



STRIDE & TESTED

The Denmead Striders Newsletter
Spring Edition 2024



35th Anniversary Year

Welcome, everyone, to the spring edition of our newsletter as we continue to celebrate our 35th anniversary year.

Sadly, to begin with we have bid a fond farewell to our club president, Charlie Burton, who died at 92 years of age and our first feature in our newsletter is a tribute to Charlie.

Also, in this edition of our newsletter we recognise our running heroes at our annual awards ceremony, with running adventure updates both historic and more recent.

We are eternally grateful to Natalie for her ongoing support in providing physio hints and tips and to Slavena Jenson for her Nutrition Tips for Peak Performance.

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We are always grateful to our members for sharing their stories and we welcome any contributions or articles to the newsletter. It is a newsletter for club members and is all the more special with contributions from the club members.

Please send any contributions to

dawnbating@aol.com

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Thank you Charlie Burton

As many of you will know, club founder Charlie Burton recently passed away. I am pleased to say that a number of Striders attended his funeral to say goodbye and thank him for his efforts in founding the club. Although I wore somewhat sombre clothing, it was very pleasing to see a number of us resplendent in our red Strider tops. Charlie's family expressed their heartfelt thanks for our attending his funeral.

When Charlie founded the club back in the late 80's, his former running pals at Portsmouth AC said it wouldn't last once the latest jogging fad popularity died. How wrong they were. It started with less than ten members, but by the time I joined in late '89, the membership was already up to around forty. And obviously it has continued to grow ever since.

In a conversation I had with Charlie a few years ago, I asked why the name Striders? He replied that he wanted something dynamic. WE WERE NOT GOING TO BE JOGGERS. I did hear a rumour that Dynamos was considered, but maybe that was going just a little too far.

Even in later years when he moved from Denmead to Somerset, he was still keen to keep up with the club's activities via our website and newsletter. On his ninetieth birthday, the club presented him with a framed photo of the current club membership, which took a prominent position in his house.

Charlie was no slouch when it came to his race time. If he were running today, he'd certainly be up with the fastest of our current members. He also ran barefoot for a while, something popular back in the 1960's.



Finally I'd like to pass on thanks from past, present and future members to Charlie for having the vision to set up a club that became more than just a bunch of runners meeting weekly for a jog around the block. It's a club of which he could, and we can feel justly proud. Long may that continue.

With grateful thanks to Peter Maisey for text and photograph



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Summer Training

We have completed our first week of Summer Training meeting at Kidmore Lane Car Park and will continue to meet there during the summer season at the usual times of Monday 6.30pm and Wednesday 7pm.

Please see the attached links for training schedules and summer training information:

[training link](#)

https://denmeadstriders.org.uk/wp-content/uploads/2024/03/Summer-2024_v0.2.pdf

As ever thank you Gary for putting together the schedules, to our coaches for their guidance and support and to Julia for our Handicap Runs throughout the summer.

Denmead 10K – Sunday 13th October 2024

After much deliberation we have decided to open entries for this year's Denmead 10k to all club members. We are hopeful that we will still have enough volunteers/marshals/pacers to allow us to put on a safe and enjoyable event and are heavily reliant on you all giving up your time to help which we very much appreciate.

Entries are now open so if you would like to run then please sign up on the [Denmead 10k page](#).

However if you would like to join the merry band of volunteers, then please let either Bekki Leaves or Paul Welch know.

We always get the best feedback on how great our marshals are so would be great to keep that going.

There will be a chance to run the 10K route as a part of the summer training schedule on Wednesday 5th June which will be a timed sustained run, in place of our usual interval session.



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AGM & Awards Night

The AGM

The annual AGM was held on 5th April at The Denmead War Memorial Hall 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.

Please feel free to catch up with and chat to any of the committee with 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 very friendly.

Role	Name
Chairman	Clare Welch
Vice Chair	Kimberley Churchill
Treasurer	Stuart Hoare
Club Secretary	Lisa Marie Peckover
Membership Secretary	Julia Revill
Ladies' Captain	Sam Morris
Men's Captain	Mark Bicknell
XC Captain	Paul Welch
Head Coach	Gary McCawley
Website Co-ordinator	Graham Clarke
Member's Rep	Steve Trevenna
Member's Rep	Vacancy
Newsletter Administrator	Dawn Banting

After the AGM, came the much anticipated prize giving event with our glamorous and ever entertaining hosts, Clare and Paul Welch and a music quiz by quiz master extraordinaire Terry Aked.



