



STRIDE & TESTED

The Denmead Striders Newsletter Winter Edition 2025



Welcome to our winter newsletter and a belated Happy New Year to each and every one of our wonderful members.

In this edition, there is a chance to find out more about HRRL and XC, tips on how to look after yourselves with physio and nutrition tips and the first part of a 'Who's Who' of committee members. There are also dates for the diary with AGM, Awards Ceremony and the Denmead 10K all to look forward to and details of our Food Bank Run,.

Our winter training is well under way, with our new Hill Training location and three Time Trials under our belts. Please remember to check the starting locations for Hill Sessions, reminders will be sent out with information on meeting and parking locations.

As always, if you have any stories to add or topics you would like to see covered in the newsletter, please contact dawnbanting@aol.com

Membership

It is that time of year where club membership fees are due and this year the fee is £30.00 to all members. The club has decided that this fee will apply to first and second claims as well.

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 or see our update email.

Julia will be for handing out cards at the beginning of each training session and you will need your membership card and number for discounts at Alexandra, Sports, Alton Sports and Physiological - physio therapy.



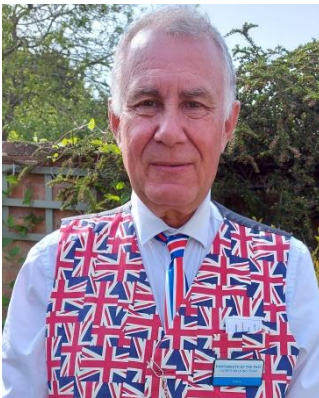
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Who's Who

Welcome to the beginning of our Who's Who introduction to the committee, in the following newsletters there will be a short bio and mug shot of members of the committee, so you can find out a little more about them and track them down on training nights for advice, feedback and chats.

Whose Who? Rogues Gallery Part I



Member's Rep – Steve Trevenna

I started running on 1st Dec 2003. After getting home from work, having dinner, falling asleep in the chair and then not being able to sleep, I thought there must be some benefit from running. My kids thought I had died after managing about 1 mile that night!

Having surprisingly got a place in the London Marathon Ballot for 2006 after GSR and Silverstone Half, I needed help so joined striders in Oct 2005 (and attempts to get rid of me since that time have always failed). Since then I've been vice chair, publicity, committee member etc.

I love supporting new people, even though they normally get faster than me after a couple of weeks.

My most memorable session was when we managed to get 83 year old Mike around the summer handicap and everyone in the club stayed at the end to clap him over the line. That's what makes DS special!

My favourite time are the Saturday Costa Crew runs. When I started, there was a maximum of 4 people; today (with the promise of coffee or breakfast) we can have up to 20 people.

A fun fact....I was once used as a knife throwers assistant!



Vice Chair – Kimberley Churchill

I used to run when I was in school (I was an 800m gal), and semi kept it up when I was an adult. At the start of 2023 I wanted a new challenge so decided to join a local running club - I suppose they say the rest is history!

I knew some Striders from the gym so decided to come along for a session, quickly realised that it's a great place to be. Everyone is so supportive and enthusiastic! Also, Training in the Lanes in the Summer is just perfect!



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My favourite race and or distance is a tie between Alton 10 and Gosport Half!

Top Tip(s) - Always find something to enjoy in every run!

A fun fact you might not know about me, I was a netball coach (and player) for a number of years, working for England Netball and coaching at lots of local clubs. xxx



Graham Clarke – Website Co-ordinator

I was inspired by watching the inaugural Great South Run at Southampton (1990) and ran the race the next year in Portsmouth. It also provided the opportunity to forget about a stressful workplace environment for few hours a week.

There were only about 3000 runners and my official time of 01:12:00 gave me confidence to attempt longer distances. Five months later (1992) I ran the (original) Portsmouth Half Marathon in 1:30:02 (sadly, no chip timing in those days ☹️) which remains my PB for that distance to this day!

I have been running for 34 years and 17 of those years almost to the day (23rd January) have been as a club member.

My favourite race/distance was marathon but sadly I cannot run that distance now but I enjoy my weekly Parkruns, mainly at QECP. My favourite race, which I have entered on two occasions, has to be the Cape Wrath Marathon at the North Western tip of Scotland. The course even involves taking a 10 min ferry across the Kyle of Durness at the 22 mile mark!

My top tips are: Don't go off too quickly at the start of a race. If you have an injury, don't run until it has mended. If you are in pain during a race – pull out, there is no shame in doing so and carrying on could well lead to longer term problems. Remember that running is a leisure activity to be enjoyed! If you are finding running a bit of a chore, stop for a week or two (but not TOO long) and get exercise by other means such as walking or cycling. You'll feel refreshed when you return to running.

