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The Denmead Striders Newsletter Spring Edition 2025



Welcome to our spring newsletter as we return to the lanes of Denmead for summer training.

Congratulations to all our lovely members who scooped an award at our AGM and Awards Night and thank you to Clare, Kimberley and the committee for organising and hosting a wonderful evening.

In this edition, we have updates from our Club Captains on the Hampshire Road Race League and the results of the Cross Country SCCL races. There is a list of award winners from our AGM and Prize Giving night and hints and tips on how to stay healthy and keep running.

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The clocks have changed and so has our training venue. We have begun our summer training in Denmead and are meeting at Kidmore Lane at our usual times; Monday at 6.30pm and Wednesday at 7pm, the full summer schedule is available on the website or via the link. Please remember to check the starting location for 200m sessions which will take place at The Horndean Campus, reminders will be sent out with information on the venue and parking locations and remember your racing shoes for the Handicap races.

[Summer-2025 v0.2.pdf](#)

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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

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The Denmead Striders Newsletter Spring Edition 2025

Annual Food Bank Run Collection - February 2025

For the third consecutive year, our annual food bank collection has once again been a great success!

Your Impact

Each donation, regardless of size, has contributed to ensuring that fewer people in our community will go to bed hungry. The volunteers at the Waterloooville Food Bank are always extremely grateful when we drop off the donations.



Why Food Banks Matter

Food insecurity affects millions of people across the country—including many in our own community. When we donate to food banks, we provide immediate relief for families and individuals facing difficult choices between food and other necessities.

Let's keep this momentum going. While our official collection happens each February, food insecurity is a year-round challenge, and food banks welcome donations at any time.

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.

Thank You

To every club member who contributed - thank you. Your participation shows that our running club is more than just about personal achievements.



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The Denmead Striders Newsletter Spring Edition 2025

AGM and Award Evening

Thank you to everyone who came and supported our AGM and Awards Night and a big thank you to everyone who volunteers their time to be a part of the club committee, the Denmead 10k committee, our coaches and time trial and handicap race officials. Time is precious in our busy lives and without volunteers we couldn't keep the club quite literally running.

The committee for this year is listed below; please do catch up with any of the committee if you want to find out more about the running of the club or if you would like to take on a role within the club committee or the Denmead 10k committee.

Club Contacts

POSITION	NAME
Chairman	Clare Welch
Vice Chairman	Kimberley Churchill
Secretary	Lisa Peckover
Treasurer	Stuart Hoare
Membership Secretary	Julia Revill
Club Kit	Clare Welch
Ladies' Club Captain	Sam Morris
Men's Club Captain	Mark Bicknell
Cross Country Captain	Paul Welch
Striders League/Webmaster	Graham Clarke
Members' Representative	Steve Trevenna
Members' Representative	Jenny Parks
Newsletter Editor	Dawn Banting
Race Results	Rachael Harrison
Head Coach	Gary McCawley

STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2025

Awards

Our Awards Night followed on from the AGM and was hosted magnificently by Clare and Kimberley with a couple of quizzes thrown into the mix for good measure, a great night and a good chance to catch up with club members and to sit down for a change!

A huge well done to everyone who has put on a pair of trainers and run any distance, everyone has their own personal reasons for running and their own run stories and achievements, chipping away at personal challenges.

This year some of our members won awards but you are all winners for getting out there and running, we are so proud of everyone, no matter how far or fast you run, you are all part of the club and no matter why you run you are all incredible.

