

STRIDE AND TESTED

Denmead Striders Newsletter



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Thank you!

Clare Welch

As the Denmead 10k is fast approaching I would like to say a big thank you to the committee for all their hard work in organising their first race as a new team and having achieved this in the midst of the COVID pandemic makes it all the more impressive.

Pleased to say we have sold out and here's to a successful race day.

My journey has just begun! (The newbie story)

Neil Routledge

Sometimes it's little things in your life that you can change and you wonder why you have never made those changes before. I have been running for near on 25 years and in 1995 I undertook my first Great South Run But most of my time along my journey I have been running alone and doing my own thing.

Over the past few years I have mentally not been in the right place. Things were not clicking. Being in my middle age had something to do with it – feeling that the best years were behind me and I was over the hill and my zest for life had gone. Yes I had a good job and loving wife and children but my life had become more about work and less about who I am. I lost my father last year and saw him for the first time and last time in 30 odd years in the space of one afternoon. He was a runner I discovered! Nothing seemed to work for me such as trying yoga and mindfulness.

When lockdown came and I can honestly say that the thing that got me through it was running. It was the thing I had control of. It was my routine and my consistent and something that no one could take away. But I began to relax in my running over this time and realise more of the joy of just running with a sense of calm. I saw more people running than ever before and missed the races and thought to myself am I missing something else?

So apprehensively I decided to join a small local friendly running club. I wanted to be part of a group and feel like my lifelong passion can be shared with likeminded people.

That was almost 2 months ago and I am enjoying the whole concept. Being an ultra-runner – I have slowly neglected my speed over the years and I am enjoying the structure and different speed sessions we do. But what I am really valuing is the camaraderie and the encouragement we all give everyone. I would have never of pushed myself to intensely before.

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It is so positive coming from the enthusiasm and sense of all after a common goal from being part of a friendly running club.

I feel part of something now and feel like my times are getting better (life in the old legs yet). In fact I have done remarkably better than I have ever done in my last 2 ultra-events. Overall I feel calmer as a person and part of a “tribe” with people where I can talk and share my passion of running.

I have literally learnt so much about running and speed sessions over the past few months, discovered new routes and strongly believe that now the best years of running are still ahead of me. I am looking forward to sharing the winter's dark nights with other people on the streets of Waterlooville, socialising, sharing stories of trials and tribulations from and with other runners, being involved in the running league and cross country races and getting a bit quicker with my next Ultra. Thanks Striders! (mentally, socially, fitness – tick tick!!)



The Denmead Struggler

'I would like to congratulate Paul and Mel for winning their VSLs and to say how much I enjoyed participating. The men's event was extremely exciting with only 1.5 points separating the first 3 with Paul eventually edging out Gary and Graham in a tight run finish'

A big thank you to Graham for his organizing skills, I mean 8 separate routes WOW. The ground work must have been phenomenal! Also the help he gave me (not the most computer literate guy in town) to make sure I kept to the right route.

I had the first half marathon (route 4) worked out but circulating clockwise was not to Mr Clarke's original idea. The introduction of those clever lettered junction photos taught me the error of my ways so to speak.

Thank you also to Graham's wife for the coffee and biscuits provided one sunny summer afternoon while Graham and I were talking shop on the lawn.

The most enjoyable for me was the second 10M (route 6) lost my way on first attempt, couldn't find the way off the main Hambledon road opposite The Village Tearooms. This was corrected with another look at the aforementioned photos and the second attempt was successful.

At the moment I am not fully happy to race shoulder to shoulder with a number of other runners (maybe after my booster jab). So I found it refreshing to enjoy the beauty of the Denmead outback in some of the best countryside Hampshire can provide. (Boy are we lucky to have it), whilst at the same time "competing" as Graham would say "bit of fun Basis"

Thank you again and lets be careful out there.
The Denmead Struggler.

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**A big thank you
to Graham for
his organising
skills**

Virtual Striders' League

Clare Welch

Just wanted to say a massive thank you to Graham Clarke for all his efforts in putting together the Virtual Striders' League.

The feedback from the members that have taken part has been nothing but positive and whilst we were waiting for the race normality to resume it gave people that opportunity to push themselves in some form of competitive way.

For me personally it also gave me some great new routes and the opportunity to use my navigational skills. Now if any of you know me they are not great so I am pleased to report I made it round without a wrong turn in all the routes I took part in. I even managed to take some fellow striders on one of the routes a few weeks later.

So thank you Graham, it was definitely the boost some of us needed and a great way to participate in something in these challenging times.

Winter Cross Country Season

Paul Welch

The start for the Winter Cross Country is finally upon us and am excited to see what this season will bring.

With everything that has happened we have missed out on a season of enjoying the colder mornings and muddy trail routes so am hoping everyone is excited to be back.

For those of you that have not experienced the Winter Cross Country a few vital words are needed to explain what it's all about:
MUD, HILLS, MUD, HILLS, MUD, SOME DOWNHILLS, MUD and did I mention MUD!

In all seriousness the Winter Cross Country is a great change from pounding the pavements and you get a luxurious lie in as they do not start until 11am.

They are not timed so you don't have to be a slave to your watch and they are free (as long as you wear your striders vest with pride).
The races are set in some beautiful parts of the countryside and are undulating courses with different terrains thrown into the mix. The league consists of other running clubs based around the Hampshire/South Central UK area and each race is approximately 5 miles. The season runs from October to March and typically you get one once a month.

The ethos of the league is to provide the ordinary club member with the opportunity to participate in a series of events. The atmosphere is to be enjoyable and social without the out right "cut and thrust" associated with some of the specialist cross-county leagues.

