

# Stride and Tested

May  
2011

The newsletter of Denmead Striders

## Hooded Sweatshirts



Graham Bowpitt has made arrangements with a company for you to be able to order hooded sweatshirts. If you wish to place an order, you can do so direct by going to the Ansom website

<http://www.ansom-moore.co.uk/uneek-uc502-classic-hooded-sweat-p-399.html>

and following these instructions: choose

- SIZE - up to 4 XL
- COLOUR - RED
- EXISTING CUSTOMER DESIGN - DSC 109 DENMEAD STRIDERS
- FREE EMBROIDERED LETTERING - YOUR NAME OR WHAT YOU WANT TO BE CALLED
- EMBROIDERY COLOUR - WHITE
- BACK PRINT TRANSFER - DENMEAD STRIDERS
- PRINT COLOUR - WHITE

This should enable you to order the Hoodie and pay for it. It will be delivered to your house in about 3 weeks.



## QE cross country

It may be summer but there are still off-road races to be found. Our summer training schedule allows for entry to the QE Country Park cross country without missing your usual Wednesday night training session.

Details are

- Date WEDNESDAY 29<sup>th</sup> June 2011
- Time 7:15 p.m.
- Venue QE Country Park
- Cost £6

Get your entries in beforehand as there are no entries on the day. Entry forms available from the Portsmouth Joggers web site – link from Denmead Striders web site

[http://www.denmeadstriders.co.uk/events\\_diary.htm](http://www.denmeadstriders.co.uk/events_diary.htm)

## Curry Night

Friday 20th May at 8.30pm  
Milton Road Tandoori and Balti,  
Milton Rd, Waterlooville



Lee's curry night is on again. The restaurant has no alcohol licence so bring your own drinks and the owners will be happy to open any wines free of charge.

We have been here before and it is quite popular. The nearest decent pub is the Woodpecker, Waterlooville, which is a 15 minute walk to restaurant.

For more details contact Lee Weeks

## Great Welsh Marathon

*Better luck next time!*

**Paul Hiles**



I decided to give this marathon another crack this year and try to break my pb of 4hrs 12 from last year.

After winter training up the QEP on Kev's Sunday runs, plus some scenic long runs across the Meon Valley with Tony and Gary, I felt confident I was prepared.

Unfortunately I didn't get any sleep the night before at the hotel, then woke up with a bad case of the squits! Beautiful sunshine on the start line, I set off at my target pace of 8.35/mi. I kept it up for 20 miles in the heat but then had to pull out with dehydration/dizziness.

Walking the shortcut to the finish line I asked for water at the water station but was told they were for finishers only, despite my condition. Fortunately my wife was on hand to get me to a pub, where I got a water and a nice carvery!

After emailing the organiser about the water station, they are looking at the case and have offered me a place next year!

Better luck next time I suppose!

*Ed – Let's hope this was a case of misunderstanding rather than a jobsworth who was only giving out water to those who completed 26 miles*

## North Dorset Village Marathon Steve Trevenna

After training with Lyndsey and Karen for London, 8:30am on May Day saw me lining up in Sturminster Newton for the North Dorset Village Marathon in perfect running conditions. With a total of 350 people doing a full marathon, 2 x ½ relay and 4 man relay this is quite small but very well organised. With a very rural, undulating course, i.e lots of hills, quaint villages, frequent water stations and occasional supporters, it's a good event for a 'no pressure' race. The high Dorset hedges somewhat limit the scenic views at times but the final 2 miles on a disused railway track makes a comfortable finish. And the best bit – no Wurzles singing about combine harvesters anywhere.

## Dads... don't you just love them?



## Bike ride Peter Maisey

In the April newsletter were details of a social bike ride in July, along the Meon Valley Railway track, starting and finishing at Wickham. It also mentioned a refreshment break at the turn round point – East Meon. The track ends at West Meon, but I am proposing that we turn round at Meonstoke, partly because it has a decent pub adjacent to the track and partly because the track beyond this point gets a bit rough. More details to follow.

## Club Secretary Gary McCawley

At the last committee meeting held on 28/04/11 Tracey Crank was introduced as the new Club Secretary. I will support Tracey as and when required whilst she familiarises herself with the role, but from now on please forward any club matters to Tracey.

I would like to thank all the committee members who have helped me over the past 3 years. I am sure I will be back in some capacity once Uni is over.

## Odd Olympics



A couple of new events will appear at the London games – golf and rugby – although these are sports returning rather than making their debut.

Sports such as tug-of-war, lacrosse, cricket and motor boating have come and gone. If some of these seem a little odd for the Olympics, they pale into insignificance compared to some that we will never see the likes of again.

Two handed throwing events appeared in the 1912 Olympics for discus, javelin and shot. It wasn't a case of using both hands at the same time, but adding together the best throws left and right handed.

The two hundred metre obstacle swimming race included climbing a pole, and scrambling over and swimming under boats. All this took place in the river Seine, so competitors also had to contend with the current, and anything else floating by.

The Sailors 100metres freestyle had a more restricted entry than merely sailors. You had to be a Greek sailor. Unsurprisingly Greece took all 3 podium places.

And finally, croquet made just the one appearance, at the 1900 Paris Olympics. France supplied all the competitors and, surprise, surprise, won every medal.