

# Stride & Tested

## Denmead Striders

May 2018

### What is trochanteric bursitis?

Natalie March

Trochanteric bursitis is a common hip complaint that causes pain and tenderness over the greater trochanter (outside point of the hip). It happens when the trochanteric bursa (fluid filled sac), located between the hip and the muscles and tendons of the outer thighs, becomes irritated or inflamed.

Trochanteric bursitis can be caused by:

- Activities involving twisting or fast joint movements, such as cycling or jogging
- Previous hip surgery
- Prolonged pressure on the bursa
- Overuse
- Trauma to the outer thigh muscles or tendons
- Poor posture

### What are the symptoms of trochanteric bursitis?

People with trochanteric bursitis may have a number of symptoms including:

- Pain on the outside of the hip and thigh
- Buttock pain
- Pain when lying on the affected side
- Pain that gets worse during activities such as walking, getting up from a low chair, getting out of a car, sitting with crossed legs or walking up stairs.
- Pain when pressing on the outside of the hip.

### Treatment

Speak to your GP about appropriate pain control/anti-inflammatory medications if the pain is intense and/or affecting your sleep, driving, or ability to work.

Reducing activities such as excessive walking or running for a short period may help to speed recovery

Applying an ice pack (wrapped in a towel to protect your skin) for 10-20 minutes three times a day may help improve your symptoms.

Physiotherapy exercises combined with massage and soft tissue release is the best treatment for trochanteric bursitis.

Please be aware of your body and take advice from your GP before exercising or send an email to (enquiries@physiological.net) for advice and guidance. All these exercises should be pain free.

### Exercises for Trochanteric Bursitis

**Gluteal Strengthening – Hip Abduction**  
Lie on your side  
Keep your legs straight and lift your top leg up towards the ceiling  
Make sure you keep your leg in line with your hip  
Repeat 3 x 15, 2 times a day



**Gluteal Strengthening – Clam**  
Lie on your side on the floor with your legs together and knees bent  
Lift your top knee keeping your feet together.  
Make sure your hips do not roll back  
Repeat 3 x 15, 2 times a day



### Race dates – June & July 2018

#### June 2018

|                    |                  |
|--------------------|------------------|
| D-Day 10k          | 10 <sup>th</sup> |
| Alresford 10k      | 17 <sup>th</sup> |
| Eastleigh 10k      | 17 <sup>th</sup> |
| Lordshill 10k      | 24 <sup>th</sup> |
| Lakeside 5k series | 27 <sup>th</sup> |

#### July 2018

|  |                  |
|--|------------------|
| Summer Plod                              | 1 <sup>st</sup>  |
| Serpent Trail 100/50/10k & half marathon | 7 <sup>th</sup>  |
| Round the Island Race (IOW)              | 7 <sup>th</sup>  |
| Portchester Castle 10k                   | 8 <sup>th</sup>  |
| Lakeside 5k                              | 25 <sup>th</sup> |
| Gravel Hill 5                            | 28 <sup>th</sup> |
| Midnight Marathon                        | 28 <sup>th</sup> |

# Marathon Retirement...Possibly?

Gary McCawley

Following a near miss at the Bournemouth Marathon for a sub 4-hour time, I decided to have another go at Southampton in 2017. Following a couple of months of easy running my training partner Anita Crawley and I embarked on our quest for another marathon. Unfortunately, Anita injured herself during the training which forced her out. I managed to complete the route within in my target time – mission accomplished. However, Anita had purchased some of the official clothing online before the race.

Now, between runners there is an unwritten rule (or is it just me) that if you don't take part you cannot wear the merchandise. So, my marathon retirement wasn't quite over, as we had to do it all over again this year to let Anita proudly wear her online purchases. This seemed a fair commitment as Anita had supported me for the past 2 years with my training, putting up with all weathers, good and bad training runs and a few races. Thanks for this Anita I am very grateful.