A brief summary of how it works is that the first 5 finishing men and 3 women of the club will aid to the scoring (lower the score the better). It has nothing to do with time, just purely position so even if you don't score for the club you could be aiding to push another clubs position down. Especially if other clubs are struggling to field a team.

I personally think it is a great change from the road races with a completely different outlook into your running.

No chip time, no roads and no real need to look at that watch (although I know most of us can't help ourselves!)

If you want more information then come me at training

It would be great to see some new faces come join us (as well as the old).

Now as everything is being approached with caution the following are provisional races and I will update you over the coming months.

Provisional list of races and dates are:

Folly Farm / Kingsclere Estate – 10 October 2021

The Bourne Woods – 12 December 2021 (or alternatively 28 November if no other November race)

Lord Wandsworth College – 2 January 2022

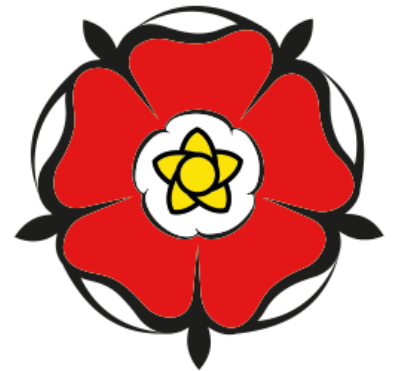
Chawton House – 16 or 23 January 2022

Alice Holt – 6 or 13 February 2022 (three weeks after Chawton House – all clubs are requested to supply volunteers for this event)

Hampshire Road Race League

The Road Race League is back and seeming to gain momentum with confidence growing in being able to put on races again. We have already had 2 races and the following are still to come:

Gosport Half - 21st November 2021
Victory 5 - 5th December 2021
Stubbington 10k - 16th January 2022 (Sold out)
Ryde 10M - 6th February 2022
Salisbury 10M - 3rd April 2022
Alton 10M - 8th May 2022
Netley 10K - 15th May 2022
Alresford 10K - 19th June 2022



For any of you that are not aware Denmead Striders are part of this league and for a small club have done quite well in previous seasons. The more Striders that participate means we can make up Men's and Ladies' teams.

In the recent HRRL 2021 AGM it was agreed to adjust the rules to set teams at 4 runners for both men and ladies. An incomplete team is 3 runners in both cases (with score adjusted as if a fourth runner had finished after the last HRRL runner in the race). It has also been agreed that, since there are 10 races in the current season instead of the usual 12, it will be 8 scores to count for teams and 6 to count for individuals across the season as a whole (instead of 9 and 7).

For any of you interested in getting your racing mojo back it would be great to see some of us out there in the Red & Green.

Winter Schedule 2021/2022

Welcome to the 2021-2022 winter schedule with the Denmead Striders. Both the sessions will start at the Waterlooville Swimming Pool, Waterberry Drive unless otherwise stated. The start time of the Monday session will be 18.30, the main club night session on Wednesday will start at 19.00. This year the club will look to use the Purbrook side of the Berewood estate (The Skate Park perimeter) as a different training venue, plenty of notice will be given to allow you to plan your warm up or parking arrangements.

Whilst Covid restrictions have been eased, there is a risk of a winter wave developing during the colder months. This may cause the Government to react with local and national restrictions. If this happens, please be aware the schedule will be subject to last minute changes or in the worst-case cancellation. The sessions will be a mixture of speed work, stamina and sustained running. The schedule can be used to supplement your winter training in preparation for a spring marathon'

- Intervals/Speed Meeting Point = Waterlooville Swimming Pool.
- Intervals/Speed Venue = Berewood Estate.
- Hills = Arnside Road (Level 1&2) and Hurstville Drive (Level 2&3)
- 5K Time Trial = Out and back to the Berewood Estate.

One of the unique aspects of the club is everyone trains together whatever your running experience. Whilst the schedule only shows a minimum and maximum number of repetitions, as a guideline the level groups are shown below.

Level 1: Beginner

Level 2: Intermediate

Level 3: Experienced

The winter session includes time trial runs these can be used to progressively measure your fitness as well as provide race practice.

The ongoing factory development works and the building work to supply the infrastructure means the 5K time trial route has been modified to suit. If the route does become available within the winter period the club will revert back to the original route. The new route will comprise of 4 * 1250m circuits 2 out and 2 back. Starting and finishing in Silverthorne Way, the outward turn-a-round point will be at the layby along the Berewood path. There will be a marshal at the outward turning point. Your body needs to train in order to become accustomed to the faster pace of speed work. Listen carefully to the coaches, run at the pace directed and take the full recovery specified. During the rest interval, it is important to keep moving to prevent muscles getting cold and causing injury. For the winter sessions it is important to dress appropriately for the conditions, especially when the weather turns colder. Remember you can always take layers off if you get warm. Some sessions may have longer recovery periods, it may be necessary to put an extra layer on to keep warm whilst waiting for the next repetition.

During the darker evenings it is also requested that members wear light coloured reflective clothing or a reflective vest during the session. No dark clothing please.

During the winter, weather conditions may force the coaches to adapt or change the session to suit. In some extreme cases it may be necessary to cancel the session completely at short notice as conditions maybe unsafe. Please respect the coaches' decision to adapt or cancel a session, it is done with your safety in mind. Any members who continue with a session after a notification of cancellation do so at their own risk and will not be insured under our England Athletics policy if a qualified coach/run leader is not present.

Finally, we hope you enjoy the winter schedule this year and we look forward to receiving any feedback you may have.