

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

Welcome to our Autumn newsletter, especially to our new members but of course to those members who have been here forever!

In this newsletter we will hear about the good old days of the Striders, some useful tips from physio Natalie, XC updates from our XC Rep and hints and tips on XC from our lead coach. Not forgetting what's going on socially ... we all need a little bit of fun and relaxation!

Just as a reminder, we have moved onto our Winter Training Schedule, please remember to check the schedules for the meeting point which may vary throughout this winter season. Usually, Wednesday meet outside the leisure centre, Monday we tend to meet down the road in Westside View. Updates on the Skate Park and Portsmouth Hill sessions will be sent out but are in bold on the schedules.

A big thank you to Lee who organised a brilliant curry night, a good night was had by all.

And also, a huge thank you to everyone involved in the set up and staffing of the Denmead 10k ...  
Not far away now.

### *XC - dates, intro, updates and training tips*

#### **Winter Cross Country Intro by Paul Welch, 'Your friendly neighbourhood XC rep'**

As we have a few new members, (and also to remind the longer standing members) I thought that I would give you a small insight into the world of cross country running. 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. We have a new rule this year where the clubs team comprises of the first 4 men and first 4 women finishers. (Previously 5 men & 3 ladies)

Each race is 5ish miles of off-road terrain usually consisting of mud, grass, mud, trail, mud, tree roots, mud and maybe a few little hills. I think you get the idea. Now I understand that this might not immediately appeal to some runners, but it really is a welcome distraction from the pressures of road race running and trying to constantly get PB's or course bests. By the pure nature of the courses that we run, it is never going to be a 5 mile PB, so you can instantly forget about pace or time and just enjoy

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

the run for what it is, a dirty, muddy, wet, Sunday run in the beautiful Hampshire countryside with like-minded athletes.

Although, as I said earlier it's only the first 4 from each gender that score for the team I would welcome as many members as possible to come along, there is always a great team effort in supporting and cheering on every last member, even the members outside of the top 4 can influence the result as teams are scored by adding up finishing positions, so getting yourself a little further forward can mean another club scoring 1 or 2 points less.

Of course, after the fun we all discuss at length everything that we loved (or hated) about the race.

Oh, and by the way these races are FREE! All you need is to wear a club vest to be eligible. So, get your trail shoes out, come along and give it go, you may just like it.

1. Folly Farm – 23<sup>rd</sup> October
2. The Bourne Woods – mid-November (TBC)
3. Lord Wandsworth College – 18th December (Provisional)
4. Queen Elizabeth Country Park – January (TBC)
5. Chawton House – 22nd January (Provisional)
6. Alice Holt – February / March (TBC)  
(all clubs are requested to supply volunteers for this event)
7. Fareham – March 5th (Provisional)



### **Coach Stop – It is only mud.... by Gary McCawley Lead Coach**

Running along the lanes of Denmead on a warm summers evening is now a distant memory and our thoughts turn to winter training and the start of the cross-country season.

Whilst cross-country events tend to be run over shorter distances usually between 4-5 miles the effort required to complete the distance is equivalent to a fast and flat 10K. The reason for this is cross-country routes tend to be run over varying terrain with a few hills thrown in for good measure, making it hard to get yourself into a comfortable pace. This makes cross-country more demanding over the shorter distance.

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

Don't be fooled by the near flat grassy surfaces and man-made mounds you see on the television at the Cross-Country World Championships. In a typical local league race, you could be comfortably pacing yourself along a leafy woodland path only to turn a corner and you are faced with a section which is ankle deep in mud and water, another turn and you are climbing a lung busting hill.

Over the years I have taken part in many cross-country events, so here are a few tips for those newer members who would like to give cross-country running a go in the Southern Cross-Country League (SCCL). The ethos of the league is summed in this statement from their website;

*"The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is to be enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues"*

### **Shoes**

Choose a pair of trail/XC shoes with good grip this will give you confidence on the downhill and will hopefully keep you upright on slippery, muddy surfaces. Here are some popular brands I have seen at races, Inov-8, Salomon and Walsh. Spikes are not recommended as some events have sections of gravel paths



If like me, after the race season, your shoes are cleaned, stuffed with paper and thrown into the shed or loft until next year, putting your shoes on for the first time can be an effort. This is because cross-country shoes are generally a tighter fit than road shoes and tend to shrink when they dry out. I have found going for a few runs in the shoes a couple of weeks before you need them loosens them up and makes them a little more comfortable on race day. You can also use this method with a newly purchased pair of road shoes as well.

Post run I always wash them in a bucket of warm water only, never in a washing machine with powder or liquids. The higher temperatures coupled with the cleaning detergents can break down the bonding materials causing the shoes to fall apart or come away from the sole easily.

To prevent heel blisters, I have always put petroleum jelly on the inside heel of the shoes rather than directly on the skin. I have found this a more effective method to prevent blistering.

