

Stride & Tested

Denmead Striders

March 2017

All in the same boat – Ryde 10m Road Race Mike Shaw

The intrepid striders met early morning on Sunday 5th February for the annual trip to the Isle of Wight. Approximately 30 striders took part with Graham White and myself (The Colonel) the only members not to. We were graced by the chairman & member secretary Julia Revill for our car journey to Gunwharf, whilst others buddied up in cars our very own Brian Harris made his own way as a former SBS veteran taking advantage of free travel.

The course was undulating and the weather inclement and I was relieved to report that our striders did well and came through unscathed.

It would be unfair to single out individuals but Paul Welch and Gary Armstrong were prominent. Young Manning (what a prospect) secured a podium finish and best in age award. All striders came in with excellent times.

After the last of the striders had come in/showered and had a

sneaky drink in the sailing club bar it was then off to "Spoons" for lunch where a sea of red took over the place, ordering in their droves and enjoying the usual friendly banter.

After filling our faces it was homeward bound heading back to the mainland.

The only sour note was the Colonel complaining about the rest and abundance of food. He's threatening to run next year in protest!

On the plus side it was an excellent club & team building exercise, which reflects credit on the club and it's attitude to members.



Race dates April & May 2017

April

Hundred Acre 10k	2 nd
Brighton Marathon	9 th
Salisbury 10m (HRRL)	9 th
Southampton Marathon/Half/10k	23 rd
London Marathon	23 rd

May

Alton 10m (HRRL)	7 th
Clanfield Challenge	14 th
Portchester Castle 10k	21 st
Netley 10k (HRRL)	21 st
Lakeside 5k	24 th

Welcome to our new coaches Gary McCawley

Last month Kirsty Bailey, Rory Heard and Paul Welch all took part in the Leadership In Running course held by England Athletics. All three completed the course and are now part of the Striders Coaching Team. You will see more of Kirsty, Rory and Paul in the summer schedule and maybe the odd appearance in the remaining winter sessions.

Please join me in welcoming the new coaches to the team and wish them all the best with their new venture in the club.



Rory Heard



Kirsty Bailey



Paul Welch

Curry Night Lee Weeks

The club curry night is open to all members of the club wanting to enjoy a three monthly night out.

They are all Indian Restaurants which I rotate each time.

I am always looking for new members to come along so those who have never been it's worth going. It a great night with friendly people and lots of good banter. We meet at a local pub first and then wander down to the restaurant. These nights get booked up fairly early so it's worth checking your diary as soon as the date is released. Regular announcements are made on the Wednesday night sessions so listen in for the details.

It will be posted on the website too and if in time the newsletter too.

Again send me a txt or email to confirm your attendance.

I generally go for a maximum of 20-25 so book early. Will be great to see you there!

Club walk (yes a walk!) Lee Weeks

I am organizing a club walk on Easter weekend Saturday 15th April. If anyone is interested the plan is to meet up at the Red Lion, Charlton at 9:30 for a 10:00am start.

We can use the overflow car park next to the pub and plan roughly a 10 mile walk or thereabouts and end back at the Red Lion for a pint and something to eat, for those wanting to stay. This is open to everyone from the club and anyone else you think may like to come along. If you're driving to the pub please try and fill your car up so we can reduce the number of vehicles in the car park.

Bring your partners, friends and your pet dog too. Pack a rucksack with snacks, a flask and waterproofs etc. just in case. We will post a message on the Stride and rested website on the Friday before to confirm the walk and any relevant details. I'm hoping if this is successful to make it a yearly event. It will be different for everyone and change to running and a chance to catch up with people and enjoy the countryside. There will be a chance to donate to a local charity too if you want which there will be different one every year. If anyone has a specific route in mind please see me and we can sort the route out early. I hope we can get this one off the ground and enjoy a day out that everyone will enjoy without any pressures of running. If you are interested just pop me a text or email just to say you will be attending. This just gives a rough idea of numbers. Hope to see a few of you there.

A word on Safety

With training at Berewood increasing please take care crossing the main road from the Nissan garage, remember the cars have the right of way and some are driving a little faster that they should.

This also applies to the hill training sessions too where we cross various roads to get to our point of training. We all like to chat on route and sometimes forget that we're crossing roads!

Stay safe and remember the high viz or light clothing.

Striders Stats Clare Welch

February PBs. Well done to:

Name	Race	Time
Lesley Anderson	Castle to Castle 10m	01:27:31
Gary Armstrong	Portsmouth Coastal Half	01:22:18
Tillie Johnson	Portsmouth Coastal Half	01:58:19
Lisa Peckover	Portsmouth Coastal Half	01:58:13
Paul Welch	Portsmouth Coastal Half	01:27:56
Matt Madill	Worthing Half	01:32:01
Daniel Shawyer	Bramley 10m	01:07:44
Paul Welch	Bramley 20m	02:16:48
Daniel Shawyer	Thorpe Park Half	01:31:10

New Members Julia Revill

A big striders welcome to:

Ian Jones

For those of you that haven't done so already.....Don't forget your fees - £24 is due. Please bring along to training either cash or cheque provided in an envelope would be even better.

March photo's

Thank you so much for all your photos. As there were so many to choose from I have tried to feature as many as I can.

The fall
Julia Revill



A painful run
Paul Saunders



Martin Carpenter



The puddle!
Clare Welch



X Country
Peter Maisey