



STRIDE & TESTED
 The Denmead Striders Newsletter
 Summer Edition 2024
35th Anniversary Year



Welcome to the summer edition of our newsletter. In case you missed it, this is our 35th Anniversary Year! It is over three decades, since a small group of runners decided to set themselves up as a club and the rest they say is history. But what a history and what a legacy as our small and friendly club has gone from strength to strength.

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

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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
dawnbanting@aol.com

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Coach Stop – Knowing when to rest.

Now that we are enjoying the warm weather of summer, those spring marathons we all took part in seem a distant memory. However, is all the training you put in and the race itself affecting your performance long after the event has finished?

Post marathon you may have had a couple of weeks of good running and may have been rewarded with some personal bests or fast times, but then running didn't quite feel right.

Perhaps you were feeling tired, lethargic and demotivated. Your race times were not improving and training was becoming hard work and monotonous. As runners we think we can carry on after a hard race as 'we are fit, we are runners'

As runners we can quickly spot an injury developing a slight twinge here a tight calf there, but spotting overtraining is a lot more difficult to notice, it gradually manifests itself until you no longer enjoy training, your times become slower even though you are still putting in the same or more effort. Overtraining can be just as bad as an injury.

We are not elite athletes who have the benefit of a team of coaches and data analysts who can spot the warning signs way before the rot sets in, so how do we spot the signs.

Well, here is what you do. When you feel your motivation waning, your running is becoming laboured, you would rather sit on the settee than go training and you cannot be bothered to enter the next race. Take a rest from running completely.

All the training you have done will have provided you with a good base fitness so missing a few training runs/sessions won't hurt. Take as much rest as you feel necessary it may only be a few days or a couple of weeks. Following your period of rest, you will come back reinvigorated and ready start running again.

Remember the old saying 'A change is as good as a rest',

Happy running Striders.
Gary.



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Nutrition

Becoming Fat Adapted: A Guide for Runners

Switching to a low-carb diet can transform how your body burns fat, making it more efficient at using body fat for energy. This process, known as becoming "fat adapted," offers numerous benefits for runners, including sustained energy, mental clarity, and reduced hunger. Let's explore what it means to be fat adapted and the key foods that help you get there.



www.nutrisay.com

Understanding Fat Adaptation

Prof. Stephen Phinney (who coined the term "fat adaptation" defines it as the state when your body increases its fat-burning capabilities after reducing carbohydrate intake. Carbohydrates, while an easy fuel source, are stored in limited amounts and burn quickly. When you primarily rely on carbs, you may experience frequent hunger and cravings because your body constantly seeks more fuel. By restricting carbohydrates, you force your body to utilize stored body fat or dietary fats for energy. Over time, this makes your body more efficient at burning fat, especially as insulin levels drop, facilitating fat release from cells.

Signs of Fat Adaptation

There isn't a specific test to determine if you're fat adapted, but you will notice changes such as:

- Fat loss
- Sustained energy levels
- Enhanced mental clarity
- Reduced hunger

Becoming fat adapted is a gradual process. Initially, you might experience fatigue, cravings, and mental foginess, but these symptoms subside as your body adjusts.

Foundational Foods for Fat Adaptation

To support fat adaptation, focus on low-carb, high-fat foods. Here's how to build your meals: Start with centering your meals at home or when eating out around protein sources such as meats, fish, and seafood. Options include beef, pork, lamb, chicken, turkey, salmon, shrimp, or scallops. Be careful when eating out and avoid breaded items and sauces, as those often contain hidden carbohydrates and sugar.

Fats: Since poultry, fish, and seafood typically contain less fat than red meat, increase your dietary fat intake by cooking with butter, coconut oil, or avocado oil. You can also add sauces like tartar sauce or pesto, but again, check the labels for hidden sugars.



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Vegetables: Choose non-starchy vegetables like asparagus, broccoli, green beans, mushrooms, peppers, and leafy greens. Enhance their flavour with fats like butter, oil, bacon, walnuts, or hard cheeses. Salads can also be a main meal and be more satisfying when you add generous amounts of avocados, nuts, seeds, and full-fat dressings.

