

STRIDE & TESTED

The Denmead Striders Newsletter

Autumn Edition 2025

Welcome to our autumn newsletter, as we say a very Happy 80th Birthday to Brian and thank you Brian for our post training celebratory treats.

Congratulations to Bekki, the 10k committee and all in the club who made the Denmead 10k possible and well done to all Striders who ran the race as well. Hear more from Bekki in the newsletter.

With our winter training under way can we please remind everyone to dig out their High Viz and reflective clothing! Our first Time Trial is under our belts and further details of future time trials and hill training sessions can be found on the website or via the link https://denmeadstriders.org.uk/wp-content/uploads/2025/09/Winter-2025_web_v0.3.pdf

We have physio and nutrition tips and a request from Slavena of any nutritional hints and tips you would like to hear about for our next newsletters.

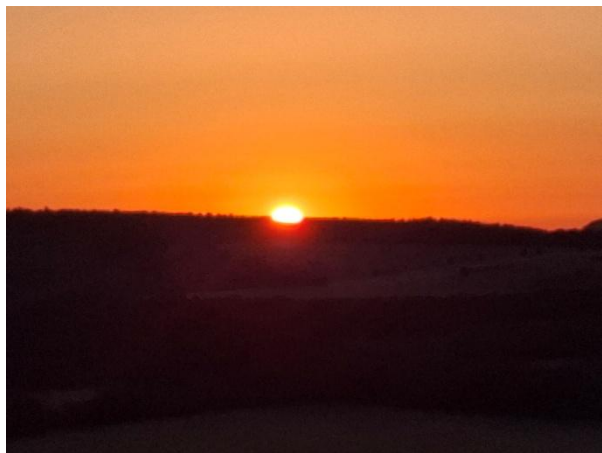
Please drop any requests on nutrition or any comments and other requests to denmeadstriders@gmail.com

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The Summer Solstice Run by Steve Trevena



They say that mad dogs and Englishmen go out in the midday sun.

Well 18 Denmead Striders & guests went even better and as they go out to see the sun rise on the summer solstice on 21st June.

We saw the sunrise at 4.55am just before some cooling light rain. After a 5 miler, Chalton Churchyard saw an impromptu picnic with everyone behaving so not to wake the local residents.

What a great way to start the day!

**Date for next year's diary
Sunday 21st June 2026.**



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# STRIDE & TESTED

## The Denmead Striders Newsletter Autumn Edition 2025

### The Denmead 10k Race



A big well done goes to Bekki and the 10K Committee for another amazing race, even more runners than last year and a sell out as well!

So much unseen hard work goes on behind the scenes and the reviews and feedback shows just how much the runners enjoyed the race and appreciated all the hard work that went into race day.



Our Race Director *'I would just like to add a special thank you to all the volunteers who helped us make the Denmead 10k the most successful and profitable one yet! We had 300 entries completely sell out weeks before the race and so it's a testament to what a great event we put on.'*

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Races

The 2025/2026 Hampshire Road Race League (HRRL) is under way. The Hampshire Road Race League is an annual series of road race for all runners from participating clubs in the county of Hampshire. There are twelve races in the season from August 2025 to July 2026.

Please have a chat to Andrew and Sam our Club Captains for more information on the HRRL. Everyone is more than welcome to come along to as many or as few of the races as you choose. There are races of all distances in some lovely parts of the county and it doesn't matter your speed or experience everyone is welcome.

Please see below race details for the 2025/2026 season.

#	Race	Date	Race results	League results*
1	<u>Totton 10k</u>	31 Aug 2025	<u>link</u>	<u>link</u>
2	<u>Overton 5 mile</u>	7 Sep 2025	<u>link</u>	<u>link</u>
3	<u>New Forest 10 mile</u>	26 Oct 2025		
4	<u>Gosport Half</u>	16 Nov 2025		
5	<u>Victory 5 mile</u>	7 Dec 2025		
6	<u>Ryde 10 mile</u>	Feb 2026		
7	<u>Solent Half</u>	8 March 2026		
8	<u>Salisbury 10 mile</u>	12 Apr 2026		
9	<u>Alton 10 mile</u>	10 May 2026		
10	<u>Netley 10k</u>	17 May 2026		
11	<u>Alresford 10k</u>	Jun 2026		
12	<u>Lordshill 10k</u>	5 Jul 2026		