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Prize Winners for 2023 Season

Distance Championship – Gosport Half

Female

Vet 40 – Nicola Thomas

Vet 50 – Dawn Banting

Vet 60 – Christine Perrior

Senior & Club Champion – Hannah Curtis

Male

Senior Male – Andrew Meredith

Vet 50 – Kev Gale

Vet 60 – Alan McVittee

Vet 70 – Brian Harris

Vet 40 & Club champion – Julian Manning

10k Championship Alresford

Female

Vet 40 – Kirsty Aked

Vet 50 – Dawn Banting

Female Senior & Club Champion – Lisa Marie Peckover

Male

Senior Male – Michael Harrison

Vet 50 – Gary McCawley

Vet 60 – Roger Jones

Vet 70 – Brian Harris

Vet 40 & Club champion – Julian Manning

Best Newcomer (Winnie Mae)

Andy Newcombe.

Marathon Performance

Martyn Palmer



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Striders League

Ladies

1. Lisa Marie Peckover
2. Jenny Parks
3. Nicola Thomas

Men's

1. Rob Wilson
2. Gary Armstrong
3. Mark Bicknell

Most Improved Female

Rachel Muckelt.

Most Improved Male

Tom Cole

Female Best Performance

Dawn Banting

Male Best Performance

Gav Roberts

Significant Recognition Award

Gary Armstrong.

Men's Captain

Andrew Meredith

Ladies Captain

Caroline Whiting

Cross Country Captain

Matt Russell

Summer Handicap

Ladies

1. Anita Crawley
2. Alison Greasley
3. Sam Morris

Mens

1. John Malthouse
2. Rob Moore
3. David Humphrey



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Best race snacks

Kimberley Churchill

Unsung Hero (Dave Davenport)

Lisa Peckover

Friend of the Striders

Ann Streeter

Joyce Burton (Chairman's Award)

Jenny Parks

Burtonian Award (Runners runner) –

Nominations were Kirsty Aked/Jeffery Streeter/Brian Harris

Winner - Brian Harris

Congratulations to all of our winners and an especially big thank you to Clare, Paul and the committee for their hard work in preparing the evening and looking after us so well on the night. And of course it wouldn't have been the same without our wonderful club members, so thank you all for attending and making the evening such a special event.

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Races

SCCL – The league has finished for the 2023-2024 season and overall we came joint second in the rankings. The next season will begin towards the end of this year and Paul will keep us up to date with venues, courses etc. and everyone is welcome to come along for a Sunday morning run through the countryside.

For further details <https://www.southerncrosscountryleague.co.uk/>

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HRRL- is ongoing with the season ending at Lordshill at the beginning of July. There are a few places left in some races and a 'swaps page' if the race is fully booked. Some of the races for the 2024/2025 season are open to sign up and we welcome any new Striders to come along and join us.

Some great days out with a variety of well marshalled, wonderful runs through some beautiful countryside, with maybe the odd hill or two for a challenge. Please take a look at the website or have a chat with the Club Captains. <https://hrri.co.uk/>

There are four races left this season:

- Alton 10 mile – 12th May
- Netley 10k – 19th May
- Alresford 10k – 16th June
- Lordshill 10k – 7th July

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Race Stories from Olden Days to Modern Times

Race Challenge or a Challenging Race – Hannington Hike by Brent Latham

Usually I find LDWA challenges by using their events search page but this one I found out from a friend and when I googled Hannington I thought it was in north Hampshire. However, when I got the route last week I realised it wasn't north Hampshire but Northampton which is like a 3 hour drive so it was an unexpectedly early start...and an icy cold as well which raised hopes that the fields would be frozen rather than wet and muddy as it's been absolutely pouring down with rain all week.

Three hours later and powered by McDonalds I pulled up, registered, used the toilets, got a coffee, said hello and then registered my start time before heading back to the car to get my gear sorted. If I was going to get coffees at each Checkpoint as I was fully intending to do, the start time is kind of irrelevant.

Martin Weston mentioned to me recently that the size of the hydration vest wasn't that important it was about how stretchy it was. So with that in mind I had waterproofs, windproof coat, first aid bag, head torch and some leggings all squashed into my vest...and it did all fit! I decided to attach my poles to my race belt using my Velcro for the first time rather than the vest. Packed, the two soft flasks on the sides of the hydration vest (I don't like them at the front...it hurts), three gels in one side and three energy bars on the other, I put on my sunglasses and headed out of the carpark.

