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The Denmead Striders Newsletter Autumn Edition 2023

SCCL Champions 2022-2023

Welcome to our latest edition of our newsletter and an especially warm welcome to those who are new to the club and of course welcome back to those who have been rattling around for a decade or two and everyone in between.

The Newsletters are quarterly and content is welcomed from all members, as are any requests for information or items that you might like to see featured.

IMPORTANT INFORMATION FOR NEW AND PROSPECTIVE MEMBERS

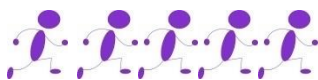
We always start the Newsletter with a warning of a bogus Denmead Striders website. If you or anyone you might like to introduce to the club would like to look at what we do and who we are, please ensure you log onto
<http://denmeadstriders.org.uk/>

Any other variations of the club name will take you to a fictitious site, with bogus information regarding the club and its activities.



In this edition of our newsletter, we hear about the movers and shakers on our committees, with a big thank you to Natalie for our regular physio update, dates for the new season of HRRL and XC. Our club member's story will take us through the literal ups and downs of a midnight marathon and our Christmas Party update.

As summer training has come to an end we are now settling back at Waterlooville for winter training and time trials. The winter training schedule is available here which includes alternative locations for Hill Sessions and details of our Time Trials. [Winter Training 2023](#)





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A Message from our Chairman Clare Welch

Welcome Pack

It is always difficult to cover everything in the quick introduction you may get on a Monday or Wednesday night. Therefore we have put together a snapshot of things that we think you may find useful. Please drop us an email or see Clare or one of the Club reps or Captains at training. Have a read and if you have any questions then please come see any of us at training and happy to chat more.

For any of the newer members amongst you it would be great to get some feedback - Good, Bad or Indifferent. We would love to know how you are finding running and being part of Denmead Striders. For example the training sessions, information and how it is communicated, how friendly or unfriendly we are, race days etc.

We are always looking for ways to improve and appreciate any feedback you may have so please feel free to message us with anything you may have. denmeadstriders@gmail.com





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Movers and Shakers – Denmead 10k & Club Committee Members

Denmead 10k Committee

Thank you to the team for all their hard work over the last few years. We now say goodbye to a few of them with Nick, Rick, Harry and Michael all stepping down.

However we now have a new band of merry men and would like to say thank you to Bekki Leaves - for taking the lead as our new race director. Andrew Meredith, Gavin Roberts & Jeffrey Streeter will also be taking on roles within the team

We will keep you posted with next year's race date etc once all that has been decided.

Club Committee

We would like to say a huge thank you to Chrissie Ball and Gary Armstrong for being our Club Captains and to Sam Morris for her Club Rep role. Sam will be taking over as Ladies Club Captain and Mark Bicknell will be taking over the reins from Gary.

Kimberley Churchill will be stepping into the Club Rep role and along with Steve Trevenna will always be around and welcome any feedback for the committee - good, bad or indifferent we are always happy to take on board suggestions etc you may have on the club.

Vacancies

- Vice Chair – we have a vacancy for any Strider to join the committee as Clare's wingman or woman, with the intention of stepping up to Club Chairman in the future. There is a lot of behind the scenes work to be done and decisions to be made to keep the club 'running' along with the other committee members. So why not come and help develop and guide the club into the future and keep it going for our amazing club members.
- Striders League Co-ordinator – Graham Clarke has worked his magic on the league, compiling results and assigning scores but feels it is time to hand over to another Strider to continue this role.

If you enjoy excel, formulas and a some number crunching, take a look for an explanation of the League [League Rules 2023-24 Season | \(denmeadstriders.org.uk\)](https://denmeadstriders.org.uk/League%20Rules%202023-24%20Season)

If you are interested in either role, please contact Clare
denmeadstriders@gmail.com



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Meet the New Club Captains and our New Ladies Rep



Sam Morris

Many of you will know Sam from her Club Rep Role and for being at many races representing the club. Sam is a regular at our training sessions and more than happy to have a chat, anytime.

Sam also has a great reputation in Sports Massage which many of you have benefitted from and we're sure, will make use of in the future to keep those legs in tip top condition.



Mark Bicknell

Hi I'm Mark your new men's club captain.

I'd just like to say a massive thank you to Gary Armstrong for doing such a great job as captain before me.

I took up running in 2016, and this is my third year as a Strider. I enjoy Parkrun most Saturdays and enjoy a good social, especially if it involves a cheeky beer or two 😊

Look forward to chatting to you all at many of the up and coming races throughout the season.