The Joyce Burton Award (Chairman's) Bridie Rowlands
Marathon Performance - David Pearson
Distance Award - Alan McVittie
Burtonian Award - Lisa Peckover & Tony Laurenson
Ladies Captain Award - Dawn Banting
Men's Captain Award - Andy Newcombe
Unsung Hero - Bekki Leaves
Best Newcomer - Andy Taphouse & Jack Rose
Male Best Performance - Paul Saunders
Female Best Performance - Kirsty Aked
Male Most Improved - Neil Hawkey
Female Most Improved - Kayleigh Gyles
Cross Country Award - Henry Piper
Significant Recognition - Julia Revill

Distance Championship - Gosport Half
Female Senior & Club Champion for Distance – Kayleigh Gyles
Female Vet 40 - Nicky Thomas
Female Vet 50 - Dawn Banting
Female Vet 60 - Jenny Parks

Senior Male & Club Champion for Distance – Andrew Meredith
Male Vet 40 - Andy Taphouse
Male Vet 50 - Mark Bicknell
Male Vet 60 - Alan McVittie
Male Vet 70 - Roger Jones

10k CHAMPIONSHIP - LORDSHILL
Female Senior & Club Champion -
Kayleigh Gyles
Female Vet 40 - Nicky Thomas
Female Vet 50 - Linda Taylor

Senior Male - Michael Harrison
Male Vet 40 & Club Champion - Julian
Manning

Male Vet 50 - Mark Bicknell
Male Vet 60 - Alan McVittie
Male Vet 70 - Brian Harris

Striders League

Ladies
1st - Jenny Parks
2nd - Nicola Thomas
3rd - Dawn Banting

Male
1st Julian Manning
2nd Rob Wilson
3rd Mark Bicknell

Summer Handicap

Ladies
1st Dawn Banting
2nd - Tracey Crank
3rd - Suzanne Richardson

Men
1st Dave Colenutt
2nd Steve Wooten
3rd Chris Cornwell

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The Denmead Striders Newsletter Spring Edition 2025

Club Captain's Updates

XC Captain Report – Paul Welch

We had a bit of slow start to the season again this year, but did pick up pace throughout and finished in a very respectable joint 3rd place with two other clubs, Alton & Haslemere. Hopefully this isn't an ongoing downward trend from the dizzy heights of 2023.

Liss finished the season as league winners with a final race showdown against Basingstoke to secure the win.

Unfortunately, Fareham RC had to cancel their race again, this time due to lack of forestry commission permission. Hopefully next season will see six races again.

It was great to see eight new runners to XC scene in Andy Taphouse, Billy Chapman, Henry Piper, John Motorshead, Mike Deller, Neil Hawkey, Tony Liddell & Sue Colenutt. We also had a lot of returning faces which I can now class as "my regulars", so the desire to run these races is still strong.

Our men managed one 1st place, two 2nd places, one 3rd & one 4th place finish from the 5 races.

The ladies team positions were, 5th, 6th, two 9th's & 13th.

The combined team results were, (in order of races) 5th, 5th, 2nd, 3rd & 4th.

We had a total of 38 men (up from 33) and 16 women (down from 18) competing in at least one race this season, 23 of these completed four or more races, which scores them bonus striders points.

Of these 23 runners, 9 completed all five races (Gary Armstrong, Gary McCawley, Henry Piper, Julian Manning, Matt Sargent, Mat Sibley & Paul Welch for the men, and just Jenny Parks, Lisa Peckover & Sam Morris for the ladies, these numbers are up from last season, so great to see lots of consistent regular cross country runners.

There were 16 different scorers, with many others following close behind to make sure the gaps were created in the scoring.

Finally, I'd like to thank everyone for turning up to support the club at these races, from results collators to volunteer marshals and obviously everyone that ran for the club.

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The Denmead Striders Newsletter Spring Edition 2025

Men's Captain's Report – Mark Bicknell

The 23/24 season turned out to be another solid display from our men's team, with 11 men competing in 7 or more races, and 2 men, Rob Wilson and Mike Deller completing all 12.

We had 6 men in the top 50 of the individual standings, who were:

Julian Manning	6th.	96.41
Mark Bicknell	14th.	91.63
Rob Wilson.	19th.	87.60
Andrew Meredith	21st.	84.99
Michael Harrison	30th.	80.77
Kev Gale	33 rd .	79.07

So our final team positions were:

A Team: 3rd out of 10
B Team 3rd out of 10
C Team 3rd out of 10

Moving onto the present 24/25 season, with 7 races already completed, the current standings are:

A Team 2nd out of 10
B Team 2nd out of 10
C Team 1st out of 10

So as you can see from these fantastic league positions we have great all round depth in our men's squad.