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#### XC – dates, intro, updates and training tips

As we have a few new members, (and also to remind the longer standing members) I thought that I would give you a small insight into the world of cross country running. Denmead Striders is a member of the Winter League which has 22 clubs who this year will compete in 7 multi-terrain races held between October and April. We have a new rule this year where the clubs team comprises of the first 4 men and first 4 women finishers. (Previously 5 men & 3 ladies)

Each race is 5 ish miles of off-road terrain usually consisting of mud, grass, mud, trail, mud, tree roots, mud and maybe a few little hills. I think you get the idea. Now I understand that this might not immediately appeal to some runners, but it really is a welcome distraction from the pressures of road race running and trying to constantly get PB's or course bests. By the pure nature of the courses that we run, it is never going to be a 5 mile PB, so you can instantly forget about pace or time and just enjoy the run for what it is, a dirty, muddy, wet, Sunday run in the beautiful Hampshire countryside with like-minded athletes.

Although, as I said earlier it's only the first 4 from each gender that score for the team I would welcome as many members as possible to come along, there is always a great team effort in supporting and cheering on every last member, even the members outside of the top 4 can influence the result as teams are scored by adding up finishing positions, so getting yourself a little further forward can mean another club scoring 1 or 2 points less.

Of course, after the fun we all discuss at length everything that we loved (or hated) about the race.

Oh and by the way these races are FREE! All you need is to wear a club vest to be eligible.

So get your trail shoes out, come along and give it go, you may just like it.

Unfortunately, not all dates are confirmed yet, but as & when they are I will let you know ASAP.

Paul Welch,  
Your friendly neighbourhood XC rep

Below are the list of the remaining fixtures for the season.

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## **The Denmead Striders Newsletter Autumn Edition 2025**

**02 NOV 2025 11:00 - BENYONS INCLOSURE**

Hosted By:

### **LOCATION INFO**

**23 NOV 2025 11:00 - BOURNE WOODS**

Hosted By: Farnham Runners

### **LOCATION INFO**

**21 DEC 2025 11:00 - LORD WANDSWORTH COLLEGE**

Hosted By: Hart Road Runners

### **LOCATION INFO**

**18 JAN 2026 11:00 - CHAWTON HOUSE**

Hosted By: Alton Runners

### **LOCATION INFO**

**08 FEB 2026 11:00 - 100 ACRE WOOD**

Hosted By: Fareham

### **LOCATION INFO**

**01 MAR 2026 11:00 - ALICE HOLT**

Hosted By: Farnham Runners

### **LOCATION INFO**

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Looking After Yourself ...

Physio Update



Stretching, Foam Rolling, and Mobility: What Does the Science Really Say?

By James Morris, Sports Therapist at Physio-logical

If you're a runner, you've probably heard all sorts of advice about stretching, foam rolling, and mobility exercises. But with so much conflicting information, it can be hard to know what's actually beneficial. Let's break down what the science really says.

1. Stretching: Before or After?

For years, many runners were told to stretch before running to prevent injuries. Research, however, tells a more nuanced story:

- **Static stretching** (holding a stretch for 20–60 seconds) before running doesn't significantly reduce your risk of injury. In some cases, it may even temporarily decrease strength and power.



Walking Lunges

Stand up straight.

Take a large step forwards into a lunge.

Both hips and knees should be at 90 degrees as you lunge down.

Make sure your front knee is directly above your ankle and pointing forwards.

Push up, stepping your back leg to the front leg.

You may touch this foot to the ground, or bring it straight through to repeat the movement, leading with your other leg.

Continue this sequence in a straight line.

- **Dynamic stretching** (leg swings, walking lunges, high knees) is more effective as part of a warm-up. It prepares your muscles and nervous system for the demands of running.



High Knees

Jog on the spot bringing your knees up as high as you can. Make sure you land lightly on the balls of your feet, springing the leg quickly back up.