100 meters later my socks were wet and my trainers covered in mud which normally I would say was a terrible start. However, if I said that then that would make the whole run terrible.

There were so many farmers fields to cross that basically as soon as you managed to get your trainers a little cleaner running through long grass they simply got wet and covered in mud again. It really was an endless cycle.

In some respects it felt a little like the Saints Way but instead of going over hills etc to get to the next church, it was fields to get to the next village. 20% of this was paved but it felt like more and easily wins the LDWA Challenge for most road running, quite frankly though for once I really didn't mind and made a nice break from the endless mud slogging.

View wise, I think there was only time that offered a good vista although approaching the Pitsform Reservoir and running around that was quite nice too. Other than that it was just fields and road.



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So quite clearly what made this run so good was simply the people...and the checkpoints of course. The first checkpoint was all about the hot cross buns with lashings of butter.

The second checkpoint was definitely about the salad bar and bread pudding. They had sandwiches of every possible combination you could think of. I took a photo I was so impressed but on the other side was cheese and cranberry and also cheese and tomato...I probably should have had way more sandwiches but I had to leave before I ate all the bread pudding. I had a couple of helpings...okay so I had more than a couple.

The last checkpoint had peaches and rice-pudding I think...unfortunately I had lost my cup so I didn't bother staying long here because obviously I couldn't get a drink of coffee...so I just grabbed some tarts and a chocolate bar and left.

Spoke to a couple of ladies who had done a number of the RAT races, a couple that had just joined the LDWA and one of them was interested in doing the Serpentine Ultra. A local running group that was using the event as a training exercise for an upcoming 100. I watched a local longbow club doing a round of Clout archery...what else...the guys that I spoke to really consisted of conversations about the mud, the weather and the reservoir.

Anyway, I left the last guy I spoke to about 500m away from the finish line to do a sprint finish...well the conversation was drying up so it was time to leave.

Happily I discovered that my lost cup had been picked up and handed in so after getting changed into new clothes and putting my body warmer on, I went back and had a lovely vegetable stew which consisted of all the vegetables that I like (not many), consumed a small bowl of fruit salad without the custard because the custard was cold. They also gave me a cup so I could have a coffee while waiting for my actual cup to be dropped off, and basically spent the time talking to a lady who was waiting for her husband to finish.

Actually, I had a really good conversation with her and amazingly not only are they also doing the Flagship event at the end of May but it was actually her husband who found my cup on the way to checkpoint 3! It's a small world.

Hannington Hike it seems, is always muddy but the people are excellent and as for the question would I do it again? If I lived closer then probably...but I don't see me doing this again.

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An Historic Race Story

The USA's first Olympics was held in 1904 in St. Louis, and was probably the most bizarre. There were some surprising triumphs, including gymnast George Eyser who won six medals, including three gold, despite having a wooden leg.

The Olympic marathon was conceived to honour the heritage of Greece as well as being a connection between ancient and modern. However, the race was so bizarre that the event was nearly abolished for good.

A few of the entrants were recognized marathoner runners who had run well in the Boston Marathon, or had placed in previous Olympic marathons. However, the majority of the field were middle-distance runners. Four of the American entrants, being experienced marathoners, were favourites to win.

Another, now infamous, American, Fred Lorz, trained at night because he was a bricklayer during the day. He earned his Olympics place in a five-mile race organised by the Amateur Athletic Union.

Other entrant oddities included ten Greeks who had never run a marathon and two members of the South African Tsuana tribe who were in St. Louis as part of the South African World's Fair exhibit who came to the start line barefoot.

Félix Carbajal, a Cuban national, raised money to come to the Olympics by demonstrating his running abilities throughout Cuba. Arriving in New Orleans, he lost all his money in a dice game and had to walk and hitchhike to St. Louis. Only five feet tall, he came to the start line, wearing a white, long-sleeved shirt, long, dark trousers, a beret and a pair of street shoes.

The race, 24.85 miles long, was described as the most difficult a human being was ever asked to run over. Apart from roads deep in dust, there were seven hills, up to 300 feet high and cracked stone on some sections of the course. The course was not traffic free, with runners having to dodge traffic, trains, trolley cars and people walking dogs.

