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The Denmead Striders Newsletter Summer Edition 2023



SCCL Champions 2022-2023

Welcome to our Denmead Striders SCCL Champions 2022-2023 Summer 2023 Newsletter

Welcome everyone to our newsletter and an especially warm welcome to any new members who have recently joined this amazing club. The newsletter is issued every quarter and contributions are welcomed from all.

In this edition we have a call to join the Denmead 10k Committee and volunteer on the day, there are hints and tips on hydration from Gary, a Physio Update from Natalie, meet our new committee member. Some brilliant running stories from the 'Best Newcomer' and one of our 'Club Captain's Choice' winners from our annual awards ceremony, as well as dates for the diary, general notices and links to the 2023-2024 HRRL to get booked early for next season.

WEBSITE & FACEBOOK ALERT

Our old domain 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

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.

Our committee members are all volunteers and are here for you and your club. Please feel free to contact them or catch up at training for any questions, queries or suggestions.

denmeadstriders@gmail.com

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Denmead 10k Committee



Firstly, a huge thank you to Nick and the 10k Committee for their hard work over the past years. As club members, many of us have volunteered and helped in various ways at the 10k race and for new members an experience to look forward to later this year. But these guys work throughout the year to make the race a success but some have decided to handover their roles.

This event really brings the club together and as ever we are thankful to all the volunteers within the club who give up their time to make this community run happen. Monies from the race enable club social events, fund club members ferry travel to the HRRL race on the Isle of Wight, our wonderful trophies at the Awards Ceremony and our Christmas Party.

To keep the Denmead 10k going for 2024 and future years, we need you. Some of the current 10k Committee are standing down after this year's race but they are offering shadowing opportunities for a variety of roles, so you can learn the ropes for 2024. And as ever there are plenty of roles on the day, from Race HQ, to Marshalling and lots in between.

Please contact Nick or Clare via denmeadstriders@gmail.com to discuss the roles. They can have a chat and can gently persuade you it's absolutely the right thing for you to do!

Finally, if every single one of you who attended the club 10k run in May, managed to convince just ONE person outside the club to sign up on race day, we'll sell the event out. So please, share the event page, tell your friends (not about the hills or how awful you may have found it), and let's make the October race our best one yet.

So, save the date and come along and join in the fun and tell your family and friends all about it!

Sunday 8th October 2023

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Heat & Hydration Tips from Gary McCawley – Lead Coach

- Always stay hydrated throughout the day, drinking little and often. If you are planning a long run take a water bottle with you and take a sip every mile or so. On warmer days I usually mix in half a teaspoon of salt.
- Always wear sun cream, even if it is a short run.
- Plan a route that includes shade to give you a respite from the sun.
- If you can, avoid running on the pavement, try trail or off-road running the heat bounce back from the ground will be less intense.
- If time and work allows, plan an early morning run. The cool stillness of an early morning run can be therapeutic, especially through the woods of QECP or Staunton Country Park.
- Wear a cap to protect your head from the sun.
- Have a snack after your run to replace essential minerals lost during sweating.
- The Monday and Wednesday club sessions are not set in stone. If it is a warm evening and you feel the need to increase the recovery or reduce the number of repetitions this is perfectly okay.

Happy & Safe Running!

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As ever thank you to Natalie at Physiological for this edition's Physio Update –

What is Patellofemoral Pain Syndrome?

Patellofemoral pain syndrome affects individuals from both sporting and recreational activities. Patellofemoral pain syndrome (PFPS) is a common knee condition that causes pain around the front of the knee which is known as the patellofemoral joint. This joint is made up of the patella (kneecap) and femur (thigh bone). Symptoms are commonly experienced during activities such as prolonged sitting, running, squatting, jumping, and going up and down stairs.

PFPS doesn't just occur from trauma but most commonly from overuse. Previous research shows that strengthening exercises for the proximal musculature which includes quadriceps and glutes has shown to benefit pain and function for short, medium, and long-term management. Patient education can reduce chances of poor training and prolonged pain.

