

Stride and Tested

The newsletter of Denmead Striders

June

2010

The Marathon – a potted history

As most of us want to/have run a marathon, you might like to read an interesting potted history of the event at

http://www.aimsworldrunning.org/marathon_history.htm

Running events

Looking for a race or two to enter? Try here for a list of forthcoming events and + links to entry forms.

http://www.denmeadstriders.co.uk/events_diary.htm

Running elsewhere

Yes there are races beyond S.Hampshire

Isle of Man Northern 10

Julia Rivell

When Mick and I became dogless we decided to have a special holiday so we booked a super cottage on the Isle of Man for 2 weeks. Of course that meant missing Sunday races but luckily I found a 10 mile road race on the 23rd May.

I emailed the club and they were very casual and told me to come along to the football stadium and sign up on the day. It took me 2 more emails before I was able to find out what time it started! We duly turned up at 9.0, it started at 10 and of course I was the first one there. I said that I was concerned about my speed and would not enter unless they would still be around by the time I finished, oh you will be fine they said, some of them take 90 mins!

There were 41 runners, it was very friendly and the second water stop marshal drove on and waited for me in laybys, such a long time for you to be out there! In the end I did 1.37.46 and I was not last, a guy came in about 3 mins after me.

I am really pleased I ran it, there were even showers afterwards and free tea and coffee. The prize giving was amazing, cups for 3 people in each age group, only up to 55, but they even apologized for that to me and the other guy who was over 60, and only £3 to enter.

The island was great and we had a lovely holiday and as the TT races start this week we saw the course being set up and lots of bikes, very interesting. We still missed Skipper even though it was easier without him.

Port Jervis, 5K NY, USA

Dave Arnold

Time 19:47. 13th place, 3rd vet

Basically I was going to be in NY for a week. I used the Vegan Runners Facebook site to see if anyone knew of any races in the NY area and received a reply suggesting this race about 90 miles west of the city, in Orange County. It was pretty low key but interestingly was strongly supported by the locals, and particularly the younger generation. Runners considerably younger than we see over here, so I wonder if they even have an age limit. Certainly seeing the enthusiasm on most of the faces of kids who couldn't have been much older than 6 as they finished did beg the question why we don't have more running events for kids over here, and if the age restrictions are entirely appropriate.

Another interesting dimension was that there was also a 5k Walk included in the race, and entrants were reminded at the start that they were NOT allowed to run at any point if they wished to be in the competition. Clearly many were just doing it for the challenge of completing it and it seemed a good way to get more of the community involved in health promotion.

The town itself was very picturesque and historic but the race took us out of town and not along the Delaware River at all. My only misjudgement was nipping across the 'railroad' for a pre-race potty stop and almost getting blocked off by a passing train!

19:47, not my greatest 5k ever for sure but enough to get 13th and 3rd vet. Plenty of fruit and bagels and assortment of drinks at the finish. A great 'small town community' atmosphere and great race ...and yes ..a Tee-Shirt too!

While out there I also went to a High School Track meet and when you see the athletics facilities, 6 lane 400m tartan track with raised bleacher seating as a minimum standard, plus the 80+ athletes from just the two competing schools you so easily see why USA have such strength in track athletics do have to wonder what's going on in this country! Anyone want to come for a jog around a lumpy grassy track painted on a school football pitch??

Don't forget

Training on Wed 30th June is the QE Cross Country. No entry on the day. Possibly a RRQ afterwards as well

Electronic Communication

The Denmead Striders Running Club would like to provide its members with a formal means of communication. At the Committee Meeting held on 25/03/10, it was agreed to set up an e-mail mailing list to provide members with important information i.e cancelled club sessions or any relevant notifications. This was an agenda item raised at the AGM held in January-2010

The committee approached Peter Maisey to administer this mailing list. As administrator Peter reserves the right to edit or delete any message or file, or remove any user for any reason whatsoever, with or without notice, at his discretion.

Those members who wish to sign up to this mailing list can fill in the form attached and return it to Peter Maisey.

Those members who wish to subscribe to an electronic version of the club newsletter can also use the form below.

Members must not use the Mailing List to post any material, or links to any material, which is knowingly false and/or defamatory, fraudulent, misleading, inaccurate, abusive, vulgar, hateful, harassing, obscene, profane, sexually-oriented, threatening, invasive of a persons privacy, or otherwise violative of any law. Members also agree not to furnish false information or to use any other deceptive means in order to gain access to this Mailing List.

If any member wishes to unsubscribe to any of the above can do so by informing Peter Maisey

[Note your email address will not appear in the mailing list.](#)



My Favourite Race

Gary McCawley

Whilst enjoying a post committee meeting beer at the Mead End Pub, Mark Pelley posed the question, what was your favourite race ever? Quick as a flash I responded with the Lavant Midsummer Five in 1992. Why did I say this without even thinking about it?

When I got home I started looking through all my records, hoping I hadn't thrown this one away. I had not and so the reminiscing began. It was a perfect Midsummer's evening. Warm but not too hot with the sun slowly going down over the horizon changing the sky from light blue to a light orange.

I had reached my peak as a runner. The previous twelve months of training were coming to fruition. My confidence was high and I was going into each race knowing I was going to get a personal best. As runners we have all experienced it, nothing can beat it. No aches, no injuries, mind, body, soul and breathing all working in perfect harmony.

I set myself two targets knowing I would be pleased if I achieved one of them. Firstly, to go under 33mins for five miles and secondly to go under 6mins for 1 mile.

We all lined up to start and with the bang of a gun we were off. I took it easy over the first 400m then slowly got into my pace, catching and staying with a Winchester runner. The first mile came along and I went through in 5:35. Although pleased I soon realised if I kept this pace going I would not last long. I told the Winchester runner to go on which he did, I then pulled back to a more comfortable 6:35ish pace.

It was a picturesque course starting on the village green and following the country lanes around Lavant, through the Goodwood Estate, passing Goodwood House and then back on the roads to finish on the village green.

As I came into the last mile it became apparent I was going to achieve my goal. I became overwhelmed with a feeling of euphoria and the mile just flew by. I reached my target by crossing the line in an official time of 32:02.

As soon as I got my breath back and checked my splits, I realised I had also cracked the sub six minute mile. Most importantly for me it was the race where I turned from a runner into a racer for about nine months.

No matter what level of runner you are within the club it would be nice to hear about your favourite race. It could just be a well organised race, your first ever race or a memorable personal best.

You can send or give your article to Pete Maisey who is usually around on a Wednesday night.

Denmead Striders Mailing List Registration Form

Name	
Club Membership Number	
E-Mail Address	
I wish to register for the Club mailing list	Yes / No – Delete as required
I wish to receive the Club Newsletter via e-mail	Yes / No – Delete as required
I wish to register for both of the above	Yes / No – Delete as required
Signature	