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Post-run static stretching can help with flexibility, but it's not a magic bullet for preventing soreness.

2. Foam Rolling: Does It Really Help?

Foam rolling has exploded in popularity, and for good reason. It can:

- Improve short-term range of motion.
- Reduce muscle tightness and soreness.
- Help with recovery when done after hard sessions.

However, foam rolling is **not a replacement for training or stretching**. Think of it as a recovery tool rather than a cure for stiffness or injuries.

2. Mobility Work: Functional Movement Matters

Mobility exercises focus on joint health and movement quality. Unlike static stretching, mobility drills often involve controlled, active movements through a full range of motion. For runners, this can:

- Improve stride efficiency and running mechanics.
- Reduce the risk of overuse injuries caused by poor movement patterns.
- Complement strength training for more resilient muscles and joints.

4. The Bottom Line

Science suggests that runners will get the most benefit from:

1. A **dynamic warm-up** before running.
2. **Foam rolling or self-massage** as part of recovery.
3. **Targeted mobility and strength exercises** to support running mechanics and prevent injury.

Remember, no amount of stretching or rolling will compensate for inconsistent training, poor technique, or inadequate recovery. Think of these tools as pieces of a bigger puzzle to keep you running strong, healthy, and pain-free.

Stay Injury Free and Keep Running Strong

At Physio-logical, we work with local runners every week to prevent and recover from injuries. Whether you're dealing with a niggle or want a personalised plan to support your training, we're here to help.

Need advice or a tailored stretching and mobility programme?

We are located at Stansted Park, Rowlands Castle, PO9 6DU so please feel free to pop into the clinic or drop us a message, we'd love to help keep you strong, healthy and race-ready. Members of Denmead Striders receive a £5 discount on physiotherapy, sports therapy and sports massage sessions.

Please visit the website www.physio-logical.net for more info!

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Looking After Yourself ...

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)

Is your heart really healthy? 5 signs every runner should know



As runners, we like to think we've got the whole "heart health" thing covered. After all, we clock the miles, get our heart rates up regularly, and probably have more running shoes than formal shoes. But here's the truth: fitness doesn't always equal heart health.

Many active people pass the "physical activity" test with flying colours but still have hidden cardiovascular risks that go unnoticed until they show up in blood work—or worse, a emergency trip to A&E.

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The good news? You can catch early warning signs long before they become problems.

What's actually going on inside the heart?

Heart disease isn't just something that happens to sedentary people. It's an umbrella term for conditions that affect how the heart works or how blood flows through it. The most common culprit is coronary artery disease—when plaque builds up in your arteries, narrowing them and reducing blood flow.

You won't always feel symptoms, even if the process has started. That's why prevention and regular check-ins matter—even for runners.

5 markers worth paying attention to

1. **Blood pressure**

Even fit people can have high blood pressure, especially if they're under stress, not sleeping well, or overdoing caffeine and training intensity. Ideal readings hover around **120/80 mmHg**.

2. **Resting heart rate**

Yes, lower is generally better—but not too low. A resting rate of **55–75 bpm** usually reflects strong cardiovascular fitness. If it suddenly rises by more than 5–10 beats, it could signal fatigue, illness, or overtraining.

3. **Cholesterol and lipid profile**

The basic cholesterol test misses a lot. Advanced markers like **APOB, oxidised LDL**, and **Lp(a)** tell a clearer story of arterial health. You can have “normal” cholesterol yet still have a high risk if APOB is elevated.

4. **Homocysteine levels**

High homocysteine can damage artery walls and increase clot risk. It's often linked to poor methylation (how your body processes certain B vitamins), so it's worth testing—especially if you have a family history of heart disease.

5. **Omega-3 to Omega-6 balance**

A diet heavy in processed oils (omega-6) and light on oily fish (omega-3) fuels inflammation—one of the sneaky drivers of heart problems. Runners need omega-3s not just for heart health, but also to support recovery and joint function.

If you're not sure where you stand, ask your GP or contact us at **Nutrisay** (details below) for a full heart health or cardio-metabolic screen. Think of it as a fitness test for your arteries.

