

Stride & Tested

Denmead Striders

January 2017

New Year – New challenges Clare Welch

2016 was an interesting year for me. I started off with great promise seeming to get PB after PB and getting so confident I even decided to run my first marathon. There were so many other firsts too...first half marathon, first time doing Sunday long runs and actually enjoying it, first award, first attempt at being some kind of newsletter editor!

So as you can imagine I was quite buoyant, feeling great and thinking all was sweet...that was until the injuries started!

Now as probably all of you know the battle with injury can be a constant mind game. Does it really hurt? Should I carry on running? Should I go to the physio? Should I admit my running career is over? (Okay a bit dramatic but it is me after all!).

So starting off 2016 like a little firecracker I ended it rather like a deflated balloon.

Still let's not dwell on the past, it's a New Year and opportunity for new things. So this year I have decided to start over again with a clean slate.

Forget what I achieved then and look at what I can achieve now instead. My first achievement is to complete more parkruns as over Christmas I remembered how great the community was and have enjoyed spending more time with my fellow striders.

So how will I do this? I will continue to look among my fellow striders for inspiration. Be it Suzanne and her remarkable progress with improving her nutrition and fitness, Mr McCawley getting back on the marathon train, Jenny Parks achieving parkrun PBs and signing up to more and more races or those nutters that do above and beyond the normal mileage.

Seeing everyone's personal journey unfold motivates me daily and will definitely keep me going.

So what's in store for you guys? Have a think about what you want to achieve and let's compare notes same time next year! Happy 2017 everyone – no doubt it'll be emotional.



Race dates February & March 2017

February

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

March

St Davids Day 5k & 10k	1 st
St Patricks Day 5k & 10k	17 th
Knowle Village Spring 10k	19 th
Eastleigh 10k (HRRL)	19 th
Queen Elizabeth Spring Half	26 th
Queen Elizabeth Spring Marathon	26 th

Bovington Half Marathon & a little thank you Kirsty Bailey

Terry mentioned running the Bovington Half Marathon I knew that there was bound to be some rather good bling involved but I hadn't however made the connection with the Bovington Tank Museum when I agreed to sign up. The inaugural Bovington Full and Half marathon organised by White Star Running took place on the 11th of December to commemorate 100 years since the creation of the first battle tank and the establishment of an Army camp at Bovington itself.

Unfortunately Terry developed a Strider's xmas party dance injury so was unable to run, so the rest of us oblivious and naïve recruits headed down to Dorset on a cold and foggy morning whilst our Chairman stayed tucked up in bed.

As we congregated around the grounds of the tank museum in preparation for the start, wondering just what we had let ourselves in for, the doors of the museum hangar opened and we watched in awe as a World War 1 tank appeared through the fog and we knew we were in

for a treat.

After a short race briefing we were off. In keeping with the theme of the race the course took in various areas of the military tank training grounds ordinarily off limits to the general public. You can just imagine what that involved – yes lots of hills, yes lots of mud, yes lots of water filled trenches and a few rivers thrown in for good measure in case you thought (like I did) that you could manage to navigate your way around most of the water obstacles and keep your feet dry!! The scenery was simply breath taking (literally when running uphill) and the organisation was superb. The legendary 'love station' was well worth losing a couple of minutes for – as well as being stocked with all the essential runner's fuel and fodder there was also plenty of mulled wine, cider and plum vodka on offer!!

White Star Running events aim to be tough but fun and light hearted and it was clear from speaking to other runners during the race that they have a

good following. I certainly thoroughly enjoyed the Bovington experience and will no doubt be signing up for a few more of their frolics!!

THANK YOU

Portsmouth Coastal Marathon – a big thank you.

I don't think I've ever been more proud to be a Strider than I did at the Portsmouth Coastal Marathon – not only by the number of fellow Striders running the marathon but also by the immense number of Striders out supporting us on the course – thanks so much everyone, it really does make all the difference ☺



Striders Stats Clare Welch

December PBs. Well done to:

Name	Race	Time
Kirsty Bailey	Twixmas 10K	00:44:54
James Berry	Victory 5m	00:33:09
Neil Hawkins	Victory 5m	00:38:06
Gary McCawley	Victory 5m	00:36:20
Lisa Peckover	Victory 5m	00:41:13
Julia Revill	Victory 5m	00:48:20
Suzanne Richardson	Victory 5m	00:36:58
Paul Saunders	Victory 5m	00:32:08
Daniel Shawyer	Victory 5m	00:32:31
Paul Welch	Victory 5m	00:30:33
Suzanne Richardson	Portsmouth Coastal Marathon	04:06:26
Lisa Taylor	Portsmouth Coastal Marathon	04:07:27

New Members Julia Revill

A big striders welcome to:

Slavena Jensen

Lee Collier-Williams

Martin McKinlay

Chris Ellis

Gill Evans

Don't forget your fees people - £24 is due. Please bring along to training either cash or cheque provided in an envelope would be even better.



Random Fact.....

We as humans use 200 muscles just to take a single step

Thank you

It may appear that I am super women doing the newsletter and the results regularly but I cannot take all the credit. I would like to say thank you to my partner in crime Lisa who has been helping put the results together along with her sidekick Gary. Also a special mention to my lanky half who helps me with checking the newsletter and is chief printer. Thank you team you are awesome!