A fun fact about me is that I once got arrested on Earl's Court underground station 😊





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Julia Reville – Membership Secretary

I used to do Long Distance riding on my Arab horses, I had 3 over 20 years. After I lost my last horse I put on weight. Watching the London Marathon on television I said I would like to do that one day so Mick said 'you had better start running then'. So in 1999 I did my first race, the Pub to Pub and finished with 2 old men behind me. I joined the club in 2000 having seen the Denmead Striders kit and as my racing colours were red and black I decided it was the right choice.

I did my first marathon in London in 2001 and was hooked. My favourite was Tresco on the Isles of Scilly. It was held on the same day as London and I did it 3 times, until the financial crisis in 2008 when they lost their sponsorship. My PB was there, 4.24, a great course, 7 laps of concrete track up and down with superb views at every turn.

Because everyone is different I don't have a top tip, the best I can think of is smile, it makes you and everyone who sees you feel better.

As for fun I think the most fun I had was doing a 6 furlong race at Goodwood, friends came to watch, a fabulous setting and my horse was beside himself with excitement. We were not last and at the finish he did not want to stop, I had to turn him in circles when we got to the back of the course and then get him back to the stables, interesting. I got called in by the stewards for a reprimand! We then went on to marathon distance which suited him much better.

So thank you Striders for making me lose weight and have a great time running all the super races, I really enjoy your company.

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Races

Why

not come and join in the fun at Hampshire Road Race League races? – HRRL is an annual series of road races in and around Hampshire on routes we wouldn't usually run, through beautiful countryside (mostly) with teams of wonderful marshals who keep up all on track. 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 with lots of support and advice.

Runners of all speeds and abilities participate in the races, which are a mix of 5 mile to Half Marathon runs. Please don't worry about teams, points etc, the joys of chip timing and technology takes care of that side of things, all you need to do is book a place on line, turn up with a club vest, pin on your number and run.



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In our next edition we will have an update of facts and figures for the HRRL races thus far from our club captains, for further details please speak to our Club Captains Mark Bicknell and Sam Morris or visit <https://hrrl> for HRRL results please go to <https://hrrl.co.uk/results/>

Cross Country

SCCL is well under way and thank you to everyone that turned up to one or all of the races this season. All points count, so it doesn't matter if you're brand new to cross country or if you've been XC running for years. Come along, get muddy, have some fun and enjoy a fun filled day out and please remember, don't worry about speed or ability, it really is all about being a part of the team and what a great team we've got. Come on the Mighty Striders!

Please have a chat with Paul Welch or take a peek at:

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

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Speed and Pace - You are faster than you think you are by Peter Maisey

So you reckon your race times are a bit on the slow side. I always thought my times were pretty poor, and I suppose when you compare them to the Julians of this world, they were. But from recent publications of average run times in the UK, my times were actually slightly faster than the average.

If you happen to be female and between the ages of 20 and 25, the average time for one kilometre will be about 7 mins 25 secs. By the time you reach 50, that average will have slowed to 7 mins 45 secs. Only when your age passes 55 will it slow to more than 8 mins.

For men of similar ages, the average times will slow from 5mins 50 secs to 7mins 24secs, again only exceeding 8mins when you pass the age of sixty.

If you can beat 18mins 40secs for 5K, you are in the top 1%. If you are a little slower but still inside 25mins 20secs, you are still in the top 10%.

As I stand at the turn round point for the winter time trials, watching the speed that you arrive and depart at, your speeds look way faster than average.

I've only looked at one kilometre times, but if you want details of longer distances that you regularly race, juts search on line for "average running times".



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Physio Update – Hints and Tips



We would like to say a huge thank you to Natalie March, one of our lovely Strider, 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.

Proximal Hamstring Tendinopathy in Runners

Physio-logical hamstring tendinopathy (PHT) is a common overuse injury that affects the tendons attaching the hamstring muscles to the ischial tuberosity in the pelvis (sitting bone). Runners, particularly those involved in long-distance or high-intensity training, are at heightened risk due to the repetitive load placed on the hamstrings. Recognising the symptoms and addressing the condition early with appropriate physiotherapy can help prevent progression and improve recovery.

What is Proximal Hamstring Tendinopathy?

