

STRIDE AND TESTED

The Denmead Striders Newsletter

Summer Edition 2022



Welcome to the Denmead Striders Newsletter. The newsletter will be dispatched seasonally and we are already gathering ideas for the Autumn and Winter editions, so if you have any topics of interest you would like to see or contribute or, features, learning hints and tips or some fun stories please send them to dawnbanting@aol.com.

In this month's edition we have the Part One of meet the committee, including some fun facts on our rogue's gallery.

Hints and Tips on hydration during the warmer weather and Gary's run story.

Summer Edition 2022



Dates for your Diary

Updates from your Diary



In March Clare chaired the Denmead Striders AGM which included our Awards night at the RNA Club and in April there was a return to the much loved Curry Night which Lee organised for the club. Watch this space for future dates, as well as FaceBook & the website

Skittles Night – there will be a skittles night during the autumn, so get your bowling arms limbered up and ready to take on the competition! Please look out for Clare's updates in due course.



The Denmead 10k will be taking place on 9th October. As with previous years members of Denmead Striders will be assisting at the event.

Nearer the time we will be asking if people could help out on the day with a variety of roles.

There will be more information in the autumn newsletter and via email updates, FaceBook and the webpage.

In the mean time, please keep the date free to join other club members in helping Nick and the 10k committee ensuring this event is the great success it has always been.



Whose Who on the Committee Pt1



Our Chairman/lady/person is Clare Welch (AKA Lil Sads) whose favourite distance/run is 10miles, long enough to burn some cal's but short enough to not want to sleep for the rest of the day!

Clare's top tips are - Enjoy it and don't take it all so seriously. Reset PBs occasionally - you can't always be where you once were.

And fun facts and other hobbies include when Clare was younger was she had to go to the doctors because she got a jelly baby stuck up her nose.

Clare's other hobbies include her love of boxfit, the gym and drinking prosecco (all in equal measures)

Stuart Hoare, is our Treasurer and took over the role some seven (ish) years ago, ensuring our record keeping of funds is up to date and paying the costs of the club with regular reports back to the committee.

Stuart's favourite distance is half marathon, long enough but not too long.

Stuart's top tips are, taking tips from others, not to always follow what you are given but go with your own instinct.

Stuart started running back in 2013 in his late 40's as way of getting fitter and is still learning he thinks? Stuart has run 8 marathons with all those hovering around the 4 hour mark – and comments that he can't seem to get below that mark, perhaps because he says he is getting older and should accept that his first Marathon is going to be the best time and let nature take its course?





Whose Who on the Committee Pt1

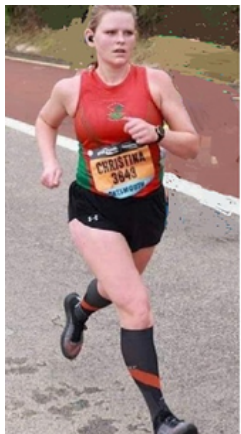


Gary McCawley is our Head Coach and his favourite distance is ten miles. Gary trains along the Wickham Railway Line.

Gary's top tips are to enjoy and have fun!

Other facts and hobbies of Gary, are Live music with an eclectic taste from classical music to raving it up at an Underworld gig.

Chrise Ball is our ladies club captain and is here to inspire and motivate for the Hampshire Road Race League which she runs from September to June.



Chrise says her favourite distance/run is 10 miles to 1/2 marathon, the bigger the run the better the goody bag!! Speed doesn't come naturally for me, so anything that I can find a good Stride in is fab!

Chrisie's favourite runs are the Great south run - with the incredible atmosphere on home soil. Bangkok half marathon - with a 3am start due to heat and humidity, where she also bagged 5th lady!

Top tips are, Run because you want to! Not because you have to.... But if you do have to, bribe yourself with a treat after! Vaseline is your best friend. Put it everywhere and 10-15 minutes of stretching/ yoga a day will do you wonders, try it first thing in the morning to start your day!

Fun facts of Chrisie's are: her love of yoga, boxing and walking. Chrisie has also had some 'bonkers' jobs including looking after orphaned and sick British wildlife, including hedgehogs, fox cubs, baby squirrels and even baby birds / pigeons and was also a pirate ship captain driving a proper pirate ship around a lake and a farmer with vegetable crops, 40 chickens and a goose that thought she was it's mum in the USA.



Whose Who on the Committee Pt1



Paul Welch is our Cross Country Representative whose favourite distance is half marathon plus.

Top tips Never turn up to an XC race without a change of clothes or shoes



Simon Toms is one of our Members Reps (link between the members and the “bosses”, point of contact for any members who want anything (good or bad) bringing to committee attention, assistance to all members new or old with advice on club matters and to help point in the right direction if required.

Simon's favourite distance/run is 10 miles (far enough but not too far)

Top tip/s: when you think you have recovered from injury, just be patient and wait a little longer.

Fun facts about Simon are, he once took part in a flying trapeze act and he has been 8 seconds off a winter Olympic record as well as being the current Denmead Striders record holder for 100m (vertical) as the only strider who has completed a race up the stairs of the spinnaker tower!



Denmead Striders Out & About

Gary McCawley shares his run at Compton Lock.

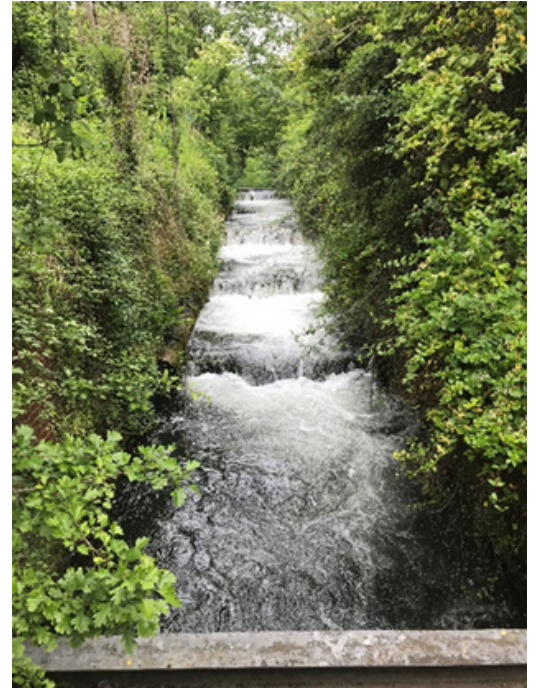
The run route was a ten mile out and back to Compton Lock, which is at approximately five miles. The route itself follows the River Itchen and the Navigation Canal and is a mix of gravel paths, wooded trails and pavement. The trail is

not a fast route due to narrow pathways, overgrown sections and low hanging branches; this is more a run to enjoy at a relaxed pace and take in the surrounding views and watch the wildlife on and around the river. It is an ideal recovery run.

As well as the wildlife it was quite strange to see wild water swimmers come floating by as they enjoyed an early morning swim.

At the start of the run the path was fairly quiet, but on the return, it started to get busy with dog walkers and families out for a Sunday morning walk.

Highlight of the run was seeing the Alpacas in the field opposite and also watching them being walked.



If anyone has stories or hints and tips to share, please do get in touch
dawnbanting@aol.com

Happy running, one and all!