

# STRIDE AND TESTED

*Denmead Striders Newsletter*



## Weighted Vest Running

*Clare Welch*

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At the start of the year I saw that someone I know who is actually a Personal Trainer was asking for people to help carry out a study by running in a weighted vest. She wanted to see if after a 12 week programme of running each week, 5k, in a weighted vest it would improve your overall running fitness.

This really appealed and I already had a 5k vest so thought why not give it a go, I've always been interested to see if it would help and at the same time can help someone out with their study.

Now a 5k vest may not seem a lot but for me that's nearly 10% of my body weight and believe me it's not easy AT ALL. I had to do some baseline tests which were to run an all effort 5k, all out effort 10k and then a 5 minute burpee test. I then have to run 5k in the vest every week and re do the baselines at the end of the 12 weeks.

I'm now in week 9 and it is starting to feel easier running in it. Watch this space to see how I fare when I re do the baseline tests!

# Challenge 30

*Natalie March*

At Physio-logical we wanted to create a supportive group in which we can help each other to make better fitness and lifestyle choices. So, in October 2018 Challenge 30! Physio-logical Facebook Group (<https://www.facebook.com/groups/307605229969613>) was created.

Each month we set a different 'challenge' which is fitness or lifestyle related.

At the end of the month if you feel it has made a real change then we encourage each other to stick with it to make it into a habit.

An example; one month was eat less sugar so I cut out having honey on my porridge. I realised my porridge was sweet enough without honey so I made that change and still now just have plain porridge.

Since lockdown we decided to change things up a bit rather than having one monthly goal such as: squats, plank, drink more water we started monthly Physio-logical Bingo challenges.

It has been great to encourage and support each other to remain active and make healthy choices during which has been a tough time for us all.

We also did a combined Physio-logical and The Avenue Therapies fitness and mindfulness bingo challenge one month. It has been great to learn a bit more about mindfulness.

I find it hard to be in the present when I have so much to do but doing the occasional body scan and just taking time to stop and listen to the birds, look at the view, be in the now moment has been really great.

If anyone wants to join our friendly group then feel free to join in the fun!

<https://www.facebook.com/groups/307605229969613>  
This month we are doing a core Physio-logical Bingo Challenge.

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**Be in the now  
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## March Core Bingo Challenge

Burpees	V Sit Holds	Mountain Climbers	Planks	Russian Twists
Wildcard	Plank Jacks	Single Leg Balance	100's	Lower Leg Lifts
Side Planks	Body Scan	Obliques	Dead bugs	Do a litter pick (wear gloves)
Planks up down	Core Class (Gym Ball – if you have one)	Core Pilates Class	Rest Day	Core exercises with a nice view
Meditate	Core exercises with the sunrising/setting	Abdominal Crunches	Bridging	Speak to someone you haven't spoke to in a while

### The Rules

- You can only do one square per day
- Post a photo or App Screenshot along with the task name

# Meet your Committe

BEHIND THE SCENES OF THIS AMAZING RUNNING CLUB SITS A GROUP OF VOLUNTEERS THAT ALL HELP OUT WITH VARIOUS ROLES IN THE CLUB. MOST OF THIS CAN BE FOUND ON THE WEBSITE BUT THOUGHT IT WOULD BE GOOD TO RE-INTRODUCE US ALL



**Clare Welch**  
Chairman

**Loves:** Organising and entertaining at home  
**Pet Hate:** People invading my space  
**Favourite Distance** - 10 miles



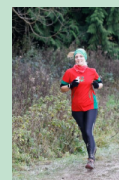
**Del King**  
Vice Chairman

**Loves:** Coffee/Cake after a long run or ride  
**Pet Hate:** Cyclists on pavements without lights or helmets  
**Favourite Distance** - Marathon



**Julia Revill**  
Membership Secretary

**Loves:** Running along the ridge of hills with far reaching views either side  
**Pet Hate:** Hearing "are we nearly there yet"  
**Favourite Distance** - Marathon



**Lisa Peckover**  
Club Secretary

**Loves:** Social running scenic routes  
**Pet Hate:** You're nearly there when you still have 2-3 miles to go  
**Favourite Distance** - 10 miles