There were also only two places where athletes had access to fresh water, from a water tower at six miles and a roadside well at 12 miles. For some bizarre reason, the organizers wanted to minimize fluid intake to test the limits and effects of deliberate dehydration.

Vehicles carrying support teams drove alongside the runners, kicking up dust to be inhaled by the competitors.



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Bricklayer Fred Lorz led the 32 starters from the gun, but was quickly overtaken by Thomas Hicks. William Garcia nearly became the first fatality when he collapsed on the side of the road and was hospitalised with haemorrhaging. The dust had coated his oesophagus and ripped his stomach lining. John Lordon started vomiting and gave up. One of the South African participants was chased a mile off course by wild dogs.

Félix Carvajal, the Cuban postman, jogged along in his cumbersome clothing, and made good time even though he stopped to chat with spectators. He stopped at an orchard and snacked on some apples, which turned out to be rotten. Getting stomach cramps, he lay down and took a nap.

Sam Mellor, now in the lead, also experienced severe cramp. He started walking but eventually had to stop. At nine miles, Lorz also suffered cramp. He then took a ride in one of the accompanying vehicles, and waved to others as he passed.

Hicks, one of the early American runners, asked for a drink at the 10 mile mark. He was refused, and instead was given warm distilled water. Around mile 17, his coach gave him a mix of strychnine and egg whites. Strychnine, in small doses, was commonly used a stimulant. There were no rules about performance-enhancing drugs at that time.

Meanwhile, Lorz, who recovered from his cramp, started running again after an 11-mile ride in the vehicle. He was ordered off the course, but kept running and finished in just under three hours. As Lorz was just about to be awarded the gold medal, someone called out that he was an impostor. He declared that he never intended to accept the honour, and only finished as a joke.

Thomas Hicks, having previously been given strychnine, had grown "ashen and limp". Hearing that Lorz had been disqualified, he forced his legs into a jog. He was given another dose of strychnine and egg whites, with brandy to wash it down. Warm water was used to soak his body and head. He seemed to recover and increased his pace.

He began hallucinating, thinking that the finish line was still 20 miles away. In the last mile he asked for something to eat, then asked to lie down. He was fed yet more brandy, and two more egg whites. He walked up the remaining hills, and jogged down. Entering the stadium, he tried running but was reduced to a shuffle. His trainers carried him over the line, and he was declared the winner.

It took over an hour for Hicks to feel well enough just to leave the stadium. He lost eight pounds in weight during the race.

Hicks and Lorz raced again in the Boston Marathon a year later. Lorz won.

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Foodbank Run

As a club we were proud to Run and although due to timing the venue, Lisa and her team took delivered them on our behalf to

support the annual Foodbank issues we were unable to run to the donations we collected and a very grateful Foodbank team.

If you would like to find out more about the origins of the Foodbank Run BBC News interviewed the founders and details can be found on the link <https://www.bbc.co.uk/news/uk-england-hampshire-68244365>

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 the Food Bank 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.

A huge thank you to our lovely Lisa Marie Peckover who arranged and coordinated the donations to the Foodbank and thank you all for making a difference to other people's lives, you are all amazing and make the club proud!



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Taking Care of Ourselves

Fuelling Your Run: Nutrition Tips for Peak Performance

As members of our running club, we all share a passion for hitting the pavement and trails whilst pushing our limits. We're privileged to explore stunning coastal paths, rolling countryside, and charming historic towns on our runs. But amidst the picturesque landscapes and invigorating runs, it's essential to remember the importance of proper nutrition to fuel our adventures.

Here are some key nutrition tips (reminders) to help you fuel your runs and reach your best performance:

Start with the Basics: Before lacing up your trainers, make sure you're properly fuelled and hydrated. Aim to consume a balanced meal or snack containing carbohydrates and protein about 1-2 hours before your run. Good options include porridge with berries and nuts, a banana with peanut butter, avocado on toast or a turkey sandwich on whole-grain or sourdough bread.

Hydrate naturally - Stay hydrated throughout the day, and consider electrolyte-rich fluids for longer or hotter runs. While we may not always have scorching temperatures (yet), staying hydrated is still crucial, especially during longer runs. Listen to your body's cues and drink accordingly. Enhance your hydration routine with refreshing options like coconut water or locally sourced herbal teas. You may want to take a chilled herbal tea along on your run.

