

Stride & Tested

Denmead Striders

June 2017

How sometimes you just gotta suck it up and run!

Clare Welch

I can sometimes be persuaded to do the odd race or two, not just because I like to run but I am a bit of a social addict and like running and enjoying the company of my fellow striders. So when I said I was up for the Trundle I thought it was a good idea and something different to do on a Wednesday night.

Little did I know I was going to be faced with a whole load of "I cannot be bothered on the night"

It had been a long day as I had driven back from Kent for work in the pouring rain. Got home, carried on working and only until hubby came through door did I realise what the time was.

It had been a particularly rubbish day in terms of weather and the thought of going out and running up some damn hill and back down again was becoming less appealing. The thought of curling up on the sofa and drinking a large glass of red was swaying me more.

The downside to hubby and wifey being in to running is that for me to say I can't be bothered certainly doesn't mean I will have company for the night as Mr Welch will quite happily carry on regardless and make me feel suitably guilty for not doing the run myself. So after a fight with my sports bra, a lot of stomping and a few girly tears I was reluctantly in the car heading in the rain to some hill I really didn't want to climb!

As usual we were met by friendly faces of all fellow striders that decided to brave the weather but still I was even struggling to crack a smile and be remotely social with any of my buddies. Mr Armstrong pointing out the top of the hill, as you can imagine done me the world of good!

In the end I had to take myself off to a quiet corner and have a lot of words with myself to see if I could even get started. Finally I got into my trail shoes, joined the others at the start and then we were off.

As always running teaches me a lot of things about myself and the people that I am lucky enough to have met. At the start I was joined by my chums Lisa & Martin who were more than happy just to plod along with Grumpy (yes I could be one of the seven dwarfs). The more we carried on the more my mood lightened and I knew that at the end I was going to have the whole weight of the day and my mood removed. The company, the views, the challenge and even the weather helped (rainy start, followed by a beautiful sunny view at the top).

So sometimes when you least feel like it I recommend putting on those trainers, sucking it up and going for a run – I can't promise it but am pretty sure you'll feel better on the other side!

Race dates –July & August 2017

July

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

August

| | |
|-------------------------------|------------------|
| South Downs Gravel Hill 5m | 5 th |
| South Downs Midnight Marathon | 5 th |
| Harting 10M | 6 th |
| Wickham 10k | 6 th |
| Isle of Wight Half Marathon | 20 th |
| Lakeside 5k | 30 th |

Striders Stats PB's by Clare

May PBs. Well done to:

| Name | Race | Time |
|-----------------|------------------------|----------|
| Kirsty Bailey | Liverpool Marathon | 03:34:20 |
| Sean James | Bognor 10K | 00:53:10 |
| Tillie Johnston | Alton 10M | 01:23:53 |
| Lisa Peckover | Netley 10K | 00:50:09 |
| Lisa Peckover | Alton 10M | 01:26:12 |
| Dan Starkey | Alton 10M | 01:08:36 |
| Liz Steward | Eastbourne Marathon | 03:30:55 |
| Clare Welch | Alton 10M | 01:35:09 |
| Clare Welch | Milton Keynes Half | 02:13:02 |
| Paul Welch | Alton 10M | 01:04:06 |
| Paul Welch | Milton Keynes Marathon | 03:02:07 |

Official New Members A warm welcome to:

Roland Hill

Striders Photos



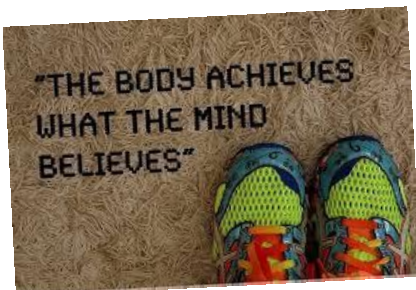
Friday Social run view
Paul Saunders



Running Selfie
Clare Welch



La Zamora Beach – La Palma
Dan Starkey



Terry Aked

Do you enjoy a bit of shopping, book hotels, flights or other purchases online?
If so, could you help us Striders and go via the Easyfundraising site?

It literally doesn't cost you a penny, but can be used to raise big money for us to use towards club events. The retailer makes a donation to the club for every purchase made.

After the success of the **free** Christmas party for a couple of years now, it would be great if we can keep it that way as well as the Ryde 10, Mince pie run, Summer XC picnic etc.

Via Easyfundraising imagine where we could be if everybody joined in?

If you go to:

<https://www.easyfundraising.org.uk/causes/denmead-striders/>

From there it takes 2 minutes to register, and then every time you shop, as long as you go via the easyfundraising site, the club will receive a percentage of your purchase (Wiggle give 4%).

It really mounts up quickly.

There may even be a prize for the biggest fundraiser.

Thank you.....and give it a little time.

Congratulations.....

Special mention to Liz Steward for getting the club record for the 1500m this month. Not only is she breaking records with the fast stuff she has also been kicking up a storm with running a fair few marathons and achieving great results within her field.

Also a mention to Marathon Man himself Matt Cheyney. Again proving his craziness continues with marathon after marathon and seemingly going from strength to strength.

Well done guys from all your fellow striders.

Dates for the diary

| | |
|-----------------------------|---------------------------------|
| Sports Day | Saturday 15 th July |
| Rounders | Friday 28 th July |
| Striders Christmas Party | Friday 8 th December |