

Stride & Tested

Denmead Striders

We did it! Clare Welch



So we done it! Back in December Lisa and I completed the Coastal Ultra Marathon in over 6 hours and quite surprisingly my first words when I finished were **not** "never ever again"

It was an early start for us as we headed down to the Pyramids for the usual pre-race build up – you know going to toilet 500 times, pinning the number to the shirt (wonky as always with me) and in this instance checking my phone for the numerous amounts of well wishes from what turned out to be the best support team ever.

Surprisingly we were both quite relaxed about the whole thing, so much so that we meandered out to the start only to realise they had started. We could have sprinted off to catch up but decided what was the point – we basically had the whole day ahead of us!

So off we went in our matching tops and backpacks filled with rations covering every eventuality and then just each other for company.

Luck was certainly on our side as the weather had been horrendous on the run up to the day and whilst it certainly made for a tougher run under foot the fact that we were blessed with the winter sun shining down along the beautiful coast was a bonus.

The first half of the race was quite overwhelming with supporters popping out left right and centre. We had our own personal support crew in Paul, Gary and Matt who kept zooming off on their bikes to meet us at various points. It was quite fun trying to work out where they would appear next!

As we got to Broadmarsh it became quite challenging especially as we were getting overtaken by some of the quicker marathon runners on what was quite a narrow pathway. The billy line was also quite tricky with the traffic of people coming through but then as we got to the end of the track it started to thin out as we headed off to what I knew was going to be one of the trickier parts of the race "the infamous beach part"

With in an instant your legs were zapped and I found it impossible to run so had to resort to a quickish walk. As we headed to the halfway point again we were met by more familiar faces and picked up a companion in Gary Edmonds. Gary tagged along with us on his bike and I must admit was a welcome distraction as at this point I was certainly starting to struggle. My knees were hurting, I was feeling a bit dizzy and generally starting to feel the effects of a long run. So having the club joker come along with us to keep us amused was certainly appreciated.

There were definitely some quite times for me (yes believe it or not I can be quiet) and I certainly had to keep my head strong but I knew that every step was getting us to the end of this big challenge. As we approached the prom the feeling was pretty amazing, knowing how close we were just gave us both a boost and all of a sudden we were picking people off as we headed for the home straight. Once again we were met with a sea of people cheering us in and it felt like so many people had gone on our journey with us.

I know I speak on behalf of Lisa that we cannot thank you enough for the support that you all gave us – whether you came out on the day or sent us a message of encouragement and luck. It really does keep you going to know that so many people are rooting for you. Hopefully the potty twins done you proud!

Feb 2020

Race dates – April & May 2020

April 2020

Hundred Acres Half	4 th
Hundred Acres 10k	4 th
The General 10K Trail Run – Winchester	4 th
Combe Gibbet to Overton 16	5 th
Gosport 5K Summer Series	14 th
Goodwood Running Grand Prix	19 th
Lakeside 5k Road Race	29 th

May 2020

Hurstbourne 5	2 nd
Alton Ten	3 rd
Harewood Forest 10k	10 th
Clanfield Challenge	17 th
Gosport 5K Summer Series	22 nd
Lakeside 5K Series	27 th

Striders Stats PB's by Clare

December & January Well done to:

Name	Race	Time
Ruud Jonkers	Victory 5M	00:29:19
Suzanne Richardson	Victory 5M	00:35:38
Linda Taylor	Victory 5M	00:35:54
Neil Williams	Victory 5M	00:28:24
Rob Wilson	Victory 5M	00:29:27
Owen Cole	Stubbington 10k	00:43:16
Gemma Heggs	Stubbington 10k	00:45:52
Ruud Jonkers	Stubbington 10k	00:37:09
Bekki Leaves	Stubbington 10K	00:48:33
Jenny Parks	Stubbington 10k	00:52:53

Bye Bye

We have had the sad news that Tracey Crank will be stepping down as Club Secretary after 9 years in the role and Terry Aked has unfortunately decided to step down as Club Chairman. I know I speak on behalf of everyone in the club by saying thank you for all the hard work over the years in running a tight ship. Hopefully the successors will enjoy and do a great job in taking over.

MEMBERS REPS

As we seem to have quite a few new members now you may or may not be aware that we have a couple of members reps that are on hand to answer any questions or take feedback if there is anything you feel needs to be raised with the committee.

Simon Toms and Mel Hunt are your point of contact And can be seen at training or feel free to pop them an email



Striders Photos

Mud, Mud Mud



Xmas Day Parkrun



**Santa's Helpers
Kiernan's 250th Parkrun**



Striders Xmas Do



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

This month's insight is from someone that is fairly new to the club but has managed to get stuck right in!. We love to see the sibling rivalry with her brother too!

Q & A with Bekki Leaves

What made you join the Striders?

I was enjoying running and wanted to get better at it!

What inspired you to start running?

Health, Fitness and a bit of me time!

What's your favourite distance and why?

10 miles....I feel I can really get into my stride and pace myself well without it being too long that it becomes a chore

Cross country or road?

Road

Summer/winter training?

Summer

Favourite club session?

Train like Mo Farah

Any club inspirations and why?

Got to be the one and only Kirsty Aked....such a great runner but so humble. And of course the unsung hero Clare Welch who keeps on beavering away constantly and does so much for the club

Any pre run/race superstitions or prep?

Nope, I just turn up and run as fast as I can!!

Favourite medal?

Has to be the pair of running socks! Very handy