I think this has helped with the welcome addition of some new faces to the team.

Let's hope we can continue these great performances.

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Women's Captain's Report – Sam Morris

Another amazing year leading a group of amazing women! I now understand the league rules, and I am sure I bore everyone when I go into full "HRRL Mode" when someone asks me a simple race question... Sorry, not sorry!

My first year taught me a lot about the ladies' team; snack preferences, punctuality, certain race rituals etc... however, the most I've learnt is about each individual goal for the races. Whether it is a time goal, to get to the finish or complete as many races in the league as possible. I have seen a positive increase in the number of women entering the league races, with us being able to complete both A and B teams for a majority of the events.

STRIDE & TESTED

The Denmead Striders Newsletter Spring Edition 2025

In 2023/24 we saw thirty individual women who took part in the races, one more than the year before. Six women completed seven or more races, earning points to make the top 70. With both Dawn Banting and Anita Crawley completing all twelve!

2023/24 season stats as follows:

- Ladies A Team finished 1st overall.
- Ladies B Team finished 3rd overall.

Both teams were in the first division.

Individuals ranked in the top 70:

- 9th – Sam Morris (7 races)
- 14th - Nicky Thomas (8 races)
- 35th – Dawn Banting (12 races)
- 48th – Jenny Parks (10 races)
- 54th – Kimberly Churchill (7 races)
- 63rd – Anita Crawley (12 races)

We have had another strong start to the 2024/25 season, we have gained a new C team. Giving us even more opportunities to show up to the league! A Team is currently sitting in 1st position, B Team in 3rd and C Team in 5th position. Let's show them what we've got and get all three in the top 3!!

We have also seen a mixture of ladies in all teams, which is a fantastic opportunity to earn the best (or least) points as possible. With the likes of myself, Kayleigh Gyles, Nicola Thomas, Rachel Muckelt, Dawn Banting, Caroline Whiting, Kirsty Aked and Lisa Peckover all making the A Team so far.

We have seen some impressive times, PBs and come backs this season... but its not over yet. Upcoming races are:

- Alton 10mile – 11th May
- Netley 10k – 18th May
- Alresford 10k – 15th June
- Lordshill – 6th July

We have made our stamp on the HRRL league now, showing not only that we are a club of talented runners but also that we are a welcoming and fun club to run for! I look forward to yet another year as Club Captain (yes, Claire.... I am not going anywhere!!)

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The Denmead Striders Newsletter Spring Edition 2025

Physio Update – Hints and Tips



We would like to say a huge thank you to Natalie March and her team at Physio-logical, for their continued support in providing us with Physio hints and tips every newsletter. Please see the end of the article for contact details. Thank you to James for standing in for Natalie while she was on a well deserved break.

Calf Pain in Runners: What's Causing It and How to Fix It **By James Morris, Sport & Rehabilitation Therapist at Physio-logical**

Calf pain is one of the most common complaints we hear from runners, whether you're just starting out or training for your next marathon. It's often frustrating because it can strike suddenly, linger longer than expected, and disrupt your training routine.

So what's causing that ache, tightness, or sharp twinge in your calf—and what can you do about it?

Common Causes of Calf Pain in Runners

1. Muscle Strain (Gastrocnemius or Soleus)

- These two key muscles make up your calf and are heavily involved in pushing off the ground during running.
- Sudden increases in mileage, speedwork, or hill running can overload the calf muscles, causing microtears and pain.
- **Symptoms:** A sharp pain during or after a run, often with tightness or swelling.

2. Delayed Onset Muscle Soreness (DOMS)

- If you've just returned to running or changed your training, DOMS could be the culprit.
- It usually peaks 24–72 hours after exercise.
- **Symptoms:** Generalised tightness or ache, not usually linked to a specific moment of injury.

3. Achilles Tendinopathy

- Though not strictly in the calf, Achilles tendon issues often cause referred discomfort higher up.
- Often related to tight or weak calves, poor biomechanics, or inappropriate footwear.
- **Symptoms:** Stiffness in the morning, tenderness at the back of the heel, and pain that worsens with activity.

