

Stride & Tested

Denmead Striders

August 2019

Summer has left us, bring on the mud!

Clare Welch

It was a bit of a mixed summer weather wise but us British did manage to enjoy some great weeks of sun running along in our vests and shorts. Now whilst we could experience an Indian Summer (one can only but hope) I hate to break it to you but we will soon be seeing Halloween & Fireworks galore in the shops, closely followed by the sparkle, and glitter of Christmas. However with all those scary thoughts comes some exciting times ahead, it can only mean one thing..

The start for the Winter Cross Country

We have had an influx of new members over the past year so some of you may not even be aware of this exciting season that lies ahead for you. A few exciting words spring to mind...MUD, HILLS, MUD, HILLS, MUD, SOME DOWNHILLS, MUD or and did I mention MUD!

In all seriousness the Winter Cross Country is a great change from the road races that you may usually be used to. For starters they do not start until 11am, they are not timed so you don't have to be a slave to your watch and they are free (as long as you wear your striders vest with pride).

The races are set in some beautiful parts of the countryside and are undulating courses with different terrains thrown into the mix. The league consists of 24 clubs based around the Hampshire/South Central UK area and each race is approximately 5 miles. The season runs from October to March and typically you get one once a month.

The ethos of the league is to provide the ordinary club member with the opportunity to participate in a series of events. The atmosphere is to be enjoyable and social without the out right "cut and thrust" associated with some of the specialist cross-county leagues.

A brief summary of how it works is that the first 5 finishing 5 men and 3 women of the club will aid to the scoring (lower the score the better). It has nothing to do with time, just purely position so even if you don't score for the club you could be aiding to push another clubs position down. Especially if other clubs are struggling to field a team.

Speaking from experience it is a great change from the road races with a completely different outlook into your running. No chip time, no roads and no real need to look at that watch (although I know most of us can't help ourselves!)

If you want more information then come see Paul Welch at Training as he's the Cross Country rep and would love to bore you (I mean enthuse you) with the details

It would be great to see some new faces come join us (as well as the old). Come give it a go – what have you got to lose!

Race dates – October & November 2019

October 2019

Chichester Half Marathon 10 Mile & Relay	6 th
Portsmouth RNLI 10K	6 th
Southsea Pirates Pieces of Eight	6 th
Isle of Wight Marathon	6 th
Denmead 10k	13 th
Great South Run	20 th

November 2019

Ghost Race	1 st
Hayling 10	3 rd
Meon Valley Marathon	3 rd
Remembrance Day 10k	9 th
QE Cross Country	10 th
Gosport Half Marathon	17 th

Striders Stats
PB's by Clare

June & July. Well done to:

Name	Race	Time
Michael Harrison	Hayling 5m	00:31:01
Matt Madill	Lordshill 10K	00:39:23
Jenny Parks	Lordshill 10k	00:53:24
Lisa Peckover	Hayling 5m	00:37:24
Neil Williams	Lordshill 10k	00:35:48

30th Celebrations

Big thank you to all of you that turned out for the 30th Celebrations. It was great to see so many faces. Special thanks to Tracey and Ron for organising the buffet, Simon and Steve for the run routes and the lovely cake provided by Sean James.

Hope everyone that came enjoyed!

Let me know what you think

I am going to be completely honest with you guys now. I am struggling to find the time or enthusiasm to produce the newsletter and am currently considering hanging up my keyboard. That said whether I decide to continue or see if I can pass it onto some other worthy writer then it would be good to know if you - the reader are finding them an interesting read?

Do you like the regular spots like PBs, getting to know you, pictures? Is there more of something you would like to see? Is there enough content?

With our ever changing world of social media are there other platforms we could provide information that we provide here? Has the good old fashioned newsletter run it's course?

I would love to hear your feedback and would take any comments on board so please don't be shy to share. Come see me at training or pop over an email or message me on Facebook with any feedback you may have.

