

This is the 7th issue of Striders Express if you are new members to the club we welcome you.
If are not new members and have not read our newsletter then where have you been?
This is a 25th Anniversary Rob Webber special
Your contributions to future issues are welcome ian.pwalker50@ymail.com



FUN IN THE FOREST FOR THE SEAFORD STRIDERS * THE FOURTH FRISTON FOREST FIVE MILE
HANDICAP FUN RUN * PLUS, POST RACE PICNIC
SUNDAY 17TH JULY MEET 11A.M.
BUTCHERSHOLE BOTTOM CAR PARK FRISTON FOREST
(ROAD BETWEEN FRISTON POND AND JEVINGTON)

RUN DETAILS

AN EVENT JUST 4 FUN NO WINNERS NO LOSERS NO PRESSURE!

A 5 MILE COURSE MAINLY FLAT WITH FEW SMALL RAMPS ON THE PATHS AND TRACKS IN FRISTON FOREST. THE RUN WILL BE ON A HANDICAP BASIS I.E. SLOWER RUNNERS STARTING BEFORE FASTER ONES. STARTING ORDER TO BE SORTED ON THE DAY. THIS WILL BE DECIDED BY THE RACE DIRECTOR USING A UNIQUE MATHEMATICAL FORMULA BASED ON STATISTICAL INFORMATION GATHERED FROM RECENT AND NOT SO RECENT EVENTS (OR PURE GUESSWORK FOR THOSE WITH NO PREVIOUS) IF YOU FANCY AFTERS. TAKE A PICNIC, PUT A BLANKET ON THE GROUND. HAVE A POST RACE NATTER AND GET TOGETHER. IN THE LOVELY FRISTON FOREST. EVERY ONE WELCOME FROM NEW MEMBERS TO THE OLDIES TO THE YOUNGSTERS!!

PLEASE LET NEIL SMITH, GEOFF GRAY OR NATALIE McCREATH KNOW IF YOU ARE GOING TO PARTICIPATE OR JUST TURN UP ON THE DAY!!

Neil's contact..TEXT/PHONE 07801474367/ EMAIL neitherunner@tiscali.co.uk

THIS YEARS WINNER (NOT NECESSARILY THE FASTEST) WILL RECEIVE A TROPHY KINDLY DONATED BY THAT FAMOUS OCTOGENARIAN STRIDER PETER WATSON

NO RACE ENTRY BUT CAR PARK IS PAY AND DISPLAY

STRIDERS EXPRESS GOLDEN TIP Number 7

If you are entering a race, do not overtrain. Do not run too hard days before a race. Save energy and avoid injury.

The more you enjoy your racing the better you will run. Avoid over eating the day before, and drink enough to avoid dehydration.

'Life is about racing, everything else is just waiting', steve McQueen



Remember: Marshalls are vital to the future of our sport. Go on be a little hero and step up to be a marshall.

Our great Chairman Robert "Rob" Webber is standing down from his post after this year. The team at Striders Express think Rob has been a great Chairman as we are sure many other Striders agree. Further issues will be dedicated to other committee members. Without these people there would be no Seaford Striders.

A parting gift Rob and Puma Gardening Services are donating the **Jo Jo Gunne trophy** where any strider can have their name on a plaque, all they need to do is run three races in three consecutive days and satisfy Rob or the committee this has been achieved.

Easy, the races can be local or anywhere in the world, they only need to be in three consecutive days, you don't need to be fast. Give it a go and see if you can be one of the first names on the Jo Jo Gunne Trophy.

Striders Express would like to invite you to enter a fun competition.

Entry fee 0.50 pence

Rules: name as many song titles as you can with Run or Race in the title, there will be bonus points if you can also name the singer / band or year, There will be a prize subject to number of entries, and entry fees will contribute towards club funds. (currently I can only think of 3)

We have no entries yet, maybe the competition is too hard.

Striders have until November 2011 to hand in their entries, and the winner will be announced in December.

This issue is dedicated to our current Chairperson Rob Webber.

We don't need to say what a jolly good chap Rob is and is one of a few who can hold the title of a Striders Strider. His support to the club, fellow Strider's and junior Strider's is clear. In the opinion of Striders Express Seaford Striders holds and deserves its reputation of one of the best if not the best running clubs in the South of England and it is down to people like Rob who have built Seaford Striders into the club that it is today.

Some things you may or may not know about our Rob.

- Rob lives in Seaford with his wife Jackie and their children.
- Category: **50/54 club**
- Favorite run: **Cuckmere Valley river run from 'Up and over' (1st or 2nd bridge) and back via sheeps field.**
- Favorite race: **Hastings Half Marathon**
- Best running memory: **10K BP Worthing 39:58**
- Favorite drink: **Pint of real ale bitter**
- Favorite food: **Sunday roast**
- Favorite film: **Star Wars – the first one with Harrison Ford.**
- Other hobbies: **Socialising**
- What do you do for a living: **Puma Gardening Services, and a man of letters.**
- Favorite book: **Don't do books**
- Favorite holiday location: **Dunwich, Suffolk**
- What would have been your dream job: **Professional footballer**
- What football team do you support: **Manchester United**
- Who is your hero: **Bobby Charlton**
- Who has influenced you most: **My dad.**
- Favorite place in Sussex: Seaford – **Seaford Head at the top of the concrete road by the cliffs and looking towards the Seven Sisters cliffs across Cuckmere Haven.**
- Favorite animal: **this a tie between a Puma and a Tiger.**
- Favorite car: **Don't really do cars, but like the look of the older Lotus.**
- Are you a competitive Strider: **There is friendly rivalry in our age group, so yes.**

STRIDERS EXPRESS is being created for Seaford Striders and we would love to hear from you.

Please exercise your right to reply, and subject to our code of decency we will include all replies in following issues. Any items that may be considered offensive or personal will not be included. *Cheers, Jan*