



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Welcome to our Spring newsletter of Denmead Striders, SCCL Champions 2022-2023 season, where we will hear all about our AGM & Glittering Awards Ceremony, find out some interesting snippets from Peter, if you do try any of the events, please let us know! Hearing all about our XC Champions achievement, and our regular physio slot with Natalie.

WEBSITE & FACEBOOK ALERT

It has come to light that 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.

RESULTS

If you have run a race, can you please let Clare know before Wednesday night announcements, so you don't get missed out. It's always good to share our achievements, cheer everyone on and maybe even inspire others to give racing a go.

Fees

Fees are now overdue. If you have not paid, can you please do so as soon as possible.

If you have not received your membership card, please see Julia at the beginning of each session. Julia has a number of cards still waiting to be claimed.

Summer Training



Just a reminder, we have now returned to Denmead for our Monday and Wednesday training sessions, meeting in Kidmore Lane car park at the regular times.

The summer schedules can be found in all the usual places or via the links

http://denmeadstriders.org.uk/wp-content/uploads/2023/03/Summer-2023_Mon_v0.2.pdf

http://denmeadstriders.org.uk/wp-content/uploads/2023/03/Summer-2023_Weds_v0.2.pdf



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

Just in case you hadn't noticed or heard our amazing Cross Country team were crowned 'CHAMPIONS' for the 2022-2023 season. Paul would like to thank everyone who came along during the season to support the club and has shown there is strength in numbers. This is the first time we have been champions since 2002/2003 season and before that it was 1998/1999. Well done everyone, we're so very proud of you and it just goes to show what we can do when we run together. It's the little ripples that build up to be the big waves and we certainly washed away the competition!

Details of the 2023-2024 Season will be announced in all the usual places, the regular faces will be there but there is always plenty of room and a very warm welcome for other club members. If you fancy trying something different then speak to Paul and find out about all things XC, a great way to start a Sunday morning, some fresh air, amazing company and the odd bit of mud along the way.



And on a cross country theme, John Field has provided some photographs from 1998 of Denmead Strider's taking part in the 'Todays Runner' XC Final in Leicestershire. You might just spot a familiar face?



There are plenty more photos if anyone would like to have a peek.





STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

AGM & Prize Giving Ceremony

The annual AGM was held on 24th March at The RNA Club chaired by Clare Welch and supported by the committee. Minutes of the meeting will be available in due course and the election of officers is listed below with Steve Trevenna replacing, Simon Toms who decided to stand down as Members Representative. Many thanks to Simon for his work on the committee and welcome Steve to the role. Please feel free to catch up with and chat to any of the committee with any thoughts, ideas, comments etc. either on Club Nights or via their contact details on the website. If you are unsure who this wonderful bunch of people are, then please take a look at their mugshots on the website and track them down, they really are relatively tame and totally friendly.

The Election of Officers

Chairman	Clare Welch
Vice Chairman	Del King
Treasurer	Stuart Hoare
Club Secretary	Lisa Peckover
Membership Secretary	Julia Revill
Club Captain – Ladies	Christina Ball
Club Captains – Men	Gary Armstrong
XC Representative	Paul Welch
Head Coach	Gary McCawley
Newsletter Contact	Dawn Banting
Website	Graham Clarke
Members Representative	Samantha Morris
Members Representative	Steve Trevenna

After the AGM, came the much anticipated prize giving event with our glamorous and ever entertaining hosts, Clare and Del. This year's prize winners were:

Distance Championship – Gosport Half

Female

Vet 40 – Nicola Thomas

Vet 50 – Jenny Parks

Senior & Club Champion – Hannah Curtis

Male

Senior Male – Gary Armstrong

Vet 50 – John Malthouse

Vet 60 – Alan McVitte

Vet 70 – Brian Harris

Vet 40 & Club champion – Julian Manning



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

10k Championship Alresford

Female

Female Senior – Sam Morris

Vet 50 – Jenny Parks

Vet 40 & Club Champion – Nicola Thomas

Male

Senior Male – Michael Harrison

Vet 50 – John Rogers

Vet 60 – Alan McVitte

Vet 70 – Brian Harris

Vet 40 & Club champion – Julian Manning

Best Newcomer - Gav Roberts

Marathon Performance - Mark Bicknell

Most Improved Female – Kayleigh Gyles

Most Improved Male – Jeffrey Streeter

Striders League

Ladies

1. Jenny Parks
2. Lisa Marie-Peckover
3. Christina Ball

Mens

1. Kevin Gale
2. Rob Wilson
3. Julian Manning

Summer Handicap

Ladies

1. Marie Wiles
2. Samantha Morris
3. Clare Welch

Mens

1. Rob Moore
2. Martin Shaw
3. Paul Marshall



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Best Performance Female - Slavena Jensen

Best Performance Male - George Sutherland

Ladies Captain Choice - Nicola Thomas

Mens Captain Choice - Rob Wilson

Cross Country Captain Choice - Lisa Marie Peckover

Significant Recognition Award - Brian Harris

Unsung Hero – Peter Maisey

Dynamic Duo 1 - Matt & Alex

Dynamic Duo 2 - Tony & Pete

Joyce Burton Cup - Paul Welch

Chairman's Award - Paul Welch

Congratulations to all our winners and a huge thank you to everyone who came along and made this such a special evening. And an especially big thank you for all the hard work and effort in the background that went into organising the awards and trophies.



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

Food Bank Run 22nd February 2023

A huge thank you to everyone who kindly donated food to the Food Ban Run which took place on 22nd February 2023. Due to opening times of the Food Bank, we couldn't run there as a club however, we were well represented by members of our dedicated committee who donated the food we collected and donated over the weeks.

If you wish to donate personally to the Food Bank, opening times are:
Monday 9.30am – 11.30am
and
Friday 12pm – 2pm



Food Banks are a lifeline to individuals and families who are struggling for a variety of reasons. Donations to Food Banks can make a vast difference to the day to day lives of those receiving and to those volunteering within their communities. So often people are too proud to ask for help but they will always find a warm and friendly welcome from those volunteering and distributing necessities. Thank you all once again for making a difference to other people's lives, you are all amazing and make the club proud!



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Extreme Running Records from Peter Maisey

Most of us are happy just to put one foot in front of another, to complete our 5K park run, 10K, 10 miles, half or full marathon, and occasionally an ultra-marathon. For others that isn't enough, and feel the need to go the extra mile (or 100). As a result, there are some bizarre running records.

Here are just a few.

Running Backward

The fastest marathon running backward was set in 2004 at the Beijing Marathon at 3 hours and 43 minutes.

The world record for the fastest backward mile was set in 2020, at 5 minutes and 30 seconds.

Treadmill Running Record

Rainer Predl, Austrian ultra-runner, holds the record for the highest mileage on a treadmill in 7 days. During that period, he ran 853.46 km (530 miles), actually running for 168 hours, with only 15 hours sleep.

Florian Neuschwander of Germany ran 100 km on a treadmill in 6 hours and 26 minutes.

24-hour Running Records

The current running world records for 24 hours are held by Aleksandr Sorokin of Lithuania who ran 319.614 km (198.598 miles) in 2022, and Camille Herron of the USA who ran 270.116 km (167.842 miles) in 2019.

The World's Longest Race

The Self-Transcendence Race is the world's longest running route with its 3,100 miles (4,989 km) track, winding around just one block in Queens, New York City. The event is run each year, with participants completing the 3,100-mile run over 52-days, That's 59.6 miles each day. Runners are allowed to circle the block between 6 a.m. and midnight.

The record is held by Ashprihanal Aalto, in a time of 40 days, 9 hours, 6 minutes, and 21 seconds





STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Looking After Yourself ... Case Study – Shockwave Therapy for Achilles Tendinopathy by [Physio-logical](#)

What is Achilles Tendinopathy?

The Achilles tendon is the largest and strongest tendon in the human body, it attaches your calf muscles to the heel bone. Achilles' tendinopathy is a common overuse injury caused by excessive compression of the tendon resulting from frequent overloading of the area. This can lead to a sudden injury, where the fibres within the tendon tear. It is seen most commonly in the mid-portion of the tendon, but also occurs at the bone tendon junction near the heel of your foot. A lack of flexibility or a stiff Achilles tendon can increase the risk of injury.