Now to fast forward one year. Training had gone well if not as intense as previous years and we both felt ready to take on the challenge. The route this year was different as it was in reverse with some subtle changes to make up the distance. Also, the great British weather was against us, it was an extremely warm day with temperatures hitting 18-20°C as the race progressed. To add perspective 4 weeks previous, we were racing around the New Forest 20 in falling snow with temperatures barely rising above 0°C.

As we arrived the Marathon Village was already very busy with runners queuing for the loos, preparing their energy gels/drinks or stretching out tight muscles. Heading towards the baggage area I met up with some other Striders and supporters all doing the half marathon event, it was good to meet up with them as they provided some calm to a very stressed runner. As we were driving in, roads were being closed and traffic halted to let out a cavalcade of around 30-40 coaches taking expectant Southampton fans to the FA Cup semi-final at Wembley. Also, my usual route to the car parks was also closed making for a very agitated runner.

Suitably calmed I queued to hand in my kit to the baggage area and went to find Anita before the start. Heading out towards the start we finally found a gap in the railings found our position and waited for the gun to go off. After a wait for a few minutes we were off, ambling towards the start as the mass of runners made their way over the line to begin their journey.

The first 2 miles was like any other big city marathon running around the city centre as we headed out in an easterly direction. After two miles we made our first of four passes over Itchen Bridge, there was some cooling relief for the runners here as a last-minute mist shower had been installed due to the warm temperatures. The next two miles took us around the foreshore and into Woolston which included the second climb of the race. The second pass over Itchen Bridge didn't seem too bad and all was going well as we enjoyed the gentle downwards slope off the bridge.

At six miles we entered St. Marys Stadium then coming out the next three were run along roads and suburbs nothing spectacular. At nine miles we entered

Riverside Park a nice section as you could feel a cooling breeze off the river banks. I don't think Anita was enjoying all the people relaxing and preparing their barbecues for an afternoon in the sun. Between 10-12 miles was a killer climb and the heat was starting to affect the runners, some were in great distress as they lay collapsed on the pavement being attended to by medics, not a very nice sight to see. With the climb out of the way it was a nice gentle downhill run through Southampton Common as we worked our way towards the end of the first lap.

As we approached the end of the first lap, knowing I had another 13.1 miles to go, I enviously eyed all those runners peeling off to complete their half-marathon. First lap completed and all was well no signs of tiredness, the legs were not aching and the feet were not burning. Looking to finish in around 4.15 to 4.30 (time adjusted en-route because of the weather) I felt confident.

As we passed over Itchen for the third time I took advantage of the mist shower along the way we saw ex-Strider Laura Praeger coming the other way, looking very tired. Heading towards Woolston we saw Martin Shaw and gave him a cheer. Also, along the Woolston it was nice to see regular local race volunteer Kiernan Easton. However, something wasn't starting to feel right my stride had started to shorten and I started to feel tired and slightly nauseous. With Anita just in front I managed to hold on and ride the encroaching storm.

At nineteen miles something definitely wasn't right I slowed right down to a gentle jog. Anita kindly waited for me but I had to tell her to go on as this was her race and I was starting to get grumpy with fatigue, yep, I had hit the wall not a full head on crash into it but a minor deflection. It was still strong enough to force me to stop, recollect and gather my thoughts. I took my caffeine gel at 20 miles which helped a little, but I was forced to walk/run the last 6 miles taking a gentle 7 mins run/walk 2 mins. If I hadn't of done this I would definitely have been forced to pull out.

Needless to say, the last six miles were not pleasant and I felt disappointed Anita and I could not finish together, with around 800-1000m to go I was caught by Steve Trevenna whose encouragement and support was gratefully received – thanks Steve – and I was able to run over the finish line in 5 hours exactly.

On completing the run, I collected my medal, t-shirt and goody bag and headed back to the Guildhall to collect my stuff and reflect on today's events. All in all, it was a good day as we both finished the run and Anita can now wear her sweatshirt with pride. Also, over the last eighteen months I have found a love for marathon running and no longer hate it with a vengeance.

So, will this be my retirement marathon who knows. Maybe like some aging eighties rock star I may just make a comeback but for now I am quite happy to put my feet up and race over some shorter distances.