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

### **Clothing**

Start and finish areas for events are usually located in a field some distance from the race car park or event centre. Although this sounds obvious, take some warm clothing to change into after the race. Whilst feeling warm immediately after finishing you will soon chill down, especially on a cold day. It is surprising how many people I see cold and shivering as they make their way back to the car or event centre.



A bin liner is also handy to keep your clothes dry in the finish area or act as a barrier against the cold as you wait on the start line and after the race you can use it to put your muddy shoes and socks in.

### **Event**

Races usually start on narrow cart tracks or a wide field which narrows down to a single gate. This means the start of the race is usually fast as runners jostle for the best position, make sure you warmed and ready to go so the fast start doesn't catch you out. If you feel uncomfortable with this approach you can always start further back.

Due to the varying terrain and going underfoot concentration levels are increased as you negotiate the route. Try to keep it simple rather than worrying about a good time try to think about overtaking the person in front of you rather than trying to beat the clock.

Try to run as relaxed as possible and don't follow the crowd, sometimes running through a muddy puddle is quicker than skirting around the edge with the rest of the crowd, you could use it as an opportunity for some clear air and pick up a few positions.

Finally, enjoy yourself cross-country is good fun and excellent for all round conditioning and building strength.



# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

*Looking After Yourself... before, during and after your run/training*  
by Natalie March at Physio-Logical

### **Running Injuries and Prevention**

Loading tissues through exercise is healthy! When managed properly it promotes positive adaptations to strength, cardiovascular fitness and even tissue healing.

Problems and Injuries often occur due to training load errors; The most common injuries in Running occur from overuse, this is always due to a training load error.

Common types of running injury:

- Bone stress injury
- Patellofemoral pain
- ITB
- Shin splints
- Achilles Tendinopathy
- Plantar Fasciitis

Injury occurs when/if the load exceeds the tissues (Bone/ Muscle/ Ligament/ Tendons) capacity to handle that load; Running too high volume, intensity or frequency. Prehab and strength training will help increase tissue tolerance by restoring the balance between load and capacity to enhance performance and prevent injury.

Capacity > Load	Injury
Capacity ≤ Load	Rehab
Capacity >> Load	Prevention (Prehab)

Things that effect Tissue capacity:

- Rest
- Sleep
- Hydration/ Diet
- Medications
- Stress
- Smoking
- Previous injury
- Strength/ Movement control

Types of Load that can be modified:

- Speed
- Mileage
- Terrain
- Hills
- Footwear
- Having a running assessment (Biomechanics)
- Type and volume of other activities

Our ability to manage load and to train is influenced by a variety of factors in our lives, which all need to be considered when training regularly and especially when recovering from injury.



# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

Your biomechanics (movement patterns, in this case running technique) will determine where injury or pain presents on your body. There is not one correct way to run! The best running style for you is one that is comfortable, efficient and pain free. This is why the same running technique in different people could result in a pain or no pain depending on the person. The cause of injury is not necessarily because of 'poor technique' alone.

### **Strengthening**

Strength training is incredibly beneficial but is often an overlooked element by Runners. Being stronger makes you more resilient and therefore having the potential to reduce injury risk. A few Running rewards include increased endurance, joint stability and improved power output (Speed).

Rehab and Prehab will aim to reduce the load by modifying running training (Vol./Freq/Intensity) to focus on increasing the tissues tolerance through strength training to manage the goal load e.g., running 5k. The body will heal and adapt if we create the right conditions for it!

Your legs are what keeps you moving forwards, your core is where your power comes from. Performing high impact exercise regularly will have an effect on your joints. Strength training will help stabilise and strengthen joints. At Physio-logical we recommend runners to focus on functional strength training in particular core, quadriceps and glutes (Buttocks), Calfs and tibialis anterior (Shin muscle).

### **4 Best exercises for Runners:**

- Reverse Lunges



- Start position is to stand with your feet together.
- Take a large step backward with your right leg landing on the ball of your foot into a lunge position.
- Lower your hips so that your left thigh (front leg) becomes parallel to the floor with your left knee positioned directly over your ankle.
- Your Right knee should be bent at a 90-degree angle and pointing toward the floor with your heel lifted.
- Return to standing by pressing your left heel into the floor and bringing your Right leg forward to complete one rep.
- Repeat with alternative legs backwards
- 10 reps x 3, 2 times a day
- Focus on having a wide base (Train tracks) rather than narrow (tightrope)
- Load the movement with weights

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

- Hip flexor Marches



- Start position is to stand with your hip width apart leaning forwards onto a wall.
- Have a strong looped exercise band around both mid feet, keep ankles flexed throughout full movement
- Bring your one hip and knee up to 90 degrees
- Then slowly bring this leg back to the start and then switch legs and then repeat
- 10 reps each leg, 30s rest 3 sets  
x3 weekly
- Focus on Powering the knee up and slowly controlling down

- Calf raises



- Standing balance yourself on both feet. (you can use a chair for stability)
- Rise up on your toes, drop down so your heel drop below the bottom of the step then come up 1cm, place 100% of your body weight on the injured side hold for 45 seconds and then repeat on the other leg.
- Repeat 3 times, 2-3 times a day
- It is ok to feel some discomfort (max 5/10)

# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

- Tibialis Anterior Ankle Curls/ Toe Raise



- Start position is to sit with heel resting on edge of step
- Place toes in a kettle bell or looped resistance band
- Drop the toes past the step and curl back up towards the knee into the resistance
- Hold the curl briefly and then slowly lower the toes again past the step
- 10 repetitions 3 sets

Once tolerance has increased, and pain reduced the load can increase. You can start to return to running, gradually changing training parameters.

