

# Stride & Tested

## Denmead Striders

April 2017

### Another year, another set of awards

So 17<sup>th</sup> March 2017, we found ourselves another year on ready for another awards night with Mr Aked taking the helm all by himself.

With the AGM complete the rest of the rabble (I mean members) all appeared ready for what was to be another successful evening.

Laurel and Hardy (sorry I mean Terry & Lee) kicked off the evening demonstrating their presenting skills, which of course were seamless, and putting their new spin on it after the 5 year reign of Lord P. However fear not there were still some old traditions like the half way quiz's that everyone has come to love.

It was an evening to celebrate people's achievements over the last year. Be it recognition of commitment to the club, maximum effort given at training or being a good all rounder, as always there was not one award that wasn't well deserved.

For me personally last year was a very happy evening, especially picking up club captain award - which was a total surprise. However this

year I was even happier to see my partner in crime Lisa pick up the same trophy. I guess you could say I am biased but seeing her commitment throughout the year has been a personal inspiration to me.

It wasn't all smiles though as the night was tinged with a bit of sadness, as it saw us bid a fond farewell to head coach Graham Bowpitt who was presented with a lovely full size picture of all his fellow striders. (Why Terry thought that was a nice gesture I'm not quite sure - would you want us lot on your wall?).

Now I've said it before and will say it again. The awards really do celebrate a wide spectrum. It's all about the people that make the club what it is... so don't be shy next year, come along and join in the celebration...Go on you might enjoy it!

### Race dates – May & June 2017

#### May

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

#### June

D Day 10k	4 <sup>th</sup>
Romsey Beer	4 <sup>th</sup>
Hayling Billy 5m	14 <sup>th</sup>
Hampshire Hoppit Trail half marathon	18 <sup>th</sup>
Fareham Solstice 10k	18 <sup>th</sup>
Summer pick n mix race series	21 <sup>st</sup>
Lordshill 10k	25 <sup>th</sup>

# The Winners

<b>Best Female Performance</b>		<b>Best Male Performance</b>	
Elizabeth Steward		Paul Welch	
<b>Most Improved Female</b>		<b>Most Improved Male</b>	
Suzanne Richardson		Gary McCawley	
<b>Female Club Captain Award</b>		<b>Mens Club Captain Award</b>	
Lisa Peckover		Martin Carpenter	
<b>BURTONIAN TROPHY</b>		<b>JOYCE BURTON MEMORIAL TROPHY</b>	
Mark Pelley		Kev Raymond	
<b>DAVE DAVENPORT MEMORIAL TROPHY</b>		<b>WINNIE MAE SHAW MEMORIAL TROPHY</b>	
Sarah Heard		Jenny Parks	
<b>Marathon Performance Award</b>			
Matt Cheyney			
<b>CLUB CHAMPIONSHIPS 2016</b>			
	<b>10K</b>	<b>DISTANCE</b>	
<b>MALE SENIOR</b>	Gary Armstrong	Gary Armstrong	
<b>OVER 40</b>	Julian Manning	Julian Manning	
<b>OVER 50</b>	Gary Edmonds	John Malthouse	
<b>OVER 60</b>	Graham Clarke	Roger Jones	
<b>LADIES SENIOR</b>	Liz Steward	Liz Steward	
<b>OVER 40</b>	Suzanne Richardson	Linda Taylor	
<b>OVER 50</b>	Mel Hunt	Mel Hunt	
<b>OVER 60</b>		Julia Revill	
<b>CLUB CHAMPION "MEAD END" 2016 HANDICAP SUMMER SERIES</b>			
<b>MALE</b>		<b>FEMALE</b>	
1ST	Dave Colenutt	1ST	Lisa Peckover
2ND	Gordon Lewis	2ND	Kate Lambert
3RD	Mark Pelley/Paul Welch	3RD	Jenny Parks

# And there's more.....

<b>THE IVAN MARSHALL TROPHY FOR THE STRIDERS LEAGUE</b>			
1ST	Gary Armstrong	1ST	Mel Hunt
2ND	Martin Shaw	2ND	Kirsty Bailey
3RD	Brian Harris/Gary McCawley	3RD	Anita Crawley
<b>Steve Irwin Snake Whisperer</b>		<b>TEAM OF THE YEAR</b>	
Neil Hawkins		The Coaching Team & Denmead 10k Committee	
<b>LIFETIME MEMBERSHIP AWARD</b>			
Peter Maisey			
<b>FRIEND OF THE STRIDERS</b>			
Mike Shaw (The Colonel)			
<b>TIME TRIALS MOST IMPROVED</b>			
<b>MALE</b>		<b>FEMALE</b>	
1ST	Darren Butwell	1ST	Tillie Johnston
2ND	Matt Madill	2ND	Jenny Parks
3RD	John Malthouse	3RD	Sara Saunders
<b>MOST CONSISTENT</b>			
Rory Heard/Martin McKinlay		Sarah Hadfield	
<b>BEST PERFORMANCE</b>			
Julian Manning		Suzanne Richardson	

## On being awarded Honorary Life Membership Peter Maisey

To say I was gobsmacked, flabbergasted, lost for words when chairman Terry Aked announced that I was being awarded Honorary Life membership of Denmead Striders would be an understatement. I'm still not sure I fully understand why.

I have been a Strider for about 25 years, and during that time I felt that I was only contributing what I was able to do and what I was happy to do. It has never felt like a chore.

To me the award means that I must be doing something right and something that benefits others. And that means a great deal.

There is a downside of course. I can never leave, so you are stuck with me. But the upside is that I can continue to watch you all during those hill sessions that I know you love so much.

So thank you for the award. It is very much appreciated.

## Striders Stats PB's by Clare

### March PBs. Well done to:

Name	Race	Time
Gary Armstrong	San Diego Half	01:20:40
Dan Starkey	HRRL Eastleigh 10k	0:48:06
Clare Welch	HRRL Eastleigh 10k	0:56:57
Neil Williams	Knowle Village 10k	0:38:53

## Official New Members A warm welcome to:

Natalie March,  
Ian Jones  
Jessica Brimecome

### Membership Reminder

There still appears to be some members that have yet to pay their yearly fee. We are now into April – 4 months into the year so please provide this to Julia Revill either by cheque or cash in an envelope with your name on it.

### Striders Photos – I can't just put one in – they are great so keep them coming!



Hundred Acres – Peter Maisey



Larmer Tree Marathon  
Julia Revill



Sunday running  
Paul Saunders



Eastlake – San Diego  
Lisa Peckover

Good luck.....



### All marathon runners

With marathon silly season upon us best of luck to all of you

### Summer is on its way – Health & Safety still applies! Gary McCawley

During the warmer weather, it is essential to stay hydrated so you can train at your best. During the warmer weather, it is best to drink little and often during the day so you are well hydrated. It is also a good idea to bring some water along to the session so you can top up during the rest interval. As the weather can be changeable it is a good idea to bring along a lightweight long sleeve top as we can cool down very quickly after a session, especially at the start and end of the summer schedule. Also, as we approach the end of the schedule a reflective or light coloured top will be required.'