



## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



## **35<sup>th</sup> Anniversary Year**

Welcome to the winter newsletter and a very  
Happy 35<sup>th</sup> Birthday to Denmead Striders!

In this issue we will meet Reggie the Running Hound, have some very valuable physio hints and tips from Natalie. There are dates for the diary and updates from the club captains.

### **MEMBERSHIP**

It is that time of year where the club membership is due, this year it is £30.00 for the year due to increases from the EA. For second claim members the fee is £12.00

#### Payment Details

Bank - Account Number 30661218 Sort Code: 52-30-04  
Cash and cheque payments will be accepted and can be given to Julia on training nights or for further details please visit the website:

<https://denmeadstriders.org.uk/membership-information/>

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

### Races

SCCL - The men's and women's teams are doing well in the SCCL, we are not far from retaining our Champion status but need all the runners we can to keep us at the top. Thank you to all who have turned out in all weathers on Sunday mornings to join the gang for a muddy five miles of fun. There are two races remaining this season 18<sup>th</sup> February at Bourne Woods and 3<sup>rd</sup> March at Holywell Estate. Paul will confirm details for each race, timings etc. nearer each race. So why not come along and try something new, it's never too late to join the team, try cross country and remember, ever runner counts and will be added to the team score. <https://www.southerncrosscountryleague.co.uk/>

\* \* \* \* \*

HRRL- is an annual series of road races for runners from all clubs in Hampshire. Races are from September to July and all Striders are more than welcome to sign up and come along. There is always a good turnout of familiar faces gathered before and after each race and everyone is made more than welcome. Please click on the link below to sign up, nab a club running vest and enjoy a run at your own pace through some beautiful parts of the county.

Runners of all speeds and abilities participate in the races, which are a mix of 5 mile to Half Marathon runs throughout Hampshire.

For further details please speak to the Club Captains or visit <https://hrrl.co.uk/>  
Some races are marked as sold out but there are always swaps pages for every race.

There are four races left this season:

Salisbury 10 mile – 17<sup>th</sup> March 2024

Alton 10 mile – 12<sup>th</sup> May

Netley 10k – 19<sup>th</sup> May

Alresford 10k – 16<sup>th</sup> June

Lordshill 10k – 7<sup>th</sup> July

**SCCL Champions 2022-2023**



## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



## **35<sup>th</sup> Anniversary Year**

### Club Captains Reports

Men's Captain – Mark Bicknell

After a few hiccups in the first few HRRL races due to a few Striders being stranded on the M27 due to an unfortunate accident!

And New Forest 10 being cancelled, we have had great numbers supporting the recent races.

First HRRL race - Overton 5 mile

16 men competed, which gave us 3 full teams

The A Team came 4/10

The B Team came 4/10

The C Team came 4/10

Second HRRL race - Solent Half Marathon

8 men competed, which gave us 2 full teams

The A Team came 7/10

The B Team came 8/10

Third HRRL race - New Forest 10 mile

Cancelled due to flooding

Fourth HRRL race - Hayling 10 mile

20 men competed, which gave us 3 full teams

The A Team came 2/10

The B Team came 1/10

The C Team came 1/10

Fifth HRRL race - Gosport Half Marathon

16 men competed, which gave us 3 full teams

The A Team came 4/10

The B Team came 4/10

The C Team came 6/10

Sixth HRRL race - Victory 5 mile

10 men competed, which gave us 2 full teams

The A Team came 9/10

The B Team came 7/10

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

Seventh HRRL race - Stubbington 10k  
30 men competed, which gave us 3 full teams  
No official results for A,B and C teams yet!

Stubbington showed some superb performances, with our first 12 men all under 40 minutes 👉

Current overall Team standings  
The A Team are currently 6/10  
The B Team are currently 4/10  
The C Team are currently 4/10

This leaves us in a good position in all the leagues with 6 more races remaining.

### Ladies Club Captain – Sam Morris

Latest races:

#### **Overton 5mile**

6 women which gave us one full team  
A team = 8<sup>th</sup>  
B team = 11<sup>th</sup>

#### **Solent Half Marathon**

5 women which gave us one full team  
A team = 6<sup>th</sup>  
B Team = 11<sup>th</sup>

#### **Hayling 10 mile**

11 women which gave us two full teams  
A team = 1<sup>st</sup>  
B team = 1<sup>st</sup>

#### **Gosport Half Marathon**

11 women which gave us two full teams  
A Team = 1<sup>st</sup>  
B Team = 4<sup>th</sup>

**SCCL Champions 2022-2023**



## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



## **35<sup>th</sup> Anniversary Year**

### **Victory 5 Mile**

9 women which gave us two full teams

A team = 1<sup>st</sup>

B team = 4<sup>th</sup>

### **Teams**

The A team have 667 points overall which puts us in 1<sup>st</sup> position (Division 1) – 3 up from 4<sup>th</sup> after the first 2 HRRL races

The B team have 1881 points overall which puts us in 2<sup>nd</sup> position (Division 1) – 6 up from 8<sup>th</sup> after the first 2 HRRL races.