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The Denmead Striders Newsletter Spring Edition 2025

4. Compartment Syndrome (Less Common)

- A more serious issue where increased pressure in the calf affects blood flow and nerve function.
- **Symptoms:** Cramping, numbness, and pain that worsens with activity and eases with rest.

How to Fix It – and Prevent It Happening Again

□ 1. Identify the Cause

- If the pain came on suddenly during a run, it's likely a strain.
- If it's dull and delayed, think DOMS or training overload.
- Persistent pain that doesn't ease with rest may need a professional assessment.

□ 2. Don't Push Through It

- Running on a painful calf can lead to further strain or compensatory injuries elsewhere (like the Achilles or knee).
- Relative rest, and gentle movement are a good starting point.

□ 3. Start Calf Strengthening

- Eccentric heel drops and bent-knee calf raises target both the gastrocnemius and soleus effectively.
- A physio can help tailor a plan based on your specific issue.

□ 4. Stretch Smart

- Calves can feel tight, but static stretching isn't always the solution.
- Dynamic warm-ups before running (like heel walks or skipping drills) and mobility exercises after can help more than prolonged stretching.

□ 5. Check Your Training Load

- Avoid sudden jumps in distance or intensity (the 10% rule is a useful guideline).
- Make sure your training includes rest days and lower-intensity runs.

□ 6. Don't Forget Your Footwear

- Worn-out or unsuitable running shoes can increase calf load.
 - Consider a gait analysis to see if your shoes match your mechanics.
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The Denmead Striders Newsletter Spring Edition 2025

When to come and see us

If your calf pain:

- Lasts more than a week despite rest
- Comes with swelling or bruising
- Affects your walking or running form
- Keeps recurring

...it's time to get it assessed. At Physio-logical, we can help identify the root cause and create a treatment and rehab plan to get you running pain-free again.

Exercises for helping with calf pain:

Early Stage (Pain Management & Mobility)

Goal: Reduce pain and improve basic range of motion

Exercises:

1. Seated Calf Raises

- Sit with feet flat, slowly lift your heels off the floor.
- Low load, minimal strain.



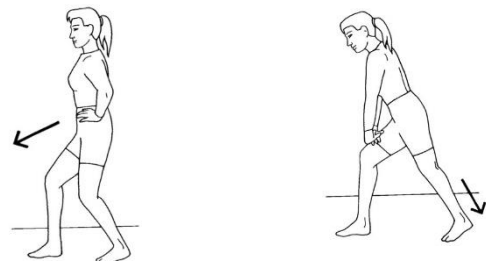
2. Ankle Pumps / Circles

- Gentle movement to promote circulation and reduce stiffness.



3. Calf Stretches

- Static gastrocnemius and soleus stretches (hold 20–30 secs).
- Helps improve flexibility without loading.



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The Denmead Striders Newsletter Spring Edition 2025

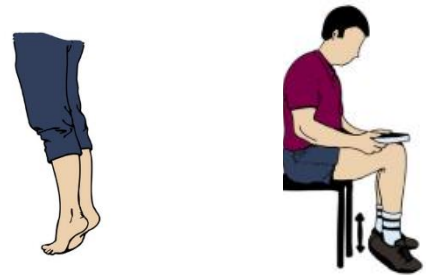
Mid Stage (Strengthening & Control)

Goal: Rebuild strength and endurance in the calf muscles

Exercises:

1. Double-Leg Calf Raises (Straight & Bent Knee)

- Work both the gastrocnemius (straight leg) and soleus (bent knee).
- Progress to 3 sets of 15–20 reps.



2. Eccentric Heel Drops

- Stand on a step, rise on both feet, lower on the injured leg.
- Great for tendon rehab and controlled load.



3. Single-Leg Balance with Heel Raise

- Engage calf and improve proprioception.
- Add a towel under the foot for more of a challenge.



