

Stride & Tested

Denmead Striders

August 2017

Volunteers Needed - Denmead 10k

Rory Heard

Volunteers needed! Help us make this year's Denmead 10K a success: It takes 50 of us on the day (Sunday 15th October) to organise Race HQ, the Start/Finish area and to marshal the course. For most roles it's a three hour commitment from 0900 to 1200 on the day, all equipment and training provided. As well as raising money for the club, this is our annual contribution to the race calendar. We are known for laying on a friendly race, come and join the team and cheer on the runners.

Many thanks to everyone who has volunteered so far, but we still need more: Please let me know if you can help by emailing me at denmead10K@gmail.com or catching me or Martin Shaw at training.



Race dates –September & October 2017

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

October

Alton Downland Challenge	1 st
Basingstoke Half	1 st
Salisbury Half	1 st
Bournemouth Marathon	7 th
Chichester Half	8 th
Pieces of Eight/ RNL 10k	8 th
X Country Pamber Forest	8 th
Denmead 10k	15 th
Great South Run	22 nd

Hampshire Road Race League

Kirsty Bailey

Hampshire Road Race League – an appeal from your Ladies Captain! The HRRL 17/18 season is nearly upon us, kicking off with Overton 5 mile race on Sunday 3rd September.

For the benefit of those who have not heard about the league before, it is a series of 12 road races that runs from September through to June hosted by various Hampshire running clubs. There are several race distances from 5 miles to half marathon. The first 3 females finishing for the Striders score points for our A team, with the next 3 scoring for the B team. We do not pick teams, it is purely based on finishing positions and it doesn't have to be the same people at each race. If you compete in at least 7 races your points will count towards your individual position in the league as well.

Not that I want to disregard our fantastic male teams, but I wanted to specifically reach out to all those ladies in our club as believe it or not, despite having so many fantastic runners, we sometimes struggle to make the 6 required to score for the 2 complete teams. We did have a great season last year and I truly believe that we are capable of achieving even better this season. So please do get involved – even if you only want to do the shorter distances or can't do all the dates or think you are not quick enough, it really doesn't matter. It is a really friendly league and a fantastic way to get to know your fellow club members.

If you are interested in finding out more, please come and find me at training.

Striders Stats PB's by Clare

July PBs. Well done to:

Name	Race	Time
Dan Starkey	New Forest 10m	01:08:21
Lee Mawson	Lakeside 5k	00:18:01

Big well done to Lee Mawson for beating his own club record on the 800m in a time of 2:11:09

Also shout out to Julian Manning who has now equaled the club handicap course record in a time of 17:32 not bad for an over 40!

Lastly special mention to our own superstar Liz Steward for completing an Iron man in a time of 11:18:24

Watch out for Liz's write up in next month's edition

Official New Members A warm welcome to:

Wendy Evans
Gemma Heggs

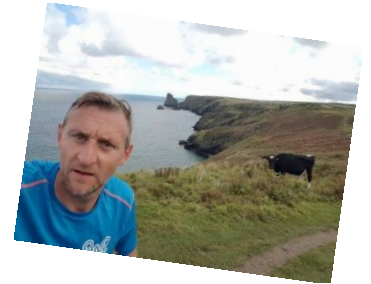


Italy – Hot running
Paul Saunders

Striders Photos



Striders on tour – Grahams 50th
Clare Welch



Cow on the edge
Paul Welch

Club Curry Night Lee Weeks

Milton Tandoori, Milton Road Waterlooville.
Friday 1st September.
Table booked for 8:15 pm.

Places are limited to 25, the restaurant has no bar license so please bring your own drinks. There is no corkage charge.

Places are filling fast so please could you contact Lee through the usual channels, txt, email etc.

We always welcome new people from the club to come along the club social nights so if you haven't been to the famous curry nights get your name down soon to avoid disappointment.

rungry
[run-gree]adj

when you are so hungry
from your long run that
you must eat everything

Cocking Hell!

Martin Parfitt

You'll love it, it's a lovely run" were the words of encouragement from Martin Carpenter and Steve Colmer which convinced me to enter the Midnight Marathon. They're decent blokes who had run it a couple of times before so I trusted them and gladly signed up.

