

Stride and Tested

The newsletter of Denmead Strders

March

2010

Staunton Park Cross Country Sunday March 14th

This event is Denmead Strider's contribution to the winter cross country series. It is always well organised, but it does depend on support from club members. If you are not planning to run, please volunteer to help in some form or other. If you enjoy the great outdoors, course marshals are needed. If you fancy somewhere a little more comfortable to spend your Sunday morning, how about helping prepare and serve the food at the end of the race. And even if you are running, there are plenty of jobs to be done early in the day.

Please help us put on a great event. Let the organisers know how you can help.

Waterlooville Indoor Triathlon Lee Weeks

In last month's edition of Stride and Tested there was a very short item on Lee Weeks winning the Waterlooville Indoor Triathlon. Below, Lee adds some flesh to those bare bones.

Well, having noshed all the mince pies, and drunk all the beer over Christmas, I thought I'd better get myself down to the Waterlooville Indoor Tri, hoping to retain my title from the previous race. I packed my bag and headed down to the pool.

My start time was at 10.00 am, starting with a 3k sprint on the treadmill. As this was an indoor race the swim was last, so I blasted the run, completing it in 12 minutes.

Then from the treadmill a short 3 metre sprint took me to the cycle. I was being monitored all the time so the pressure was on to get a good time. With sweat pouring from me like a burst water pipe I finished the 10k dash in 14 min

Rushing from the bike to the changing room I changed as quickly as I could, then off to the pool side for the 16 lengths swim. My transition time was about 75 secs from the changing room. I managed to complete the swim in about 8.5 min, hanging out at the end.

It was still a tough event, even over the short distances.

I received my trophy and had my picture taken for the press. A nice shield which will be hung in the reception area after it has done the rounds.

The only thing is now I have to defend my title for a third time in September this year, but I'll try and leave the beer and a get an early night when I do it next!

My overall time was 36m 36sec for an really enjoyable race that anyone could do if you fancied the challenge.

Facebook

Runners Facebook site is now up and running. Search for "stride and rested" or use the link below.

<http://www.facebook.com/group.php?gid=233554421031>

Hampshire Road Race League Remaining Fixtures

See Julia Revill for entry forms

- Eastleigh 10K 28th March 2010
- Alton 10M 9th May 2010
- Netley 10K 16th May 2010

Sport Relief Mile

- The date 21st March 2010
- The time 1100hrs – 1230hrs
- The place Southampton

Distances available 1 mile, 3 miles and 6 miles

Entry fee £5

See web site for more details

<http://www.sportrelief.com/the-mile/southampton-mile>

London – the world's top marathon

For those of you who are doing the London Marathon in 2010, you might be interested to know it is now the no.1 marathon in the world.

Top Marathon in the World in 2009 - based on Results+Participants:

- London Marathon (GBR)

Top Marathon in the World in 2009 - based on level of participants:

- London Marathon (GBR)

Orienteering 2010

If you fancy something a bit different over the coming months, you could give orienteering a try. Speak to Peter Maisey or Julia Rivell if you want more details. Courses are set up for all skill and fitness levels. And they are all local

Date of Event	Title of Event	Location of Event
Sun 9 May 2010	Meon Valley League 1	Upperford Copse, Heath Road, Wickham (SU593135)
Sun 23 May 2010	Meon Valley League 2	Creech Woods, Denmead. (SU 648113)
Sun 6 June 2010	Meon Valley League 3	West Walk, Wickham (North) (SU 594134).
Sun 27 June 2010	Meon Valley League 4	West Walk (East), Wickham (SU 596121).
Sun 18 July 2010	Meon Valley League 5	West Walk, Wickham. (SU 596121).

Race Reports Julia Revill

If you are getting a bit bored of the usual round of Hampshire road races, then you might take a tip from Julia Revill's running diary. She always manages to find a few interesting alternatives. Here are reports of 3 of them - Ed

Warminster Plain Crazy

This race was advertised as a tough multi-terrain 12 mile approx. I was very interested as the route was through the village of Imber which was commandeered during the 2nd World War for Land/Tank training exercises. It is normally out of bounds but for two weeks over Christmas the army allow access, and the villagers can visit the church which has been restored, although the rest of the village is still used for exercises and the houses are hollow shells.

Nearly 200 runners turned up and there was general concern when we looked at the route map to find that it was all on tank tracks, mostly concrete, with about one mile of gravel! The people who had brought spikes were really fed up. Luckily I had brought trail shoes, not really ideal for 13.1 miles of concrete. Yes it was a 1/2 marathon.

The route was interesting, the land untouched and surrounded by lots of ancient hill forts, normally unseen, with no signs of habitation such as telegraph poles or pylons, but there were lots of rusty tanks left around for target practice. It was tough, hilly, exposed to the wind and quite a lot of ice on the ground, not one to do again but glad that I ran through the village, a glimpse of how remote it once was to live in Wiltshire.

