

Seaford Striders Running Club Newsletter



Seaford Striders RC

Meeting on Monday and
Wednesday evenings at
The Downs Leisure
Centre, Seaford at 7pm

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Special points of interest:

- Members please note the AGM will be 2 December 2009 at 8pm. You should have received your notification by now by Alex as a hard copy. Please note the London Marathon ballot application—please return back by 25 November 2009 for this.
- Mince Pie 10 mile Race—6 December 2009—11am numbers are up at the moment compared to last year. Mainly because of online presence. Members who are not running will no doubt be asked to marshal — maybe you have not marshaled at all—please ask either Geoff or Linda if you can spend sometime on that morning in Peacehaven/Saltdean

Lucozade is onboard for Mince Pie Race—special presentation night

Lucozade Sport Presentation

-18th November 2009 — Club Night

On Wednesday 18th November we have invited Gareth Turner from Lucozade Sport to our club night. Gareth is a member of the Lucozade Sport Science Academy. His role is to offer education and advice on how hydration and nutrition can give you an edge in your performance. On the evening for any willing volunteers Gareth will be performing hydration testing, which consists of taking a pre-run urine sample to assess hydration, pre & post weighing to calculate sweat loss and sweat patch collection to understand sweat electrolyte concentrations. He will then comment on these test results (anonymously), perform a Powerpoint presentation on the key areas of Hydration, Fuel, Focus, Recovery and Strength and then answer any questions you may have. Gareth will bring with him sample Lucozade Sport products.

The evening's itinerary (approximate timings):

6.45pm Volunteers have pre-run hydration testing

7.00pm Volunteers go for a run for between 30 minutes to 45 minutes.

7.45pm Volunteers have post-run hydration testing

8.00pm Comments on test results

8.15pm Powerpoint Presentation

9.00pm Questions

9.15pm Finish

Even if you don't want to volunteer for the hydration testing I hope you will stay behind after your run and attend the presentation, I'm sure you will find it of great interest.

Please support the club in attending this event as Lucozade Sports are supporting 'The Mince Pie 10' race by very generously providing bottles of body fuel drink and body fuel cereal bars for the goody bags along with distance markers, drink station markers, banners, t-shirts and caps. Gareth will also be present at 'The Mince Pie 10' race, offering sports nutrition and hydration advice and giving out samples of Lucozade Sports products.

Nicki and Gary run London to Brighton

Nicki Brenchley and Gary Hatcher recently ran from London to Brighton in 9:50:10 and 9:51:07 respectively the times suggesting that they ran together most of the time—which they did. They were running on behalf of Martlets Hospice and raised £2500 approx. This event once a road race is

now mainly off road trail race and covers 56 miles more that double the marathon distance. Starting in Blackheath London this is a first for Gary although Nicki has completed the road version.



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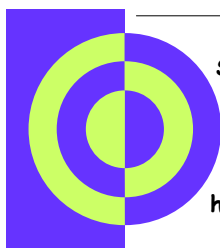
Cross Country League 2009/2010

Saturday

- 24 Oct 2009 League 1—Goodwood
 - 28 November 2009 League 2- Plumpton
 - 6 Dec 2009 Vets Champs Horsham
 - 2 January 2010—Sussex Champs Stanmer Park
 - 9 January 2010—League 3 Bexhill
 - 20 February 2010—League 4 Lancing Manor
- SEE OUR OWN WEBSITE FOR FURTHER DETAILS or Adrian Campbell

Sunday

- 22 November 2009—Whitbread Hollow
 - 13 December 2009—Warren Hill
 - 24 January 2010—Ashdown Forest
 - 14 February 2010—Cross in Hand
 - 28 February 2010—Plumpton
 - 14 March 2010—Pestalozzi
- SEE OUR OWN WEBSITE FOR FURTHER DETAILS or Linda Jennings



Social Events

5 December 2009—7-7.30pm Seaford Striders Christmas Meal— Golden Palace, Seaford, £18 per head.

6 December 2009, 11am Mince Pie 10 Mile Road Race—this is a social if you are marshalling, if not a run as well. Merry Christmas!!

30 January 2010—Seaford Striders Presentation Night/ Buffet and Disco for everyone. £10—accompanying children free. The annual night now moved to the start of year which will include Juniors as well as Seniors, Vets etc—Full details to follow later.

The walking arm of Seaford Striders ie Seaford Strollers is taking a rest until next year as the event on 22 November 2009 clashes with the Cross Country League.

Beachy Head Marathon Special

Beachy Head Marathon on 24 October 2009 provided us with some stories as usual for such a big event.

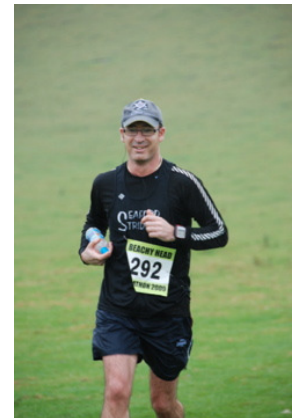
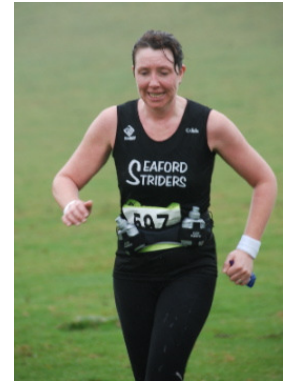
The weather was disgusting - adjectives used were muddy, treacherous, misty, rainy, brilliant, warm, supportive, hilly, tea, mars bars.

Some Striders ran their first marathon— notably Di Fletcher, Stuart Batchelor, Rob Ward, Mathew Eade

A social followed at The Seven Sisters pub on the Saturday evening.



Beachy Head Marathon Special continued



Martin Bulger, Club Captain shortly after completing the Beachy Head Marathon as a special race on 30 October 2009, which coincided with Martin's 60th Birthday and more importantly his 150th marathon overall. Friends and family made sure he had such a special day.