Case Study:

A 50-year-old patient came into our Physio-logical clinic presenting with a 1-year history of knee pain around the front of the knee cap, which was aggravated when running. After going for a run, there was also knee stiffness and difficulty performing daily activities such as walking up and down stairs.

The treatment plan included progressive rehabilitation and soft tissue release. Along with the rehabilitation programme the training load that the patient was participating in was adapted and monitored to assist with the recovery. Then the patient began a progressive increase in training load as muscular strength increased and presenting symptoms improved.

Assessment:

The initial appointment consisted of a thorough subjective assessment discussing the patients presenting condition along with symptoms. This was then followed by an objective assessment of the joint and surrounding structures. Certain specific tests were used to rule out any serious pathologies and it was concluded the problem was patellofemoral pain syndrome.

The cause of the injury was the increase in training load that the patient was taking part in which caused an overload to the mechanical structures around the knee. Research has shown that a prolonged overuse of a joint can cause the musculature to become either underactive or overactive.

Treatment:

The main element of the rehabilitation programme was strengthening exercises that focused on improving strength of the muscles in lower limb. These included squats, glute bridge and single leg balance. Progressive overload of the exercises was applied throughout the programme as the patient started to become stronger and symptoms improved. Also, within the treatment sessions there was hands on manual therapy to the patella joint and massage to release tight muscles.

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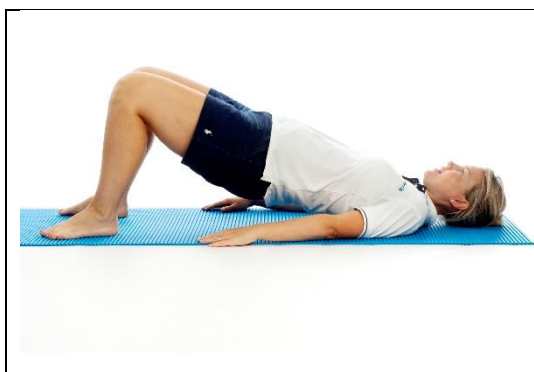


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Exercises for Knee Pain (PFPS)

Please be aware of your body and take advice from your GP or health care professional before exercising or send an email to enquiries@physio-logical.net for advice and guidance.

Bridging



- Knees bent.
- Lift your hips up off the floor.
- Repeat 3 x 15 daily.

Squats



- You start with both feet on the floor, hip width apart.
- Keep weight in heels, and squat like you are going to sit down.
- Keep knees in line with second toes.
- Repeat 3 x 15 daily

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Single Leg Balance

	<ul style="list-style-type: none">• Stand on one leg.• Keep balanced.• Hold 30 seconds x 2 daily.
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Outcome:

The specific number of treatment sessions for maximum outcome varies depending on the history of the injury. Typically, six weekly sessions will produce optimum results. Research shows that including manual therapy of the joint into the sessions produces optimum recovery. Further sessions with an increase between sessions may be required to help with prevention of the injury reoccurring. With each session that had past the patients reported the symptoms were improving, and the injury specific exercise rehabilitation programme was able to be progressed.

If you are suffering from either a reoccurring knee injury or a new current injury then we can help you at our Physiotherapy clinic, based on Stansted Park Estate. We have ample free parking and take time to listen to you. To book please get in contact with us via;

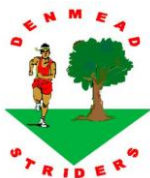
02394 350270

[book online](#)

enquiries@physio-logical.net.

www.physio-logical.net

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Welcome to Our New Member's Representative

We would like to thank Simon Toms for looking after this role for the past few years and to welcome Steve Trevenna who has taken over the role.

Many of you will know Steve for looking after new members and the Lidl (Saturday Social Runs) but Steve has added to his roles by joining the Committee as Member's Rep.

Steve will be working alongside Sam Morris, as Co-Members Rep, so please seek them out and have a chat to them if you have any ideas, comments etc. They are here for you all!