### **Next races**

- Ryde 10 on 4<sup>th</sup> Feb (sold out) Can't currently see how many women entered
- Salisbury 10 on 17<sup>th</sup> March (Sold Out) - 13 women entered

### **Notes**

- Dawn Banting and Anita Crawley have currently run all 5 races (results do not include Stubbington), Jenny Parks has run 4.
- Individual League results – top 5
  - Hannah Curtis (16<sup>th</sup>)
  - Gemma Heggs (23<sup>rd</sup>)
  - Samantha Morris (29<sup>th</sup>)
  - Kayleigh Gyles (33<sup>rd</sup>)
  - Rachel Muckelt (37<sup>th</sup>)

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



# 35<sup>th</sup> Anniversary Year

### Physio Update – Hints and Tips



We would like to say a huge thank you to Natalie March, one of our lovely Striders, from Physio-logical for her continued support in providing us with Physio hints and tips every newsletter. Natalie is also providing any Denmead Strider with a membership card, £5 off their session. Please see the end of the article for contact details.

### Preventing injuries when returning to running

Now the New Year is here you might be thinking of getting fitter by starting/progressing your running journey into 2024. Running has many physical benefits to strength, cardiovascular fitness as well as tissue healing. However, if your running load or intensity is too high then this can have negative affect on your fitness with the increased risk of injury occurrence.

Common running injuries include:

- Bone Stress
- Patellofemoral Pain
- Iliotibial Band Syndrome (ITB)
- Achilles Tendinopathy
- Plantar Fasciitis
- Shin Splints

When running, injuries can occur when the tissue load capacity is exceeded resulting in the tissues such as bone, muscle, ligaments, and tendon not being able to adapt to the load. A high intensity running load can be contributed by factors such as high volume, frequency, or intensity.

If you are returning to running from a break or are new to the sport, then prehab and exercise training will increase the tolerance of the tissues by restoring the balance between the load and capacity being put on the body when running to help prevent injury occurrence.

There are many external factors that affect our ability to manage load through running, these need to be considered when training after an injury or returning back to the sport.

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

External factors that can affect tissue load capacity:

- Sleep
- Rest
- Hydration
- Stress
- Smoking
- Previous Injury
- Muscular Strength
- Movement control

If you feel like your training load is too high or not sure how to make sure you are not training at a too high intensity when returning to the sport, here are some modifications that can be changed to adapt and progress your training load:

- Distance
- Speed
- Footwear
- Other activities/sport taking part in
- Terrain

Strengthening is an important part when exercising and running to help prevent the occurrence of injury. Rehab and prehab are designed to reduce the load by modifying training to focus on the tissue tolerance to exercise and achieve your goals, for example 10k charity run. Performing high impact exercise regularly will have a negative effect on your joints. Strength training will help stabilise and strengthen joints for exercise and high load training. At [Physio-logical](#) we recommend runners to focus on functional strength training to prevent risk of injury when running.

Here are some examples of key exercises that can implemented into your strength training:

Reverse Lunge-

- Start with your feet together

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

- Take a step backward with your right leg landing on the ball of your foot into a lunge position
- Lower your hips so that your front leg becomes parallel to the floor making sure your knee is not over your toes
- Your back leg should be bent at a 90 degree angle and points to the floor with heel lifted
- Return to the standing position pressing your front heel into the floor bringing your back leg forward to complete one rep
- Repeat the movement with alternative legs
- 10 reps x 3, 2 times a day



### Hip Flexor Marches-

- Stand hip width apart leaning forward towards the wall
- Place your loop band around mid-portion of your feet, keeping your ankle flexed throughout the movement
- Bring you knee up towards you, making sure to stay at 90 degrees
- Slowly bring your leg down to the starting position and repeat
- 10 reps each leg, 30 sec rest, 3 sets x3 weekly
- Focus on powering the knee up and slowly controlling down



### Calf Raises-

- Standing balanced with feet shoulder width apart
- Rise up onto your toes, and slowly control the movement back down to the starting position
- Repeat 10 times x 3, 2 x day



**SCCL Champions 2022-2023**





## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



# **35<sup>th</sup> Anniversary Year**

If you would like any further advice, an assessment and physiotherapy treatment can be [booked online](#),

email us: [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net)

or call us on

023 9435 0270.

Our Team of Therapists have a lot of experience treating Runners! We offer £5 off all physio assessments and treatments and sports massage too. Come and see us at our clinic located within Stansted Park, Rowlands Castle.

**SCCL Champions 2022-2023**



## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



# **35<sup>th</sup> Anniversary Year**

### **ATTENTION DENMEAD STRIDERS, OUR COMMUNITY NEEDS US!**

**Foodbank Run** The aim is for the running community to help the local community in providing food during the month of February and so far over 300 clubs and individuals have signed up for the cause across the UK. So why February?

February is a key time of the year where families are hardest hit. Christmas has come and gone, a time where families feel the pressure to put food on the table and spend money on their children, plus there is a pause on some household bills. Then February arrives and suddenly the bills arrive at a time when cash is even more hard to come by. This is why the month of February is such an important time of the year and why we're focusing on supporting the Food Bank Run.

