

STRIDE AND TESTED

Denmead Striders Newsletter



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Report by Clare Welch

So it's back and seen as the world has turned us upside down, inside out and back to front I thought I would shake it up even more by giving it a fresh new look.

It's been a long time coming and I apologise that I did not produce this last year but if I am honest I was a bit at all sorts on what an earth was going on and was lacking inspiration on what I could even add to this.

However upon reflection I have realised that last year was bursting with news so in this edition I will do my best to update you on 2020 - The year Striders went virtual.

I plan to produce this quarterly and my job would be made even easier if you can provide me with some newsworthy items.

As Graham Clarke mentioned on the website - examples of contributions might include enterprising ways of how you have kept motivated during the crisis, write ups of past non-local races which you didn't quite get around to writing at the time, interesting visits and lots of photographs just to let others know that you are still alive - they may not have seen you for months! In fact, anything, not necessarily running-related which will make interesting/amusing reading.



Tips to improve running performance

by Natalie March - Physio-Logical

My name is Natalie March from Physio-logical, a chartered physiotherapist based within Stansted Park, Rowlands Castle and Horndean. We treat a lot of runners so we thought it would be good to share with you some strengthening exercises to help improve your muscle endurance for running.

Why is Strength Training so Important?

Strength and conditioning reduces overuse injuries by 50%. According to the evidence "Strength training reduced sports injuries by less than a 1/3 and overuse injuries could almost be halved" (Lauersen et al, 2013).

No excuses now!

A recent study has found that training for just 13 minutes, 3 times a week maybe enough to increase strength and endurance (Schoenfeld et al 2019) – <https://journals.lww.com/acsm-msse/Pages/articleviewer.aspx?year=2019&issue=01000&article=00013&type=Fulltext>

The common areas of weakness we find are; gluteus medius (buttocks), transverse abdominus (core stability muscles), quadriceps (thigh), hamstrings (back upper leg) and gastrocnemius/soleus (calf muscles).

Please be aware of your body and take advice from your GP before exercising. If you have any aches or pains then please send us an email (enquiries@physio-logical.net) for advice and guidance.

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According to the evidence "Strength and conditioning reduces overuse injuries by 50%

Leg Raises

Lying on your side, with your back against the wall

Tighten your buttocks, push your heel into the wall and slide your leg up and down the wall

Make sure your leg is in line with your body and doesn't come forwards, hold for 5 seconds

Repeat until fatigue

Then turn over and repeat on the other side



Squats

In standing, with feet hip width apart
Slowly

bend at your hips until your knees are at about 90 degrees.

Make sure your back is kept straight and your knees are in line with your second toe

Hold the squat for 5 seconds then repeat.



Single Leg Calf Raise

Standing balance on one foot.

Push up onto the ball of your foot

Go down and up slowly for a count of 3 seconds up and 3 seconds down.

Repeat until fatigue

Then repeat on the other side



Initially aim to slowly build up to repeat each exercise 25 times with good control and quality.

Once you can complete each exercise 25 times then add weight and reduce repetitions.

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**Running - Cheaper
than therapy**

**DENMEAD
STRIDERS
BINGO - PART II**



WOODLAND RUN	RUN THE HANGERS ROUTE	RUN A 400 INTERVAL SESSION	RUN YOUR FAVORITE	RUN THE HILLS
FOAM ROLL 100% OR STRETCHING	RUN A NEW ROUTE	RUN A 100% DISTANCE (HILLING HILL)	RUN WITH A FELLOW STRIDER	PS A SERENITY
RUN THE DENMEAD 10K	DOES TRAINING	RUN A RUN	RUN AFTER	RUN A MILE REP SESSION
THE PICTURE OF NATURE	SPELL STRIDERS WITH ROAD NAMES	PICTURE OR RELATE WITH AN ANIMAL	RUN BY A BODY OF WATER	RUN A RUN
THE ROUTE	SELFIE WITH A LANDMARK	PS A ROUTE	RUN IN ONE COLOUR	RUN AN 800 INTERVAL SESSION

Being a virtual Chairperson

by Chairlady Clare Welch

2020 started with so much promise. I was all excited about taking over as Chairman ready waiting in the wings and then just as I was about to take the crown at the awards night, bam lockdown!

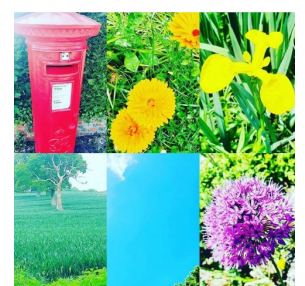
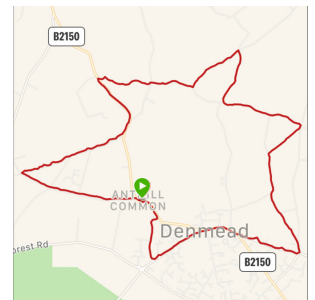
I must admit the first few weeks I was in a bit of spin just with life in general, I was put on Furlough, Paul was suddenly working from home and as with most of us did not have a clue how things were going to pan out.