Case Study:

A 43 year old client came into our Physio-logical clinic presenting with sharp pain in his right Achilles, which gradually started 2 years ago and is aggravated when running. The morning after a run the Achilles reactively swells, the calf becomes tender and stiff, and this lasts for approximately 2 days. The main aggravators for the tendon when flared were going down stairs and ankle dorsiflexion which puts the irritated Achilles on a stretch and running.

The treatment program included light progressive rehabilitation and soft tissues release. These will create the right conditions for the Achilles to positively adapt and recover. Initially symptoms started to improve and the client began to progressively overload their running again. However, the reactive tendon flared and was no longer improving with self-management and decided to try Shockwave Therapy.

Assessment

The initial appointment consisted of a thorough history and subjective assessment, followed by objective testing of the joint and tissue. Using several ankle specific tests our therapist was able to rule out joint pathologies and came to the conclusion of acute flare of Reactive Achilles Tendinopathy.

The cause of this was likely to be overloading the tendon too soon by increasing the milage and speed beyond the tendon's threshold. Achilles tendons have been shown to become stiffer and painful due to age related changes, overuse and change to activity levels. Intrinsic risk factors include those who are diabetic or have high cholesterol, joint stiffness, including hyper pronation (flat feet), stiffness in the ankle joint or hips and/or a leg.

Treatment

Alongside continued active Physiotherapy treatment, Shockwave therapy was used. Shockwave is appropriate to use during any stage of the tendinopathy injury continuum. Tendons need to store energy, be elastic and responsive to movement; this tendons structure had become stiffer and reactive to overload.

When administered into the tissue, the waves have effects on a cellular level that regenerate healing; Increased blood flow, formation of new vessels, tissue regeneration, pain relief, pro inflammation and inflammation regulator.

Shockwave can help to initiate an effective healing process within the effected tissue surrounding the Achilles tendon. A recent meta-analysis of research published within the orthopaedic journal of sports medicine in 2020 found shockwave therapy to provide superior results in pain reduction and functional movement compared to comparison treatments. Significant improvements were found when using both low and medium energy levels and improvements were found in the short term as well as long term follow up assessments.

Outcome

The number of treatment sessions required for maximal outcome varies depending on the history of the injury, typically up to six sessions administered 5-10 days apart may be necessary when the injury is more chronic. Research suggests that



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

coupling shockwave therapy with eccentric loading of the Achilles tendon will produce optimum results, therefore treatment will incorporate shockwave therapy and home-based exercises to maximise results. This client received 3 sessions of Shockwave therapy due to the acute nature of the flare.

After the first shockwave session the client described an instant pain relief when performing the post treatment rehabilitation exercises, and stated it was the best the Achilles had felt in months. There can be some common short lived side effects to this treatment, including slight swelling, redness, and pain relief. With each session the symptoms were improving and the rehab plan was able to be progressed.

Evidence suggests that shockwave therapy is effective when treating lower limb conditions such as Achilles tendinopathy, plantar fasciitis, greater trochanteric pain syndrome (Hip pain) and medial tibial stress syndrome (shin splints) within all phases of rehabilitation. (Korakakis, 2018)

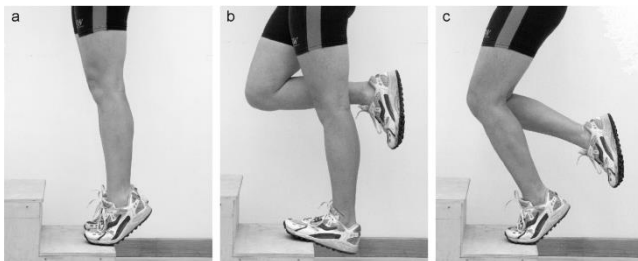
If you are suffering from a reoccurring injury or feel that a long term injury is taking longer to heal than anticipated, or you are struggling with pain around your Achilles or heel bone and finding it difficult to put weight through your foot then please enquire. We would be happy to help and discuss treatment options with our Stansted Park Physiotherapists. Book your appointment easily via phone – 02394350270, [email](#) or through our [secure online booking](#). We offer Denmead Striders £5 off every session.

