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The Denmead Striders Newsletter Summer Edition 2025



Welcome to the summer edition of our newsletter.

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We are eternally grateful to Natalie March and James Morris for their ongoing support in providing physio hints and tips and to Slavena Jensen for her Nutrition advice. Congratulations to Natalie for who is celebrating her 17th anniversary in running her own physio practice and thank you Natalie for sharing your story with us.

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A huge thank you goes out to Mark Bicknell who stood down from being our Men's Club Captain at the end of this season's HRRL. Thank you Mark for the motivation and inspiration you have provided to the men's team, the club as a whole and to the committee. Mark will still be training and racing with the club as he hands over to Andy Taphouse to take over the reins. Read on to find out about Andy's Endure 25 event story and thank you Andy for stepping up to join the committee and support our members.

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As ever a huge thank you to all of our committee members, coaches and handicap/time trial team who give their time freely to support and enable the club to function. Please have a chat with any of the committee or contact via social media or email, if you would like to find out more about the committee or the club roles and responsibilities.

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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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Meet our Club Chairman – **Clare Welch**



I think I got the running bug when I done my first race back in 2012. It was the Chichester 10k and poor Paul got the brunt of it when he tried to come back and encourage me for my final push...the 2nd word was off and he's not done that since...sorry Paul! It took a few more years to really get into it but that was definitely my first taste for it.

I joined the club around 2015 and it was after Mr Welch, as he politely asked me to not join for a while as he wanted to be established as "Paul" and not as Paul n Clare...it took me a year to finally join which was after I came along to one of the awards evenings and just loved meeting all the striders. No sooner did I join I soon became newsletter editor, then took on doing the results. Became vice chair and then somehow got hoodwinked into Chair...think I can see why young Paul wanted me out the picture initially lol.. again, sorry Paul

Favourite distance has to be 10 miles, not too long, not too short and enough of a challenge to not make you regret your life choices

Favourite race/run that I have done has to be the midnight marathon with Lisa Peckover and Brent. Lisa and I were all set for some lovely time together experiencing this first for us and then appears a lost Brent with his walking poles...despite our best efforts trying to shake him off, his persistence won and I'm so glad it did. I don't think me and Lisa would have had as much fun if it wasn't for the 3rd amigo that night in Brent, what a great companion he was for the evening!

Interesting fact

My party trick when I was younger was that I could fit a clipper lighter in my nostril and my fist in my mouth...please don't try this at home kids!

Now I'm full of uninteresting facts like I love to organise practically anything and own a label maker.



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Endure 24 Reading 2025 Event Report by Andy Taphouse Men's Captain



Endure 24, where do you start? Is it a running event, a camping weekend with your mates, or a Festival? Well, it's all of the above!

Endure 24 Reading is a 24-hour endurance event, where teams compete against each other in a relay format. This starts at midday on the Saturday and runs until noon on Sunday. Teams take turns running an undulating 5-mile beautiful trail course to clock up the most laps, which includes running throughout the night. Teams vary in size from Solo runners (that's right, solo!) to teams of 12 in Male, female, and mixed categories.

Representing Denmead was Jo Ward with her mixed team of 6 (Dream Team) and Jack Rose and I in a male team of 6 (Six Pistols).

We arrived on Friday at midday to set up base camp for the team. The camping field was already a sea of team banners and flags, with camps all set up around a focal point, mostly gazebos, fire pits, BBQs, camp stoves, and team rations as far as the eye could see. Many camps had dogs and children running around carefree. Tribes building fortresses is the only way to describe it, setting up for the weekend battle ahead. We followed suit, carefully setting our boundaries to make enough room for all the team's camper van and tents.

Once we set up our make-shift base, we followed suit and cracked open our tipple of choice and sat back to marvel at our creation! Once we finished discussing how we'd do it next year (There is a theme coming here.), we headed to the race village, a sea of colour, music, massive fire pit, stall with running gear for days and food trucks that tests even strongest of wills, the main attraction being 'Runner Rest' a large multipeak tipi set up as a bar, of course beer was sampled!!

A team BBQ followed, and once again, we discussed what we could do better next time at base camp. However, attention was turning to team tactics for tomorrow's event, so we all tried to remember what we'd done the year before and come up with a plan. Since none of us could remember, we decided to head back to the race village to sample the beer again! Beer, race tactics, and occasionally stopping to appreciate the DJ's choice in music repeated themselves several times, before conceding to the lesser will to get back to camp and get



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some sleep, we may have had one last repeat of a drink and race tactics before eventually going to bed, having had a brilliant team bonding evening.