Email: sads1978@googlemail.com

Winning Southampton Marathon

Kirsty Aked

As I waited in the pens at the start of the Southampton Marathon, the butterflies were more active than usual. The conditions could not have been any more perfect, dry and overcast. I had a great position very close to the front and it wasn't too over crowded so I shouldn't need to do too much weaving to get through. All I needed now was to run my best race ever to achieve a personal goal that I had set myself – to break the club's ladies marathon record. In the months leading up to the Southampton marathon my running had been improving in leaps and bounds – I'd smashed PBs over all distances that I had set way back in 2013 when I first joined Denmead Striders, it was just the marathon PB to go. I never dreamed that I would get anywhere close to them again let alone blow them completely out of the water. Especially given that I was 6 years more senior!

Behind the scenes I was putting in an awful lot of activity in addition to our excellent Strider training schedule. I started having PT sessions once a week in an attempt to manage the niggles that kept recurring from time to time and hampering my running. I had always been told that runners need a strong core and I had previously paid lip service to this. However now I was strength training in the gym 3 times per week and watching my nutrition more closely. Within a matter of a few months I could feel and see the benefits – my running form and stance was much more upright and stronger and it was starting to show in my race results. My confidence was building and I started to believe that it was still possible to improve my running even after all this time.

I then found myself being tempted into another challenge, to complete a full distance Ironman Triathlon. This meant that my training intensified even further throwing cycling and swimming into the mix.

At this time my focus was primarily on the Ironman so it wasn't until Cranleigh

21 that I actually realised that if I could keep the same pace going for another 5.2 miles I could be in with a shot at the club record. I didn't want the added pressure of anyone knowing what I was going to attempt so I kept the goal to myself, Terry and to my good friends Paul and Clare Welch.

The gun fired marking the start of the marathon and we were off. I knew that I needed to maintain a 7.25 minute mile pace to achieve a 3:15 marathon and I found myself settling into a stretching pace averaging just under 7 minute miles. That would give a good buffer to fall back on when things got tougher, which they inevitably would, but at the same time there was the worry that I might have gone off too quick.

At the start of the second lap I all of a sudden found myself on my own. My fellow runners that I had found myself pacing with were running the half and had finished! It was then that the marshals starting clapping and shouting at me 'well done, 1st lady!' First lady - they must be wrong. At 15 miles one of the bike marshals cycled beside me and confirmed it. I was the leading lady! I couldn't believe it. But the marathon hadn't even really started yet - there was a long way to go.

Terry was running the half and wished me a happy wedding anniversary as we passed each other and the Welchies were out on the course cheering and supporting me along which gave me a much needed boost. Up to 21 miles I was still maintaining a sub 7 minute mile but it had started to slip slightly. I knew that there was a tough climb at around 23 miles but then it was relatively flat down to the finish. I had no idea how close the next lady was to me and I didn't want to know either. I was on for club record which was the goal – to win it outright would be an unbelievable bonus!

At around 25 miles I was joined by a bike marshal who cycled just ahead of

me ensuring that the route was clear and ushering people out of the way. At this point it really sunk in – I could actually win this!! Terry was just up ahead of the final stretch willing me on and shouting to me with pride that I was winning. As I came down to the finishing funnel, the noise and cheer from the crowds (particularly the Welchies) was absolutely phenomenal – I was completely on my own and I felt like a superstar!

As I crossed the finish line and through the winning tape I was overwhelmed with joy and emotion. I had done it! Not only had I smashed my marathon PB by 26 minutes and the club record by 8 minutes, I had won Southampton Marathon!!

It was an absolutely amazing experience and one that will stay in my memories forever. And what an incredible way to celebrate our 1st wedding anniversary 😊



Striders Photos

Clanfield Challenge – Striders on the podium



Hayling 10 – Striders Dominate



30th Celebrations



Summer XCountry

New Forest 10 mile



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

This month's insight is from one someone who just keeps running and running – George Sutherland

Q & A with George Sutherland

What made you join the Striders?

I had plateaued. But mainly I was tired of Ruud and Paul telling me too!

What inspired you to start running?

I was a fat smoker! I had had enough.

What's your favourite distance and why?

Ultra/Marathon, you really get to find out what you are made of over those distances. You learn to enjoy the pain!

Cross country or road?

Cross Country

Summer/winter training?

Winter

Favourite club session?

Hills

Any club inspirations and why?

Adam's mouth pushes me that little bit further! But everyone has helped me improve.

Any pre run/race superstitions or prep?

Imodium! I also listen to 'woodkid - run' before every race.

Favourite medal?

Portsmouth marathon with the city logo

