

Stride & Tested

Denmead Striders

April 2019

Meet the team

Clare Welch

So as we are in full swing of 2019 we have seen some changes to the committee.

First of all we say a fond Farewell to Lee Weeks as our Vice Chairman. I am sure you will agree Lee has done an outstanding job of coordinating marshals for the Great South Run, organizing many a curry night with his precise order taking technique and assisted Mark Pelley and his successor Terry with Awards nights and club training announcements (which I am sure you will agree come with some form of amusement).

We also say goodbye to Martin Shaw as our Men's club captain. Again Martin has done a great job over the years rallying round the troops and seeing the men's team have successful results in all divisions over the years.

Below are details of your committee. All contact details can be found on the clubs website:

Chairman	Terry Aked
Vice Chairman	Clare Welch
Secretary	Tracey Crank
Treasurer	Stuart Hoare
Membership Secretary	Julia Revill
Club Kit	Terry Aked
Ladies Club Captain	Kirsty Aked
Mens Club Captain	Gary Armstrong
Cross Country Captain	Paul Welch
Striders League	Graham Clarke
Members Representative	Simon Toms
Members Representative	Mel Hunt
Newsletter Editor	Clare Welch
Race Results	Lisa Peckover
Curry Nights	Lee Weeks
Head Coach	Gary McCawley

Race dates –June & July 2019

June 2019

Isle of Wight Running Festival	1 st
Worthing 10k	2 nd
Romsey 5 mile Beer Race	2 nd
Alresford 10k (HRRL)	16 th
Southampton Airport Runway Run	23 rd
Lakeside 5k Road Race	26 th
Lordshill 10K (HRRL)	30 th

July 2019

Yateley 10K Race	3 rd
Serpent Trail 100k, 50k, HM & 10k	6 th
Goodwood Running Festival	14 th
Lakeside 5k Road Race	24 th

Striders Stats PB's by Clare

February & March PBs. Well done to:

Name	Race	Time
Kirsty Aked	Ryde 10M	01:07:34
Kirsty Aked	Hampton Court HM	01:30:55
Matthew Madill	Datchet 20M	02:31:38
Jenny Parks	Fleet HM	01:56:43
Suzanne Richardson	Fleet HM	01:38:46
Liz Steward	Fleet HM	01:31:39

Easy Fundraising

For those of you that don't know, Denmead Striders have an easyfundraising page.

If you go to:
<https://www.easyfundraising.org.uk>
then search for Denmead Striders you can then shop online and support the club at the same time. When you order through this way Denmead Striders will get donations and it doesn't cost you a penny.

It is simple to use and is just simply a case of shopping online which I would imagine most of us do!

New members

A big warm welcome to:

Gemma Aldwinkle, Naomi Mulcahy, Simon Hazel

Striders Photos

**Lidl Run on tour
Jenny Parks**



**Gary Mac Ryde Selfie
Gary McCawley**



**Ticket to Ryde
Jenny Parks**



**Polecat Valley – Last Race of the
Season
Jenny Parks**

Cross Country Season Report

Paul Welch

This year saw a few changes to the league, Bob Ayer stepped down from his role as chairman, he has been replaced by co-chairs Avi Govind & Rory Horseman both of Basingstoke. The league reduced down to 23 teams as Hedge End decided to leave & we saw the Manor farm race replaced with a new venue at Chawton house.

My focus was to try to field full teams in all of the races & ideally improve on last years 10th place finish.

We did manage to field full teams in all six races so I'm obviously very happy with that.

Basingstoke won the league with Haslemere in 2nd and Farnham Triathlon Club in 3rd. We managed to match last years 10th, but were only one point from 9th. Our best men's finish was 5th place at Bourne Woods and the ladies bettered that by finishing an impressive 3rd at Chawton House.

We had a total of 36 men and 14 women competing in at least one race this season, of which 21 completed four or more races, which scores them bonus striders points. We had two runners (Tony Laurenson & myself) complete five races and an impressive seven runners (Brian Harris, Gary Armstrong, Gary McCawley, Graham Clarke, Rob Wilson, Jenny Parks & Lisa-Marie Peckover) complete all six, so very well done to all of them.

I'd particularly like to mention Rob Wilson & Garry Armstrong as both of them were in the scoring positions for all six races and for five of them they finished in the top two scoring positions for the team.

Finally I'd like to thank everyone for turning up to support the club at these races, here's to next year.



Awards Results 15th March 2019

Best Female Performance		Best Male Performance	
Clare Welch		Rob Wilson	
Most Improved Female		Most Improved Male	
Lisa Peckover		Matt Madill	
Female Club Captain Award		Male Club Captain Award	
Jenny Parks		Michael Harrison	
Burtonian Trophy (Voted on the night)		Joyce Burton Memorial Trophy (Chairman's Choice)	
Lee Weeks		Gary McCawley	
Dave Davenport Memorial Trophy (Unsung Hero)		Winnie Mae Shaw Memorial Trophy (Best Newcomer)	
Julia Revill		Adam Chant	
Marathon Performance Award			
Liz Steward			
Lifetime Membership Award			
Brian Harris			
Friend of the Striders			
Kiernan Easton			
Club Championships 2018			
Category	10K (Lordshill)		Distance (Gosport)
Male Senior	Neil Williams		Matt Cheyney
Male Over 40	Julian Manning		Julian Manning
Male Over 50	Kev Gale		Lee Weeks
Male Over 60	Nick Bailey		Grahame Clarke
Male Over 70	Brian Harris		N/A
Ladies Senior	Lisa Marie Peckover		Liz Steward
Ladies Over 40	Daniella Offer		Kirsty Aked
Ladies Over 50	Linda Taylor		Linda Taylor

Awards Results 15th March 2019

Club Champion – Summer Handicap Series 2018			
Male		Female	
1 st	Mark Pelley	1 st	Rachael Peach
2 nd	Stephen Allen	2 nd	Clare Welch/ Kate Francis
3 rd	Steve Gardener	3 rd	Liz Steward
Time Trials 2018/19 Most Improved			
Male		Female	
1 st	Peter Murphy	1 st	Lee King
2 nd	Dave Colenutt	2 nd	Lauren Field
3 rd	Mark Pelley	3 rd	Kirst Aked
Most Consistent			
Alan McVittie		Jenny Parks/Alison Greasley	
Best Performance			
Julian Manning		Kirsty Aked	

Getting to know you, getting to know one another....

This month's insight is from the man who holds the purse strings. Our club treasurer. Stuart Hoare

Q & A with Stuart Hoare

What made you join the Striders?

To run with other people

What inspired you to start running?

Had run when much younger but entered the 3 peaks walk and decided to get fit!

What's your favourite distance and why?

Half Marathon as you get into a steady pace, far enough to challenge without "flat our pace"

Cross country or road?

Either but quite like the mud at times.

Summer/winter training?

Defo winter ❄️

Favourite club session?

Train like Mo – It's different and covers various distances

Any club inspirations and why?

To many to mention by name but generally those who run at pace just faster than me become inspiration

Any pre run/race superstitions or prep?

Porridge without fail – am sure it helps???

Favourite medal?

London Marathon – first ever marathon.