Saturday Race day! All of us, waking and wondering what the race tactics actually are, we registered at race HQ, got our numbers, and received our trackers. All fuelling according to the feat ahead, we predicted our lap one times, and with that, our running order was decided. We filled out our trusty whiteboard noting start times for each of the team member, as the relay handover is such a vital part of the race, take too long to change over and time is lost in the 24 hours and too soon and you risk disqualification for having more than one runner on the course at once. Our tactic was to keep a runner on the course for as long as possible over the 24-hour period.

The race starts much the same as any other, with 1,140 teams competing; it was a busy affair. I had the honour of starting for the team, it has a huge race feel as you start passing



the sea of supporters lining the track, cheering and clapping. You quickly get a reminder it's an undulating trail event, as you turn out of the site and head straight up the first climb, 'The Hill of No Return', toward Wasing Woods, winding up and down through the single track woods, you make it to 'Faraway Forest' a respite of just over a mile of compact wide paths to build the average pace back up pasting 'Deejay Dubs' blasting the tunes all day and night, the impressive refuel station with drinks and fruit meets you towards the end, HR now settled

you are ready to take on the affectionately named 'Heartbreak Hill' at around 3 miles, as it sounds it's a both a mental and physical challenge even on my speediest opening lap run I walked it, tactically it the best way. Having tamed the hill, it's literally downhill from here, the hard work for the lap done, just in time to appreciate the magical 'Fairy Forest' beautifully light up through the night time, after a short blast you are back into the site, weaving and twisting through some of camp area support and encouragement building as you reach the start/finish handover area, fist pumping your team mate and setting them off on the adventurous lap.

Now to catch your breath and head back to base camp to tell the tales of your lap to your awaiting team, each lap with a different story, but don't forget to fill in the whiteboard and prompt the team member to get ready!

The weather in general was very kind, but when the storm that came through later in the afternoon it washed out the trail track, turning it into a mud bath, it dampened our spirits as we huddled under our fortress gazebo, seemingly bulletproof, thinking of our team mate out on the course. The rain stopped, but the mud was there to stay as lap after lap our comrades trudged in, shoulders down, legs, and trainers covered in mud.



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Deep into the darkness, some team members sacrificed sleep to complete back-to-back laps, allowing others to catch up on extra rest. This enabled us to regroup and come out fighting in the early hours as the light returned over the course.

It's hard to explain how running through the night on your own in the dark can build such team morale. By 7 o'clock, the full running order was back in full swing, batteries charged after 2-3 hours of sleep, and the final push began. Every lap was celebrated as we ticked them off. Until we got to the final lap, the race village buzzed as other teams had finished or were always finishing, the organiser left a gap in the railings so the whole team could run down the final straight shoulder to shoulder, brilliant team photos follow, and such a sense of achievement takes over, genuine shared jubilation. We completed 36 laps (180 miles). For context, the winning solo lady completed 23, and the male winner 27; truly amazing!



One of our team members we only met on Saturday morning, and I can now call him a friend.

No doubt, this event has some very dark moments, you'll question whose stupid idea this was, but I guarantee by the end you'll be discussing what next year's tactics should be as you wave each other off home and say, see you next year!

Date for the diary, next year's race is 6- 7th June 2026, it would be great to get a sea of Denmead flags, hoodies and vests at next year's event! A team of 6-8 are an ideal size, depending on pace, but this event is really about the social side of running and turning it into a team sport for one event a year.

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Marathon Anniversary by Peter Maisey

Once upon a time in a land far far away

Forty years ago last month (June 2025) I ran my first and last marathon. Three hours fifty six minutes by the way. As I crossed the line I uttered those immortal words to my waiting wife, "Never again", and have held that promise ever since. Sure, I've run other distances, from 5K to half marathon, but have never felt the urge to try the marathon again.

So why did I decide to try one in the first place? Simple. In a conversation with a running colleague, he said that at the age of thirty five I was too old to run one. And, of course, that was like a red rag to a bull.