Steve said '*the Role exists to represent your views with the Denmead Striders committee, to ensure we all get the best out of the club. Please provide me with your views or concerns / contributions.*'

Steve joined the club seventeen years ago when Denis was chairman and became Vice Chair when Tony was Chairman. Steve remembers back to when, Monday nights were an unofficial session with four to six people attending and the Saturday Social Runs had four people and not a Costa in sight! Winter training sessions on Waterberry Drive often included dodging the Christmas parcel rush at the sorting office on Waterberry Drive.



Steve also arranged and lead a run from Charlton to see the sunrise on mid summers day and has announced a date for next year's diary 21st June 2024 at 4.30am!



Mid-Summer Run Gang 2023

Club Captain's Corner

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Meet our Members

Every year the club holds an Awards Ceremony and two of this year's winners share their running stories with us. Many thanks to Nicky Thomas who won the Ladies Club Captain Choice and Gav Roberts won Best Newcomer.

Ladies Captain Choice - Nicky Thomas

I have been asked to write a little for the newsletter about my running story – I am not sure where to start! And what to include? Maybe from the beginning.. and everything! Here goes.. lots of self-involved waffling about myself.. arrgh.

I always loved sports when I was at school. Sports day was my favourite day. I remember at Senior school being good at the short distance sprints and winning them on sports day. I used to be really shy throughout school but on that day, people used to talk to me. I used to do more than my allocated races as other people didn't want to do them and asked if I would instead haha. I have a twin sister and she was also a good sprinter and I remember having many a sprint off with her and chucking myself across the line as the smaller runty twin not wanting to lose LOL. I remember being asked to run in the school champs for the Hampshire cross countries, but never used to train on distance so not sure that went too well.. probably winged it round in a mediocre time. I wish I had kept it up, but sadly had a bit of depression when I was at school and sometime after, so running and sports in general went by the wayside.

I used to take part in the Great South Run periodically from my mid-twenties onwards without any training but think I still turned out a reasonable time, but life got in the way over the years at times I worked two jobs so didn't have time for much back then. It wasn't until after a horrendous break up that I really threw myself into running and never looked back. I was working in the Lakeside Building and could see PJC meeting downstairs all the time, and decided to wait around after work and join in... that must have been back in 2015, and since then I have become a running Obsessive.. live breathe and sleep running.. annoy everyone talking about running incessantly, and over analyse every run and race I do. Once I joined a running club, my running really took off and times improved dramatically. Amazing how a few speed sessions and some guidance can really have an effect.

Running is the thing I enjoy, and also my coping mechanism. I run when I'm happy, I run when I'm sad, and actually manage to push everything out of my mind when I am running. I've never found it difficult motivating myself for a run.. I normally can't wait to escape the office prison and chuck my running kit on (or in the morning before work if I get the chance).. I especially love loner running on my own, and have time to think to myself whilst surrounded by nature.. I have a bit of fear of crowded places, so I don't mind being in the middle of somewhere on my own in amongst trees and deserted lanes, even in the dark.. I think I'm the opposite to others as the social aspect scares me, so have always forced

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myself to go to the club but tend to go religiously and always feel better once I have done the session. I swapped clubs once I moved to Waterloo and joined Denmead Striders the last couple of years and feel the two speed sessions definitely help me (with my own sessions thrown in too). I do much prefer running around Denmead and the surrounding areas and all the countryside on offer. My favourite conditions are cold cold cold.. oh did I mention the cold? The colder the better, throw some rain in too and I am happy.. no gloves required. I am much less happy in the heat however, but still get out there.

