

# Stride & Tested

## Denmead Striders

June 2019

### Endure 24 – June 2018 (Clare's fault it's in late) Liz Steward/Matt Cheyney

Endure 24. Running noon Saturday to noon Sunday at a Wasing Park (forest) in Reading June 2018. Luck came with the weather, though it was pretty hot and muggy! Many clubs were representing with teams to relay away the 24hrs, between 3 to 8 members mostly. Then there was a field close to the 5 mile loop start/finish, for camp bases to be set, for the solo and pair runners. Matt and Liz were solo running, which meant they each had a whole 24hr to play with.

Go with the flow we said, 100 miles was not muttered between us prior. But the 100 Mile Club t-shirt was the incentive. Matt having collected one in 2016. And Liz wanting the shirt ever since. Mum Cheyney before the start, 'He thinks he's going to do 100 again'. Me, 'silence'. We prepared, we brought soooo many gels, and didn't use one! Cheese and marmite sandwiches did a solid job for a while. We met people, we picked up tips, breaks and food, little and often. We went for a casual run with a layby of foods and hydration and a place to lay and elevate legs! it was most bizarre looking back. But a fun operation all the same. Salt tabs, yes we had a few and then some more.

We started pretty much at the back. We weaved our way through, a good hug and applaud to fellow Pompey jogger Kiernan, our awesome summer xc organiser, and on we went. Nice pace, easy pace, very relaxed, exploring the route that was all so new. Sunshine. Runners. A feeling of the unknown. We ran on. The well designed route opened up beautifully. A couple of hills which were perfect opportunities of a rest, nicely spread, which meant walk. Hills became a joy. We even held hands on a few!

We kept together till the 13<sup>th</sup> lap, 65 miles, of which Matt needed to insert his speed, and we both needed to run at our pace. It felt good to let go of any pressure that either of us might have felt keeping a pace with the other. The 6km mark was always such a sight, I would optimistically see 1mile to go there with the majority downhill, except for the last 150meters across the knarley field, the most hazardous part of the route! 7km mark, that was real excitement, cooking on gas!

So at the end of the 13<sup>th</sup> lap, Matt had finished 5 minutes or so ahead of me. But his hamstring was starting to scream, he took on salt, drank lots and took pain killers, we also had a roller massage stick with us, which we used on the major leg muscles occasionally. I started to think the worst and quietly worry he might never run again. But no he was determined, we got back out after another short break, and he kept more at my pace, and the hamstring scream subsided. From then on he did always creep ahead with his pace, I was sloping off. But he always waited (I personally think he fuffed more on the breaks than me though)!

Getting started on each lap was the toughest, legs partially seizing. Some laps we carried water bottles, some laps fig rolls. I found it handy to hold my bottle in the back of my shorts, it held there well.

At 5km was a refreshment stop. 100meters from heartbreak hill, the biggest climb, it was a good place to stop and chat, take on liquid and they had energy blocs and cliff bar pieces available. It was a welcome stop, but also hazardous place to lose time. I was good at that! Had we not stopped on the final lap we could have saved 15minutes. Whoops. Matt was patient.

All in all we both put in a solid performance, and kept going, mentally supporting the other. Having got to the line before noon, we did have the option to squeeze one more lap. We had decided to call it a day. We reached the goal. Together!

Was it the toughest thing Liz had ever done? When it comes to physical challenges, yes. But I still loved it. I'm an endurance athlete at heart, and speed on a shorter distance hurts! And there's plenty of time for the mind to float away to wherever it goes on these long adventures.

Early hours Sunday the forest was alive, and a little black shrew scurried across the path ahead of our steps. It was an enchanting place to be, especially sharing it with fellow impassioned runners. Like all these running events, it was a great place to be. And one I (Liz) am pretty proud of.

### Race dates – August & September 2019

#### August 2019

Round Reading Ultra Marathon	3 <sup>rd</sup>
Yately 10k	7 <sup>th</sup>
Isle of Wight Half Marathon	18 <sup>th</sup>
Arundel Castle 10k	25 <sup>th</sup>
Lakeside 5k	28 <sup>th</sup>
Lakeside 5k Road Race	26 <sup>th</sup>
Lordshill 10K (HRRL)	30 <sup>th</sup>

#### September 2019

Andover Trail Marathon & Half Marathon	1 <sup>st</sup>
New Forest Marathon/Half Marathon/10 k	8 <sup>th</sup>
Little London 10k (Andover)	8 <sup>th</sup>
South Downs Trail Half Marathon	15 <sup>th</sup>
Hambledon Hilly	21 <sup>st</sup>
Running Grand Prix	22 <sup>nd</sup>
Solent Half (HRRL)	22 <sup>nd</sup>
Ageas Bowl 10k	29 <sup>th</sup>

## Striders Stats PB's by Clare

### April & May. Well done to:

Name	Race	Time
Kirsty Aked	Salisbury 10M	01:05:39
Kirsty Aked	Southampton Marathon	03:08:07
Adam Chant	Salisbury 10M	00:59:59
Tracey Crank	Salisbury 10M	01:38:50
Stuart Hoare	Salisbury 10M	01:19:41
Matthew Madill	Salisbury 10M	01:04:15
Matthew Madill	Liverpool Marathon	03:21:05
Jenny Parks	Salisbury 10M	01:27:06
Lisa Peckover	Salisbury 10M	01:14:05
Suzanne Richardson	Netley	00:45:37
Suzanne Richardson	London	03:41:20
Dan Starkey	Salisbury	01:05:12
Claire Taylor	White Horse Half	01:56:34
George Sutherland	Brighton Marathon	02:59:23

## 30<sup>th</sup> Celebrations

The club celebrates its 30<sup>th</sup> Anniversary this year and so the Committee thought it would be nice to mark the occasion.

On the 12<sup>th</sup> July we are looking to organize a social run from Denmead and then follow the evening on with a bbq at the scout hut.

Further details will follow so watch this space

## New Club Record!

We would like to say a big congratulations to Kirsty Aked on her recent marathon success. Not only did she go and win the for the ladies at Southampton Marathon but she also managed to beat the club record taking it now to 3:08:07.

Well done Kirsty from all your fellow striders.

## Striders Photos

**The clocks ticking  
Tracey Crank**



**Stonehenge Chair  
Lisa Peckover**



**Smile Mr Manning  
Lisa Peckover**



**London Marathon – Done!  
Tracey Crank**



**London number pickup  
Hannah Curtis**



**May the Fourth be with you  
Clare Welch**

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

This month's insight is from one of our long standing members Roger Jones.

### **Q & A with Roger Jones**

#### ***What made you join the Striders?***

The one who moved to Devon

#### ***What inspired you to start running?***

A race pamphlet

#### ***What's your favourite distance and why?***

10k – getting old!

#### ***Cross country or road?***

Cross Country

#### ***Summer/winter training?***

Either

#### ***Favourite club session?***

Off road

#### ***Any club inspirations and why?***

Other old people

#### ***Any pre run/race superstitions or prep?***

Don't fall

#### ***Favourite medal?***

A glass tumbler

