

# Stride & Tested

## Denmead Striders

December 2016

### 2016 – The year of change Clare Welch

Forget Brexit and Trump...this year's very own Striders committee has seen more change than a 2p slot machine in the arcade!

We started off 2016 with our dear Lord Pelley stepping down as chairman of 5 years to make way for the shy, retiring Mr Aked...from then on there was the snowball effect! We have seen a change in newsletter editor, a new ladies club captain, new members reps, a new results team and an appointed head coach who will soon be heading to pastures new.

Over the year we have seen the member numbers increase which only highlights what a great little club we are. Whilst we may be small in comparison to some of the big boys we still hold our own, and in races and the sea of red and green is always dominant.

Our very own star man Julian Manning seems to go from strength to strength and hitting the ripe old age of 40 does not seem to have affected him. 2016 saw him

continuing to dominate races and also saw him beginning to win the VET category which is a new string to his bow.

We have seen two excellent training schedules put together which can only aid all those PBs I seem to be updating on a regular basis. To see some of the improvements in people's times over the year has been fantastic to watch and I am sure it will continue into 2017.

As always the social element has been great throughout the year. With Lee Weeks infamous curry nights being the success they always are and we have just seen another great Christmas party organized by our very own Lisa Guile. No doubt there will be the continued gatherings and partaking in beverages over the course of next year too.

It has not all been a bed of roses however, there has been the fair share of injuries that us runners can only understand the frustrations of. The tiresome thought process of shall I, shan't I run,

how long will it take to come back, how much should I pay out for physio, is my running career over....am I going to get bitten by a snake when the summer season starts again! On the positive side the support that everyone gives each other to encourage that road to recovery is brilliant and I am sure next year will be no different.

So after this year's events what will 2017 bring?..... Will we eat before 10pm on the curry nights? Will Julian Manning have a fellow strider rival that will make him look over his shoulder? Will Matt Cheyney increase his mileage in one race to something even more unimaginable and will anyone listen to Terry when he asks you to move out of the way of the leisure club doors?

Who knows what 2017 will bring but if it's anything like this year I cannot wait to experience it with all of you great people.

### Race dates January 2016/February 2017

#### January

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

#### February

Chichester Priory 10k	5 <sup>th</sup>
Ryde 10M (HRRL)	5 <sup>th</sup>
Worthing Half	12 <sup>th</sup>
Portsmouth Coastal Half	12 <sup>th</sup>
Bramley 10M	19 <sup>th</sup>
Bramley 20M	19 <sup>th</sup>
Brighton Half	26 <sup>th</sup>
Winchester 10k	26 <sup>th</sup>

## Bournemouth Marathon 22<sup>nd</sup> October 2016

Gary McCawley

London 2011 and running down The Mall I vowed this would be my last marathon ever. The run went rapidly downhill after 13.1 miles and I could barely manage a jog for the remainder of the race. They say time is a great healer, coupled with a newly found fitness and inspiration from other Strider achievements at the marathon distance, I embarked on another journey to compete in a marathon. The chosen race was the Bournemouth Marathon Festival on October 2<sup>nd</sup>. Along with my running buddy and training partner Anita we started work on a schedule that would give us a 16 week training plan. Training went well, really well in fact, and we racked up the miles towards our final goal. We were lucky with the weather as our long runs were run in cool conditions and not the searing heat of summer we were expecting, well I suppose it was a British summer. One big advantage was some of our longer training runs were in local races which made the miles go a lot quicker as you were

constantly running with people. I can highly recommend incorporating the 'On the Whistle' events into your marathon schedules.

Eventually race day came and we were all set to go. An early start was required to avoid the road closures around Bournemouth and to find the car park. I found the Central Car Park to be the best at £4.00 for all day, some car parks were still charging summer prices still at £15.00 for all day. A shuttle bus service took the runners to the start area with changing facilities, toilets and a café for those that wanted hot drinks.

