



# STRIDE & TESTED

## The Denmead Striders Newsletter Winter Edition 2022

Welcome to our Winter newsletter with an especially warm welcome to our new members and of course welcome back to those members who have been here forever! In the Winter edition we will find out all about calf strains and physio, to runs and trivia and stories from our members too. Not forgetting dates, race updates and fees and how we can help our community and an update from our Club Captains.

### WEBSITE & FACEBOOK ALERT

It has come to light that our old domain [www.denmeadstriders.co.uk](http://www.denmeadstriders.co.uk) has been reinstated and is acting as a spoof Denmead Striders site. Please note this is **not** linked to the club.

Our official website is

[www.denmeadstriders.org.uk](http://www.denmeadstriders.org.uk).

Hopefully most of you on Facebook are also part of the closed group but it is understood there is another open group called Denmead Striders which appears to have some of our members following. Again, this is not officially linked to the club or run by any of the committee so if anyone is looking for updates, answers to questions etc then the closed group would be the best place to go.

Just as a reminder, we are no longer using Berewood Skate Park for training sessions and there are two areas being used on Hill Training nights. Please check the website, Facebook etc for updated schedules as well as club emails with reminders.

Please be aware there will be no organised Training Session on Monday 26<sup>th</sup> December but we will be back on Wednesday 28<sup>th</sup> December to work off those extra calories!





# STRIDE & TESTED

## The Denmead Striders Newsletter

### Winter Edition 2022

#### **ATTENTION DENMEAD STRIDERS, OUR COMMUNITY NEEDS US!**

As mentioned at training the committee have agreed for the club to be involved in the 2023 Food Bank Run initiative established by RUNR.

The aim is for the running community to help the local community in providing food during the month of February and so far over 300 clubs and individuals have signed up for the cause across the UK. So why February?

February is a key time of the year where families are hardest hit. Christmas has come and gone, a time where families feel the pressure to put food on the table and spend money on their children, plus there is a pause on some household bills. Then February arrives and suddenly the bills arrive at a time when cash is even more hard to come by. This is why the month of February is such an important time of the year and why we're focusing on supporting the Food Bank Run.

We have been in touch with our local food bank in Waterloooville, based in Wecock Church at Kite Close and they are delighted that we are willing to help. Their donation levels are dwindling as the amount of people requiring help is growing and the provisions they are seeking are items such as:

- Tinned meals (chicken curry, minced beef and onion etc)
- Tinned pies
- Rice pudding
- Custard
- Tinned fruit
- Rice
- Pasta
- Sweets
- Crisps
- Toilet rolls
- Juice

The above list is not exhaustive and any provisions will be gratefully received. To that end can you put an extra item in your shopping each week? These can be brought to training at any of the sessions and passed to Clare, Del, Lisa or any committee member who may have their car with them. We can then spend the next couple of months filling the bags of those in greatest need.

Thanks in advance guys  
Regards,  
Club Committee





# STRIDE & TESTED

## The Denmead Striders Newsletter

### Winter Edition 2022

#### Looking After Yourself ... Calf Strains

##### How to Rehab a Calf Strain in Runners

Calf Strains are a common running injury particularly when training involves high speed or high volumes. The incidence of calf injury increases with age. Muscle tissue loses strength and elasticity with age, so it becomes increasingly important to introduce some strength training into your routine.

##### What is the Calf?

The Calf muscle complex is comprised of three muscles, the medial (inside) and lateral (outside) heads of the gastrocnemius, and the soleus. A strain can happen to any of these three muscles, the medial head of the gastrocnemius is the most commonly strained. Soleus strains are more challenging to diagnose as they often present similarly to an Achilles tendon issue, symptoms are felt further down in the calf complex.

The gastrocnemius is a bi-articular muscle, meaning that it crosses over two joints; the ankle and knee joint, and is therefore at a higher risk for injury. The Soleus Muscles does not cross over the knee joint. Gastrocnemius strains will be aggravated when performing a straight leg calf stretch, a soleus strain will be aggravated during a bent knee calf stretch. Bending the knee disengages the gastrocnemius. J. Bryan Dixon at the Marquette Sports Medicine Institute notes that 17% of calf injuries involve strains to both the gastrocnemius and soleus.

##### Risk Factors

Identifying the risk factors for injury may assist us to better assess, manage and prevent calf strains. A recent review found that increased age and history of previous calf strain were the strongest risk factors for reoccurring calf strains.

##### Grading

Muscles strains come in grades 1-3. Minor injuries, Grade 1 may only overstretch a muscle or tendon, while more severe injuries, Grade 2-3 may involve partial or complete tears in the tissue. Depending on the severity of the strain, you may or may not have pain while walking. Common symptoms include tightness, and a deep soreness in the back of the lower leg, localised tenderness, swelling, bruising, weakness and loss of movement.

Young athletes with a mild strain may only need a few days rest from running, but an acute or severe strain in an older runner could require several weeks rest from running.

##### POLICE

POLICE is a self-management strategy to be used in the acute phase of healing.