**Simon Toms**  
Members Rep

**Loves:** Always feeling better after a run, gives headspace to gather my thoughts  
**Pet Hate:** Costly running shoes!  
**Favourite Distance** - 10 miles



**Stuart Hoare**  
Treasurer

**Loves:** Freedom to run and achieving something you have been striving for  
**Pet Hate:** Not achieving goal you set yourself  
**Favourite Distance** - 10 miles



**Graham Clark**  
Striders League and Website



**Mel Hunt**  
Members Rep



**Gary McCawley**  
Head Coach

**Loves:** Warm summer evening trail runs in QECP  
**Pet Hate:** Owners who cannot control their dogs. The "it's only playing comment"  
**Favourite Distance** - 10 Miles



**Gary Armstrong**  
Mens Club Captain

**Loves:** Holidays  
**Pet Hate:** Work  
**Favourite Distance** - 6500 miles - London to California!



**Kirsty Aked**  
Ladies Club Captain

**Loves:** Running in the countryside in beautiful surroundings  
**Pet Hate:** Littering/fly tipping  
**Favourite Distance** - Half Marathon



**Paul Welch**  
Club Captain

**Loves:** Spicy food  
**Pet Hate:** Tardiness  
**Favourite Distance** - Marathon





## Denmead 10k 10th October 2021

As the governments roadmap has been announced it gives us real hope that the Denmead 10k can continue this year.

Nick has had a meeting already with his team and they are all waiting in the wings ready to go full steam ahead when we have more confidence that it can take place. Below is your shiny new committee that will hopefully be taking this forward for another successful race in 2021

## 10K Committee

**Nick** - Race Director- To oversee the safe planning and delivery of a successful race.

**Rick** - Assistant Race Director- To support the Race Director in the responsibilities as above, also picking up management of the finish line area, and the organisation of the medals and associated swag.

**Gemma** - Race Secretary- pulling it all together, working closely with the Results Lead to ensure results are accurate, and I expect, saving the day alongside Bekki at some point!

**Bekki**- Results Lead and Social Media Ninja- Responsible for all race results on the day, as well as keeping our social media presence on point, generating appropriate interest with engaging posts, and ultimately giving us plenty of runners on the day. And saving the day.

**Paul** - Head Marshal - Responsible for recruiting and managing all marshals on course, ensuring adequate provision of marshals is given throughout the course, and where deemed appropriate.

**Harry & Mike** - Course Markers- responsible for measuring the course, setting up signage throughout the course, and basically ensuring we don't end up with 200 runners in various spots throughout the Hampshire countryside, lost....

**Nic** - The experience - Nic has been involved in previous 10k races so is on hand to offer advice and guidance

## Club Membership

Thank you to all of you that have paid so far. If you have still yet to pay and want to be a member for 2021 please contact Julia

As mentioned before the club recognises that 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.

## Two Tiers, Two piers and 33.41 miles later...

*Mark Wilson*

On 21st November 2020 I came up with a totally bonkers idea to do a charity Ultra-Marathon event that in my mind would "stick two fingers up" to 2020. Little did I know we would be in the same position now! I had run 10 marathons but never attempted anything over 26.2. So... the plan was to run the Portsmouth Coastal Ultra route on 20th December 2020. I was going to be running the event solo and unsupported. However, I was very fortunate to have one offer to join me on the run from Martin Carpenter-Burt. We had run the Disney Dopey Challenge in 2016 - so we were both familiar with a challenge and Emma (the Mrs) offered to follow us offering support and encouragement along the way. I was running the challenge to raise money for Diabetes UK (I am Type 2 diabetic) and Martin was raising funds for the British Heart Foundation in memory of his mum. This plan was almost completely scuppered right at the start of the run when Portsmouth and Hayling Island were put into Tier 4 with effect from midnight on Saturday 19th December and the advice was that we should not travel between tiers. This is where the two piers came into play!

Martin was due to travel from his home in Bognor Regis to Southsea which was also against the Government guidelines. Therefore, I drew a line on a map from Bognor Regis and found that Worthing was roughly 15 miles away. So, the plan to run from Bognor Regis Pier to Worthing Pier was born.