PHT is a chronic condition characterised by pain and stiffness in the buttock region, particularly where the hamstrings attach to the pelvis. It is typically aggravated by activities that involve hip flexion (lifting leg up) under load, such as running, sitting for prolonged periods, or bending forward. Runners may notice discomfort at the start of their activity, which may subside during exercise but return or worsen after stopping. The condition is often caused by excessive or repetitive strain, poor biomechanics, or a sudden increase in training volume or intensity.

Physiotherapy Management for PHT

Physiotherapy plays a vital role in the effective management of PHT. Key elements of treatment include:

1. Education and Load Management

- **Education:** Physiotherapists provide patients with a clear understanding of the condition, emphasising the importance of progressive loading and avoiding activities that exacerbate symptoms.
- **Activity Modification:** Adjusting training regimens to reduce high-load or repetitive movements, such as hill running or sprinting, while maintaining cardiovascular fitness through alternative activities like swimming or cycling.



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2. Pain Management

- Techniques such as ice application and soft tissue massage can help alleviate pain in the acute (early) phase.
- Avoiding prolonged sitting or positions that place excessive strain or compression of the hamstrings is crucial.

3. Strengthening Exercises

- **Isometric Exercises:** These exercises, such as prone (lying on your front) hip extensions or bridge holds, can reduce pain and improve tendon load tolerance in the early stages.
- **Eccentric Strengthening:** Gradual introduction of controlled eccentric exercises, like Nordic hamstring curls, helps improve tendon resilience and strength.
- **Progressive Loading:** Over time, heavier resistance and functional exercises, such as Romanian deadlifts, are incorporated to enhance the tendon's ability to handle running loads.

4. Addressing Biomechanics and Flexibility

- Physiotherapists assess and address contributing factors such as poor pelvic stability, weak gluteal muscles, or limited hip mobility.
- Incorporating dynamic stretching and mobility exercises can improve biomechanics and reduce strain on the hamstrings during running.

5. Return to Running Plan

- A graded return to running program is essential. This begins with low-intensity, short-distance runs, gradually increasing in intensity and duration as symptoms improve.

Prevention and Long-Term Management

Preventing PHT involves addressing risk factors and ensuring balanced training. Key strategies include:

- Incorporating regular strength training, particularly for the posterior chain muscles.
- Ensuring a proper warm-up before running and cooling down after.
- Gradually increasing training loads to avoid sudden spikes in intensity or volume.
- Regular physiotherapy check-ups to identify and address potential issues early.



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Exercises for Proximal Hamstring Tendinopathy

Exercises for Proximal Hamstring Tendinopathy

Early Stages



Isometric glute bridge

- Raise your bottom off the floor and hold this position
- 3 x 5 second holds
- 2 x day



Isometric hamstring curl

- Lie on your front, place a band at your ankles and pull your heels towards your bottom against the resistance of the band
- 3 x 5 second holds
- 2 x day



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Middle Stages



Double legged glute bridge

- Raise your bottom off the floor, squeeze your bottom muscles and lower your pelvis back down to the floor
- 3 x 10 reps
- 5 x week



Hamstring Towel Slide – Eccentric

- Lie on your back and place a cloth under your feet. Start with your heels near your bottom and slowly slide your feet away from your body. Then repeat.
- 3 x 10 reps
- 5 x week



Hip Hinge in Split Stance with Weight

- Start by standing in a split stance with a weight. Use your hips as a hinge and bend your trunk forwards until the weight is at knee height. Return to the starting position.
- 3 x 10 reps
- 5 x week



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Late Stages



Single Leg Bridge with Foot on Step

- Lie on your back with one leg bent and foot placed on a step. The other leg is bent and held in the air. Squeeze your buttocks, lift your pelvis and straighten your hip. Return to the start position.
- 3 x 10 reps
- 3-4 x week



Nordic Curl

- Kneel upright on the floor with assistant holding your heels for stability. Keeping back and knee straight, slowly lean your body forwards towards the floor. Stop the movement when you begin to lose control. Repeat.
- 3 x 10 reps
- 3-4 x weeks

Please see www.physio-logical.net for more information, if you want regular self-help exercises emailed to you then please email us enquiries@physio-logical.net your Name and email address to sign up to our Physio-logical newsletter.

If you would like any further advice, an assessment and physiotherapy treatment can be booked online, email us: 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.



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Nutrition

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

Breaking Up with Sugar: Your First Step to Better Energy

If cutting down on sugar or quitting it altogether is a goal you've set for this year, it's important to start with a plan. Sugar, while providing quick energy, is addictive and that makes it challenging to give up. The good news? With the right strategies, you can stabilize your energy levels, avoid cravings, and improve both your health and running performance.