Eggs and Dairy: Eggs are a versatile and nutritious option, providing a good mix of protein and fat. They can be enjoyed scrambled for breakfast, hard-boiled as a snack, or in a quiche for dinner. Despite concerns about cholesterol, research shows that consuming eggs does not significantly impact blood cholesterol levels.

Full-fat dairy products can also be part of your diet. A study following over 18,000 middle-aged women for more than a decade found that those who chose high-fat dairy were less likely to become overweight. High-fat foods help with hunger satisfaction, reducing overall calorie intake.

Focusing on low-carb, high-fat foods like meat, fish, seafood, non-starchy vegetables, eggs, and full-fat dairy products will help your body become fat adapted. This dietary shift offers numerous benefits, including faster fat loss, sustained energy, and better control over cravings. For more ideas, download a list of 100 low-carb foods from my website (www.nutrisay.com) and start your journey to becoming fat adapted today!

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 advice.

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 (fullbiometrics, BP, glucose and cholesterol testing)
- Accountability and monitoring (to help you stay on track and achieve your goals)



SLAVENA JENSEN
Nutrition Coach

✉ slavena@nutrisay.com
@ [@nutrisaycoaching](https://www.instagram.com/nutrisaycoaching)
f [nutrisaycoaching](https://www.facebook.com/nutrisaycoaching)



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Physio Update

Shin Splints

The term shins splints refer to pain along the shin bone (tibia) otherwise referred to as medial tibial stress syndrome. The occurrence of shin splints is when a muscle becomes fatigued which reduces the capability to maintain structural stability of the bone which therefore increases the stress. The increased training puts overload and increased activity of muscles, tendons, and bone tissues. Most cases of shin splints can be treated with rest, ice, and modified training.

Symptoms:

You may notice tenderness or pain along the inner side of the shin bone, and even some swelling to the lower limb.

You are more at risk of developing shin splints if:

- You are a runner, especially one who is new to participating in running.
- Sudden increase in duration, frequency, or intensity of exercise
- Training on uneven terrain, such as hills or hard surfaces
- Having flat feet or high arches

Some things that you can do to help prevent shin splints from occurring include:

- Avoid overloading – participating in too much running or other high impact activity can cause overload on the shins!
- Making sure you are wearing the right shoes – if you are a regular runner make sure you are wearing comfortable running shoes and make sure they are regularly replaced.
- Consider arch supports – these will help prevent the pain of shin splints, especially if you have flat arches.
- Add strength training to your exercise routine – exercises that strengthen your legs, ankles, hip and core can help prepare your lower limbs to withstand high impact sports.

Treatment:

Not one treatment works for everyone it is common that a range of interventions is required. A successful treatment plan is provided once the cause of the problem has been determined.

Common treatments include:

- Foot insoles – to help reduce bone stress.
- Running or walking technique – reducing stride length, increase support can help reduce stress applied through the tibia.
- Strength and conditioning – increase strength of weaker muscles will help provide support and stability to other musculoskeletal structures.



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Some examples of exercises that your therapist may provide include:

Theraband Resistance – Toe Raise



Sitting
Tie theraband around front of your foot/or you can use a kettle bell
Pull your toes up towards you against resistance
Repeat 3 x 8 daily

Single Leg Calf Raise (Step)



Standing on edge of step
Push up on one leg and slowly control down
Repeat 3 x 8 daily
Add weights in your hands if you do not feel like your calf working.



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Another popular treatment plan for shin splints is shockwave therapy. Recent studies have shown the recovery time from shin splints is reduced with shockwave therapy compared to just exercise interventions. Patients' tolerance to exercise load such as when running has shown to be significantly better in patients who are receiving shockwave treatment. Current research shows that combining shockwave therapy alongside a tailored training programme offer more optimum results during recovery.

If you are currently struggling with pain around your shin and are finding it difficult to take part in physical activity without pain, then please enquire about our shockwave treatment.

If you would like any further advice about shockwave therapy, an assessment and physiotherapy treatment can be [booked online](#), email us: enquiries@physio-logical.net or call us on 023 9435 0270.

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.

Our Team of Therapists have a lot of experience treating Runners! Come and see us at our clinic located within Stansted Park, Rowlands Castle.

For more information please see www.physio-logical.net



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Out and About



MIDSUMMER MADNESS!

They say you have to be mad to run but who would get up at 4am on 21st of June to see the sunrise over Chalton Down at 4.51am?

