

**LEO HOUSE TUCK INTO A MINCE PIE FEAST**



Get your hands off perv!

You look lovely in yellow, Cath

My name's not Cath, and I ain't wearing yellow

I wish Dave would take his chin off my head

CAROL DUNN FROM LEO HOUSE came to the club last month to be presented with a cheque from December's Mince Pie run. A record entry of 312 raised nearly £800 from entry fees and sponsorship.

Leo House, a children's hospice based in Brighton, were delighted to receive the donation, which was handed over by our very own Martin Bulger.

The 2004 Mince Pie marked the last race to be organised by Dave Borley, who has done a magnificent job over the years, in ensuring its growing success. In fact it was recently elected one of the UK's top ten races in Runner's World Magazine. Thanks a lot, Dave.

Natalie Dawson has now grasped the baton from Dave and as we speak is striding purposefully towards setting up this year's event, which is on Sunday 11th December 2005. As is the way of all race directors, Natalie will be counting on your support to keep things running smoothly. So don't disappoint her. To date no decision has been taken about which charity

**NEW WEB SITE SENSATION (AL)**

JANUARY SAW THE RE-LAUNCH of the Seaford Striders Website. Packed to the gunwales with information and presented in a user friendly form, the site aims to keep members up to date with Club news and be a welcoming portal to any prospective members.

So go and pay us a visit and tell us what you think. We would welcome feedback from you. Is there anything else you would like to see on the site, or any parts that you think we could improve?

You can visit us at the usual address [www.seafordstriders.org.uk](http://www.seafordstriders.org.uk).

Send any comments/suggestions to [webmaster.seafordstriders@virgin.net](mailto:webmaster.seafordstriders@virgin.net)

preference or suggestion, please contact Nat or a member of the committee.

**INSIDE THIS ISSUE:**

- ▶ Page 2 Race Results
- ▶ Page 2 Club Move?
- ▶ Page 2 New Years Day
- ▶ Page 3 Grand Prix Rules
- ▶ Page 4 The Club Profiles
- ▶ Page 5 ABC of Sport
- ▶ Page 6 Track Dates
- ▶ Page 6 Prize Round Up

**And Lots, Lots, Lots, Lots More**



## RUMBUSTIOUS RACE ROUNDUP

ON A BLAZING HOT, even sub-tropical\* early February morn, 23 intrepid Striders joined a record field for the high octane, adrenalin rush that is the Chichester 10k, 6.214 unforgiving miles around the mean, urban streets of that historic coastal town that we like to call, er, Chichester. From the look of the times there would appear to be quite a few PB's, but as we weren't there we stand to be corrected, like the man in the orthopaedic shoes.

\* We are assuming that it was blazing hot as they ran out of water at the finish!

**TOURNA-MENT**

Geoff Gray	33.09	Alan Andrews	46.30	Natalie Dawson	50.26
Steve Dawson	36.41	Jackie Webber	46.30	Marie Prior	51.01
Ryan Stewart	36.50	Elaine Borley	47.04	June Streeter	52.36
Dave Holden	39.24	Tim Mottram	47.15	Mark Chadd	52.49
Mark Taylor	39.34	Fern Ketley	47.28	Debbie McDermott	57.02
Robert Webber	44.53	Tess Howell	48.10	John Erey	57.04
Martin Turjussen	44.53	Richard Honeyman	48.18	Maureen Crowhurst	60.00
Charlotte Long	46.17	Barbara Andrews	49.20		

### CLUB TO MOVE HOME?

THERE HAS BEEN SOME DISCUSSION of late in the club around the possibility of our moving from The Downs to another venue, possibly Seaford Football club.

Club Chairman, Rob Webber, informed us recently that he had received some complaints from members about the Leisure Centre and their relationship with us. The main problem areas seemed to be the Committee Room not always being ready at 7.00pm on a Wednesday evening, difficulties arising from the juniors congregating in the foyer, and the bar not being open.

Rob said that he had spoken to Council official, Len Fisher, and enquiries were ongoing into the Striders using the Football Club facilities at The Crouch. (Seaford Town Council will be taking over the running of The Crouch as from this April.) Another possibility would be a move back to the Salts and Seaford Rugby Club.

As yet there are no concrete proposals but as soon as any are forthcoming, there will be a meeting to discuss the matter. So watch this space for further developments and let the committee know your thoughts.

#### A NOTE ON YOUR NOTES

IF YOU AIN'T PAID your subs yet, then hurry up and pull your finger out! Not only will it entitle you to all the benefits of Strider's Membership (such as this glorious rag) but you'll also be able to run more easily.

Anyway we need your dosh urgently (see story right).



THE ANNUAL SEAFORD STRIDERS New Year's Day Run, which is held every year, annually, on New Year's Day, was very well attended this year. However in a break with tradition, as you can see, the first footers decided to venture further afield, leave Seaford seafront behind and go where the climate was more amenable.