We have been in touch with our local food bank in Waterlooville, based in Wecock Church at Kite Close and they are delighted that we are willing to help. Their donation levels are dwindling as the amount of people requiring help is growing and the provisions they are seeking are items such as:

- Tinned meals
- Tinned pies
- Rice pudding
- Custard
- Tinned fruit
- Rice
- Pasta
- Sweets
- Crisps
- Toilet rolls
- Juice

The above list is not exhaustive and any provisions will be gratefully received. Please bring any donations to training on 21<sup>st</sup> February and these will be taken to the Food Bank on behalf of the club.

Last year the club rose to the challenge and the committee were able to donate a large amount of goods on behalf of the club to help those less fortunate than ourselves. Thank you, one and all.

**SCCL Champions 2022-2023**



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



# 35<sup>th</sup> Anniversary Year

### Vacancy

Are you interested in finding out how the club is run?

Could you make a difference to the club and its members?

We are currently looking for a **Vice-Chair** to join Clare and the committee in the running of the club.

As with all committee roles, this is will be on a voluntary basis but you will be guaranteed a warm welcome from the committee, lots of camaraderie and plenty of cuppas at our meetings.

If you are interested and would like an informal chat, please speak to Clare at training or email [denmeadstriders@gmail.com](mailto:denmeadstriders@gmail.com)



## STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

### General Notices

#### Training

Winter training is continuing on Monday 6.30pm and Wednesday 7pm meeting in the usual places. Please see the link for the Winter Training Schedule and dates for the Winter Time Trials which will be continuing through to Wednesday 27<sup>th</sup>

March and then we will be returning to Kidmore Lane Car Park for our summer training sessions.

[https://denmeadstriders.org.uk/wp-content/uploads/2023/08/Introduction-Winter-2023\\_v0.1.pdf](https://denmeadstriders.org.uk/wp-content/uploads/2023/08/Introduction-Winter-2023_v0.1.pdf)

#### Single File Running

Can we please ask that all members abide by the request of the coach and keep to running single file during the session. The path is wide enough to allow a safe crossover when running in single file.

The Monday and Wednesday club sessions are for everyone, please be considerate so everyone can enjoy and benefit from the training.

The club coaches, as with all committee members, do it voluntarily. Therefore, please respect their pre-session brief as it provides information to enjoy a safe session. Thank You.

### Date for the Diary

Everyone is welcome to the AGM and Annual Awards Ceremony on 5<sup>th</sup> April at Denmead War Memorial Hall, Hambledon Road, Denmead, PO7 6PW

The AGM will begin at 7pm with the Award Ceremony aiming to start at 7.45pm.

The awards will celebrate a mix of achievements for the past season. Please do come along and remember to bring your own choice of beverages and drinking vessels. As ever, it is always good to have a chance to catch up with fellow Striders and to see each other in slightly different attire.

**SCCL Champions 2022-2023**



# STRIDE & TESTED

The Denmead Striders Newsletter  
Winter Edition 2024



## 35<sup>th</sup> Anniversary Year

Meet our Members – this edition we meet Reggie the Running Hound written by Bridie Rowlands

It was a cold Saturday morning in November when I nervously brought Reggie along for his first social run, lazily hoping to get the dog walk and run done together. Reg had a great time at a CaniX event the previous week so we were keen to give social run a go. I just hoped he wouldn't annoy everyone else, but despite occasionally stopping very suddenly to sniff the odd bush, the team have taken to Reggie and look forward to giving him lots of fuss when we stop to regroup. Reggie's quickly become everyone's favourite regular, with his absence noticed ahead of Dyfan's when they're both not there.

Building Reggie up to running has been good fun but not always easy. He's not always as focused as Gavin, chasing his cortado in the last mile, and he can sometimes refuse to run (especially when someone's dropped a sandwich in the car park).

He's even been on tour with the group, recently tackling Speltham Hill and running the whole way up it thanks to a bit of good old fashioned peer pressure.

So come and join us on a Saturday morning on the Lidl run. If the thought of seeing Reggie doesn't entice you to get up at work o'clock on a Saturday, I'm not sure anything will!



**SCCL Champions 2022-2023**



## **STRIDE & TESTED**

The Denmead Striders Newsletter  
Winter Edition 2024



# **35<sup>th</sup> Anniversary Year**

Well, that's all Folks!

We look forward to receiving any comments or questions, via our Club Reps, Steve and Kimberley or via [denmeadstriders@gmail.com](mailto:denmeadstriders@gmail.com)

If anyone would like to submit an article for the newsletter or if there is anything you would like to see covered please drop a note to [dawnbanting@aol.com](mailto:dawnbanting@aol.com)

And finally and most importantly, thank you as ever to Clare and the committee for their unseen and tireless work. Thank you to Gary and our coaches and Julia and her time trial human bollards and scorers and to Steve for our magical mystery social runs and to everyone who keeps the club running.

We look forward to seeing you at the AGM and Awards Night. Take care, be safe and Happy Running.

**SCCL Champions 2022-2023**