

# Stride and Tested

The newsletter of Denmead Striders

April  
2010

## The Summer Sessions

Peter Maisey

We may be back into the summer running schedule but we are not yet into balmy light evenings. Make sure you come to training appropriately dressed. Warm clothing – layers are always best. White or reflective clothing – make sure you can be seen.

The roads on which we train, north of Denmead, may be quiet, but they still have some traffic. Look out for yourselves.

And look out for your running colleagues.

## HRRL End of season celebrations

Jacquie Johnson

As a way of celebrating the end of the HRRL (or commiserating if you enjoy the league!) we thought that it might be a good idea to have a social gathering after the final race at Netley on Sunday 16<sup>th</sup> May.

Victoria County Park provides lovely views and is the perfect setting for a picnic type get-together, weather permitting. The thought is that everyone brings their own food etc so it doesn't matter on numbers and there is little in the way of organising for any one person. Open to all family members/friends that come to watch the race/kids etc-the more the merrier!

## Bowling Evening Bedhampton

Saturday 10<sup>th</sup> April

See Jacquie Johnson for more details

## Quiz Night

Mark Pelley

The quiz night is booked for **7pm on Friday 16<sup>th</sup> April** at Westbrook Hall, Tempest Avenue, Waterlooville. The cost will be £2.00 per person and there will be a raffle as usual.

Bring your own food and drink and memory.

## London Marathon 2010

Best wishes to everyone taking part. You won't have any choice but to start slowly, so just enjoy it. And let us know how you got on

### Club Kit

Brian Harris is the club's kit man. If you enter a race as a Denmead Strider, you need to be wearing a club vest. Brian has:-

CLUB VEST	£13.50
SHORT SLEEVE T SHIRT	£7.50
LONG SLEEVE T SHIRT	£15.00
RED SHORTS - <b>SPECIAL OFFER</b>	£3.50
RED SWEATSHIRTS	£15.00
TYVEK JACKETS (large & extra large)	£5.50
HI VIZ WAISTCOATS	£5.00

## QE Cross Country

The cold weather may be receding into the past, but that most winter of activities, cross country, lingers on. Portsmouth Joggers are holding their annual mid-summer cross country at QE Country Park on Wednesday 30<sup>th</sup> June at 5pm.

Our Wednesday night training schedule is suspended that night, so if you don't plan to run, come along and support.

A link to the entry form is on the club's web site under Race Events.

## (Mostly) off road relay

Saturday 29th May 2010

Emsworth to Basingstoke

Teams of six runners, with runners doing their three legs (of a total 18) each of around 3 to 4 miles mostly off-road.

Teams require a mix of stealth and organisation, with some focus upon preparation and planning beforehand (e.g. some of the relay legs use footpath route choices, and therefore they can benefit from a prior reconnoitre).

See [www.emsworthrelay.org.uk](http://www.emsworthrelay.org.uk) for details

For more information about what is happening in the club see  
"Stride and Tested" on Facebook  
[Denmeadstriders.co.uk](http://Denmeadstriders.co.uk)