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The Denmead Striders Newsletter Spring Edition 2025

Late Stage (Power, Plyometrics & Return to Running)

Goal: Prepare for running-specific demands and prevent re-injury

Exercises:

1. Single-Leg Calf Raises

- Full body weight, slow and controlled.

2. Skipping Rope

- Low-level plyometric loading builds tendon capacity.
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3. Hopping / Bounding Drills

- Progress from double to single-leg hops.
- Forward, sideways, and multidirectional.



Please see www.physio-logical.net for more information, if you want regular self-help exercises emailed to you then please email us enquiries@phyiso-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 initial assessments, treatments and sports massage too!

Come and see us at our clinic located within Stansted Park, Rowlands Castle.

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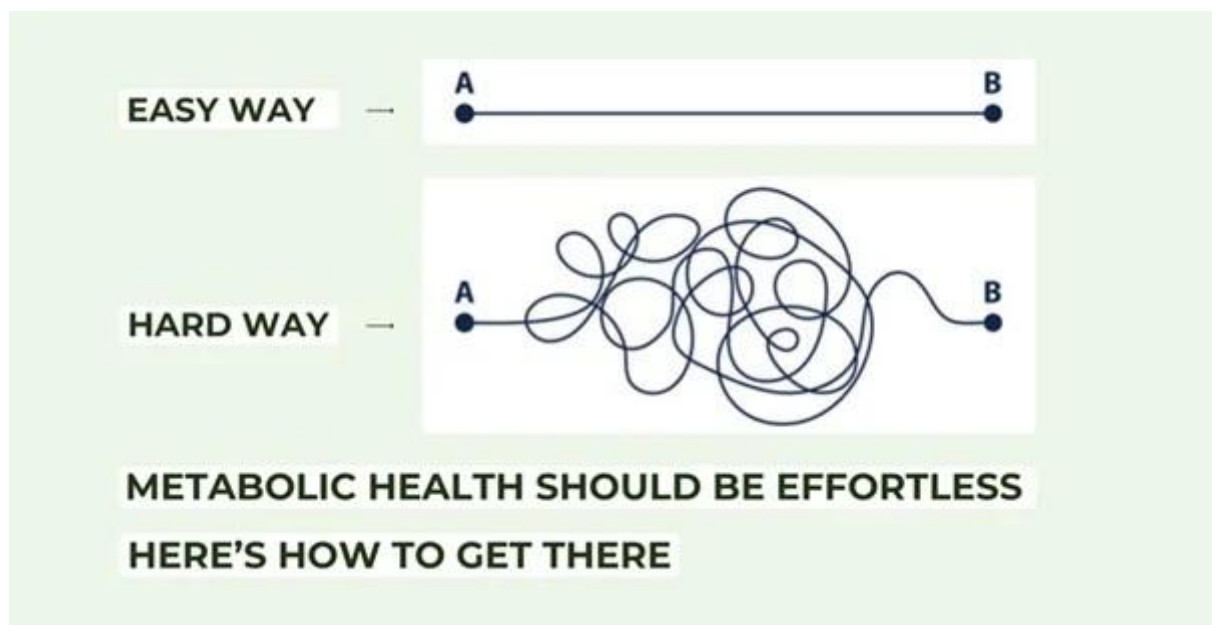
The Denmead Striders Newsletter Spring Edition 2025

Nutrition

Thank you to Slavena for her ongoing support helping us all to look after ourselves from the inside out. Please 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)

Metabolic health should be effortless: Here's how to get there



Why so many people are stuck?

Modern life has created a metabolic mismatch.

Our bodies are wired for a world that no longer exists.

- We wake up in darkness and spend all day under dim artificial light.
- We sit for hours, rarely moving, and then expect the gym to undo it.
- We eat at all hours of the day and night, never allowing the body to burn fat.

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The Denmead Striders Newsletter Spring Edition 2025

- We flood our system with processed food, keeping blood sugar constantly high.
- We rely on caffeine and stress to keep us going, pushing cortisol through the roof.

Your body is out of sync with how it's designed to function.

Fixing it takes some change, but it doesn't need to be extreme. In fact, the solution is often far simpler than people think.

