

# Stride and Tested

The newsletter of Denmead Striders

September

2011

## Strider's Quiz Night

7.30pm Friday 7<sup>th</sup> October

Westbrook Hall, Cowplain.

The hall is booked from 7pm to 10.30pm so we will be making a prompt start at 7.30pm.

There is no cost for the quiz but we would be grateful for donations to the raffle in order to cover the costs of booking the hall.

Could everyone bring your own food and drink although tea and coffee are available at the hall.

**Mark Pelley**

## Winter Cross Country league

**Alison Pople**



The Winter Cross Country league starts with the traditional season opener at QE Country Park on Sunday 13<sup>th</sup> November 2011, and finishes with the Denmead Striders organised event on Sunday 18<sup>th</sup> March 2012.

The events are for "slower" runners, and even if you do not win, your efforts may well count towards the team score. And you may be push scorers from other clubs further down the finishing order.

If you are interested and haven't done any of these events in the past, contact our cross country representative Alison Pople for more details

- Portsmouth Joggers - 13th November - QE Country Park
- Farnham Runners - 4th December - Bourne Woods
- Hart Road Runners - 2nd January - Lord Wandsworth College
- Liss Runners - 22nd January - Rogate Common
- Stubbington Green - 12th February - TBA
- Basingstoke - 4th March - Pamber Forest
- Denmead Striders - 18th March - TBA

## Striders' League 2011-12 Season

**Graham Clarke**

The Overton 5 not only marked the first HRRL race of the new season but also the first qualifying race for this year's Strider's League competition. It was a splendid start to the season with 22 Striders participating and clocking up their first league points. Special congratulations go to Julian Manning and Nick Baker who both achieved gold standard (8points), to Anita Crawley, Angela Agate, Julia Revill, Lizzie Jenner, Mel Hunt, Dave Woods and Richie Berogna for achieving silver standard (7 points) and to Tracey Crank (making her debut into the league races), Simon Toms, Graham Bowpitt and Richard Gray who all achieved bronze standard (6 points). Well done!

For those of you who are unfamiliar with the Striders' League, the objective of the competition is to encourage members to participate in both the Hampshire Road Race League (HRRL) and Today's Runner Cross Country (TRXC) races and have some fun through bitof friendly competition with other Denmead Striders. All members are eligible to take part in the competition and will be automatically included on completion of their first race. Participation in the League is for beginners and experienced runners alike of all ages and abilities, definitely NOT solely for the elite runners in the club. To this end a scoring system has been devised which allows around 60% of the available points to be earned gained by "simply" (well not THAT simply ☺) completing the races and bonus points are awarded if over 50% of the races are competed. The remaining points are awarded according to performance and age. Full details are given on:

[http://www.denmeadstriders.co.uk/sriders\\_league\\_rules.htm](http://www.denmeadstriders.co.uk/sriders_league_rules.htm)

Last year 53 members participated of whom approximately half competed in a sufficient number of races to gain bonus points. This year I would like to encourage even more of you to take part, particularly those of you who are newcomers to running. If you have never run in a race before, don't be shy, give it a go, perhaps with one of the cross country races (a;; less than 5 miles) for starters. You'll probably surprise yourself and soon be yearning for more.! I know I was after my first race! The more participants, the more competition which all adds to the interest and fun elements.

If you would like to know more about the Striders' League or just require some clarification of the rules, please don't hesitate to come and have a chat- I'm normally at the Monday and Wednesday sessions or you can contact me by email or phone (details on the web site).

## Denmead Strider Runs

Gary McCawley

### Sunday runs

Due to the start of the HRRL in September-2011 and the TRWL XC's in October-2011. The Sunday morning runs from Kidmore Lane at 0900 will only occasionally be attended by a run leader or club member.

### Saturday runs

There is a training run on Saturday morning organised by Steve Trevenna from Cowplain shops at 0730. More information can be obtained from Steve on the Wednesday evening training nights.

## Other Club Runs

As well as the main club session on Wednesday evening, 19.00 at Kidmore Lane Car Park . The club also trains and organises runs on the following days.

### Monday 18.30, Kidmore Lane Car Park.\*\*

This is a quality session focussing on speed, power and economy and sustained effort.

A typical session would be (800/400/200/200)\*3 with 1 minute recovery between each repetition.

### Friday 17.30 Kidmore Lane Car Park\*\*

A sustained run of about 5-6 miles usually off-road around the fields and lanes of Denmead and Hambledon.

\*\*These venues change to Waterlooville Swimming Pool during the Winter, please see the club website for full details

[www.denmeadstriders.co.uk](http://www.denmeadstriders.co.uk).

## Winter draws on Peter Maisey

It will shortly be time to move from our summer training home in rural Denmead to the more urban surroundings of Waterlooville Swimming Pool. Evenings are getting darker and temperatures are dropping.

When we move onto our winter training schedule there are a couple of points worth remembering

**Dress appropriately** for training in colder weather – several thin layers are better than one thick one

**Dress appropriately** for darker evenings – light or reflective clothing – be seen

**Don't run out into the middle of the road** – the approaches to Waterlooville Swimming Pool are very busy – no matter how tough you are, you won't win an argument with a car

Think safety. Look out for others as well as yourself.

## Milland Trail Half Marathon - August 2011

Gary McCawley

Milland is a small village about 7 miles east of Petersfield and is a 20-25 minute drive from Waterlooville, the race is hosted by Liss Runners.

Race parking is on the village cricket pitch and it is about a ten minute walk to the start. Although all the runners completed the course well within time, sometimes if there is a cricket match on the organisers like to have the field cleared by 2.00pm.

The race started on road which led uphill onto a cart track. The route then followed a circular anti-clockwise route along cart and woodland tracks. Some of the woodland tracks through the forest could be a bit rutted and lined with exposed tree routes. The course was undulating with four steep climbs along the route. Also at about 2.5 – 3 miles there is a very steep, stepped downhill.

The course was predominately off-road, roads were only used to link the pathways (90% off-road). The route was very picturesque with views of the Harting Downs to the south. Weather on the day was warm with the occasional quick shower, unfortunately we could not make use of this cool respite as the forest canopy protected us. I wore my off-road trail shoes as the grip gave me the confidence to run down-hill, you could get away with road shoes with a good tread.

Changing facilities were non secure and very limited but porta-loos were provided. Showering facilities had to be shared. The finish was on the cricket pitch so you could leave valuable stuff locked in your car.



Position	First Name	Surname	Cat	Cat Pos	Time
1	Julian	Manning	SM		01:22:36
2	Nick	Baker	VM		01:23:15
90	Scott	Feltham	SM		01:50:23
120	Ash	Hiom	VM		01:53:55
170	Anita	Crawley	VL		01:59:49
272	Gary	McCawley	VM		02:20:39
325	Julia	Revill	VL		02:45:43

Finally it was good to see Richard Millard (The Mad Doc) running who assured me he will be back soon. Richard completed the course in 1:41:11, well done Richard.