Our runners and supporters gathered in a field in QE Country Park around 8.30pm getting ready for a start time of 9. The night sky was descending and I was getting plenty of hassle from the 'support crew' about being dressed all in black which, I suppose, was a fair point! A few photos were taken and before we knew it we were gathered on the start line looking up the first of many big hills. Last words of encouragement were given with my youngest daughter, trembling and in floods of tears, advising me not to get eaten by bears!

After approximately 30 minutes the head torches were required and the terrain seemed to get more and more uneven. Phil and I settled into a fairly steady pace and we chatted away until we reached the first drinks station which was probably the best stocked one I've ever seen. I was surprised to see alcohol available so early on in the run and even more surprised that Phil didn't touch a drop!

We reached 10 miles in a decent enough time and more importantly in one piece. Every downhill section seemed bliss until a voice in the back of my head said "hang on a minute, don't forget that you'll have to run back up this in a few miles' time!"



12 miles in and the decent into Cocking started. I was running on my own now with sheep in the fields on the left (I think they were sheep as all I could really see were pairs of eyes) and faster runners going back up the hill on the right hand side. That's where Matt Cheyney powered past me on his way back 'home.'

It took me about 1hrs 50mins to reach the halfway point and once again see our brilliant supporters who had given up their Saturday night to offer shouts of encouragement. A quick turnaround saw me heading out of

Cocking and slowing to a walk about half way up the hill. I seriously started to doubt my 4 hour finish time and had a brief 'discussion' with myself about changing it to 4.30. We agreed!

Miles 14 to 19 are a bit of a blur to be honest. I vaguely remember seeing Martin, Steve and Kirsty (don't trust them Kirsty!) and I do remember the pain and my awful, dangerous fall (slight slip and stumble) on a chalk path.

More and more people were passing me now and it was about 20 miles when Phil caught me up. It was good to have company. I think our whole conversation for about 6 miles consisted of moaning, discussing the beers left in his car, agreeing this was the one and only Midnight Marathon for us and moaning again! His back wasn't playing ball and my knee and hip weren't doing what they should have been.

My batteries in my head torch ran out about 24 miles which added to the whole joy of the experience. It's not easy changing batteries in a head torch, in the dark, at 1am,

with fingers and batteries covered in energy gel.

Liz stormed past us at about 25 miles as I thought she might. I'd like to say she had been resting all afternoon but I think she had already completed about 8 triathlons that day!

Phil and I reached the finish in around 4 hours 25 minutes. We staggered around and moaned a bit more but were cheered up by the fantastic chilli and flapjack (not mixed) on offer. The medal was great and an almost full moon was still shining.

I'm not sure if I enjoyed it or not. It was very tough, brilliantly organised, offered excellent food / drink stations, a great medal and a whole new different experience. What I am sure of is I'm not doing it again, ever, and I'm not trusting Martin and Steve again either!!

The following morning I checked our training schedule to see what we were doing on Wednesday. Hills!



Watch out next month for Kirsty Bailey's take on her experience of the Midnight Marathon

Getting to know you, getting to know one another....

A suggestion raised at the recent committee meeting and a new feature that I'd like to include on a regular basis are a few questions and answers with fellow striders. What better way to get to know your team mates by finding out a few little snippets on their running outlook.

My first victim – sorry I mean willing volunteer is Steve Colmer

Q & A with Steve Colmer

What made you join the Striders?

I originally was asked if I wanted to join the club by Dave Arnold in 2004 (well, in actual fact while I was out running he ran after me, and stopped me) I took part in some training sessions and Friday social runs, but could not commit to join because of work and a young family.

What inspired you to start running?

I really enjoyed representing the school at athletics and x country, it's what I was best at, (I was pretty bad at everything else)

What's your favourite distance and why?

Marathon distance, because it's an event I never thought I would be capable of completing.

Cross country or road?

X country & trail running

Summer/winter training?

Summer

Favourite club session?

Not a particular one, but prefer the longer more endurance type sessions. Friday social runs would be at the top of my list.

Any club inspirations and why?

I am inspired by all my fellow runners, whatever ability. If I had to pick one person it would be Brian Harris for the amount of races he does, at his age, and the level of fitness and stamina he has.

Any pre run/race superstitions or prep?

No. Turn up & get on with it

Favourite medal?

First Midnight Marathon medal