We met up with Matt Cheyney, looking far too laid back and relaxed and Martin Carpenter who was probably missing a warm beach and another caramel latte as he had just returned from holiday. After a final photograph we headed for the start pens to begin our journey

So, we are just waiting for the gun to go and finally we were off. The first 5 miles were run around the town before heading towards the seafront, after that we made our

way around the back streets before running down to the seafront at around 11 miles. I was running well, and was thinking have I gone off too fast reaching halfway in 1 hour 50 mins. The next five or six miles were run along the promenade and it was nice to see Julia cheer us along the route. A mini diversion came at mile 15 when we were taken up and down Boscombe Pier, strangely the wooden slats of the pier provided some relief to the feet after pounding the streets and promenade. Another excursion up and down Bournemouth Pier just before 17 miles saw us meet Pompey Jogger Kiernan Easton who was marshalling for the event. The ice cream he was tucking into looked very tempting on a warm October morning. Seventeen miles saw the first real shock as they guided you under the finish line to continue with the final 9 miles, Oh the agony. The second shock came at eighteen miles when we came face to face with the hill next to the Bournemouth International Centre. The next two miles were winding undulating roads that led back down

on the promenade. Mile 21 passed followed by 22 and I was running well if a little slower as we headed towards Sandbanks. Looking at my watch I was still on for a sub-4 hours. As we headed towards mile 23 something didn't feel right my pace slackened and I began to feel tired and nauseous, I was suffering a mini wall. By mile 24 Anita had caught me and provided words of encouragement, using her as a focal point I began to rally and pick up the pace again, but it was too late the sub-4 time had gone. As we both ran into the home straight Anita pushed on and I did my best to follow trying to keep her in sight. I could see the finish line and did my best to increase the pace, crossing the line in 4:02:45.

It wasn't a sub-4 hour time, but I managed to smash a PB after 22 years and after the initial disappointment I came away feeling very happy. After gathering our gear from the baggage trucks Anita and I headed back to the gardens to meet Julia for a well-earned rest and a glass or two of champagne courtesy of Julia.

Congratulations to all the other Striders that took part in the event;

Matt Cheyney 3:07:45  
Anita Crawley 4:00:05  
Stuart Hoare 4:30:14  
Martin Carpenter 4:31:28  
Also well done to Paul Saunders and Tina Lowe who took part in the half marathon.



## Striders Stats Clare Welch

### November PBs. Well done to:

Name	Race	Time
Lawrence Bacon	Hayling 10M	1:25:05
James Berry	Hayling 10M	1:11:28
Lisa Peckover	Hayling 10M	1:26:48
Daniel Shawyer	Hayling 10M	1:08:05
Liz Steward	Hayling 10M	1:10:25
Simon Toms	Hayling 10M	1:04:18
Matthew Madill	Gosport Half	1:35:00
Gary McCawley	Gosport Half	1:43:11
Lisa Peckover	Gosport Half	2:01:29
Suzanne Richardson	Gosport Half	1:42:24
Dan Starkey	Gosport Half	1:33:33
Daniel Shawyer	Gosport Half	1:33:21
Patrick Stephenson	Gosport Half	1:18:54
Liz Steward	Gosport Half	1:34:09
Jane Woodroof	Gosport Half	2:10:14

## Membership Fees 2017 Julia Revill

The fee has gone up by £2 to £24 due to England Athletics increasing their fee's for athletes. We did not put this on the web site soon enough and some people had already given me money for next year. I will not be adding anyone to the EA web site until January. Therefore would John Aldwinckle, Chris Ellis, Brent Latham and Lee Collier-Williams please give an extra £2 to either myself or a member of the committee before January 1<sup>st</sup>. Thank you

For everyone else don't forget that membership is due and please give your money to Julia who will be at training.

### Random Fact.....

Strides are extremely consistent among professional runners, usually between 185-200 steps per minute!

A good run is like a cup of coffee...I'm much nicer after I've had one.

running.about.com

### Mind the Gap!

Unfortunately we have had complaints from the leisure centre about the blocking of the exit/entrance. Please please be considerate when we are gathering for announcements and ensure the area is clear