine weather we woke to a dark, wet, blustery morning for our third Denmead 10K. As the clock ticked towards 8 o'clock Kidmore Lane became a hive of activity. The experience we've gained from the past two years showed, with the Scout Hut and field rapidly transformed into our Race HQ and Finish Area. Apart from an anxious inspection of the Kidmore Lane water jump, there was little for the Race Director to do other than stay out of the way as everything came together.

The first runners began to appear, keen to get one of the last remaining places that we had available to register on the day, our race officials and St John's Ambulance arrived, and the marshals gathered for their final brief and to disperse to their locations. By 9 o'clock the clouds cleared, waterproofs steamed and we were all set for a beautiful day.

As for the race itself, the best measure of that are our reviews:

"Really enjoyed this.... Loved the fact that the last couple of miles was all down hill. Loads of marshals and seemed well organised from start to finish".

"Such a great course. It's getting over knowing that hill is coming and you'll be fine. Done three years and will be back for a fourth".

"A well organised race, with wonderful scenery and a few steady undulations along the route."

"Thanks everyone for putting on and marshalling a great event... You even managed to bring out the sunshine!"

"Thanks for a great event. Lots of friendly supportive marshals and a great medal and goodie bag."

We did fantastically well - nobody got lost, everyone's time was recorded, everyone got water, a medal and a goodie bag, and most of all they really enjoyed turning out on a wet, cool Sunday morning to take

on an "undulating" course.

I haven't named names as there are too many to thank, and every one of you was vital to making it a success, whether in the run up to the event, on the day, behind the scenes or as one of our (highly successful) runners. It takes all of us to lay on a fun, challenging event for our local runners, which also raises some really useful funds for the club.

Next year's race will be on Sunday 15th October - I hope you will join us again to make it a great day.



Race dates December 2016/January 2017

December

Victory 5M	4 th
Bourne Woods (X Country)	11 th
Santa Fun runs 5 & 10k (Southsea)	11 th
Portsmouth Coastal Marathon	18 th
Twixmas 10k	27 th

January

Lord Wandsworth (X Country)	2 nd
Stubbington 10k (HRRL)	15 th
Manor Farm (X Country)	22 nd
Chilly Hilly	29 th

The Great South Run – A Marshals view Peter Maisey

7.15am!!! Southsea Castle. Marshalling at the Great South Run. And it seemed a good idea at the time when Lee Weeks asked for volunteers. Funny thing was that the Striders team of marshals were the only ones there. After a briefing of military precision from Lee, we toddled off to our first task of the day, hanging around Southsea street corners. We were there to help and advise those who needed help and advice. My help and advice consisted largely of pointing out cafes for pre-race coffee, and toilets. At 0945hrs sharp we marched swiftly to our next task, marshalling at the bottom of Palmerston Road and outside the Jolly Sailor pub, which coincidentally was selling tea, coffee, cakes, and bacon butties. The helicopter buzzing overhead indicated that

the race had started and was heading our way. Lead cyclists, Police outriders and a car with a clock on it came into view, with the lead runners just behind. The drip of elite runners turned into a trickle of national and county class runners, eventually followed by a flood as the teeming hordes began to arrive. Thousands upon thousands kept arriving, passing by and going on their way. Every charity known to man must have been supported by somebody in the run. Kids and parents wanting to see their mum, dad, son or daughter, waited an hour or more for a quick cheer/kiss/cuddle. Adjacent to my marshalling point was a lady who seemed to cheer every runner on. I am pretty sure somebody nearby called her Duracell, such was her ability to continue

cheering non-stop for two hours. Although the masses continued to pass, the pace began to slow. We were reaching the "it seemed like a good idea in the pub after a beer or two" runners. But, to give them their due, they had determination mixed with the pain in their eyes. For a brief moment I suddenly felt important. A couple of ambulances and a paramedic needed to get through the crowd of runners and behind the barrier I was guarding. Moving the barrier aside and stopping the runners momentarily, my marshalling day felt almost complete. People stop running for variety of reasons, but this Great South Run saw a first for me. A young father with a baby stood waiting for his wife to reach the six mile mark. "How do you feel?" he asked. "Painful," she replied. I was slightly puzzled

when she sat down on the kerb, until hubby passed her baby and she proceeded to breast feed. A few slurps and burps later (from the baby not her), she was up and on her way again. What an excellent piece of pre-race planning. With the flood becoming a trickle and then a drip once more, the Great South Run was winding down. All there was left to do was see the last few runners through, then join the masses struggling to leave Portsmouth. So another successful Great South Run and a nice jacket into the bargain. The organisers are so lucky to have Denmead Striders on their side.



Members

There are no new members this month but don't forget membership fees for 2017 will be due beginning of next year for a bargain price of £24.00.

Striders Stats
Clare Welch

October PBs. Well done to:

Name	Race	Time
Gary Armstrong	Great South	1:00:04
Lawrence Bacon	Great South	1:28:37
James Berry	Great South	1:12:18
Robert Harkness	Great South	1:03:41
Neil Hawkins	Great South	1:23:29
Martin Parfitt	Great South	1:08:46
Lisa Peckover	Great South	1:26:56
Paul Saunders	Great South	1:19:39
Dan Starkey	Denmead 10k	0:42:29
Gary Armstrong	Solent Half	1:22:31
Roger Jones	Solent Half	1:40:25
John Malthouse	Solent Half	1:34:58
Lisa Peckover	Solent Half	2:06:32
Paul Saunders	Solent Half	1:34:51
Dan Starkey	Solent Half	1:34:44
Liz Steward	Solent Half	1:35:11
Paul Welch	Solent Half	1:28:30
Martin Parfitt	Royal Park Half	1:31:45
Tina Lowe	Bournemouth Half	1:51:39
Gary McCawley	Bournemouth Marathon	4:02:45



PARTY....Cos I gotta

The social event of the year will soon be upon us. The striders Christmas Party will be held on the 9th December, 7:30pm at Cowplain Social Club. There is no need to bring food this year. Nibbles will be provided.

We do NEED RAFFLE PRIZES though please.

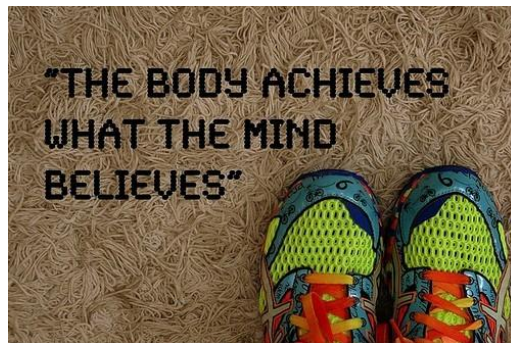
Raffle tickets can be purchased in advance every Wednesday at training. £1 a strip.

Party is free to attend for one plus guest. Let Lisa Guile know if you are going so she can put your name down on the list.



Random Fact.....

In the feet, 26 bones, 33 joints, 112 ligaments, and a network of nerves, tendons, and blood vessels have to work together when we run!



Are you first aid trained?

If anyone is First Aid qualified and would be happy to be identified as someone within the club then please let us know so we can make other club members aware