What effortless metabolic health looks like



When your metabolism is working properly in sync with your circadian rhythm, health becomes effortless.

Here's what changes:

- Hunger & appetite regulation: You eat when you're hungry and stop when you're full, no willpower required.
 - Fat burning on autopilot: Your body switches between burning carbs and fat with ease, no extreme dieting needed.
 - Energy & focus all day: No blood sugar crashes, no afternoon slumps, no dependency on caffeine.
 - Deep, restorative sleep: You fall asleep easily, stay asleep, and wake up ready to go.
 - Movement feels natural: You're not forcing workouts, you move because it feels good.
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The Denmead Striders Newsletter Spring Edition 2025

How to get there (Without the guesswork)



It comes down to the **health fundamentals**, of which circadian biology is the cornerstone. This what I guide clients to do:

1. Sync with natural light & dark cycles

Get natural light after waking and go outside regularly. Eat in a natural window & avoid eating 3+ hours before bed. Reduce artificial light at night to allow melatonin to rise naturally.

2. Move & train regularly, but not obsessively

Strength training 1-2x per week. Add in some sprints when ready.
Walk throughout the day, avoid sitting for too long.

3. Be consistent with sleep

Focus on number 1 ↑.

Go to bed at the same time each day.

Aim for deep sleep in a dark, cool environment.

4. Eat nutrient dense, high satiety, local & seasonal food

Limit ultra-processed foods that disrupt hunger signals and metabolism.

Prioritize protein, healthy fats, seasonal foods and micronutrients.

Get these from red meat, eggs, fish, seafood, poultry, dairy, vegetables, fruit, nuts, seeds...

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The Denmead Striders Newsletter Spring Edition 2025

5. Mindset

Know why you're doing this, when motivation fades, this will keep you going.

Keep stress in check with 1 through 4, mindfulness, breathwork, nature, grounding etc.

6. Protect your environment

Remove ultra processed foods from your kitchen.

Limit toxins like pollution, heavy metals, man-made electromagnetic exposure (mobile phones, screens, wireless devices) & endocrine disruptors.

Want to know more???

Visit my website: www.nutrisay.com to

Book a free 30-Minute "Taster" or

Sign up to read "The Feed" my fortnightly newsletter



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The Denmead Striders Newsletter Spring Edition 2025

Notices

Training Sessions

We are asking everyone to pay attention to the coaches at the start of each session. Our wonderful coaches give up their time freely to be with us each week and they need to be compliant with England Athletics regulations which aim to keep us safe during our training sessions.

Thank You!



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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The Denmead Striders Newsletter Spring Edition 2025

Dates for the Diary

Denmead 10k

The Denmead 10k race is being held on 12th October 2025 and all Striders are welcome to enter the race but if you are not running in the race, there are a number of volunteering roles on the day to be filled, you are ensured of a very warm welcome from our Race Director Bekki Leaves and Lead Marshall Paul Welch. The race is well known for its excellent planning and organisation as well as the amazing volunteers and marshals on route and at Race HQ, so why not come along and join in the fun.

For more information of roles on the 10k committee or volunteering roles on the day, please contact Bekki and Paul denmeadstriders@gmail.com

Graham Turns 80!

Our very own Graham Clarke turned 80 back in February and we only thought it fitting to get him something from the club to celebrate this milestone with him. For any of the newer members that may not know Graham, he is the man behind the scenes of our club website and striders league scoring. He also has been involved with the club for many years and was Cross Country Rep before Mr Welch took over. Graham was very pleased with his gift and has sent the attached letter to our members.

Upcoming Races HRRL

Alton 10 mile	11 May 2025
Netley 10k	18 May 2025
Alresford 10k	15 Jun 2025
Lordshill 10k	6 Jul 2025

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The Denmead Striders Newsletter Spring Edition 2025

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

Thank you to Clare and the committee for their unseen and tireless work. Thank you to Gary and our coaches and Julia and her time trial/handicap teams and to Steve for our magical mystery social runs and to everyone who keeps the club running.

Take care, be safe and Happy Running.