The whole day was considered a marvellous success by everyone involved.

"It was a marvellous success," stated Mark Chadd, one of those involved. "Everyone thinks so."

The only sour note on the event occurred when Club Treasurer, Neil Smith, was presented with the bill for the travelling arrangements.

"He completely over-reacted," said Mr Chadd. "After all, £989 per head seems a very fair price to me, especially when you take into account the boost to Club morale."

He continued, "Now I wish I hadn't brought him back that model of King Tut's head in a glass jar filled with water and fake snow. No gratitude!"

Mr Smith was unavailable for comment at the time of going to press, although he did wave at us with a couple of fingers.

## SUSSEX GRAND PRIX STUFF

### THIS YEARS DATES

06 February	Chichester 10K	July?	To Be Advised Bexhill 5K?
20 February	Sussex Beacon Half Marathon	28 August	Newick Will Page 10K
27 February?	Goodwood 10M <span style="color: red;">May Not Be Run!</span>	11 September	Hellingly 10K
13 March	Hastings Half Marathon	18 September	Hove Prom 5 Mile
20th March	Worthing 20 Mile	02 October	Lewes Downland 10 Mile
To Be Advised	Horsham 10K	30 October	Barns Green Half Marathon
15 May	Hailsham Town 10 Mile	13 November	Phoenix Park Races
08 June	Worthing 10K	20 November	Brighton 10K
26 June	Heathfield 10K	27 November?	Crowboro 10K <span style="color: red;">To Be Confirmed!</span>

**AS WE HAVE LOTS OF NEW MEMBERS, MANY RUNNING THE SUSSEX GRAND PRIX FOR THE FIRST TIME, WE ARE INCLUDING HERE A SUMMARY OF THE MAIN REGULATORY POINTS OF THE COMPETITION.**

THIS COMPETITION IS OPEN to all clubs who are members of the Sussex Road Racing Grand Prix. There are a number of nominated runs throughout the year, which are held in and around the County.

Each person runs as a member of his or her first claim club and as an individual. Points are awarded to everyone who is a member of the Grand Prix and the person with the highest score at the end of the year is the winner. The highest scoring club is the winner of the Grand Prix Trophy

The method of scoring is as follows:

- Men and women are scored separately.
- Any runners other than those in the SGP will be ignored.
- The first man to finish a race is awarded 500 points, the second to finish 499, the next 498

- and so on down to the last runner to finish.
- The women's points are awarded in the same manner.
- Each person's best 8 runs are counted and the one with the highest score is the winner. The best eight results will be taken from whatever number of events each person takes part in.
- At least two of the runs must be 10 miles or more.
- There are many age categories in both male and female groups and trophies can be awarded to the top three in each. There are open and vet categories in the club competition as well as the individual and a lot of trophies are awarded here as well.
- Some of the more senior vet runners do not need to complete so many runs to win individual prizes.

The full set of rules is available at  
[www.sussexgp.co.uk](http://www.sussexgp.co.uk)

## CLUB GRAND PRIX STUFF

THE CLUB GRAND PRIX is open to anyone who is a fully paid up member of SEAFORD STRIDERS.

The qualifying races are the same as those of the Sussex Grand Prix with the addition of two extra local races. However, only six races need be completed and the first race in the Club GP is the Crowborough 10k and the last is the Brighton 10k. The two additional races are the Lewes 10k and the Cuckmere House Challenge.

The method of scoring is as follows:

- Men and women are scored separately.
- Any runners other than SEAFORD STRIDERS will be ignored.
- The leading Strider in each case will be awarded one point, with two points for second, three for third and so on down to the last Strider to finish.
- The person with the lowest score over their best six races is the winner.

- The best six results will be taken from whatever number of events each person takes part in.
- At least one run must be 10 miles or more.
- In the event of a tied score, the next best result will be taken into account. If still tied then the next best result, until all results have been taken into account. If still tied, then the person who has taken part in the greatest number of runs will be the winner. If still tied the trophy will be shared.

Trophies will be awarded in the following categories:

**SENIOR WOMAN  
VET WOMAN (35-44)  
SUPER VET WOMAN (45-54)  
ULTRA VET WOMAN (55+)**

**SENIOR MAN  
VET MAN (40-49)  
SUPER VET MAN (50-59)  
ULTRA VET MAN (60+)**

If you have any queries on either Grand Prix, then speak to your GP co-ordinator, Glynis Breeds

## THE CLUB PROFILES

**Name** Mark Chadd.

**Age** Who wants to know?

**When did you start running?** 3 years ago.

**What motivated you to do it?** I was fed up having sand kicked in my face. I wanted to wear a vest and little shorts and be a real man!