Here are some exercises we recommend for Achilles pain. Please be aware of your body and take advice from your GP or therapist before trying these exercises;

Rehab Exercise Examples:

Single leg heel raise - slower eccentric phase on step

- Step up onto a step with a supportive surface such as a wall in front of you.
- Walk your feet backward so that your heels rest over the edge of the step.
- Your weight should be in the balls of your feet.
- Rise up onto your toes.
- Pause at the top, and then control the movement as you slowly lower your heels back over the edge of the step.
- Repeat this movement using as much support as you need, to rise up onto your toes.





STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Slow Heavy Loading of the calf (Barbell/ Weights)

- Set the barbell rests on the power rack to just below shoulder height and lay a barbell across them.
- Adjust the spotter arms to mid-thigh height.
- Add the desired weight to each end of the barbell, distributed evenly, and secure in place with a pair of barbell clamps.
- Place a lifting plate on the ground a steps length behind you.
- Stand up straight with your upper chest against the bar, your feet a shoulder's width apart, and your knees soft.
- With your palms facing forwards and your hands slightly wider than your shoulders, grab a hold of the bar.
- Now, duck your head and shoulders under the bar to position it to rest in line with the base of your neck.
- Lift your elbows to create a secure platform across your shoulder muscles for the bar to rest upon.
- When ready, straighten your knees to lift the bar, then take a step backward
- Keep your elbows high, chest up and spine in neutral.
- Alternatively Hold heavy dumbbells in each hand
- When ready push your toes into the floor as if trying to lift your heels against the weight of the bar.
- Hold this position for the duration as instructed by your therapist



Calf Raise in wall squat (Soleus bias)

- Stand up straight with your back to a wall.
- Lean your back and buttocks against the wall and walk your feet apart to hips width.
- You may also need to walk your feet forwards a little.
- Slide down the wall until you are in a squat position with your hips and knees at 90 degrees.
- Ensure your knees travel directly forwards over your toes.
- With your back and buttocks still against the wall, hold this position while rising up onto the balls of your feet.
- Lower your heels back down and then repeat.





STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

Poggos

- Stand up straight with your hands on your hips.
- When ready, perform a series of two-footed jumps on the spot with as little time in contact with the ground as possible.
- Stay light and springy on the balls of your feet.



We would be happy to help and discuss treatment options with our Stansted Park Physiotherapists.
Book your appointment easily via phone – 02394350270, [email](#) or through our [secure online booking](#). We offer Denmead Striders £5 off every session.

For more information, please visit www.physio-logical.net or subscribe to our You tube channel where we have lots of advice and exercises for different injuries - <https://www.youtube.com/c/Physiological>



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

Club Captain's Corner



Ladies Club Captain - Chrise Ball

Crikey what a ride. My first full year as the ladies Club Captain, I would just like to thank my counterpart Gary for putting up with some of my mad ideas and all the help with what the actual heck is going on.

Since the last AGM we have seen the end of the 2021/2022 HRRL season in which the Ladies teams had a very strong performance. For which I can only thank ex captain Kirsty for leaving me with such a strong standing.

2021/2022 season stats as follows

Team scores

Ladies A team finished 5th out of 10
Ladies B team finished 8th out of 16
Both teams in the first division

Individuals in the Top 70

19 Samantha Morris 86.5
29 Nicola Thomas 80.4
34 Lisa-Marie Peckover 75.1
35 Chrise B 74.9
47 Jenny Parks 54.1

The current 2022/2023 season is going well, but a slower start than last year. However, some strong performances within,

Standings so far with 7 out of 12 races completed

Team scores

Ladies A team 7th out of 10
Ladies B team 7th out of 10



STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2023



SCCL Champions 2022-2023

Individuals

3 in the top 70 - Hannah Curtis, Nicola Thomas, Lisa-Marie Peckover

A Particular shout out to a newbie to the road race league circuit, Kayleigh Giles who got a 10k PB on her debut and is a real one to watch.

