

Stride & Tested

Denmead Striders

July 2017

200 and counting

Peter Maisey

If you were about to do your 200th marathon, I expect you'd look for a local big marathon, flat, and with a big fanfare at the end of it all. But that's not Julia Revill's style. For her 200th marathon, she chose a quiet, off road event in faraway Kent.

The marathon consisted of 7 laps around a nature reserve just south of Rochester, on the Thames estuary. But the course organisers chose not to use the coastal flat land. Instead they used paths and tracks in the adjacent North Downs.

I walked one lap in reverse, and it was far from easy. Very little level ground, some quite uneven surfaces, steep long hills, and a few flinty sections thrown in for good measure. And the temperature reached 27 degrees during the day.

As Julia was completing her final lap, I asked husband Mick if he was a willing supporter or long suffering husband. Up until lap 4 he was a willing supporter. After that point? He wouldn't commit.

So, ten years to complete the first 100 marathons, six years to complete the next 100 marathons. I can't see Julia stopping any time soon such is her love of 26.2 miles. And it all started with her jogging up and down the drive way of her work place until she could run a mile.



Race dates –August & September 2017

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

September

Overton 5m	3 rd
New Forest Marathon	10 th
New Forest 10k/5k	10 th
Meon Valley Express Half Marathon	10 th
Meon Valley Express 10k/5k Trail	10 th
Hambledon Hilly 10k	16 th
Solent Half	24 th

Striders Stats PB's by Clare

June PBs. Well done to:

Name	Race	Time
Ian Jones	D-Day 10k	00:47:13
Matt Madill	D-Day 10k	00:40:31
Daniel Shawyer	D-Day 10k	00:39:48
Neil Williams	D-Day 10k	00:38:48
Daniel Shawyer	Hayling Billy 5m	00:32:28
Dan Starkey	Hayling Billy 5m	00:32:59
Lisa Peckover	Hayling Billy 5m	00:40:41
Clare Welch	Hayling Billy 5m	00:46:26
Dan Starkey	Lordshill 10k	00:41:18
Liz Steward	Heyford Park Half	01:33:01

Official New Members A warm welcome to:

Nicholas Woodroof -
Welcome back and
hope we will see him
at the winter cross
country races

Welcome to Sara
Caine as a new
member

Striders Photos



Summer Training
Peter Maisey



Spot the difference
Simon Toms

Don't forget those dates

Rounders	Friday 28 th July
Striders Christmas Party	Friday 8 th December



Running in Greece

Sue & John Ratley

We've just spent a holiday on the Greek island of Agistri. When we were there in 2015, we saw a poster for what looked like a running race but it was all Greek to us! When we enquired about it at the Tourist Information, we were told that it was a Half Marathon.

Much too far for us these days so we decided we would just spectate and stood on a junction to watch the runners go past. This was manned by a policeman but he was rather busy on his mobile (probably to his girlfriend)! It was a crucial marshalling spot as there was a choice of four ways to go. So **we** ended up sending the runners in the right direction, as the policeman was otherwise occupied!!!

The runners were coming through far too quickly for a half marathon, so when we got back to the finish, we asked what the distance was and discovered there had been an option of 5K or 13.5K (a Greek half marathon!) If we'd known there was a 5K, we would have taken part.

So when we returned to the island this year, having discovered that the race was taking part on 10th June, we enquired about entering. We were told that we could enter on the day, it started at 7:30pm and amazingly, it was free!

At 4:30pm, they started setting up the start and finish, which were in the same place. It looked an absolute shambles but turned out to be very well organised. We wrote down our names and signed a disclaimer, which was all in Greek, and were presented with envelopes. Inside, were our numbers and would you believe it, chip time recorders to tie to our shoelaces!

Now the big question was, do we pre-race hydrate with ouzo or retsina?

They set off a walking group first, who probably did the 5K route, followed by a large group of children, who did 1K. Runners were still registering until the very last minute but at 7:30 pm, off we went and although it was evening time, it was still very hot, so we were pleased to see a water station. We were very concerned

at one point that we were on the 13.5K course so were overjoyed to see the split where we turned off left. There were plenty of marshals and even the police were paying attention this year!

At the finish, we received lovely medals and a goodie bag containing a banana and some breadsticks (yes, breadsticks. It also made a change to be the first Denmead Strider male and female, rather than the last, as we normally are! In fact, we were the only Brits running in the 5K! There were a couple of guys in our hotel who had run the 13.5K distance and we overheard them saying how pleased they were with their time for a half marathon!

We could have cooled off with a swimming race the next day but decided this would be a bit over the top when on holiday!