I'd Have Beaten 2 Hours If I Wasn't Carrying This Damn Fish!

Thank God! The Finish. I Can Get Some Water!

**Favourite distance/event and why?** 10k

**What's your training regime?** A little bit often, together with running about 3 times a week.

**Favourite training run?** From home to the Welly.

**PB's?**

10k: 52.10 Half Mar: 2.08 I've only ever done 6 races, none of them of the same distance so they're all P.Bs.

**Who's your sporting hero?** Ronnie Peterson; Swedish Grand Prix driver in the 70's, the fastest driver never to win a world championship and the most natural person you could meet, despite his iconic status at the time. (I used to drive race cars so hence the connection).

**Aims/targets for future?** To complete the South Coast Triathlon in September.

**Camilla or Diana?** Camilla, you can't beat experience!

**Jack Dee or Jim Davidson?** Jim Davidson (in the good old days when comedians were comedians and not pc)

**Beer or wine?** A bit of both.

**Corrie or Eastenders?** Can't stand soaps.

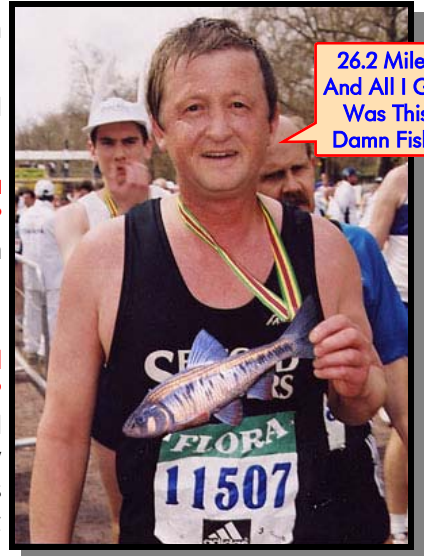
**Pudding or Cheese?** Also a bit of both.

**Name** Martin Bulger.

**Age** 55 and rising.

**When did you start running?** As a senior, in 1977.

**What motivated you to do it?** Having enjoyed cross country and the mile as a youngster at school.



26.2 Miles And All I Got Was This Damn Fish!

**Favourite distance/event and why?** The marathon, particularly the New Forest. Marathons allow you sufficient time to enjoy the thrills of running, the camaraderie, and value for money. (Poor old Linford Christie - only 10 seconds of fun. The New Forest is a challenging and picturesque course and I was born in the New Forest area.

**What's your training regime?** To run as often as I can.

**Favourite training run?** Up on the Downs.

**PB's?**

10k: 33.58 10m:55.19 Half Mar: 1.14 Full Mar: 2.41

**Who's your sporting hero?** Roger Bannister

**Aims/targets for future?** To keep running. To complete my 150th marathon on my 60th birthday. To run the New Zealand equivalent of John O'Groats to Land's End.

**Camilla or Diana?** Diana.

**Jack Dee or Jim Davidson?** Tommy Cooper.

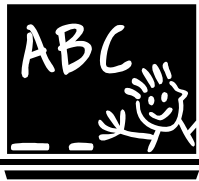
**Beer or wine?** Beer (Harvey's best).

**Corrie or Eastenders?** Be serious!

**Pudding or Cheese?** Cheese (cake).

More Profiles Next Time In The Wizzer

## THE ABC OF SPORT



DAVE BOXALL, ONE OF OUR more regular contributors,\* and top class race walker, has sent us his alphabetical definition of sport. A couple are observations from the wild and wacky world of race walking, but generally they are most apposite.

*\*That would be our only contributor...eds*

<b>A</b> THLETE	Anyone that gets up at 5.00 am for a sport, then moans about it all day.
<b>B</b> ONDING	When one gets to know a club mate well and, some years later, recognises them but can't quite remember their name.
<b>C</b> HARLY	Someone who strips off at a cross country race and finds they've forgotten their shorts.
<b>D</b> ESIRE	Something all athletes start with, but only achieve in their dreams.
<b>E</b> NERGY	It's something every athlete can't get enough of. Like sex. <i>(Yes we do ... eds)</i>
<b>F</b> ENCES	Obstacles round fields that go on for ever and ever. Some have gates in, but always on the other side.
<b>G</b> ATES	Obstacles that seldom open away from you and, if they do, shut in your face with an "I'm sorry" from the runner in front (usually said with a smile).
<b>H</b> ARRIER	A white haired runner, invariably dressed in black, seen in the middle of nowhere at dawn or dusk. Ref: above, never bothers with gates.
<b>I</b> NJURY	Something everyone has at the start of a race. Also favourite topic of conversation.
<b>J</b> UDGE	Someone who volunteers to stand, kneel or squat by the side of the road in pouring rain, just to look at a walker's legs. Just for a cup of tea.
<b>K</b> NOW-ALL	Sometimes comes under the heading Coach. Definitely never runs, walks, throws or jumps any more.
<b>L</b> OGOS	Often so numerous, track tops would disintegrate upon removal. And route signs would be half the size.
<b>M</b> EDAL	Every athlete strives for these, yet they always seem to end up in a drawer.