The Stansted Stagger

It is difficult to find a marathon in December and I was pleased to see The Stansted Stagger on the 20th but the winter took hold and it was postponed due to deep snow. The organiser did really well and put it on for 3rd Jan. We left at 4.30am and made the Birchanger services for a coffee at 6.30. Being near the airport I had thought it was not going to be hilly and I was right. The route took us over farmland along bridleways that went on for miles, it must be great for horse riding in the area. We went through the Audley End estate, the home of English Heritage, a lovely old house with magnificent park land. I had a few navigating problems and kept a guy in my sights for the last 5 miles as I had no idea where I was in relation to the route description. Luckily he did and I was happy with the 5 hours 41 mins.

Portland Coastal Marathon

Then there was the January marathon on the 21st. The Portland Coastal was billed as difficult but I was feeling cocky after Stansted. Most of the runners were in skins and had hydration packs, Mick and I both realised that this was not my usual demograph, also not a 100 marathon club member in sight. It was hard, twice round the island of Portland, to the top and back down to sea level three times and 1 1/2 miles of shingle along Chesil Beach on each lap. I lost my sense of humour on the beach the second time round, Mick not helping by jogging up to me saying 'it is much easier if you run on you toes!' I was pleased to finish, 6 hours 50mins and not the last. There were only 2 60 year olds, I took him on the beach about 2 miles from home, but then he caught me just before the finish. So I won £10 for the first over 60 lady and I do not feel in the least embarrassed, I earned it. Liss cross country the next day was not much fun though and my quads took 10 days and a massage to recover. I will not be doing it again, but I feel if I can do Portland I can do anything!

I'll have a Half!

Anita Crawley

Sun 21st Feb 2010 saw the start of the very first 'Portsmouth Coastal Half Marathon' organised by the local RNLI. The organisers promised a 'flat route with road, grass, shingle and footpath - and they didn't disappoint. The word fast was never mentioned!

A grey, wet, blustery morning welcomed the 609 eager runners to the sparse facilities of the Portsmouth Life Station, Ferry Road, Eastney.



Having warmed up with a brisk three quarter of a mile walk from one of only two official car parks (other competitors parked even further away on the seafront) it was time to register and collect the timing chip from race HQ and then stand for 20mins in a very long queue for the 8 toilets available! A prompt 10.30am start saw us racing westwards along the Eastney Esplanade into a headwind and rain.

Rounding Southsea Castle on the seafront, the rain eased but the strong wind hampered the pace. On looking up

I saw Lee Weeks running towards me on the other side of the promenade. Had he already run 5 miles to my 3??? Onwards now, pass Clarence Pier and straight through the amusement park. The turn-a-round point came as we crossed the moat footbridge near the Square Tower. A quick trot around the recreation ground and we were back on the seafront. With the wind behind us and the sun on our backs it was time to pick up the pace as we raced back towards the swimming pool at Eastney.

Once there we changed course northwest wards. A few beeping car horns and cheering spectators greeted us as we circum-navigated a water-logged Bransbury Park. The 8 and half mile point signalled the start of the 4 mile multi terrain section. Dropping down onto the gravelled foreshore of Eastney Lake (good job the tide was out!) I spotted Lee again. He was heading for home and fourth place, whilst I still had plenty to do! Cutting inland again we jogged pass Portsmouth University's Langstone Campus before heading across the scrubland to run northwards along the cycle path running adjacent to the Eastern Road. At 10 miles we turned back to splish and splash our way through the puddles of the 'Solent Way',

following the track beside the sea wall. At 12 miles we found ourselves slipping and sliding on the seaweed of Eastney Lake once more before heading back to the cheering crowds at the lifeboat station and the finish line. A free hot soup and goody bag followed as did more rain.

Since Portsmouth hasn't seen a road half marathon in a decade, this race could grow and grow (so long as you don't mind getting your feet wet!) A local half marathon for those in training for London / Brighton is definitely a welcome occurrence. The only restriction would be the lack of facilities and cramped start on the narrow lanes. Overall the race was well organised with friendly marshals armed with jelly babies at almost every turn. Comfort wise though, better road directions and a third water station on route would have been nice, as would more toilets. I mean 8 divided by 600 runners + spectators + marshals. You do the maths! I'm sure Julia would vote for that last one too! Good job it was chipped timing eh Julia?

Thank you...



... to everyone that has helped me out since I joined Denmead Striders back in November 2009. From a friendly smile to helping me put my trousers on after a hard race, it has all been really appreciated.

Everyone has made me feel very welcome and my running has come on leaps and

bounds, from the cross country runs to completing the Bramley 20 (albeit slowly!)

I am now entered for the Great Welsh marathon in April, something I could have never dreamed of a year ago as I was a smoker for 6 years and somewhat of a beer monster

Paul Hiles

AWARDS EVENING

5th March 2010 - 19:30
Denmead Community Centre
School Lane
Denmead
Waterlooville
Hampshire
PO7 6LU

Bring a plate of food and your own drink