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The first thing I should tell you is that this marathon was the other side of the world, where I was working at the time. It was the Port Moresby International Marathon, held in the capital of Papua New Guinea (PNG). The word “international” was justified by the number of ex-pats running. Plus we did have one entry all the way from Finland.

If you aren't sure where PNG is, it's off the north coast of Australia, just south of the Equator. So pretty hot.

Having decided to give it a go, I needed some incentive to keep the training going. Knowing the race secretary, I asked if I could have, and duly received race number one. With that number, I felt I couldn't back out.

So six months before the race, I started training. I use the term 'training' very loosely. As you might imagine, in 1985 PNG books on marathon training were hard to come by, and there was certainly no internet back then. Sure I had one or two running buddies who'd run marathons, but essentially their advice was simply to run, and run, and run. And that's what I did.

The question was when to run. Impossible during the day with the temperatures up in the mid 30s. So I left it until I got home after work. This did cause a few issues. Firstly the tarmac was still throwing out heat from the day's sun. Secondly it got dark about six o'clock. If you've been to tropical latitudes, you'll be aware that the sun goes down very quickly, and it's like turning a light off in a room. It's suddenly very dark. And thirdly my kids weren't happy about the fact that I came home from work and went straight out again. Something had to change.

I took to early morning running.

Was early morning training any better? Well yes and no. I didn't have an alarm clock, but did have a cassette player with a timer on it. Remember we are talking forty years ago in a third world country. Every morning at five o'clock I'd be awakened by Cars singing Drive. Oh how I learnt to loathe that song. Setting off in darkness, I'd hobble the first mile, waiting for joints that had stiffened up overnight to loosen. At least the tarmac had cooled, with the air temperature around twenty degrees.

About six o'clock the sun would rise suddenly over the nearby hills. It was as if someone had suddenly dumped a heavy rucksack on my back. And the temperature rose very rapidly. Sweating profusely, dehydration was a serious issue, so I planned my route from one petrol station to another, where I knew I could get water from a tap on the forecourt, even if they were closed.

As an aside, I can tell you that running in rain in the Tropics is absolute heaven. It's like having a lukewarm shower.

Finally the day of the race arrived. A five o'clock start. So those early morning training sessions paid off. The logistics of ensuring adequate hydration was available meant the course was a double sausage, out and back twice for the marathon, and only once for the half marathon being run



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concurrently. The familiar starting in the dark for an hour, the sun coming up at six o'clock making everything more difficult.

The course wasn't strictly out and back, but had a loop of about four miles passing and returning to the stadium that held the finish line. It was pretty demoralising passing that point with four miles to go, close to running out of energy, and hearing someone being cheered across the line.

Twenty six miles of tarmac, followed by 385 yards of a grass running track. There's no better way to get cramp. But there was no way it was going to beat me.

And then it was done. Never again. And why never again? Simple. The sheer boredom of long distance training. But at least I can say "been there, done that, got the t-shirt".

Four weeks later I flew up into the New Guinea highlands to run a half marathon at an altitude of over a mile. Easy stuff for a recent marathon finisher? 'Fraid not. And I broke up a knife fight for good measure. But that's a story for another day.

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Races – HRRL and XC

XC Update from Paul Welch

I know it's a bit early to be talking about the winter cross country league, but I have a few dates for you to put in your calendar to make sure you don't double book.

As usual, all races start at 11:00am, so you get a nice lay in ☺, and don't forget these do earn you points for the Striders league. The 2025/2026 season provisional XC race dates are as follows

Benyons Inclosure -	Sunday 2nd November
Bourne Woods –	Sunday 23rd November
Lord Wandsworth College -	date tbc (probably between Christmas and New Year)
Chawton House -	Sunday 18th January
Alice Holt –	Sunday 1st March
Hundred Acre Woods -	Sunday 8th March (may move to February because of the closeness to Alice Holt date)

If there are any changes I'll let you know and of course will keep you informed of the details nearer to race date.

As always, it will be great to see as many of you there as possible to continue our strong presence in the league.

If there are any new members that would like a bit more information about the XC league then please contact me through the usual channels or come and have a chat at training.

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HRRL

Thank you to everyone who took part in the HRRL 2024/2025 season whether it was one race or all twelve of the fixtures. Every score counts for the club, as well as the personal achievements in completing the challenges each race brings.