Well, 16 of Strider's Silliest did that with these beautiful pictures proving how fantastic it was. Thanks to the photographers.

Date for your diary Sat 21st June 2025. It will take some luck to beat this year's beauty.





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Member's Story

Speyside 100 by Brent Latham

It started off on a very cold morning with a cooked breakfast at the local cafe but it's true to say as we made our way to register the sun came out and warmed up nicely.

This was possibly the first LDWA challenge that had a mass start with a speech and someone playing the bagpipes. This was clearly a massive event and against the background of cheering the 400 or so trail blazers moved off into the Scottish Pine tree forest following a lovely path that snaked its way to the first checkpoint Nethy Bridge about 6 miles away.

The path was lovely, a mixture of well maintained woodland paths and also the soft springy mud paths laden with pine needles. Once I had managed to move away from the main pack of excited pole wielding walkers, it was really enjoyable and I soon made it to checkpoint 1.

Checkpoints are about 6 miles apart give or take with the ones towards the end being much closer. This one at Nethy Bridge was outside and then on the way back it would be in the comm hall. Right now the sun seemed to be out in full force and welcomed in by the LDWA.

This next part seemed to be across fields and grassy paths with stones thrown in here and there for good measure. The route was following the Speyside Way through the valleys following the river Spey which is Scotland's second longest river.

20kms and I hit the second checkpoint in Grantown and unbelievably I was making such good time that I wasn't allowed to leave the checkpoint for another 5 mins. MW (Martin Weston, colleague) told me that I was 10th and to take it steady, finishing is what counts. S&L (Sam and Luke, Maverick friends) were sending me messages like 'smashing it, can't wait to see my winners trophy'. I was feeling good, the scenery was excellent...life was good, this was why I doing this!

As we broke out of the woods I could see a runner turning the wrong way or at least not the way the route on my watch was saying which is two different things. As I began crossing the bridge I took a quick look to see where the runner was going and shouted because it was obvious the route the guy and the other runner in front of him was never going to converge back on my route. They waved at me and I continued across the bridge heading into Cromdale and the realisation that somehow I was probably in the lead!

From Cromdale we headed out and immediately the route was heading up and apparently we were going to climb a mountain. It was hot. Finally we turned and this time I could see a snake of LDWA participants making their way vertically straight up this mountain which eventually would have led to Creagan a' Chaise but we veered off towards Cairn Eachie which was basically a bog one had to work your way through, there was no path just sticks in the distance to head towards.

From there through a couple of fields and into another forest which became a vertical climb and then down and following the edge of the forest on one side and a river 'Chabet Water' on the other side which seemed to go on and on for miles. Finally we turned off and this time the path was



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following the Conglass Water, another river that finally leads to the river Avon. More importantly it meant we were close to Tomintoul where the next checkpoint was.

The next part was back up a mountain Cairn Daimh which took us through farmland, coniferous plantations and open heather moors. There was one point where a tree had fallen down and I actually got down on my hands and knees to get through it only to see the couple behind me walk around the tree! That was definitely a 'I cannot believe I just did that' moment! They just laughed and told me I was doing well! This was the last mountain we would have to go up all the rest was just ups and downs

This night section was dark and the head torches were on, it also seemed to be mainly road and I imagined that the scenery in daylight would have been wonderful as we worked our way between two mountains. Then it was back on a track and during this low point it got even lower as I took the wrong path which thankfully I realised before too much damage had been done. A quick run back down the hill or mountain, whatever I was on, and then back on the right path, the sky was cloudy so no stars to be seen at all!

Finally I hit Dufftown which everyone I passed was looking forward to because not only did they have a bag drop, but they also promised a cooked breakfast! I had two plates of cooked breakfast consisting of bacon, eggs, sausages and beans! When I left the checkpoint I was definitely feeling a whole lot better and ready to get this done.

The Speyside Way is relentless thankfully the checkpoint was right on top of it. The Marshall was very understanding but didn't want me to give up. Told me to sit down and have some food and drink and then make a decision.