Running does have its ups and downs though.. and I have had my fair share of injuries compared to others that seem injury free all the time.. I have fractured my left fibula twice and had a long painful saga at the hospital where they were a bit incompetent and didn't pick it up even though I was in agony shuffling up and downstairs on my behind and not able to do anything for weeks and weeks, waking up screaming in pain as I kept getting calf cramp (cramp on top of a fracture is pretty frickin horrendous) and feeling pretty isolated at the time not knowing what I'd done and feeling confused and suddenly not so indestructible anymore .. in fact fragile. It was only when I was referred by a physio who suspected I had stress fractures that it was finally picked up on an x ray. That led me to wearing orthotics permanently under my soles as I land too much on the outside of my foot (supinate I think they call it) and definitely don't want to go through that a third time. It's times like that that make you realise how fickle everything is and gives you a different perspective on life and perhaps even running.

I think that may have led some people to give up, but I am stubborn as hell and feel desolate and enraged if I can't run .. (picture the scene of Pris getting shot in Blade Runner thrashing about and that's me not being able to run, lol). That definitely overrides the feelings in the end I think of thinking running is fickle when you are injured, you just have a long way to go to come back, and have to be patient. I have also torn my planter fascia which also takes you out for quite some time.. again I think I was lucky in a fairly quick recovery time of 3 months or so (made worse by me attempting to run continuously).

When I first started out on my running journey with a club, I think I used to weirdly prefer the marathon distance and have done umpteen trail marathons including the Coastal marathon twice, Meon Valley Marathon, The Midnight Marathon 3 times, New Forest Marathon, Queen Elizabeth Spring Marathon (with 3500 feet of elevation!) and I have also done Southampton Road and a London Marathon Virtual and also the actual London Marathon Road. I used to like that you could just ease in a little and plod on and just keep mentally pushing yourself. However, considering I fractured my fibula during a marathon and also tore my plantar fascia having to train for London Marathon 4 times after they kept postponing it during Covid, I think it's safe to say I lost my love and confidence for marathon distance running and struggled around London after only just recovering from my torn plantar fascia and having a stinking cold on top. I would still do a nice trail marathon if the chance arose as I think I prefer those to road ones.

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It's weird as during my journey in the beginning I was always scared to try the shorter speedier stuff, and then once I did, I realised how much I love the short stuff and think I prefer anything from a 5k to a 10k as my favourite distance – perhaps it stems from my love of sprinting at school, I am not sure. You still feel fresh at the end I think unlike dying on your arse at the end of a marathon haha.. and much less likely to pick up an injury.. having said that I do love a good half marathon as well and always seem to do well on those so maybe I'm an okay all rounder, although there are always, always people faster. I think as long as you are happy in yourself in your accomplishments and are always striving to improve in some way then that is all that matters. However, I am not sure how much longer I can continue to improve in my mid forties.. I hope I can.. but one day I suppose I will have to be content with perhaps a Denmead Ramblers Club.. with everyone fast shuffling with zimmer frames and battling each other with walking sticks into the finish! Haha.

Best Newcomer – Gav Roberts

Where to start? Dawn asked me to write an article as Best Newcomer for 2022. So, let's start there and the massive imposter syndrome that goes with me holding the trophy for the year. I went to the awards evening with absolutely no expectation, I went to spend time with friends and cheer them on. I was sitting merrily listening to Del talking as the penny started to drop ... this sounds familiar ... they ran a marathon in Norway, that time sounds familiar... uhoh. The imposter syndrome is still very real! I look at names on the trophy and can't believe mine is also now on there, so thank you for your recognition of a bloke who decided to stop daydreaming and get up, lace up and get out there.

So why do I run? Well, I've always been a runner. At school I was the kid who looked forward to doing a winter cross country and athletics in the summer. I ran for an athletics club as a teenager but had to stop running due to a recurring injury which took a few years to clear up. I've run on and off for most of my adult life and used to bump into Steve Trevenna some Saturday mornings where he'd hand me a 'business card' or try and coax me into joining the Saturday gang. That was as far as it went really for many years.