There will be a full report in the next newsletter from our club captains but in the meantime, congratulations go to Julian Manning and Andrew Meredith for being in the top ten in the men's results table and to Nicola Thomas for making the top ten in the women's results table. The provisional team places are:

Men's Team

A Team – 2nd overall

B Team – 2nd overall

C Team – 3rd overall

Women's Team

A Team – 3rd overall

B Team – 2nd overall

C Team – 2nd overall

Further details on scoring and individual scores can be found on the HRRL website <https://hrri.co.uk> and the dates for next season's races are listed below. Some races are open for booking already others will open through the year. Please note the Stubbington 10k race is no longer part of the HRRL but will continue as an independent race and the Totton 10k race is a new addition to the league.

If you haven't taken part in the HRRL and would like to try your hand at some if not all of the races, please have a chat with our club captains for more details. Everyone is welcome to join in no matter your experience or speed; you are guaranteed to find a friendly welcome from the club members before the race and ample opportunity to share race adventures afterwards.

Please do not worry about scoring or teams etc, your running chip on the back of your race number does it all for you. All race results for teams and individuals are listed on the HRRL website and each race will give you points for the Striders League which can be found on the club website. So come along and enjoy some well marshalled runs in a friendly atmosphere in and around the county.



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HRRL Races 2025/26

#	Race	Date
1	Totton 10k	31 Aug 2025
2	Overton 5 mile	07 Sep 2025
3	New Forest 10 mile	26 Oct 2025
4	Gosport Half	16 Nov 2025
5	Victory 5 mile	07 Dec 2025
6	Ryde 10 mile	Feb 2026
7	Solent Half	Mar 2026
8	Salisbury 10 mile	12 Apr 2026
9	Alton 10 mile	10 May 2026
10	Netley 10k	May 2026
11	Alresford 10k	Jun 2026
12	Lordshill 10k	5 Jul 2026

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Looking After Ourselves – Physio, Nutrition and Hydration

As ever we are grateful for club updates and club discount of £5 congratulate Natalie on

member Natalie's physio therapy for club members. This year we seventeen years in business.





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Why this milestone matters:

- We've now helped more than **7,850 local people** manage pain, recover from injury, and stay active.
- Our services include **falls prevention workshops**, post-surgery rehab, sports therapy, and wellbeing memberships.
- We offer a personalised, hands-on approach for patients aged 40–70+ who want to stay mobile and independent.
- We've raised over **£12,000 for local charities**, including Rowans Hospice, Sage House and Cancer Research.
- Recognised in the community through:
 - **Portsmouth Community Business of the Year finalist**
 - **Mayor Community Award winner**
 - Active supporters of the **Live Longer Better Campaign**

As part of our 17th birthday, we're celebrating our patients' achievements, including an 82-year-old member who still enjoys daily walks thanks to regular physiotherapy.

The team at Physio-logical is proudly celebrating 17 years of helping people live active, pain-free lives through hands-on physiotherapy and personalised care.

From treating patients in her one-bedroom house in Basingstoke to running a thriving clinic in the beautiful Stansted Park estate, founder and Clinical Director Natalie March has always had one mission:

"To restore, maintain and enhance people's wellbeing and physical activity, so they can live a better life."

From Olympic Treatment Rooms to Local Villages

Natalie's proudest professional moment came in 2012, when she was selected to treat Olympic windsurfing and sailing athletes at the London 2012 Games in Weymouth.

But she's equally proud of the work the Physiological team continues to do in the local community.

This includes delivering free Falls Prevention Workshops and Talks, also being part of the Live Longer Better Campaign, helping older adults regain confidence, strength, and balance.

"Too many people believe losing mobility is just a part of ageing," says Natalie. "We're here to show it doesn't have to be. We're helping people reduce their falls risk, build strength, and live more independently."



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Award-Winning Community Care

In 2025, Natalie was honoured with a Community Award by the Local Mayor in recognition of her dedication to local wellbeing.

The clinic was also proud to be a Portsmouth Community Business of the Year Finalist, reflecting their commitment to making a real difference to people's lives.

Over the years, the team has also raised more than £12,000 for charities including Rowans Hospice, Cancer Research UK, Macmillan, and Sage House Dementia Support, through mountain climbs, races, and even abseiling the Spinnaker Tower!

