

# Seaford Striders Newsletter

## Sussex Road Running Grand Prix Continues in 2009 after Striders win Top Prize

The Sussex Grand Prix is back and up and running in 2009 after Seaford Striders won overall in 2008.

At one stage this was in doubt for its continuation for various reasons but is back under the watchful eye of some of our rival clubs—Crowborough Runners, Healthfield Runners and Wadhurst Runners whose members constitute the main leadership roles.

All races from 2008 are included - details on the striders web site. There are now 19 races—the main difference is that Worthing 20 is re- included within the schedule. The number of races that you races to get included for points has not changed either— which is 8 races and two of these must be 10 miles or greater.

One difference is that the Senior League of both sexes will cease to appear and hence will be incorporated into the senior league.

Full details of the rules are shown on their new web site [www.sussexgrandprix.co.uk](http://www.sussexgrandprix.co.uk) Analysis may not appear until after the 8th race.

Overall we were first team and also Geoff Gray was first overall male runner—in fact after being runner up a couple of times in recent years it was much deserved. The

Striders also presented Geoff with a special award in achievement of this. Highlights for the open teams were those that included 2nd mens open Team (Geoff Gray, Chris Piper, Colin Hannant, Ryan Stewart, Gary Hatcher, Philip Carr, Tony Cross, David Holden, Gary Lee, Michael Martin). For the Ladies the 1st Open Team were our ladies—Natassa Swan, Donna Wells, Julie Ann Moore, Natalie McCreath and Diane Fletcher.

The Vets Senior Mens teams were 2nd and comprised of Chris Piper, Colin Hannant, Philip Carr, Tony Cross and David Holden.



Striders at a recent club night with the Steve Ovett cup—the top prize for first overall team.

## Seaford Striders Committee

This meets about bi monthly throughout the year and items relating to the Striders and also the wider running fraternity are discussed in all its wisdom. Current members and roles are on the Seaford Striders web site. Other members can attend and if they are interested to know what is

going on. They cannot vote. At the end of the year one meeting is primarily used to assist in the awarding of the prizes for the presentation evenings. In fact one decision of the committee was to split up the Christmas Meal and presentation evening into two different events. The meal will be in

early December whilst presentation evening will be in January 2010 and will hopefully acknowledge both the Sussex and Club Grand Prix and Juniors in one spectacular event at a venue in Seaford.

### Seaford Striders

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

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#### Special points of interest:

- Can members please pay the appropriate subscriptions to Linda Jennings ASAP if they wish to remain a member of Seaford Striders. This is especially important if members are entering Sussex Grand Prix races if you want your points to count for the club
- Mince Pie 10 mile Run—this will hopefully be continuing later on this year -any ideas to improve our trademark event please have a word with Geoff Gray and/or Natalie McCreath. Numbers were slightly down in 2008 and it would be great if this went the other way again.

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## Seaford Striders

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*We're on the Web!*  
[www.seafordstriders.org.uk](http://www.seafordstriders.org.uk)

Any items or news and views please  
email to me at the email address listed.

  
**SEAFORD STRIDERS  
RUNNING CLUB  
ESTABLISHED 1986**

### Social Events

This subsection of Seaford Striders is now up and running or even walking: After two successful walks in January and March of this year further walks are planned on 19 June 2009, 21 August 2009 and 22 November 2009. They normally consist of a circular off road 3 hour walk followed by a visit to a local pub.

There is a possibility of a walking weekend in June to be held in Dorsetshire. Details of the above can be obtained by Anne Flavill and/or Linda Jennings or the web site.



Rob Webber, Claire and Martin Bulger at the Hastings Half Marathon 2009

## Results from the Sussex Beacon Brighton, Eastbourne and Hastings Half Marathons 2009

### Sussex Beacon

#### Brighton Half Marathon

1 Geoffrey, Gray, 01:14:58; 2 Ryan Stewart 1:21:47; 3 Colin, Hannant, 01:26:15; 4 Phillip, Carr, 01:26:07; 5 Gary, Lee, 01:31:25; 6 Dave Holden 1:22:32; 7 Natasha, Swan 1:35:28; 8 Adrian Campbell 1:34:21; 19 Neil Bradford 1:43:33; 10 Bob Ward 1:43:07; 11 Fern Ketley 1:49:05; 12 Natalie McCreath 1:46:09; 13 Ian Walker 1:58:12; 14 Phil Dray 2:09:01; 15 Alex Parsons 2:24:20

#### Eastbourne Half Marathon

1 Geoff Gray 1:16:36; 2 Chris Piper 1:25:22; 3 Ryan Stewart 1:26:58; 4 Colin Hannant 1:30:01; 5 Phil Carr 1:31:53; 6 Gary Lee 1:33:22; 7 Adrian Campbell 1:33:39; 8 Wendy Joy 1:34:45; 9 Claire Ethington 1:44:03; 10: Bob Ward 1:44:22; 11 Natalie McCreath 1:44:50; 12 Jason Harris

1:46:57; 13 Ian Walker 1:53:50; 14 Di Fletcher 1:53:56; 15 Stuart Batchelor 1:53:55; 16 Tom Roper 2:01:26; 17 Murray Hicks 2:06:26; 18 Chris Wrathall 2:08:38; 19 Anne Flavill 2:10:43;

#### Hastings Half Marathon

1 Geoffrey, Gray, 01:16:34; 2 Matthew, Eade, 01:24:00; 3 Chris, Piper, 01:25:47; 4 Ryan, Stewart, 01:26:41; 5 Dave, Dunstall, 01:27:19; 6 Gary, Hatcher, 01:28:22; 7 Phillip, Carr, 01:28:32; 8 Colin, Hannant, 01:30:31; 9 Wendy, Joy, 01:30:42; 10 Gary, Lee, 01:31:26; 11 Anthony, Cross, 01:33:00; 12 Adrian, Campbell, 01:34:36; 13 Mark, Taylor, 01:35:57; 14 Natasha, Swan, 01:36:20; 15 Claire, Etherington, 01:41:07; 16 Donna, Wells, 01:45:38; 17 Natalie, McCreath, 01:47:13; 18 Richard, Honeyman, 01:47:17; 19 Robert, Webber, 01:53:00; 20 Julie, Moore,

01:52:31; 21 Stuart, Batchelor, 01:52:55; 22 Jane, Thompson, 01:54:05; 23 Diane, Fletcher, 01:55:41; 24 Nick, Parsons, 01:56:32; 25 Ian, Walker, 01:58:01; 26 Michelle, Dobson, 01:56:22; 27 Neil, Smith, 02:01:04; 28 Louise, Gander, 02:02:48; 29 Tom, Roper, 02:04:13; 30 June, Streeter, 02:04:42; 31 Tom, Batts, 02:04:58; 32 Robert, Ward, 02:08:03; 33 Jonathan, Collins, 02:11:21; 34 Chris, Wrathall, 02:14:08; 35 Anne, Flavill, 02:13:45; 36 Philip, Dray, 02:17:54; 37 Alexandra, Parsons, 02:21:20; 38 Martin, Bulger, 02:26:13; 39 Claire, Bulger, 02:26:22; 40 David, James, 02:26:31; 41 Sally, Mann, 02:29:05; 42 Ken, Browning, 03:49:28; 43 William, Young, 03:49:27;