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Habits that quietly chip away at heart health

Blood sugar swings

Endurance runners often assume carbs equal energy and therefore health. True—but constant blood sugar spikes cause inflammation and increase risk of insulin resistance, which harms heart health and energy stability.

Try pairing carbs with protein and fibre, and save quick sugars for when you actually *need* them—like mid-long run (until you become **fat adapted**)

Time to make your heart health as strong as your stride?

At Nutrisay, we help runners (and their families) get beyond “fit on the outside” to truly healthy on the inside. We dig into what’s driving fatigue, stubborn weight, or recovery issues — then give you the nutrition, lifestyle strategies, and science-backed support to keep your heart, metabolism, and energy in peak form for the long run.

Chronic stress

Your body can’t tell the difference between work stress and racing stress. Prolonged cortisol elevation raises blood pressure and impairs recovery. Even a few minutes of daily deep breathing, journaling, or outdoor time can reset your system. ***Omega-3 deficit***

Most runners eat nowhere near enough oily fish. Aim for **3–4 servings weekly**, or consider a good omega-3 supplement.

Relying on standard cholesterol tests

If your GP says “your cholesterol’s fine,” that’s not the whole story. Ask for advanced lipid testing if you really want to know what’s happening inside your body.

The runner’s heart tune-up checklist

- Mix endurance with resistance training—strong muscles support a strong heart.
- Keep an eye on recovery. A consistently high resting HR or poor sleep might signal overtraining.
- Go easy on added sugars and processed snacks—they spike blood pressure and inflammation.
- Don’t skimp on mental recovery. A calmer mind equals a steadier heart.

Your heart is the engine that powers every step, hill repeat, and sprint finish. You’ve already got the drive—just make sure the engine stays as strong as the legs it powers.

Book a free 30-Minute “Taster”

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Club Health and Safety Policy – Kimberley Churchill

Please find attached the current club Health & Safety Policy. It would be a good idea to have a read through to refresh your memory ahead of Winter Training.

I would also like to bring to your attention the rules around headphones, as per the policy **only bone conducting headphones** may be used during any club training sessions. This ensures you can hear all instructions including those of safety as we run in public places including on roads.

Denmead Striders
Health & Safety Policy
August 2024



Club Responsibility

As far as possible, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition.

The scope of the Health and Safety guidelines extends to training sessions and organised Club events. To achieve its aim, the Club will:

Endeavour to provide helpful guidance to members verbally and make the Health and Safety Guidelines available on the Club website.

Publish and review specific risk assessment documents where appropriate, such as for individual events or to ensure adherence with government health guidelines.

Ensure that additional risks associated with leading groups such as darkness and adverse weather conditions are considered, mitigated, and shared with members.

Ensure that Club coaches and run leaders are suitably experienced to lead Club training sessions and groups.

Provide suitable facilities and equipment for Club training sessions and Club events including First Aid and Welfare facilities.

Ensure that any organised sporting event is subject to a suitable and sufficient risk assessment.

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Member Responsibility

Members will:

Familiarise themselves and abide by the Health and Safety Guidance located on the Club website when they join and on annual renewal of membership. This Guidance includes advice on weather, terrain, personal limitations and protecting fellow Club members.

Do their best to prevent harm to themselves, running partners or members of the public.

Acknowledge that they owe a duty of care to not wilfully injure themselves or others by negligent acts or omissions.

The Club relies on its members to report any problems encountered whilst running on training routes. For example, dangerous stiles, damaged pavements, potholes, poor visibility etc.

Policy and Guidelines Review The Health and Safety Policy and Guidelines will be reviewed on an annual basis to ensure that they remain accurate and reflect the Club ethos.

The Guidelines All members agree to abide by the Clubs Health & Safety Guidelines as follows:

Safety Generally

All Club members must take personal responsibility for their own safety, whilst keeping a watchful eye on others running in the same group, particularly new members.

Consideration should be given to others, and common sense used.

In adverse weather conditions, members must take extra care and be vigilant to additional risks such as slippery or uneven surfaces.