Finally, well done to all the Striders who took part in the half and full marathon and thank you to those who came to support at both distances.



**Striders Stats**  
PB's by Clare

**April PBs. Well done to:**

| <b>Name</b>     | <b>Race</b>          | <b>Time</b> |
|-----------------|----------------------|-------------|
| Adam Chant      | Salisbury 10M        | 01:02:50    |
| Chris Cornwell  | Salisbury 10M        | 01:03:50    |
| Nicholas Minter | Salisbury 10M        | 01:10:22    |
| Liz Steward     | Salisbury 10M        | 01:09:11    |
| Hannah Curtis   | Southampton Marathon | 03:37:16    |
| Roland Hill     | Brighton Marathon    | 03:13:36    |
| Matt Madill     | Manchester Marathon  | 03:27:32    |
| Claire Parfitt  | London Marathon      | 04:23:31    |
| Lisa Peckover   | Brighton Marathon    | 04:20:14    |
| Clare Welch     | Brighton Marathon    | 04:32:31    |

**"IF YOU RUN, YOU ARE A RUNNER. IT DOESN'T MATTER HOW FAST OR HOW FAR."**

**Striders Photos**

**Friend of The Striders**  
Rory Heard

**London – The aftermath**  
Clare Welch



**Summer Session & Smiles!**  
Peter Maisey



**2 Monkeys & an Alpaca**  
Simon Toms



**Friends of The Striders Award**

Every year the Committee award the "Friend of the Striders" prize to a non-member or organisation who have helped out the club. This year they decided to recognise Denmead Scouts, for letting us use their Scout Hut for the Denmead 10K. Because the 10K has been so successful, the club also has a bit more money than it needs for its running costs, so this year the Annual General Meeting also agreed to donate £500 to the Scouts to support their work. Terry (Chairman) and Rory (10K Race Director) handed over the trophy and cheque at the Scouts' weekly gathering.



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

This month's insight is the results queen and my regular running partner – Lisa Peckover

### Q & A with Lisa Peckover

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

Lisa Guile put together a training plan for my first Great South Run and said myself and Gary should give training with a club a try. I made Gary try a session first (just in case it was for super fast runners!) before I made the decision to come along.

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

I wish I could say it was something life changing or inspirational, but it wasn't. I joined a gym and started out on a treadmill, so it was about getting fit and losing weight. What's weird is once I joined the club I forgot all about that and just wanted to improve my running.

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

I would probably say 10 miles or Half Marathon. I like the 10 mile distance as it's just far enough and relatively comfortable (depending on speed I guess!), but the feeling of going that bit further to half marathon distance really feels like you've achieved something and pushed yourself.

#### *Cross country or road?*

I love cross country as it's a different challenge to road and far more interesting. But if I'm going for a good time then it has to be road.

#### *Summer/winter training?*

Who really knows, we complain either way don't we?! There's nothing nicer than a social run in the summer without having to put on a million layers. But again, if you are racing it is far more comfortable for it to be cold. I would say summer has the edge, love being down the lanes, apart from the flies!

#### *Favourite club session?*

The Mince Pie Run – Minimal training followed by a mince pie and wine, what's not to like about that session. I do like the shorter reps, 200m, 400m, 600m. Oh and definitely the train like Mo Farah session, that's pretty awesome.

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

This is a tough question. There are so many, for various reasons. Julia Revill does stand out though, the amount of marathons she has completed is incredible but you'd never know it, she's so humble about it. I could go on to list many more but I won't, I'll be here all day. Let's just say the whole club is an inspiration, everyone works damn hard at training and races, and they play even harder!

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

Nothing exciting, a pasta dinner the night before a race. On the morning of a race I tend to have porridge, although now it is getting warmer I'm testing out cold pancakes, if it works for Matt Cheyney that's good enough for me!

#### *Favourite medal?*

Brighton Marathon. It's not the greatest looking or spectacular in anyway but it's the achievement of it, the training and marathon itself.