Cheers Mark



Kimberley Churchill

Hi Striders! I'm Kimberley and I am your new Members Rep.

I've been a Strider since January 2023 and there are probably quite a few of you I haven't met yet, but I promise I am really friendly and approachable so please do come to me with any questions, complaints, requests or feedback you have and I will be sure to discuss with the committee.

Thanks

Kimberley



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HRRL and SCCL Leagues

SCCL League

Needless to say but just in case anyone missed it, Denmead Striders were crowned SCCL Champions for 2022-2023 and we are keen on making it two seasons in a row.

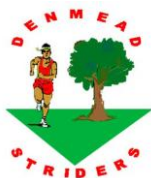
We have a championship to defend and we can only do it as a team which means with as many as you as possible attending the races.

Every runner counts, no matter their speed, so please come along for these free to enter races and be a part of a championship team.

We are aware that unfortunately, some of the races clash with HRRL but the date selection process is beyond our control. If you are free and fancy some fresh air and a bit of wholesome mud, then please come along to the races listed below. For further details please speak to Paul Welch, our Cross Country Captain at the training sessions or visit

[Southern Cross Country League \(SCCL\) Official Website](#)

29 Oct 2023 - Benyons Inclosure
26 Nov 2023 - Alice Holt
17 Dec 2023 - Lords Wandsworth
21 Jan 2024 - Chawton House
18 Feb 2024 - Bourne Woods
03 Mar 2024 - Holywell Estate



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HRRL

The Hampshire Road Race League is underway with an interesting start to the season, with scorching heat, a closed motorway, leaving many unable to attend and the New Forest 10 cancelled due to bad weather, but the race season continues onto July and entries can be made via the links below via each running club.

Distances range from 5 mile to Half Marathon and add personal and team points for each race. There is a fee for these races but as affiliated members we receive a discount for each race.

Please see below the list of races for this year with links available to book places where available. We will update everyone as race bookings open. Further information is available by visiting hrri.co.uk

Please have a chat with Sam and Mark for further details and how to join the gang at the races. Please be assured you will be warmly welcomed from the ever growing number of Striders at each race.

#	Race	Date
1	Overton 5 mile	3 Sep 2023
2	Solent Half	1 Oct 2023
3	New Forest 10 mile	29 Oct 2023
4	Hayling 10 mile	5 Nov 2023
5	Gosport Half	19 Nov 2023
6	Victory 5 mile	3 Dec 2023
7	Stubbington 10k	7 Jan 2024
8	Ryde 10 mile	4 Feb 2024
9	Salisbury 10 mile	17 Mar 2024
10	Alton 10 mile	12 May 2024
11	Netley 10k	19 May 2024
12	Alresford 10k	
13	Lordshill 10k	7 Jul 2024



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Midnight Marathon by Brent Latham

Brent has kindly offered to share his running story with us and despite a number of difficulties and obstacles thrown into his training path; Brent made it to the start of the race and managed to join his running buddies. Brent, thank you for the story and 'well done for battling on through it all.'

So off we went and almost immediately we were slowed to a stop as the route to the main path from the starting field forced us into single file. Then we were off again and running up the first hill... Hey guys, are we going to run up this hill like everyone else is doing right now or are we going to walk as agreed?

Happily, that seemed to have a good effect on not only my little group but others around, so we walked the hills and ran everything else. The stories flowed, the conversation was fun and I was definitely enjoying myself. There was though a worrying trend appearing in our conversation that pointed at trying to get ahead of the mouse, the mouse being this guy - who for Greg - was tantalisingly close, but not close enough.

We did actually pass the mouse a couple of times only to have him slowly slip by again as we walked up yet another hill. Greg was adamant though that we would at some point overtake him and that would be that. I obviously didn't care and a couple of times I tried to convince Greg that he was actually behind us, but Greg had the nose of a bloodhound and always knew where his prey was. John was silent on the subject, to be honest John was silent on most things, he's more of a listener.

The other thing that was beginning to worry me (other than my foot now really aching) was that the walking pace was pretty fast. Greg and John are both 6ft giants so they probably didn't even notice it... although I am beginning to wonder if it's just me that walks slowly... so even when we were walking my legs were being put through the mill. As my last couple of long run attempts had both ended up being 21kms only, my plan was to tag along at their speed and then let them go on their own at the turn around point while I relaxed and had a cup of coffee.