Now based in a peaceful converted stable block at Stansted Park, Rowlands Castle, the Physio-logical team includes Natalie March – Clinical Director & Chartered Physiotherapist, James Morris – Clinical Lead Sports Therapist, Josie Blagbrough – Chartered Physiotherapist, Kate Lawton – Sports Massage Therapist, and Gemma Rogers – Receptionist & Customer Service Administrator.

Together, they treated more than 7,850 patients and earned over 220 five star Google reviews.

Exciting news, we have two new Physiotherapists joining our team over the next couple of months too.

New Services: Wellbeing Memberships

Physio-logical, as part of its ongoing commitment to long-term health, recently launched a Wellbeing Membership Plan.

"We MOT our cars so why not do the same for our bodies?" says Myles, 82, one of the clinic's members. "Thanks to regular care at Physio-logical, I'm still walking daily and living life to the full."

What Patients Say

"I've been pain-free since seeing Physio-logical and following their personalised plan. Highly recommend." – Raymond W.

Would You Like to Live a Pain-Free and Active Life?

Whether you're recovering from surgery, managing arthritis, or preparing for a race Physio-logical is here to help.

We offer hands-on physiotherapy, sports therapy, shockwave therapy, sports massage, falls prevention sessions, pre- and post-op rehabilitation, and wellbeing membership plans.

To find out more, go to www.physio-logical.net



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Strength Training for Runners: A Sports Therapist's Approach to Staying Injury Free

By James Morris, Clinical Lead Sports Therapist at Physio-logical

Strength training is often the missing link in many runners' routines. Whether you're chasing a personal best or training for your first 10K, adding strength work can help you run faster, for longer, and crucially, stay injury free.

As Sports Therapists, we see first-hand how strength training improves performance and resilience in runners of all levels. Here's why it matters, and how to get started.

🐾 Why Runners Need Strength Training

Running may seem like a lower-body activity, but it actually involves the entire body working together. Without adequate strength, the repetitive impact of running can lead to common injuries such as:

- IT Band Syndrome
- Shin splints
- Achilles tendinopathy
- Runners' knee
- Calf and hamstring strains

By building strength, you improve:

- ☐ Load tolerance (less strain on joints and tendons)
- ☐ Running efficiency
- ☐ Balance and coordination
- ☐ Recovery time between sessions

🐾 Core Strength Training Principles

We recommend three key elements in any runner's strength programme:

1. Target Key Running Muscles

Focus on areas that do the heavy lifting:

- **Glutes** – for propulsion and hip stability
- **Calves** – for push-off strength and shock absorption
- **Hamstrings** – for speed and stride length
- **Core** – for trunk control and posture



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2. Include Both Strength & Stability

We want runners to move well under control. Exercises like:

- **Single-leg squats – 3 sets x 12 reps**



- **Lunges with rotation – 3 sets x 12 reps**



- **Deadlifts (even just bodyweight or kettlebell versions) – 3 sets x 12 reps**





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- **Step-ups – 3 sets x 12 reps** help improve strength in the exact positions you run in.



3. Use Bodyweight or Simple Equipment

No need for a gym! You can start with resistance bands, a step, or even just your bodyweight. We build up gradually based on your current training and injury history.

🕒 How Often Should You Strength Train?

For most runners, 2 sessions per week is ideal. These don't have to be long, 20–30 minutes of focused work can make a big difference.

Here's a simple weekly structure:

- **Day 1:** Strength session (lower body & core)
- **Day 2:** Run
- **Day 3:** Rest or cross-train (e.g. swim/cycle/row)
- **Day 4:** Strength & mobility (lower body & core)
- **Day 5:** Run
- **Day 6:** Rest
- **Day 7:** Run



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🏃 Real Results from Our Runners

Here's what one of our recent ultra-running patients, **John**, had to say after completing his first 50km ultra marathon:

"James – I would like to say a big thank you for the kindness, advice and support you have given me during the last month. Without your assistance, I would not have even made it to the start line of my first Ultra. I was not only able to start but also complete the 50km. I am extremely grateful to you." – John, Ultra Runner and Physio-logical Patient

We are so proud to have helped John reach such an incredible milestone. Your goals are our goals, and we're here to support you every step of the way.

🏃 Stay Injury-Free & Keep Running Strong

At **Physio-logical**, we're proud to support local runners every week — from easing niggles to providing personalised strength and rehab plans that keep you moving confidently toward your goals.