We also had some strong performances at Ryde 10 mile with 3 of the 5 ladies who ran getting course PBS (Jenny Parks, Lisa-Marie P, Nicky Thomas)

I have tried to introduce the race summaries on the Facebook page and via email which seem to be going down well. The efficacy and ease of the race calendar is still TBC.

We really do have a small but mighty team and it has been fantastic watching everyone's progress and dedication to the events and the club. My upmost thanks to all the runners who come along and put the time and effort in, we wouldn't be a team without the consistency and dedication of everyone.

CB over and out.

Mens Captain - Gary Armstrong

Past Season – 2021/22

A good performance for our Mens teams' in HRRL 2021/22 season, which consisted of 10 races rather than the usual 12.

Final Team Results

The A Team finished 6th out of 10 in A Division 1 (we had a complete A team for 9 races)

The B Team finished 10th out of 13 in B Division 1 (we had a complete B team for 7 races)

The C Team finished 10th out of 19 in B Division 2 (we had a complete C team for 4 races)

Final Individual Results

32 Men competed overall.

There were 9 men that competed at 6 or more races and qualified for the individual league positions. Well done to Gary McCawley who was the only man to compete in all 10 races. Rob Wilson was also the only man to compete in 9 races and there were 23 men who competed in less than 6 races:

Present season – 2022/23

The start of the new HRRL season was quite slow with not many men signing up for the first few races, however this has majorly improved as the year has progressed. It's been good to see some new faces along with the regulars. The number of races has gone back up to 12 this year.



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

Team Results

After seven races (five more to go), latest positions:

Teams

The A team are 6th out of 10 in A Division 1

The B team are 6th out of 9 in B Division 1

The C team are 5th out of 8 in C Division

Individual

20 Men have now competed in at least one race.

Wow what a year. That's the facts and the figures but the final words to all club members from our inspirational Ladies Captain on behalf of both herself and Gary, who would like to say; 'Well done so far on all the fantastic runs, even if you had a disaster it's all good training! Time for the spring and summer runs, utilise the training around the lanes and we look forward to seeing you on the start lines.'



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

“What’s On?”

Saturday Social Runs (Lidl Runs)

A friendly welcome awaits you at Lidl in Cowplain at 7.30am with a variety of routes at a gentle pace, with regular catch up points along the way.

The Hampshire Road Race League

www.hrll.org.uk [HRRL facebook group](#)

The League continues until July with a variety of races on offer. Don’t worry if your race is sold out there is always the [HRRL swaps page](#) for race entries.

Alton 10 Miles – 14th May 2023 : [Alton Ten \(atwevents.co.uk\)](http://atwevents.co.uk)

Netley 10k – 21st May 2023 - [Netley 10K 2023 - Information and sign up \(racesignup.co.uk\)](http://racesignup.co.uk)

Alresford 10k – 18th June 2023 - [10K Race – Alresford Rotary \(alresford-rotary.org\)](http://alresford-rotary.org)

Lordshill 10k – 2nd July 2023 - [Lordshill 10K Road Race – Lordshill Road Runners](#)

Cross Country

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

The Cross Country Winter League has now finished with us as Champions!!!

Have a chat with Paul or keep an eye out for information on the 2023/2024 Season and come and join the Champion Team and let’s make it two years in a row.

Once again, congratulations to everyone who took part this season, it just goes to show what we can do we when run together.

Curry Nights and Socials will be taking place throughout the year, details will be advertised in all the usual places.

We’d like to say a huge ‘Thank You’ to Lee Weeks for organising our many fun filled curry nights. Every year, since 2008 Lee has ensured we are regularly fed and watered at a variety of curry houses in the area. That’s a lot of years, a lot of curry and a lot of beer! Thank you, Lee, for bringing us together and providing fun times and happy memories.





STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2023



SCCL Champions 2022-2023

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 dawnbanting@aol.com

Thank you as ever to Clare and the Committee for all their unseen hard work behind the scenes, to our wonderful coaches, led by Gary, to Julia for the Time Trials and Peter for being our human marker and to all who turn up to help out when they can't run, that's real teamwork and something we do so well as a club.

Happy Running, Happy Easter and Congratulations once again!



SCCL Champions 2022-2023