Here is a recent article about electrolyte rich foods (<https://www.webmd.com/diet/foods-high-in-electrolytes>)

Post-Run Recovery: Refuel your body within 30 minutes to an hour after your run. This will help replenish glycogen stores and promote muscle repair. Try a smoothie with fruit and protein powder, Greek yogurt with granola, or a chicken and vegetable stir-fry with brown rice.

Eat the Rainbow: Aim to include a variety of colourful fruits and vegetables in your diet to ensure you're getting a wide range of vitamins, minerals, and antioxidants. Explore local farmers' markets for artisanal treats like cheeses, preserves and freshly baked breads to enhance your pre- and post-run meals. With our proximity to the coast, seafood is a delicious and sustainable source of protein and omega-3 fatty acids. Incorporate options like grilled mackerel, smoked salmon, or seafood paella into your diet to support your running performance.



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Pack gut friendly snacks like homemade energy bars, trail mixes, nuts and seeds. These nutrients help support immune function, reduce inflammation, and promote overall health.

Mindful Eating: Practice mindful eating by paying attention to hunger and fullness cues, eating slowly, and savouring your meals. Skip the screens and enjoy the flavours and textures without distractions. And hey, while sharing your latest run stats on Strava or bragging about your PB on Facebook can wait, relishing your food in the moment is a tasty way to treat yourself right.

Listen to Your Body: Every runner is different, so it's essential to listen to your body and adjust your nutrition accordingly. Pay attention to how different foods make you feel before, during, and after your runs, and make adjustments as needed.

Remember, nutrition is just one piece of the puzzle when it comes to achieving your running goals. Consistent training, adequate rest, and proper recovery are equally important for success. By fuelling your body with the right foods and adopting healthy eating habits, you'll be well-equipped to tackle any distance with confidence and strength.

Happy running!

About me:

I am Slavena. A foodie, with an allotment, addicted to running, and a founder for Nutrisay Coaching. My clinic provides pragmatic, personalised nutrition and lifestyle support solutions for increased energy and healthful life. Whilst I primarily work with people with dysbalanced blood sugar and insulin resistance, prediabetes, type 2 diabetes, metabolic syndrome etc, I inspire to support all with expert nutrition advise: Reach out if you need real time support with:

- Diet assessment (beyond the generic apps and one-size fits all)
- Personalized meal plans and recommendations (looking to lose weight, improve athletic performance, manage a medical condition, or simply adopt a healthier lifestyle)
- Know your numbers (full biometrics, BP, glucose and cholesterol testing)
- Accountability and monitoring (to help you stay on track and achieve your goals)

 NUTRISAY COACHING 07393406878	SLAVENA JENSEN Nutrition Coach ✉ slavena@nutrisay.com 📧 @nutrisaycoaching 📱 nutrisaycoaching	 NUTRISAY HEALTHY IS A LIFESTYLE www.nutrisay.com
		



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Physio Update – Hints and Tips

ITB Syndrome by Physio-logical

Iliotibial Band Syndrome

ITB syndrome is one of the most common causes for knee pain especially for runners. It occurs when the iliotibial band which is the tissue that runs down the outside of the thigh becomes tight or inflamed. A patient would normally present with pain or tenderness through palpation of the ITB and outside of the knee. It is considered a non-traumatic overuse injury which has occurred over a period of time.

The ITB is a thick band of fascia than runs from the pelvis down which inserts into the outside of the knee (lateral knee pain).

Causes

Sports that require repetitive knee bend and straightening such as runners and cyclist. The ITB is responsible for stabilising the knee during rotational movements therefore sports that require pivoting movements may be at risk of developing ITB syndrome. If there is an underlying weakness within the gluteal muscles this can cause the ITB to tighten.

Other common causes of ITB syndrome:

- Long distance running
- New to running or sudden increase in training
- Old or worn out running shoes.
- Running on uneven terrain
- Lower limb muscle inactivity/weakness

Symptoms of ITB Syndrome

On questioning we normally find patients who participate in sports that require repetitive actions involving knee bending and straightening present with ITB syndrome. Patients will report burning /aching/sharp pain outside of their knee. This is normally worse when the heel strikes the floor. The pain is increased during running or even walking up and down the stairs. There can also be some apparent swelling on the outside of the knee. Patients may notice an increase in symptoms with increased physical activity.



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Treatment for ITB Syndrome

Activity modification is the first intervention to prevent any further aggravation of the ITB, you do not have to stop participating in exercise completely just reduced the load you are doing.