Now if anyone has attempted the Two Pier challenge you will know it is not as simple as the Portsmouth Coastal route. We had to navigate shingle beaches, mud, rain and a tricky bit of navigating through huge private estates and beaches. Our route was more like orienteering and that was just the route to Worthing! At one point Emma - after keeping an eye on us through a GPS app - rang us to say we were heading down a long dead-end road and to turn around! I have to say that we were very happy to see our support 'crew' at various points through the day - especially in the second half!

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**This is where  
the Two Tiers  
came into play**



We made it to Worthing Pier with a nice tail wind and the plan was to run the route in reverse. We soon however realised this was going to make it very hard with a strong headwind.

As Martin knew Worthing well we decided to cut through Worthing to get us away from the strong westerly wind. It worked a treat. We had started at Bognor Pier at 10:30am and got to Worthing Pier at 1:30pm. We reached 26.2 miles at 4pm.

We both managed a final sprint finish to Bognor Regis Pier - finishing in the dark with cheers of enthusiastic encouragement from Emma - at 5:20pm. The longest run of my life at 33.41 miles with a total time of 6 hours 50 minutes.



Both Martin and I would like to thank all our friends, family and work colleagues who contributed to our fundraising.

We raised £1,620 for Diabetes UK and £620 for The British Heart Foundation.

The final shout out goes to my wife Emma who drove between various points on the route to meet us with food supplies and warm drinks.

I enjoyed the challenge so much I have stupidly now entered the Race to the King - 53 miles along the South Downs Way in June. Should be a good 12 hour run - just not sure I can go that far! Watch this space for an update.

## Social Motivation

Neil Hawkins

The lovely Clare has asked me to do a little write up on what I have been up to with my running and Social Media during 'Lockdown 23'! or whatever Lockdown we are now on.

I think its fair to say that I have probably had a bit of an on / off relationship with running over the years and found it hard on occasions to keep the motivation going. I find the club sessions really good for this as it helps keep the focus and allows you to be inspired by others doing well around you.

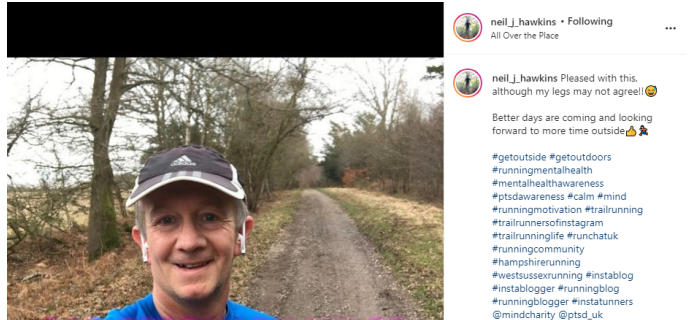
So, throw in to that Covid 19 and Lockdowns and I think its true to say that we have all probably found it hard in the last year or so to keep getting out there from time to time.

So what to do..... Social Media has its place and has certainly been useful for me and my business from a work point of view. Facebook has also been great for keeping in touch with Friends and Family and the club of course. But I was thinking I wanted to try and reach out to the wider running community and try and motivate myself that way.

Twitter did not feel quite right as I have to say that, although I am on there, it's never looked like the most 'positive' location to start to document a running journey. So Instagram seemed to be the one (@neil\_j\_hawkins ).  
[https://www.instagram.com/neil\\_j\\_hawkins/](https://www.instagram.com/neil_j_hawkins/)

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**Wow, it's  
definitely been  
worth it**



So where are we now.. I post on there most days and being a supporter/fundraiser for a couple of Mental Health Charities, it also enables me to support them as I go. I also try and vary the content to keep it interesting (well, I try!) and I love the comments and interactions I get back.

But above all its not only keeping me motivated. But knowing it also does this for others who may have been having a difficult time in this crazy past year, is very comforting to know. I can't share with you some of the messages I have received, but wow, it has definitely been worth it.

So, in my book, Instagram has been a really positive experience and certainly one to try if you want to perhaps keep a running blog yourself.

Let's face it, I am only an average runner at best. So imagine what a good one could do!