- Protect the injury from further harm by resting it immediately. Reducing the stress on the calf allows it to heal.
- Optimal Loading - it's important to start moving sooner rather than later within the threshold of the injured tissue. Your therapist will be able to guide you and prescribe safe, comfortable rehabilitation exercises to build up your muscle strength.
- Ice for pain relief



# STRIDE & TESTED

## The Denmead Striders Newsletter Winter Edition 2022

- (Light) Compression - Wrap a bandage on your injury, to provide some external support for the damaged tissue. Take the bandage off before bed.
- Elevation - Raise your injured muscle up to help reduce swelling – for an injured calf we recommend lying down and put your leg on a stool/Pillow.

### Treatment

When injured it is important to reduce stress on the calf, when symptoms are under control we work to strengthen so that it's more resilient in the future. Manual therapy techniques are beneficial for promoting healing and pain management. We recommend rest from running but keep active (active rest), try cross training, cycling, swimming or treading water. By avoiding the main aggravator this reduces the impact and load through the calf and will allow it to heal. If you do run, recovery may be longer. We advise avoiding high speeds, steep and incline hills, and shoes with a prominent heel-to-toe drop.

There are likely biomechanical factors to recurrent calf strains; these can be gait-related or anatomical. Physio-logical will be offering a new gait analysis service soon; your therapist will be able to functionally assess your running mechanics to improve efficiency and tailor a conditioning program to reduce the risk of future injury.

During an initial assessment for your calf strain your therapist will assess globally to help identify any deficiencies or strength imbalances along the kinetic chain that could be increasing the stress on your calf muscles. For example, simple biomechanical analysis predicts that if there is a deficiency in Glute activation or strength you might need to rely more on the calves for forward propulsion more when running. Therefore, hip and Glute strength become the priority, and can be started in the early stage of recovery, this is because it won't directly load through the injured tissue.

### Recovery Time

Recovery times are subjective and dependant on a multitude of factors including extent of tissue damage (Grade), diet, sleep, stress, training routine, baseline fitness, adherence to rehabilitation and appropriate acute management. According to Oxford University Hospitals the average healing time frame is 6 weeks, for more severe strain it can be 3 months.

### Return to Running

Time frame protocols for returning to running have a lot of variables to consider, ultimately pain and post activity flare will be the guide. Having measurable functional criteria to meet before returning to running is important; your therapist will be able to support you to meet these. One important goal to achieve in the early stages of rehabilitation is to perform a single-leg standing heel-rise on the injured foot. Discrepancies in heel-rise height after an injury have been shown to influence ankle biomechanics during walking, jogging and jumping. The early restoration of heel-rise height to your 'normal' range is important for efficient ankle biomechanics during demanding activities, like running.



# STRIDE & TESTED

## The Denmead Striders Newsletter

### Winter Edition 2022

Below are some examples of functional criteria to meet before return to running:

- Pain-free walking
- Seated and standing calf raise within 10% of the uninjured side
- 25+ calf raises
- Calf raise height & bent knee calf raise height within 10% of the uninjured side
- Bent knee soleus raise endurance within 10% of the uninjured side
- Double leg jumping: pain-free

Returning to running starts with slow interval runs to build tissue tolerance back up, once endurance has been built then speed training can be re-introduced. Your therapist will be able to guide you in a tailored return to running program. There is a need for individualized criteria for returning safely to running after injury, together with the understanding that other joints and global factors will influence and compensate.

*If you have a recent or ongoing calf strain or pain then we can help you at Physio-logical, you can [book online](#), email us – [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net) or call us on 02394350270*

*We are based at Stansted Park, Rowlands Castle and treat a lot of runners!*

*For more information, please visit [www.physio-logical.net](http://www.physio-logical.net) or subscribe to our You tube channel where we have lots of advice and exercises for different injuries - <https://www.youtube.com/c/Physiological>*



### Race Stories

#### New Forest 10 Mile – 30<sup>th</sup> October 2022 by Lead Coach Gary McCawley

Now in its 35<sup>th</sup> year the New Forest 10 returned this year with a new autumn date following Covid postponements.

I last ran this race some 30 years ago on one of the hottest days of the year at midday. On completing a gruelling run, in temperatures that would see a race postponed nowadays, I vowed never to return. I wish I had never left it so long now.

The new autumn date gave more favourable running conditions with the added bonus of a quick refreshing shower about 6 miles into the run. The run itself started in Brockenhurst Show Ground and then followed the trails and





# STRIDE & TESTED

## The Denmead Striders Newsletter Winter Edition 2022

roads in and around the New Forest. During the first two miles we were caught up in a pony race as the local wildlife decided to join us for a run.

Over the next 10 miles the runners were treated to a lovely race around picturesque forest trails and views across the forest heathland. An added bonus were the trees bearing their autumn colours.



There is an old Tommy Cooper joke about the horse he placed a bet on came in last as it stopped to smile for the photo-finish. I should of took this advice as my finish line photo wasn't the best as I took a deep breath on completing the run. Needless to say, I looked like a right grumpy so and so. Which was far from the truth as the run was really enjoyable.

