

Stride & Tested

Denmead Striders

May 2017

Brighton Marathon

Liz Steward

Clashing with Salisbury 10, the Brighton marathon was the hottest day so far. No-one was prepared for the heat. As always pre-race (and life in general) I made sure I was well hydrated in the days leading up. Before the off, I took a salts capsule, hoping it might help with the later fatigue that would come, filled with electrolytes and essential minerals to stave off cramps. One gel down and we gathered in our pens. Firstly a lap on the outer side of Preston Park, followed by the high street London road, where supporters were out in their masses. I had my name emblazoned on my Striders vest so supportive calls were welcome received. The atmosphere was great as we sternly tried to hold our 'easy' marathon pace. Pacing's an art to be played with!

Not as flat as expected there were a few little hills, fortunately the run high along the east side of the pier had flowers opening in abundance, almost fooling us to thinking we were on holiday!. The sea looked stunning and Brighton revealed its glorious green spaces on the headland. The turn back looked long, but we soon had the opportunity to see other runners and striders at the crossovers. Martin, Paul and John all got a shout from myself. It was early hours, approx. 9 miles in. Already feeling tough, no doubt I had gone out too fast again.

Heading back to the centre of the race, running past the pier at 13 miles, a stitch was playing havoc

with my gait, stretching arms in the air and smiling helped, breathing into my tummy. Dave Arnold jumping out with his camera, thanks, I forgot about the stitch and kept pushing on. Was it the gels, should I avoid more? Mum, on the sidelines was a lovely boost! On we all went, temperatures soaring, water stations devoured. At 18/19 mile I opened my salt tabs I had brought at the expo, I was told they fizz in your mouth and get into the blood stream quicker. Nervous as unsure how I might react, it was good, I think it brought me clarity for the last few miles and though my body was tired, my head was clear, to take on all the hydration I could and boot it home in nearly my best time ever, but certainly the strongest I had ever felt for the last 6 miles of a marathon. I was overjoyed.

It was my sister and I's second marathon together. The first being Bournemouth in 2013, which was my first marathon. It was great to be out playing our game together again. Another due in 4 years! :)

There were some serious heroes putting in some long hours of effort on a surprisingly hot day. After some good rehydration we went back and returned some support.

Race dates – June & July 2017

June

D Day 10k	4 th
Romsey 5m Beer Race	4 th
Hayling Billy 5m	14 th
Hampshire Hoppit Trail half marathon	18 th
Fareham Solstice 10k	18 th
Midsummer 5	21 st
Summer pick n mix race series	21 st
Lordshill 10k	25 th
Summer XC	28 th

July

Summer Plod	2 nd
Wyvern 10k	9 th
New Forest 10m	9 th
Yately 10k	12 th
Lakeside 5k series	26 th

Striders Stats PB's by Clare

April PBs. Well done to:

Name	Race	Time
Kirsty Bailey	London Marathon	03:34:30
Matt Madill	Maidenhead 10m	01:06:58
John Malthouse	Brighton Marathon	03:30:28
Martin Parfitt	Brighton Marathon	03:21:43
Lee Mawson	New York Half Marathon	01:29:19
Gary McCawley	Southampton Marathon	03:57:41
Suzanne Richardson	Southampton Marathon	03:49:50

Official New Members A warm welcome to:

Chris Cornwell
Kev Gale
Jade Salters

Striders Photos



Hills!
Peter Maisey



St Georges Day Marathon
Julia Revill



Donald where's your trousers!
Sean James



Milton Keynes – Naughties on tour
Clare Welch

Random Fact

12 of the world's top-20 distance runners are members of the Kalenjin tribe of northwest Kenya.

Strengthening Exercises for Runners

Natalie March – Physio-logical

I am from Physio-logical, a chartered physiotherapist and thought it would be good to share with you some strengthening exercises to help improve your muscle endurance for running.

The common areas of weakness they find are; gluteus medius (buttocks), transverse abdominus (core stability muscles), quadriceps (thigh), hamstrings (back upper leg) and gastrocnemius/soleus (calf muscles).

We recommend doing two strength sessions per week and work the muscles to fatigue (until they are aching).

Side Leg Raises

- Lying on your side
- Tighten your buttocks
- Lift your top leg up, make sure it is in line with your body and doesn't come forwards, hold for 10 seconds
- Repeat until fatigue
- Then turn over and repeat on the other side



Planks

- Start on elbows and knees
- Straighten your legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart.
- Face the floor, being careful not to arch your back or stick your bottom in the air.
- Hold this position for 45 seconds to begin with, extending the time as you get stronger.
- You should feel this on your tummy muscles if you get lower back pain then stop



Squats

- In standing, with feet hip width apart
- Slowly bend at your hips until your knees are at about 90 degrees.
- Make sure your back is kept straight and your knees are in line with your second toe
- Hold the squat for 10 seconds then repeat.



Lunges

- Stand with your legs in a lunge position.
- Go down and up keeping your weight evenly distributed through your legs
- Make sure you keep your knees in line with your second toes and your back up straight
- Hold for 10 seconds then repeat



Calf Raises

- Standing balance yourself on both feet.
- Straighten your legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart.
- Go down and up keeping your weight evenly distributed through your legs
- You can use a chair for stability or do this exercise on the edge of a step to work harder



If any runners have any aches, pain or niggles or even want advice about what you can do to reduce the risk of injury/improve performance then please get in contact with us via enquiries@physio-logical.net or 07835 712306.

Denmead Striders receive 10% off assessment and treatments on production of your membership card.

For more information please visit www.physio-logical.net