The aid stations contained squash, coke, various bars of chocolate and packets of either melon, grapes, apple or pineapple. Greg again though was always keen on moving on quickly - presumably to catch up with the mouse - I mean I don't usually ever stay that long at a station but Greg was definitely eager to move on as quickly as possible.

Those that were properly racing the route passed us on their way back as we were making our way through the woods, as we got closer and closer to the half way point my mind was definitely made up. I was beginning to ache all over and my right foot was hurting. When we finally reached the turn-around point I was just happy to get my coffee and try and recover a bit. There was no doubt I was tired out and happy to give my foot some respite.

Greg as ever was eager to move on and so I used this wonderful opportunity to tell both John and Greg that they should go on together and leave me to enjoy my coffee. However, they were both adamant and that apparently we had a pact and that they would wait for me. I have to say I love having coffee during my runs, for me they are a great boost and the coffee served during this race has always been life-savingly delicious!



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Coffee finished, my dried mango pushed to the back pocket, my poles pulled out, I was ready, so off we three went and from this point on there wasn't much talking...like no talking...There were times when I almost thought they had decided to go on but each time as I either turned a corner or crested a hill there they were talking to one another – at least I presumed they were talking – while waiting for me to catch up. I had hit that point where running for longer intervals equalled pain and less enjoyment whereas running in shorter spurts equalled less pain, slower but still able to enjoy the run.

There were times where I was able to run for longer i.e. when we hit the grassy bits or some woodland paths but those were few and far between, the vast majority was full of spiky stones which hurt the feet. To be honest though I wasn't the only one feeling the pain, Greg was definitely not happy and his running style had broken down...you could see he was finding it tough going. Having said that, it was Greg that was constantly urging us on, telling us we were doing well and being very encouraging...it was very impressive. He's one of these guys that likes to break things down, so it was 'When we get to the road part all our problems will go away'. Then 'We only have a couple of kms to the next station, let's run this and see how we get on'.

John noticed that the last aid station had coffee so I jumped at that, this was amazing, this was exactly what I wanted to hear. Unfortunately, it wasn't for Greg who was raring to go and wanted to get to the end before he was sick! He didn't look good but I was sticking to my guns and so poor Greg just had to wait. I should say that his sickness feeling did pass and he did feel much better later on.

It was annoying because there was quite a bit of downhill on the parts that were road based which for both Greg and John were probably paradise to run on but for myself just walking on the road hurt my feet so I refused to even think about running.

Once we got to the back of QECP and climbed that first hill though there was good clay mud on the edges of the main path that I could run on and I have to say we were all running and a really decent pace. We still walked the hills but when we were running we were running at normal running pace...the last bit of downhill was a little bit painful but we made it to the end and out of the four times I've done this run, this was my second fastest!

They did have hot food at the end – even pot noodles – which normally I would have had but my mouth wasn't dry, my body was aching but I generally felt good except for my foot so while John ordered his hot meal I said my goodbyes because I figured the best thing for me to do was simply to get some ice on it.

All in all, a really good run. The weather was good, a bit windy with a chill on some of the hills but the vast majority was at a good temperature.

I woke up at about 10ish, started working after lunch and finished at 9:30pm. Watch died in the afternoon so no idea how many steps I've done today but the house is done! Yeah! I have survived this weekend but I'm definitely going to need some days to recover 😊.



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Physio Corner

Sciatica - what exercises can I do?

In this article we will be offering some advice and 4 exercises you can do if you are suffering from sciatica.

We have had lots of patients with new episodes of sciatica or flare ups of existing back and leg pain recently.

Sciatica

* If you have any of the following symptoms, you should seek medical attention from a doctor immediately: Loss of feeling in the groin region or inner thighs, bowel or bladder disturbances, profound weakness in the legs *

Sciatica affects many people including runners, ramblers, cyclists, builders, plasterers, office workers, gardeners to name a few, but many other people suffer too.

When the sciatic nerve is compressed or irritated, it can cause pain, numbness and a tingling sensation that runs from your lower back down one of your legs to your foot and toes. However, some people suffering from sciatica have no back pain, they could just have big toe pain.

The pain is usually aggravated by the impact of running, bending, sneezing, coughing, or sitting for a long period of time.

The best treatment for sciatica is hands on joint mobilisations, sciatic nerve mobilisations, massage, combined with exercises and advice. Acupuncture is another effective treatment for sciatica; we offer this at all our clinics.