The last checkpoint my wife had met a lady whose daughter wasn't too far behind me and they were staying fairly close to where we were staying so she said that I should sit down and have a little rest and do the last section with them. I had two bowls of soup and some melon. My feet were just pulsating as I sat and waited. To cut a long story short I finished the 100 miler with the daughter, her mum who had walked with us (both of them pretty fast walkers) a guy that had done most of the challenge with the daughter and an old lady who I was impressed kept with us because the mother and daughter weren't holding back in their walking pace. We did pass a guy who a few miles from the end was being taken to hospital which must have been an absolute nightmare to get so close to the goal.

When we reached the end they had a victory line up of cheering marshals for us to walk through which actually thinking about it was the best finish out of all my races and challenges...really quite touching. The daughter was in tears and I imagine, had I been on my own then I would probably be too.

We took the two ladies back to where they were staying and I somehow managed to have a shower and get into bed. I fell asleep while my wife was checking my blisters and massaging my muscles. Next day, I was still very tired. Legs were okay but feet still hurt and are a little swollen.

Not doing 100 miles ever again!



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HRRL

The 2023-2024 HRRL finished with the Lordshill 10k race. Thank you everyone who took part in the race season, every finisher's points counts and although places are unofficial, as the league has until 31st August to report any race errors, the mighty Denmead Striders were outstanding.

Men's Results

A Team – 3rd
B Team – 3rd
C Team – 3rd

Women's Results

A Team – 1st
B Team – 3rd

Congratulations to Sam Morris and Julian Manning for making it into the Top Ten in the individual rankings and to all of our runners who signed up to a variety of races from 5 miles to half marathon. Our wonderful club captains, Sam Morris and Mark Bicknell would like to thank everyone who ran this season and to welcome all members to join them at next season's races.

Some races entries are open for 2024-2025. If you haven't tried the HRRL and would like to join us then why not sign up and enjoy some great days out with a variety of well marshalled runs through some beautiful countryside. All club members receive an affiliated discount and everyone is welcome. Please take a look at the website via the link or have a chat with the Club Captains to find out more about the league, we look forward to seeing you. <https://hrri.co.uk/>

Denmead 10K – Sunday 13th October 2024

Running

There are still places available for the Denmead 10k race, so please spread the word, share the link and let's get as many runners taking to the Denmead lanes as possible. This year, entries for the race are open to club members, if you'd like to sign up please follow the link

[Denmead 10k page](#)

Volunteering

There is always a warm welcome from the 10k Committee, to all volunteers, with a variety of roles from set up to marshalling and lots in between. If you would like to volunteer or find out more about the roles, please speak to Bekki Leaves, Race Director or Paul Welch, Lead Marshall at training or via denmeadstriders@gmail.com



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NOTICES

London Marathon

Some of you would have started receiving the lovely email notification from the London Marathon by now. As a club we have a ballot place available to club members so if you have received a rejection email please forward it on with your details so we can put you in the pot for the draw which usually happens in October.

Things to note are:

- You must have been a paid up member for the last 3 years
- You have NOT run London Marathon before

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CPR Training

The British Heart Foundation has launched a free fifteen minute on line training course and as a club we feel it is important for as many of us to know what to do should the unthinkable happen. We recommend taking the time to have a look - it could be the difference in saving someone's life one day! Please see link: [How to do CPR](#)

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Results

Don't forget if you want a shout out at training - please let Rachael Harrison know either via Facebook or email. She is not a mind reader so please keep her posted - we love hearing about everyone's achievements.

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Training Feedback

Our head coach Gary will start to look at putting the winter schedule together soon. If anyone has any particular sessions they like, feel there are too many, too little included in the session please feel free to feedback so he can consider this when planning.

Also thank you to Gary for putting together such comprehensive plans each season. This takes a lot of planning and thought and don't forget this is all carried out on a voluntarily.

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It's Rubbish

If you find fly tipped rubbish in and around Denmead, please take a photo, visit our Facebook page, log the details and Cathy will make the relevant notifications to the local authority.

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Save the Dates

Denmead 10k Running or Volunteering – 13th October

Christmas Party - Friday 6th December, 7pm at Horndean Sports Bar, Horndean, PO8 9NZ

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Thank you to everyone who has contributed to the summer newsletter.

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

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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 to Clare, the Committee and all who make Denmead Striders such an outstanding club.

Wishing you all a very happy summer, stay safe and be kind to yourselves.