If you're training for an event, dealing with an old injury, or simply want to run stronger and smarter, we're here to help.

📍 Find us at **Stansted Park, Rowlands Castle, PO9 6DU**

☎ Or call us - **02394 350270** —

we'd love to support you on your running journey.

🎁 **Exclusive Offer for Denmead Striders!** Enjoy **£5 OFF** all:

- Physiotherapy
- Sports Therapy
- Sports Massage
- Shockwave Therapy
- Acupuncture

📅 Book online: physio-logical.net/how-to-book

Let us help you run stronger, for longer — and injury free.

💚 **Physio-logical** – Move well. Feel better. Live fully.





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Nutrition by Slavena Jensen – Nutrition Coach

GLP-1 Weight Loss Drugs: Quick Fix or Long-Term Gamble?



You've probably heard of Ozempic, Wegovy, or Mounjaro. Maybe you've seen a friend drop weight rapidly or read headlines about celebrities and influencers using these drugs. Some are prescribed by doctors. Others are being bought online, through "reputable" suppliers. The results can be striking—people shed weight, report feeling free from cravings, and look transformed. And while results can look impressive and we have a look at history, it's worth asking: Are they really winning in the long run?

As runners, we value movement, consistency, and doing things the right way. But we're not immune to curiosity—or concern—about how these medications are shifting the weight loss conversation.

So, what is GLP-1?

GLP-1 (Glucagon-like peptide-1) is a naturally occurring hormone released after we eat. It helps regulate blood sugar, appetite, and digestion. The medications mimicking it—like Ozempic and Wegovy—amplify this effect by:

- Slowing digestion (so you feel fuller for longer)
- Reducing cravings and less food focused thinking
- Lowering blood sugar and improved insulin sensitivity
- Often dramatic weight loss (up to 15–21% of body weight in some trials)

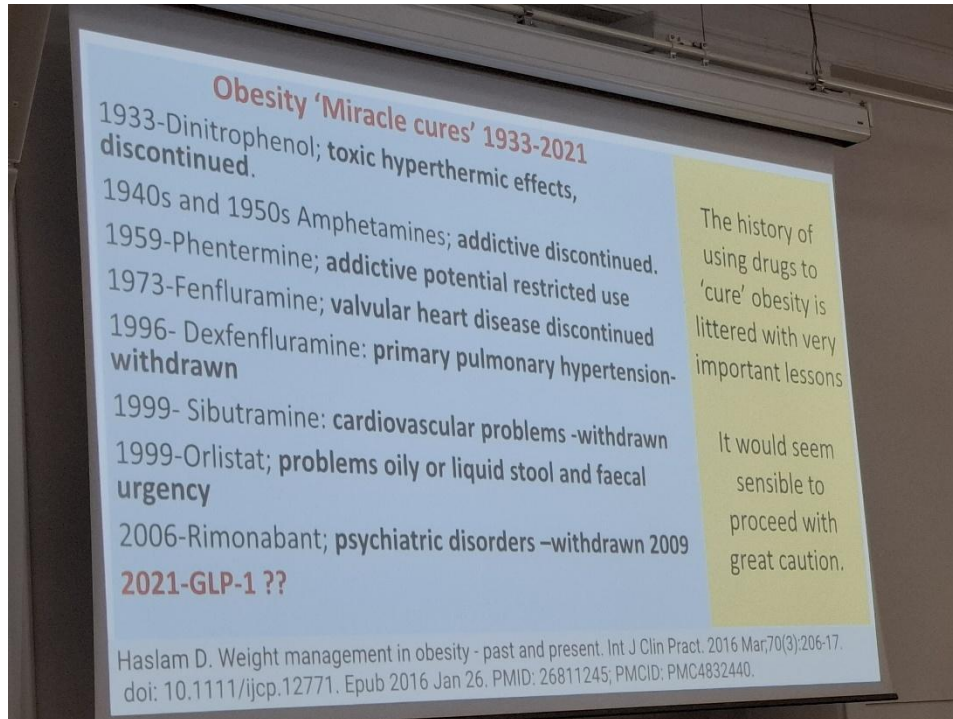


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It sounds like a miracle fix—but could it be a pattern we have seen before?



The weight-loss industry has a dark history. Amphetamines in the 60s, fen-phen in the 90s, ephedra in the 2000s—all initially celebrated, all eventually banned.