For post-race refreshments we headed to the Beachcomber Café at Barton-on-Sea. The beefburger and chips went down a treat. Well worth a visit with nice views across The Solent towards the Needles.



Well done to Graham Clark, Anita Crawley, Dan Starkey, Kev Gale and Dave Colenutt who all took part.

Finally, thanks to Graham Clarke for driving on the day.





# STRIDE & TESTED

## The Denmead Striders Newsletter Winter Edition 2022

### Fun Facts from Peter Maisey



When Roger Banister broke the 4 minute mile back in 1952, that record stood for just 46 days.

New York resident Jim Fixx was credited with starting the running for fitness revolution but died aged 52 when out running.

Paula Radcliffe's lady's marathon record of 2hrs 15 min 25 secs, set in 2003 still stands. When she broke the record, she was also the first British runner home, male or female.

There are some strange world records set in marathons. The 2016 London Marathon saw the fastest (and first) off world marathon, set by astronaut Tim Peake in the International Space Station.

It also saw world records for the fastest runner dressed as an elf, Tinker Bell, a tap, a hot dog, a plant, an astronaut, and many others. Who Knew???



### **Membership Fees 2023**

A reminder that Club Fees of £28.00 are payable 1<sup>st</sup> January 2023.

Please note new bank details:

Denmead Striders  
30661218  
52-30-04





# STRIDE & TESTED

## The Denmead Striders Newsletter

### Winter Edition 2022

#### Club Captain's Corner

An update from your captains.



As we come to the end of the year we have a lot to reflect on from 2022. We kicked it off with Stubbington 10K and finished it with ended with the Victory 5 mile. It's been a heck of a ride; full biblical storms, blisteringly hot hilly courses, exceptional PB's, goals smashed, self-expectations exceeded and extraordinary performances and progress all round.



We finished the 2022 season well up the league table.

Ladies A team: 5th out of 10  
Ladies B team: 8th out of 16

Mens A team: 6th out of 10  
Mens B team: 10th out of 13  
Mens C team: 10th put of 19

Our 2023 season is well underway finishing up the year with the following standings

Ladies A team: 6th out of 10  
Ladies B team: 8th out of 16

Mens A team: 6th out of 10  
Mens B team: 10th out of 13  
Mens C team: 9th out of 20

You are all legends. We hope that you enjoyed it and have conquered some personal goals.

On a personal note and my first as ladies club captain I must say thank you to everyone who has guided and helped me along the way (I still have no idea what I am doing ...but don't tell anyone!)

Lots more to come in the new year, so rest up, carb load like it's going out of fashion, keep turning up and putting one step in front of the other, smash those times and more importantly keep smiling :)

Merry Christmas!  
Gary & Chrise





# STRIDE & TESTED

## The Denmead Striders Newsletter Winter Edition 2022

### *“What’s On?”*

#### **Saturday Social Runs (Lidl Runs)**

Saturday morning socials are a great way to start the weekend and are ongoing throughout the winter, starting at Lidl in Cowplain at 7.30am followed by a well-deserved cuppa or two in Costa afterwards.

A warm welcome is always guaranteed and the runs are a great way to catch up with old friends and make some new ones while enjoying the local countryside at a more sedate pace than training sessions and races.

All abilities welcome, with regular catch up points along the way as well as the infamous Trevena Twizzles for those who would like that little extra on a Saturday morning.

#### **The Hampshire Road Race League**

[www.hrri.org.uk](http://www.hrri.org.uk) [HRRL facebook group](#)

The League is in full swing with a number of races still to complete, details available on the link, some are sold out or selling out but there are still places in many races or check the [HRRL swaps page](#) to seek or make available race entries.

#### **Cross Country**

<https://www.southerncrosscountryleague.co.uk>

Denmead Striders is a member of the Winter League which has 22 clubs who this year will compete in 7 multi-terrain races held between October and April. Currently our team result is 4<sup>th</sup> and we are currently in a 3-way tie for first place in the league too!! Please see their website link for further details, dates and times. The more the merrier!



# STRIDE & TESTED

## The Denmead Striders Newsletter

### Winter Edition 2022

Thank you to all our contributors for this newsletter. If you have anything of interest or some fun stories to share, (even better some incriminating photographs as well), please email [dawnbanting@aol.com](mailto:dawnbanting@aol.com)

Thank you as ever to Clare and the Committee, our wonderful coaches and to all who have kept the club 'running' and entertained during 2022.

A huge Thank You! to Lee Weeks for organising the legendary Curry Nights this year, lots of food, fun and socialising. Hopefully, there'll be plenty more in 2023!

Thanks to Clare and the gang for organising the Skittles Night & the Christmas Party, some very interesting movers and shakers on the dance floor?  
And not forgetting the drama and excitement of the raffle!

Happy Winter Running, a Merry Christmas and Here's to a PB '23!