For more information, please visit [www.physio-logical.net](http://www.physio-logical.net)

If you want any further advice, an assessment and physiotherapy treatment then 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!





# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

### *Message from Martin*

One of our members, Martin Parfitt, has just started a role as Health & Wellbeing Lead at Pompey in the Community. The main part of the role will focus on fitness and football coaching, but Martin also coordinates the Life & Chimes programme. Life & Chimes is a dementia support group for those living with dementia (and their families / carers). They also welcome those feeling socially isolated and lonely. The group meet every week for different activities and social events sharing the trials and tribulations of everyday life and experiences. They engage with a range of different organisations and individuals across the city, maintaining their connection to the wider community. The group meet on a Wednesday morning (10am – 12pm) at Fratton Park.

**If any of our members are interested in giving a talk / presentation about a topic that they're knowledgeable about, and would be of interest to the group, please contact Martin.**

[Martin.parfitt@pitc.org.uk](mailto:Martin.parfitt@pitc.org.uk)

02392 728 899  
07860 609791



# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

### *Honestly, the things we used to do... by Peter Maisey*

Musing over some old Strider photos (that's old photos, not old Striders), it got me thinking about things we used to do as a club that we no longer do. Some of them may be best forgotten, but others I remember with some fondness.

Handicap Race winners used to receive a bottle of wine, and that was for each race, not the overall result. I won on one occasion and made the mistake of re-hydrating on the wine when I got home that night. Not surprisingly, I didn't feel too good the next day. I'd quite happily see this revived.

And on the subject of the Handicap races, we used to run south of Denmead, over the bypass, down Sheepwash Lane and back. So, across a busy main road, down some quite narrow but busy back roads, and back again. And that's something I wouldn't want to be revived.

Chichester Runners used to run 3 events during the summer months. The Trundle Hill run still takes place annually. A second race was around the Goodwood estate but was unfortunately one of those races that required crossing a major road. And thirdly, there was the Wittering beach run. This was a race from East Wittering to West Wittering and back along the beach. It was run on a mid-week evening at low Spring tide. The problem with Spring tides is that they tend to rise very quickly. This, unfortunately, resulted in us slower runners having to climb over the last few groyne at the end of the race to keep clear of the incoming tide. Cont ...





# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

You may have heard of the bleep test, but if you haven't then it's basically a shuttle run over a set distance in a set time. The bleep tells you when you should have reached the turning point. And the time between bleeps gets shorter and shorter. I remember publishing the results and what each result meant in terms of fitness levels. Bearing in mind that I was merely publishing fitness level details that came with the test, I was somewhat taken aback that some Striders were a bit upset when I informed them that they'd reached the fitness level of a middle aged jogger!

Striders once had its own exclusive running track. When Denmead Parish Council purchased Goodman's Field, they offered its use for training purposes, where they kindly cut a 300 metre circular track. Amongst other uses, we had a great 10th Anniversary of the founding of Denmead Striders. I can't remember why we stopped using it, but travellers camping in the field rings a bell.

Other things that come to mind include sending a SAE with the paper entry form to get our race number back; the Gosport 10K; the Havant Half Marathon; corporate event companies organising races and charging extortionate prices; Striders sports day, that somehow contrived to get some of us to dress up in some strange clothing and squeeze into tubes too small for us.

Finally, my thanks to Gary McCawley and Marilyn Crocker for their memories.



# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2022

### *“What’s On?”*

**Saturday Social Runs** are ongoing throughout the winter, led by Steve and starting at Lidl in Cowplain at 7.30am followed by a well-deserved cuppa 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.

### **Skittles Night**

We are putting on a skittles night Friday 28th October at the RNA Club, Waterloo, 7.30pm. If anyone is interested, please let Clare know and come along, have some fun and let the competition begin! [denmeadstriders@gmail.com](mailto:denmeadstriders@gmail.com)

### **Christmas**

The Denmead Striders Christmas Party will take place at the RNA Club, Waterloo, Friday 2<sup>nd</sup> December 7.30pm. Further details and updates will follow but do save the date.

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 [dawnbating@aol.com](mailto:dawnbating@aol.com)

But a final thanks must go to Clare and the Committee and to all who keep the club running, quite literally!

Happy Autumnal Running