Each promised fast, effortless weight loss. And each left behind a trail of severe side effects: heart problems, strokes, liver damage—and yes, even death.

These “miracle cures” are reminders of that legacy. Names and packaging change, but the narrative stays the same: hype, harm, and silence around the real cost.

Yet here we are again. GLP-1 medications may seem different—more clinical, more tested—but are we repeating history?

The Upside reported is

- ❑ **Weight Loss** – Users often see significant drops in body weight, which can reduce the risk of type 2 diabetes and cardiovascular disease.
- ❑ **Blood Sugar & Insulin Control** – Originally developed for diabetes, these drugs support better glucose regulation.
- ❑ **Cardiovascular Benefits** – Some research shows reduced risk of heart attacks and strokes.
- ❑ **Mental Relief** – Many report feeling “freed” from constant food thoughts and emotional eating.



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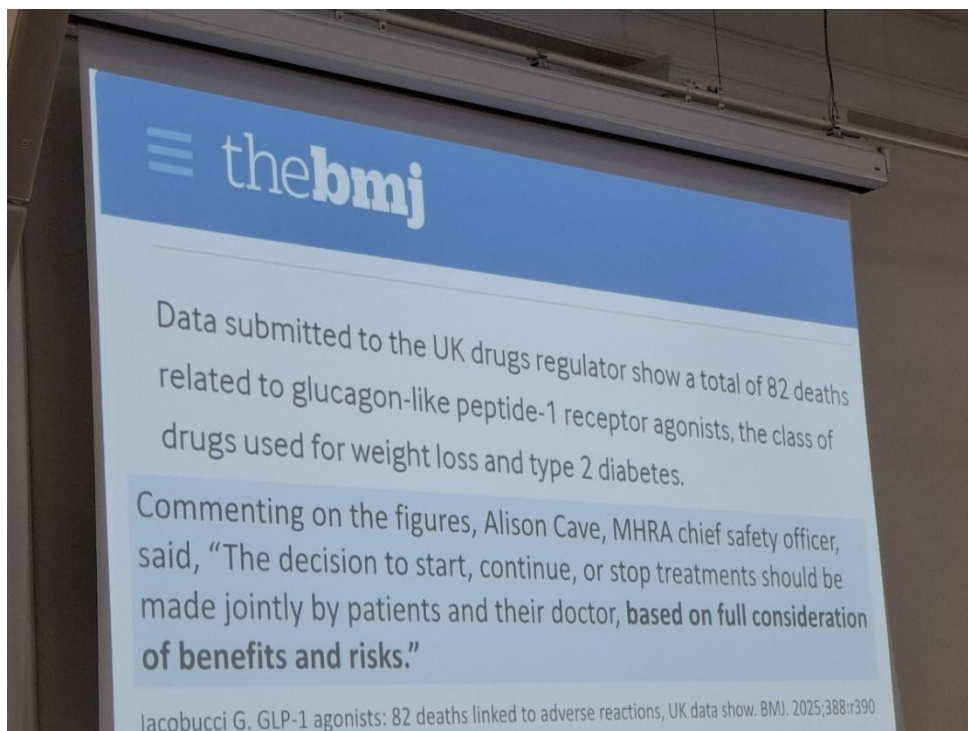
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But.... While the headlines tout success stories, here is what often gets buried:

- ⚠ Severe digestive distress – Up to 70% of users report nausea, vomiting, or painful constipation.
- ⚠ Muscle loss – Up to 39% of weight lost may come from muscle, not fat.
- ⚠ Rebound weight gain – Most users regain a large portion of the weight once the medication stops.
- ⚠ Low blood sugar, fainting, and fatigue
- ⚠ Risks of pancreatitis, kidney injury, thyroid issues, and mental health side effects

And yet, the data on deaths linked to these drugs is rarely publicised.



Just like with the weight-loss aids of the past, it's often only years later that the full impact becomes clear—sometimes too late.

What Makes It Work Better?

The people who do best on GLP-1 medications don't rely on the drug alone. They also prioritise protein and key nutrients to avoid under-eating and malnutrition. This combined with strength training helps to preserve muscle and metabolic health. Whether injecting GLP-1 or supporting its natural release, practicing mindful eating and knowing real hunger cues is always a winner.



