

# Stride & Tested

## Denmead Striders

February 2017

### Changing of the guards Clare Welch

As most of you probably already know our very own Graham Bowpitt is heading off to live his dream in the west country. Whilst we thought it reasonable that he'd come back every Monday and Wednesday to take training sessions he wasn't so keen for some reason! So it is with a heavy heart that we say goodbye to our head coach and wish him all the luck and happiness he deserves. I would like to personally thank Graham for all his encouragement and great coaching sessions and helping put together a varied training plan for us all to benefit from. It has been a pleasure and I am sure everyone joins me in wishing you all the best.

Gary takes a great session and so is a perfect replacement for Mr B.

From all of your fellow striders, congratulations and we look forward to seeing what the summer sessions bring.



**Graham Bowpitt**  
Best of luck from all your striders

So what now for our team of merry striders? Fear not, we are now in the capable hands of Mr Lactic Acid himself - Gary McCawley. Gary will take over as head coach and no doubt do a fantastic job of steering us forward on our running ship with more interesting training sessions, and supporting us in his usual manner. As most of you would have experienced



**Gary McCawley**  
Striders new head coach

### Race dates March & April 2017

#### March

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

#### April

- Hundred Acre 10k 2<sup>nd</sup>
- Brighton Marathon 9<sup>th</sup>
- Salisbury 10m (HRRL) 9<sup>th</sup>
- Southampton Marathon/Half/10k 23<sup>rd</sup>
- London Marathon 23<sup>rd</sup>
- Fordingbridge Fire Station 10k 30<sup>th</sup>
- Wickham Whistler 30<sup>th</sup>

## My Journey Suzanne Richardson

When Clare approached me and asked if I would mind writing an article about my recent fitness and nutrition journey, the thought filled me with dread, but then how could I refuse when Clare puts so much time and effort into our club newsletter each month.

As a child I was always over weight and went through school life being the victim of kids making horrible remarks about my size and sniggering behind my back and that torment has stayed with me and probably will do for the rest of my life. When I was 13 I joined Weight Watchers out of desperation to be slim like the rest of my friends, I lasted 2 weeks and over time moved on to other fad diets. Throughout most of my adult life, I have always felt like I was trying a new "diet", I have tried so many, Atkins, 5:2, slimming world, and so many different shakes I have lost count.

In a bid to get fit and lose some weight, I started running 6 years ago. At the very beginning, I could hardly run to the end of my drive! I literally took it one step at a time and progressed slowly. I used to run on my own, taking in various routes around Denmead and on the odd occasion would bump into a man running with a group of people. He would always stop and shove a card in my hand saying "come and join us". Of course, the man in question was indeed our very own Steve Trevenna. I kept on running by myself, thinking that I was not good enough to join club and certainly didn't want to embarrass myself. I collected

many invitation cards from Steve over the next couple of years and eventually the kitchen draw where I stored them, could accommodate not one more. It was at this point, some two years ago now, that I eventually took the plunge and went along to a Denmead Striders mid-week session and have never looked back. I was made very welcome and quickly made friends and realised how much I enjoyed being part of a great club. I was regularly running with like-minded people, who were always offering me kind words of encouragement and helping me through the tough times, of which there were many. I have lost count of the number of times that I thought my lungs or legs would not carry me any further, but there has always been a friendly member on hand to help me through and get me to the end!

So, fast forward 2 years and I managed to complete my first marathon in May. That said though, I came away questioning why on earth was I half a stone heavier than before I started to train for it. It certainly wasn't turning fat into muscle (which a few people had told me and were probably trying to be kind). Being honest with myself, I knew I was putting in the hard yards on the road, but I also recognised that I was consistently hitting the kitchen cupboards hard too! I was over indulging in food, but I deserved it right? I was regularly running flipping miles!

In May my husband Mark had a bit of a health scare which immediately prompted him to

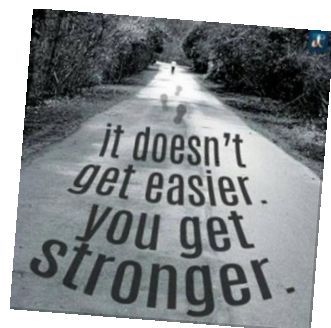
start getting into shape by addressing his lifestyle. I could support Mark in his attempts to exercise more and we went out for a few runs together. Coupled with increasing his levels of exercise however, he started to be really really good with what he was eating, something which I needed to take note of. I really wanted to support him but struggled as I wasn't interested in relinquishing my tight grip on chocolate just yet, after all, I enjoyed stuffing my face and I needed the calories for running! It was at this point that I would find myself going into the downstairs toilet to eat a packet of crisps in the hope of not getting caught, albeit all in the name of being a supportive wife.