Thinking further back, I remember watching the first London Marathon and being in absolute awe of the runners and their achievements. As a kid I always got that same buzz watching the indoor athletics on TV and it would spur me on with winter training and heading into summer races on the track. From those early days, I had a dream that one day maybe, just maybe, I would see if I could run a marathon, but it's a long way, right? More recently I had friends who had run the Great South Run and had suggested I try it one year, but 10miles still seemed like such a long way. In 2019, I ran my first Great South and got over the line in 1h25m, a time I was chuffed to bits with. In fact, I was so hyped up that I signed up for the next year's race straight away (that's become a bit of a habit now). The year it was cancelled due to Covid, I still went down there and ran a 10miler as did many others including a couple of dinosaurs!

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I kept up with running on my own every so often and would add in a few weeks of training in the lead up to the next Great South. In mid-June 2021, I hit a milestone for me when I ran a 10mile training run for the first time. Me being me, it was of course hilly and a bit of an adventure.

I don't remember when exactly, but Runners World ran an article on marathons in various locations. That article had a small piece about the Midnight Sun Marathon held every year in Tromsø, northern Norway in mid-June. I read that article countless times and remembered back to being a kid watching that first London Marathon. It was the perfect combination of a running dream and a chance to visit a bucket list destination. That was the point it all changed from being a daydream to me setting myself a goal. A couple of years of dithering later and I eventually signed up for the 2022 Midnight Sun Marathon. I was still a periodic runner at best with absolutely no idea what I was doing. In fact, an old friend had already told me that I'd hate the training and wouldn't enjoy a marathon either (oh how wrong they were!).

January 2022, I took the plunge and joined Denmead Striders. I was nervous, didn't know what to expect and didn't really know anyone. Well, what on earth had I been worrying about? I was made to feel so welcome, encouraged and accepted from the outset. After years of being a solo runner, running in a group was a revelation. I still enjoy solo runs as they give me time and space to switch off, relax and enjoy the little bit of the world I happen to be running through but I wouldn't now give up group running, the camaraderie and the chance to chat.

Last year was a year of firsts, my first marathon, first half marathon (as a race), a half marathon every month challenge (well why not?), PBs at 5k, 10k and Great South. I guess the PBs could be easy enough to achieve given the change in my running frequency, but they are also little goals now set and begging to be tested.

I was out running one day in late October last year and a thought popped into my head ... maybe I could do a run everyday challenge, maybe just for November (turned out to be a very wet month). Well, I got to the end of November and decided that maybe I could carry it on through December expecting that I'd stop at some point. It's now the end of June and I'm still going and have every intention to stick with it for as long as I am enjoying it. It's just a bit of fun really but something that reminds me daily that I am grateful not just to be out running, but to be able to be out there.

That daily challenge soon morphed into training for marathon number 2, this time in Copenhagen (one of my favourite cities). Training through winter months of cold, dark and wet might put some off, but I had a purpose to my training raising money for Teenage Cancer Trust, the marathon was for me but the training was all for them. So every rainy day, I got to run in someone else's rain, a simple switch of mindset that encouraged me to get out there and get done no matter what the weather. I managed to knock 13minutes off

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my marathon time and come in just under 3h30m and a huge grin on my face. I like to think there's more time to shave off, but we'll see.

So as I sit and write this missive, what's on the horizon? Well remember that I was told I'd hate marathons and all of the training? I have Porto to look forward to in early November, Copenhagen again next May and many more marathons and half marathons on my wish list as well as some other races closer to home.

I will be forever grateful that I found such a wonderful group of people to run with and I look forward to many years of running to come. I cannot write this without a special mention and thanks to Steve Trevenna who is always on hand with guidance, support and the occasional joke, is willing to meet up for early morning runs whatever the weather and suggest new routes and 'twiddlies'.

To the next Best Newcomer, I'll give the trophy a polish before I hand it back, promise. Now, to lace up my trainers and chase those dreams ...

Thanks to our very worthy winners and in our next newsletter we will be hearing from some other winners. If you would like to share your running stories, please email dawnbanting@aol.com. We'd love to hear from you.