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And yes, a drug can be helpful—but only as a tool, not a stand-alone fix. When paired with healthy lifestyle changes, the results are more likely to last. But without that foundation, many people find themselves back at square one when the injections stop.

Even if GLP-1s prove to be safer than the weight-loss drugs that came before, the pattern remains:

Weight loss without behaviour change doesn't stick.

And treating a symptom without addressing the root cause doesn't bring true health.

So, Where Do We Go From Here?

As athletes, we know that transformation doesn't come overnight. It comes from showing up, one step at a time—through all seasons.

GLP-1 drugs might offer support for some, especially in cases of severe insulin resistance or emotional eating. But history tells us to be cautious, because the cost—physical, emotional, and financial—can be high. And the long-term consequences are still unfolding.

We're not here to judge anyone's path. But we are here to advocate for health that's earned, not injected. For a community built on consistency, strength, and mutual support—not quick fixes.

Let's keep talking, questioning, and encouraging each other. Because when the hype fades, what's left is what truly works: food that fuels us, habits that ground us, and movement that keeps us going—together.

Have you been tempted to use a GLP-1 but want to try a non-medical way first?

Or are you using a GLP-1 and want diet and lifestyle help to ensure long term success?

I am here to help with a non-judgemental approach, so you build a lifestyle that you love.



[**Book a free 30-Minute "Taster"**](#)



STRIDE & TESTED

The Denmead Striders Newsletter

Summer Edition 2025



Heat & Hydration Tips from Gary McCawley – Lead Coach

- Always stay hydrated throughout the day, dinking little and often. If you are planning a long run take a water bottle with you and take a sip every mile or so. On warmer days I usually mix in half a teaspoon of salt.
- Always wear sun cream, even if it is a short run.
- Plan a route that includes shade to give you a respite from the sun.
- If you can, avoid running on the pavement, try trail or off-road running the heat bounce back from the ground will be less intense.
- If time and work allows, plan an early morning run. The cool stillness of an early morning run can be therapeutic, especially through the woods of QECP or Staunton Country Park.
- Wear a cap to protect your head from the sun.
- Have a snack after your run to replace essential minerals lost during sweating.
- The Monday and Wednesday club sessions are not set in stone. If it is a warm evening and you feel the need to increase the recovery or reduce the number of repetitions this is perfectly okay.

Happy & Safe Running!





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Denmead 10k



Firstly, a huge thank you to everyone who volunteered and raced at last year's event. It was a sell out race with huge amounts of positive feedback from the competitors. As ever time is marching on and October is not far away.

Our Race Director Bekki Leaves and Lead Marshall Paul Welch are looking for volunteers to join the gang on 12th October for the 2025 race, there are a number of roles to cover for race day and on the run up to the event.

There are also some vacancies available on the 10k committee. If any of you might be interested in stepping up to enable this much loved community event to continue, please speak to Bekki or Paul at training or via denmeadstriders@gmail.com to find out more about volunteering for race day or any of the committee roles.

They will be more than willing to have a chat and to gently persuade you it's absolutely the right thing for you to do!

So, save the date and come along as a competitor, see the link below or as a volunteer and join in the fun!

Sunday 12th October 2025

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The Denmead Striders Newsletter Summer Edition 2025



RIP

It's with great sadness that we are writing to say that our friend and fellow strider Gary Cassop-Brown passed away peacefully with Gail by his side.

Some of you may not have met Gary as he has been living up in Scotland in recent years but he did come down for the most recent Striders Christmas Party so you may have been lucky enough to meet him then and seen him busting out his infamous dance moves.

For those of us that knew him, we will remember Gary for his commitment to the club and especially the fun he always brought to our social events.

A remarkable man who will be missed.

Thanks for the memories Gary!

NOTICES

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](#)

* * * * *

Results

Please let Rachael Harrison know either via Facebook or email about your racing achievements. Rachael would love to hear from you, so please keep her posted and we love hearing about everyone's achievements and wouldn't want anybody to miss out on some much deserved recognition and who knows you might just inspire someone else to take up a challenge!

* * * * *

Well, That's all Folks!

Thank you to everyone who has contributed to this newsletter and if anyone has any views, ideas or comments then please speak to the club rep's Jenny and Steve, any member of the committee or one of the coaches. Everyone's ideas and views count and together we can continue keeping our small yet mighty club quite literally running.

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