As time passed clarity came and I decided I still needed to keep the club informed and as together as we could. I know not everyone in the club has facebook but it really is a great way for club members to interact, share their stories/pictures and triumphs

So along came a virtual awards night (which I thoroughly enjoyed), facebook live announcements every Wednesday (which was not in my comfort zone at all) and then the challenges.

We had the Rainbow run, Striders Bingo, Run the road names and spell out your name, LeJog (our Lands End to John O Groats collective mileage) the strava shape run and who could forget the Banana themed run with some great creative runs being seen.

All of this meant mostly we were able to keep in touch, keep each other motivated and hopefully a little more mentally stable!





With us using the internet to purchase our goodies more and more these days why not raise donations for the club whenever you shop online.

It's simple and free to use.

Join

Your cause gets free donations

Shop

Visit retailers and then shop online as normal

Raise

Your cause then receives free funds

Simply visit www.easyfundraising.org.uk and search for Denmead Striders and let your shopping do the rest!



Denmead 10k 10th October 2021

Unfortunately the new Denmead 10K Committee was poised and ready to go last year but were forced to cancel the race due to the Covid-19 outbreak.

We are fairly confident that by October 2021 we should be back to some form of normality and therefore be able to be back hosing this great local race. Nick Griffiths and his band of merry men (and women) will be busy in the background beavering away organising and will no doubt be calling on our lovely club members for volunteering roles as the year goes on

Watch this space for further news and updates

Club Membership

The club recognises that 2021 you have not had the full benefit of club training sessions so have decided for 2021 ONLY that anyone who was a paid up member in 2020 that wishes to renew their membership will be able to claim it at a reduced rate of £20.

Just use the same process as before (we can now take payments by BACS, don't forget) paying the new fee.

I would encourage members to pay by BACS since we are not currently meeting face to face, but anyone that does need to pay cash please contact Julia via email to find out the best way to arrange.

Natalie is fundraising

Natalie March is fundraising for War Child and is going to run 65 miles and cycle 35 miles in January.

War Child UK aim to reach children as early as possible when conflict breaks out, and stay on to support them long after the TV cameras have gone home.

If anyone would like to donate please visit <https://peaceband.warchild.org.uk/fundraising/natalie-march-physio-logical>

The Covid Race Series

Once some of the lockdown measures were lifted a small group of us decided to do a series of races that we once would have done. The first one was half of the Midnight Marathon route setting off from Cocking Hill and then making our way to QE Park.

The next one was the Harting 10 and things seriously stepped up when Lee Weeks pulled out medals along with goody bags. So that was it, the standard had been set and from then on each person took on the role of medal and goody bag. Some had to be doorstep deliveries as we could not run at the same time and we made sure we ran in the allowed sized groups. When we done Harting Lisa and myself were the back runners and Julian kindly put out boy scout style arrows so we knew which way we were going. It was such good fun and something to look forward to. Ok it wasn't the usual competitive racing situation however everyone had much fun doing them and it has given us some fond memories from last year.

So the races of 2020 were:

Half the Midnight Marathon | Harting 10 | Hambledon Hilly | Denmead 10k | Hayling 5 | Pub2Pub



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It always seems impossible until its done

Unsung Heroes - 2020

The year of 2020 clearly did not deter us Striders, we saw some fantastic achievements in the face of adversity and think it would only be fitting to mention a few (Apologies if I have missed anyone - please feel free to big up yourself in the next edition!)

Catie Pettit - Ran a marathon on the treadmill

Marty McKinlay - Ran a marathon and got a PB!

Martin Parfitt - Ran a marathon around his street (a lot of times)

Martin Carpenter & Mark Wilson achieved Ultras and quietly under the radar I believe Alan McVitte did too Hannah Curtis, Jeffrey Streeter, Kirsty Aked, Linda Taylor, Suzanne Richardson, Tillie Johnson, Nick Griffiths, Rick Toovey, Gemma Heggs, Paul Saunders and Martin Parfitt again all achieved marathons purely motivated by themselves.

Amazing efforts all round, well done guys and to anyone else that pushed themselves in a very challenging year.

Ultimate Unsung Hero of 2020

I know I have said it quite a few times but I would like to say it again.

Thank you to Gary McCawley for the constant updates on facebook, detailing out what the club session should be, for putting together a logistical nightmare of a training plan when we were briefly able to meet again and just thank you for all you sunny selfies that pop up on our news feed on a regular basis.

I personally would have been lost without your input and support.

I know everyone in the club will agree and think you have done an awesome job.