To learn more about how sugar impacts your body and five practical tips to start your sugar-free journey, read the full here:

<https://www.nutrisay.com/post/is-this-the-year-you-break-up-with-sugar>

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Foodbank Run

In previous years we have supported our local Food Bank in Waterloo, based in Wecock Church at Kite Close and they have been delighted that we are willing to help them again this year. The Food Bank continues to be very grateful for all of our support, so if you are able to donate, please see the suggested list below of requested items which you can bring to training on Wednesday 26th February and Clare and Lisa deliver our donations.

As a club, Denmead Striders will be running to help our local community, along with over 300 clubs and individuals who have signed up across the UK. The Food Bank run is held in February which has been identified as is a key time of the year where families are hardest hit. Christmas has come and gone but the bills need to be paid, not forgetting the ever increasing energy and heating bills. This is why the month of February is such an important time of the year and the Food Bank Run organisation focusses on supporting local communities.

- tinned fruit
- rice
- pasta
- sweets
- crisps
- toilet rolls
- juice
- tinned meals
- custard
- tinned pies
- rice pudding

Thank you to all of our lovely Striders, for your support, it is very much appreciated x.

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Wellbeing

As runners we focus a lot on training, on, pace, endurance, chip times etc, we have our wonderful members who provide physio support and nutritional guidance and we always greet each other with a heartfelt smile or grimace at whatever race or training session might lay ahead. But no matter how we greet each other or how well we do in a training session or race, we only see the surface of each person, we don't always know what each other has left behind at work or home or what awaits on our return. We all carry insecurities, fear, doubts and worries.

Sometimes there are things we just don't talk about for a whole host of reasons, the places only we go to in our minds, the thoughts, feelings and emotions that are our constant companions that even our nearest and dearest don't know about. So this New Year, you have full permission to be kind to yourselves and take care of yourselves, as much if not more than you are to and take care of others.



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It isn't always easy to reach out or to tackle problems or worries that we try to ignore or push to the back of our minds, so please find below a few organisations that might be able to help you or someone you know. Please take care of yourselves as we begin another new year which already feels as if it is speeding away, you all deserve peace and contentment on your life journeys.

Wellbeing apps

Unmind 	Headspace 	Mindfulness made easy 
Sleepio 	Daylight 	Every Mind Matters 



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Notices

Training Sessions

Winter training is continuing at the usual places on Mondays at 6.30pm and Wednesdays 7pm, except for hill sessions which are at the new venue at Portsdown Hill. Please check the Winter Training Schedule for dates and times.

Our last winter session at Waterlooville will be 26th March and then we will be back to Denmead, so look out for the new Summer Training Schedule coming soon.



Club Committee & Roles

All of our committee are volunteers and happily give their time to ensure the club functions behind the scenes. Whilst all the volunteers are currently happy to stay on within their roles, they are also open to change and welcome anyone who has a desire to be on the committee.

If you feel you would be a welcome addition and any of the committee roles particularly interest you then please speak to any of the committee and we can discuss what any of the particular roles involve in further detail or email denmeadstriders@gmail.com

Roles include: Chair, Vice Chair, Secretary, Treasurer, Membership Secretary, Club Kit, Ladies' Club Captain, Men's Club Captain, Cross Country Captain, Striders League, Webmaster, Members' Representatives, Newsletter Editor as well as 10k Committee Members.



Club Shop

We have added some new items to the club shop which may be of interest. Take a look and feel free to expand your Striders range!

<https://shops.hambleside-merchandise.co.uk/club-shops/denmead-striders-shop>

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Striders League

Please find attached the most recent Striders League table and it is great to see some new names heading up the top!

For any of you that are not aware of the league, take a look on the website link below or come chat to one of the committee at training. The top 3 males and females get recognised at our annual awards night.

<https://denmeadstriders.org.uk/league-rules-2024-25-season/>



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Dates for the Diary

The AGM and Annual Awards Ceremony will take place on 28th March 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. Please remember to bring along your own drinks and glasses to celebrate and toast one another.

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Bushy Parkrun – 10th May 2025

As a club we thought it would be a good idea to go to Bushy Parkrun, especially as this was where Parkrun was born and would be a great thing to do as a club.

We have looked into coach travel and whilst the club are happy to contribute partly to this we would ask for anyone interested in coming that you pay £15.00 towards the coach travel.

We will be hiring 1 coach and it will be on a first come first serve basis. So we can gauge an interest on if this would be worth organising please email denmeadstriders@gmail.com if you are interested in attending.

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Well, that's all Folks!

We look forward to receiving any comments or questions, via our Club Reps, Steve and Jenny 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

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.