Early stages of rehab:

- Rest - It is really important to listen to your body for example if you have pain when walking what is going to happen when you go for a run. If it is painful to run 10km then reduce to 5km for short term.
- Ice - Apply ice for 15-20 minutes over the painful area to help reduce pain and inflammation.
- Massage/foam roller – massage around the most painful areas of tightness which is pulling on the ITB – massage/foam role top muscles outside of your hip.

Exercises for ITB Syndrome

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

ITB/TFL Stretch



- Cross one leg in front of the other and bend that knee.
- Keep the back leg straight.
- Drop your hip of the back leg to the side.
- To increase the stretch, lift the arm on the straight leg up and over.
- You should then feel a stretch on the outer thigh of the straight leg.
- Hold for 30 seconds repeat x 2, 2 times a day



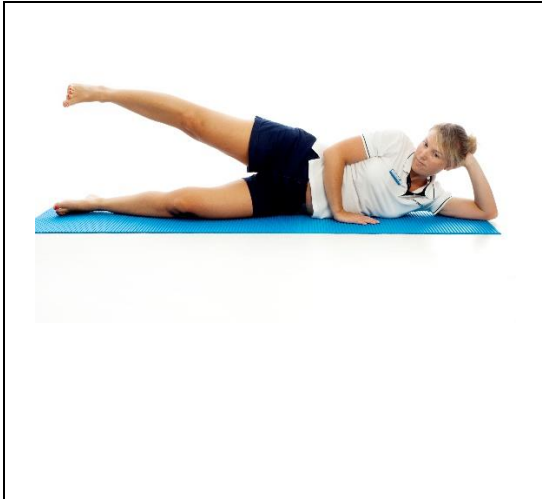
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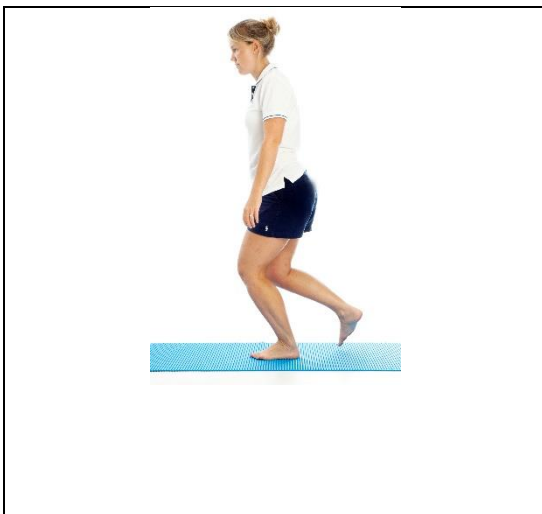
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Side Leg Raise



- Lie on your side with your back against the wall.
- Squeeze your buttock.
- Lift your top leg making sure not to bend your knee – slide your heel up the wall.
- Make sure the movement is slow and controlled.
- Lower the leg back down to the starting position.
- Repeat 12 x 3, 2 times a day.

Single Leg Dip



- Stand on a flat surface.
- Lift your non affected foot off the floor, bend your affected knee.
- Keeping your knee in line with your second toe slowly sink down through your hips.
- The key to the movement is to maintain good control.
- Build up to 3 x 12, 2 times a day.

If you are suffering from either a reoccurring knee injury or a new current injury then we can help you at our Physiotherapy clinic, based on Stansted Park Estate. Our Team of Therapists have a lot of experience treating Runners! Come and see us at our clinic located within Stansted Park, Rowlands Castle.

A £5 discount is available to all Striders.

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
[Please visit www.physio-logical.net for more information.](http://www.physio-logical.net)



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Vacancy

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

We are currently looking for a **Club Member's Ladies Rep** to join the committee.

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

Save the Dates

Midsummer Run – Join Steve at the annual Midsummer Run on 21st June, 4.30am at The Red Lion, Charlton, PO8 0BG

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It's Christmas!!!

Our Christmas Party is booked for Friday 6th December at 7pm at Horndean Sports Bar, Five Heads Road, Horndean, PO8 9NZ



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Well, that's all Folks!

We look forward to receiving your comments or questions, in person or via

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

Finally and most importantly, thank you as ever to Clare and the Committee for their unseen tireless work. Thank you to Gary and our coaches, Julia and her time trial team and to Steve for our magical mystery social runs and to our newsletter contributors and everyone who keeps the club running.

Take care, be safe and Happy Running.