Mark had been "in the zone" for 3 months by the time the school holidays arrived. It was during our summer holiday to France, where we both did plenty of running, but I realised that it was only me who ate and drank to excess. Mark didn't of course go without a drink or some lovely food, but he was able to say no when required in order to stay true to his new lifestyle. I had come to be genuinely impressed with how well Mark had done, and by now he had dropped 1.5 stone and had got his Cholesterol and blood sugars well under control.

So, upon return from France in August and with Mark doing really well with his fitness and nutrition, I wanted to get onboard and was ready to make some changes of my own! One of the most significant things Mark did was make himself accountable to someone and I recognised the need to follow suit. I wanted to make myself accountable to

someone in order not to cheat myself. I joined the same gym as where Mark was training (GrenadeFit in Chichester). I had never felt the need to go to a Gym before but I started by having a bespoke nutrition plan drawn up for me and also an individually tailored weight training plan. I committed to attending one physical training session with a PT at GrenadeFit per week, and also to doing two weights sessions at home by myself, along with keeping up my running with the club several times a week. I had to report in once a week with my weight and measurements and also provide photographs. My mindset was such that the external accountability element ensured that there was no way I was going to fail or look silly, so I stuck to my nutrition and training plan for 12 weeks. Ironically, I was eating so much more than I used to eat but it was a much better balance of carbs, proteins and fats and nothing was off limits or excluded. I simply tracked all foods consumed and made sure I ate within the limits of the macros I had been set by my PT using My Fitness Pal. Throughout my plan, my weight started to drop and I started to tone up and lift heavier weights. Before I knew it, my running was going from strength to strength. The more races I completed, the more PB's I achieved, all resulting in maintaining my motivation.

The last 4 months has taught me that exercise AND nutrition is key to being healthy and happy and for me personally, short term fad diets are not the answer. I have focussed on the process of training consistently and eating well without making it over complicated. I no longer focus on wanting to be this weight or that weight, I simply make sure I am consistent in my training and eat appropriately 80% of the time. I finally feel that I have found a lifestyle that works for me and I couldn't be happier. In the pictures below, the one on the left is my first marathon and the one on the right is my second. I have dropped 16 pounds in weight, lost lots of unwanted inches and my core strength has improved exponentially. With the guidance and accountability of my PT, coupled with the great training and time put into racing with the Striders, I now feel the fittest and strongest I have ever been!



## Striders Stats Clare Welch

### January PBs. Well done to:

Name	Race	Time
Lesley Anderson	Stubbington 10K	00:50:57
Gary Armstrong	Stubbington 10K	00:36:33
Dave Colenutt	Stubbington 10K	00:52:33
Neil Hawkins	Stubbington 10K	00:48:24
Stuart Hoare	Stubbington 10K	00:47:32
Matthew Madill	Stubbington 10K	00:42:57
Mike Nolan	Stubbington 10K	00:46:10
Phil O'Connor	Stubbington 10K	00:39:03
Lisa Peckover	Stubbington 10K	00:51:02
Suzanne Richardson	Stubbington 10K	00:46:36
Paul Saunders	Stubbington 10K	00:40:05
Sara Saunders	Stubbington 10K	00:53:22
Daniel Shawyer	Stubbington 10K	00:40:17
Liz Steward	Stubbington 10K	00:42:27
Phil O'Connor	Ryde 10M	01:08:26
Clare Taylor	Ryde 10M	01:28:48

## New Members Julia Revill

A big striders welcome to:

Adam McEvoy

Zoe Thompson

Aaron Thompson

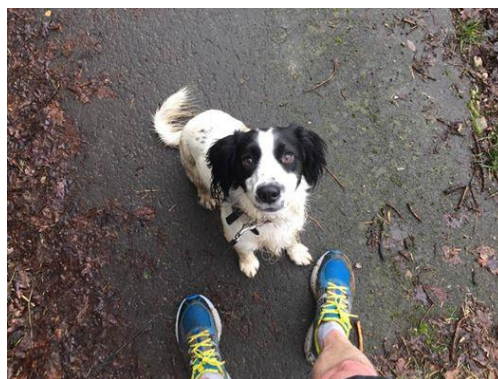
Paul Andrews

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.

## Photo challenge

A great suggestion from Martin Parfitt is that each month you send me your running photos – be it beautiful views, selfies, trainers, just something taken when out racking up the miles. Each month there will be an editor's choice featured and at the end of the year I will post picture of the year. So what you're waiting for people...get snapping away!

## February's photo



Neil Hawkins & his furry friend

## Number swaps

There have been a few occasions where it has been noted that people have been number swapping without going through the official process. A reminder please that unless you go through the correct procedure this is not something that the club or HRRL accepts. Most races allow you to do a name change fairly close to the race so it should not be a problem. This can also have health and safety implications if someone is injured and are thought to be another runner! Anyone seen to be doing this especially in the HRRL will not be awarded striders league points and the club will be in touch if such situation does occur.