Please be aware of your body and take advice from your GP or health care professional before exercising or send an email to enquiries@physio-logical.net for advice and guidance.

What to do initially?

- Speak to your GP about appropriate pain control if the pain is intense and/or affecting your sleep, driving, or ability to work.
- Avoid staying in one position for any length of time - avoid long periods of sitting, it can make your pain worse.
- Try to keep moving gently throughout the day.
- Don't push through sharp pain with activity or stretches as the underlying condition may worsen if you do too much.



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Exercises for Sciatica

Back Arching (Lumbar Spine Extension) – Lying



- Lie on your front.
- Push up with your arms and arch your back.
- Repeat ten times, three times a day.
- Hold the last position for 30 seconds

Back Arching (Lumbar Spine Extension) – Standing



- Move your hips forward.
- Lean back as far as you can.
- Repeat ten times, three times a day



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Core strengthening exercises.

Bridge

The bridge is good for strengthening the core stability and gluteal muscles (buttocks).



- Lie on your back.
- Bend your knees so your feet are flat on the floor.
- Squeeze your gluteals and then push your hips up until there is a straight line through knee and hip to upper body and shoulders remain on the floor.
- Hold for 10 seconds repeat until your muscles ache, repeat once a day

Superman

This exercise helps strengthen core stability muscles and improves balance.



- Kneel on the floor and place your hands below your shoulders and knees below your hips.
- Extend right leg back and the left arm forward.
- Maintain a straight body line through extended leg, body, and extended arm.
- Repeat with opposite limbs.
- Hold for 10 seconds, repeat 10 times, 3 times a day.



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If you are suffering from either a reoccurring back pain or sciatica or a new current injury then we can help you at our Physiotherapy clinic, based on Stansted Park Estate. We have ample free parking and take time to listen to you. To book please get in contact with us

via phone; 02394 350270, [book online](#) or email; enquiries@physio-logical.net

Don't forget to mention Denmead Striders you get £5 off each session.

YouTube:

We also have a YouTube channel where we are sharing videos of different exercises. We would love you to subscribe for FREE to our channel - <https://tinyurl.com/4h5eu58h>

If you would like us to write a blog, newsletter, article, or film a video about a specific condition/complaint then please do let us know.

For more tips and guidance please visit www.physio-logical.net





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Some Club Reminders

Dark, Dark Nights.

As we are approaching the darkest of evenings, can all club members be respectfully reminded to make themselves visible to other runners, pavement and road users.

We have a wonderful array of lights, Hi-Viz and luminous wear being worn by the majority of club members but for those yet to change into winter wear, can we please ask that you do so. Thank you.

Results

As race season is upon us, can anyone who has competed a race or event please **DM Rachel Harrison on Facebook** to enable her to gather everyone's results ready for Wednesday's Club Session.

It's always good to share results and recognise achievements with one another and maybe inspire fellow members to take part in future events as well as being able to share achievements in local events and those further afield and overseas.





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It's Christmas Party Time!

*All club members and their partners are invited to our
Xmas Party*

on

Friday 1st December, 7.30 – 11pm

at

RNA Club,

Unit 3 Jubilee Business Centre Aston Road, Waterloo, PO7 7XD

It is usually a great chance to see what we all look like out of our running gear, there is usually a raffle (Clare will pester people for donations nearer the time) a bit of music and usually the odd bevvie or 5 (the drinks are cheap). It would be great to see as many of you there for a good old fashioned knees up.



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And to get the party mood going Peter Maisey has written some running themed Christmas Cracker Jokes

Why are cows such great runners? They have great calves.

Why was the treadmill runner laughing so hard? Who knows, it was an inside joke.

Why are pigs so bad at running? Tight hamstrings.

What do you say to someone who just had a PB? Looks like you had a good time.

How do you feel when running behind a car? Exhausted.

What was the runner's favourite class in school? Jography.

Have you heard the joke about marathon runners? No, jog my memory.

How do you know if someone ran a marathon? Don't worry, they'll tell you.



What more can we say ... except,

Thank you as ever to Clare, the club committee and the Denmead 10K committee as well as everyone who has worked and helped behind the scenes at the club.

If you are new, or just haven't said 'hello' for a while, please come and have a chat, we're a really friendly club and look forward to getting to know all of our members.

Happy running, stay safe, stay strong and here's to taking on the weather in the coming months...we can do it!