Members should exercise common sense for personal safety issues including hydration and the treatment of strains and injuries due to participation in the sport. If additional advice is required, members should seek advice from experts and professional practitioners outside the running Club as appropriate.

Only bone conducting headphones may be used during any training session or running event in which Club members may participate as this can obstruct and hinder any instructions given.

Medical Conditions

All members of the Club declare themselves medically fit to run at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury.

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Members with any medical conditions agree where appropriate to carry with them the relevant details of the condition and their name, address, and emergency phone number contact details.

Appropriate Clothing

Members should understand the value of wearing appropriate clothing for the time of the year and appropriate shoes for any variations in terrain.

When running in the dark members should take responsibility for making themselves highly visible by wearing bright clothing, preferably with fluorescent or reflective strips, and be aware that drivers may find it difficult to see you.

It is advisable during the autumn and winter months that members consider wearing head torches, chest torches or use actual torches to improve their own visibility when running and to also make themselves more visible to any drivers, cyclists, and members of the public.

Appropriate footwear should be worn at all times and consideration should be given to the surface being trained on (e.g. shoes with extra traction for running on the grass or trails).

It is the responsibility of members to check the website or social media to ensure that the correct footwear is worn for the planned training. Failure to wear appropriate clothing may result in you being unable to participate in a Club run due to risk.

Staying Together

On certain training sessions, a tail runner may be assigned to ensure that no one individual gets left behind. However, runners should be aware that this is not always possible.

If anyone decides to leave the group whilst out on the run, they must inform at least one other runner in that group who then must ensure that the run leader is made aware.

Run leader should carry a mobile phone to be able to call for help if required.

Road Sense

Routes shall be planned to avoid unlit roads at night during hours of darkness.

On roads without footpaths runners shall run to the right to face any oncoming traffic or to the left at bends where forward visibility to the right is limited.

The run leader will ensure the safety of the group when crossing any main roads and ensure members are across safely before carrying on the session.

First Aid

Members should familiarise themselves with any individuals who have a recognised emergency first aid qualification within the Club.

All run leaders should either have the means to send the member back to the Club or the nearest A&E for the necessary treatment, or carry the suggested of first aid items.

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The run leaders will have a basic understanding of how to give treatment or first aid response to any minor injuries or basic response in the event of more serious injuries until the arrival of emergency services.

Incident Records

Any incidents should be reported to the committee member responsible for Health and Safety (Vice Chair) for future reference, and for making known to all Club members when appropriate. Actual incidents involving any member, or third party shall be formally recorded with a committee member.

Endorsement

These guidelines are endorsed and annually reviewed by all Committee Members.

Date of Next Review August 2025

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Club Updates

Saturday Social Runs are ongoing throughout the winter, starting at Costa in Cowplain at 7.30am followed by a well-deserved cuppa afterwards. A warm welcome is always guaranteed and the runs are a great way to catch up with old friends and make some new ones while enjoying the local countryside at a more sedate pace than training sessions and races.

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Race Dates

HRRL – Race & Date Link <https://hrri.co.uk/>
XC - Race & Date Link www.southerncrosscountryleague.co.uk

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Club Kit

It has been a long time coming but we finally have the new club kit in stock. In essence it looks the same to keep our club looking consistent but hopefully you will find the fit and feel a lot better. These can now be found on the same website as our hoodies - I look forward to seeing them fly off the shelf!

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

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Committee Positions

Don't forget we are still trying to fill positions for some of our current committee with the intention for change over on March 2026.

For anyone interested, please come speak to us and we would love to let you know what is involved (it is not that scary I promise).

Equally if you think anyone is scared to put their hand up but would love to get involved, then give me a little nod to who and I am sure I can have a chat further.

Without our wonderful volunteers our club would not be able to run so it would be great to have some interest in the roles.

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Well, that's all folks!

If you have any stories or adventures you are willing to share (even better some incriminating photographs as well) or you have any ideas or topics you would like to see covered, please email denmeadstriders@gmail.com

Thank you to each and every one of you for being a part of the club and a huge thank you to Clare, the Committee and to all who keep the club running.

Keep safe this autumn/winter and Happy Running!

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