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General Notices

Club Photo

It has been a few years now since we have had a good old club photo and things have changed quite a bit since the last one. We will arrange this on a club night and encourage everyone to come in the Striders vests (or maybe just red if you don't have one). Clare will give advanced warning on what date this will be and hopefully do it on a sunny day!

Quiet Please

It has been noticed that the chatter whilst the coaches are trying to explain the sessions has started to creep back in. We are having fairly large numbers at training on a Monday & Wednesday and whilst you may think you know the session there are a lot of people that don't. Please respect the coaches and leave your catch up until the session starts if you wish. Thank You.

Results

A big thank you to Clare for battling with a variety of results tables to recognise our member's endeavours on a Wednesday evening and welcome Rachel who will be taking over this interesting 'challenge' from Clare. Can anyone who has competed a race or event please **DM Rachel Harrison on Facebook** to enable her to gather everyone's results ready for Wednesday's Club Session.

It's always good to share results and recognise achievements with one another and maybe inspire fellow members to take part in future events.

Membership Cards

Julia still has some membership cards awaiting collection. Please see Julia at the beginning of each training session if you haven't collected your membership card yet.

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"What's On?"

Saturday Social Runs

A friendly welcome awaits you outside Costa Coffee in Cowplain at 7.30am with a variety of routes, distance options and paces, with regular catch up points along the way.

The Hampshire Road Race League

www.hrnl.org.uk [HRRL Facebook group](#)

The 2022-2023 League has come to end. Congratulations to all who have competed and supported the club. There are thirteen races in the 2023-2024 League with several Races open for booking already, please see the links below.

It's never too early to register! So why not sign up and join the gang? If you haven't run in the HRRL or would like to find more about the league and races, please have a chat to the club captains or any of the committee, everyone is welcome.

Don't worry if you race is sold out there is always the [HRRL swaps page](#).

HRRL 2023-24 Races Open for Booking

Ovington 5 Mile – 3rd September 2023 [Overton 5 – Overton Harriers](#)

Solent Half - 1st October 2023 - [Solent Half Marathon \(hardleyrunners.co.uk\)](http://hardleyrunners.co.uk)

New Forest 10 Mile – 29th October 2023 [NF10 \(newforestrunners.com\)](http://newforestrunners.com)

Hayling 10 Mile - 5th November 2023 [Hayling 10 \(athleticevents.co.uk\)](http://athleticevents.co.uk)

Gosport Half – Sunday 19th November 2023 [Gosport Half Marathon | A fast and friendly race](#)

Victory 5 – 3rd December 2023 [Victory 5 mile \(athleticevents.co.uk\)](http://athleticevents.co.uk)

Further race dates will be posted as they are confirmed for Stubbington, Ryde, Salisbury, Alton, Netley, Alresford and Lordshill.

Cross Country

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

Do you fancy trying Cross Country this winter, then join the winning team this autumn/winter. Please have a chat with Paul Welch or keep an eye out for information on the 2023/2024 Season and come and join the SCCL Champions and let's make it two years in a row!

Curry Nights and Socials details will be advertised in all the usual places.

Advanced Date for your Diaries

Christmas Party Night at the RNA Club, Waterlooville on Friday 1st December – 7pm

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Thank You and Farewell from This Edition

Thank you to all our contributors for this newsletter and congratulations to Nicky and Gav on your awards and many thanks to them for sharing their stories with us. If you have anything of interest or some fun stories to share, (even better some incriminating photographs as well), please email dawnbanting@aol.com

Thank you as ever to Clare and the Committee, our wonderful coaches, Julia and Co for the Summer Handicaps and to all who turn up to help when they can't run, that's real teamwork and something we all do well.

Remembering as ever all of you who have niggles and injuries, we miss you but please look after yourselves and we look forward to seeing running again soon.

If you are new, please come and have a chat, we're a really friendly club and look forward to getting to know our newer members. If you prefer contact via email and you are not sure if you are on the list, then please contact Clare who will add you to the list for all news and updates.

denmeadstriders@gmail.com

Have a fun filled summer and please take care of yourselves
and each other.



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