The more observant and literate amongst you will have noticed that we are only halfway though the alphabet. Jolly well done. But fear not, the concluding instalment will be in the next issue.

Incidentally, for those of you who don't know, the redoubtable Mr Boxall, despite being past 70, is just as competitive as ever. He has however, in deference to the passing years, cut down his racing to only one a month on average. During 2004 he still managed to take 1st over 70 in at least four races; the South of England & Sussex Championships 20k road race walk, the Worthing 20m, the Jog Shop 20m, and a 10k road race. Beginner's luck I suppose.

Come on, don't be shy. We're sure Dave isn't the only one out there who might have something to say. If there is anything you are itching to pass on (apart from thrush) then drop us a line. Whether it's News or Gossip or Something You Want To Get Off Your Chest. All contributions welcome. Contact Andrew Parkinson 01323 897055 or Alan Lade 01323 492177

## ALL THE GLITTERING PRIZES

HAVING LED THE SUSSEX GRAND PRIX for most of the year in 2004, the STRIDERS had to contend with a late surge from two other Clubs and were pushed down to 3rd place overall. It was a close fought contest with only a few points separating the top three Clubs, but are we down-hearted? You're damn right we are!

Anyway, well done to everybody and special kudos to all our team and individual trophy winners:

MEN'S TEAM 2ND IN OPEN LEAGUE  
GEOFF GRAY 2ND MEN'S SENIOR LEAGUE  
CHRIS PIPER 8TH MEN'S SENIOR LEAGUE  
RYAN STEWART 9TH MEN'S SENIOR LEAGUE  
TONY CROSS 1ST V4, 9TH MEN'S VET LEAGUE  
STEVE DAWSON 10TH MEN'S VET LEAGUE  
FERN KETLEY 3RD V2, 6TH WOMEN'S VET LEAGUE  
FERN ALSO TOOK THE TEAM STRIDES AWARD FOR  
DOING ALL 17 RACES!

THE TROPHIES FOR LAST YEAR'S Club Grand Prix were presented by special guests, Eric Hardwick, the organiser of the Hastings Half Marathon, and his wife, Doreen, at the STRIDERS Xmas bash, held in Diella's restaurant. It was another sparkling occasion, where the wine flowed freely and so did most of the Striders.

The main winners in each category were as follows:

SENIOR WOMAN	Charlotte Long
VET WOMAN	Fern Ketley
SUPER VET WOMAN	Barbara Andrews
SENIOR MAN	Geoff Gray
VET MAN	Steve Dawson
SUPER VET MAN	Tony Cross
ULTRA VET MAN	Bill Young

Other trophy winners were:

STEVE ROLAND CUP	Jackie and Rob Webber
CLUB CAPTAIN'S TROPHY	Chris Piper
CLUB CAPTAIN'S AWARD	Natalie Dawson
MEN'S CAPTAIN TROPHY	Geoff Gray
WOMEN'S CAPTAIN TROPHY	June Streeter
CHAIRMAN'S AWARD	Michelle Dobson and Michael Martin
POSER OF THE YEAR	Ryan Stewart
ACHIEVER AWARD	Ryan Stewart
MARATHON SHIELD	Tony Cross
NEWCOMER AWARD	Clint Allen
STRIDER OF THE YEAR	Bill Young

### TRACK DATES 2005

Pete Forster continues to organise some excellent quality training at Lewes track, approximately once a month. Please show your support and come along. All sessions start at 7.30pm unless stated otherwise. For further details ring Pete on (01323) 891336

28 February	15 August
21 March	12 September
25 April	10 October
23 May	7 November
20 June	5 December
18 July	

#### How to contact us:

1. You can e-mail me on [Andrew.parkinson@dsl.pipex.com](mailto:Andrew.parkinson@dsl.pipex.com) or me on [alan.lade@virgin.net](mailto:alan.lade@virgin.net)
2. If you have a PC pop your article on a floppy or zip disc and save it as a Word document. Failing that save in rich text format. (All floppies and discs will be returned.)
3. You could merge 1 and 2 and send 2 as an attachment to the e-mail.
4. A typed or hand written piece.

We are also keen to use photographs, particularly from races.

They must be fairly good quality but we will look at anything, either digital or standard format. If using e-mail for photos, please send them as j-pegs to Andrew's address.

Snail Mail:

Alan Lade, 25 Sherwood Road Seaford BN25 3EH  
Andrew Parkinson, 5 Sutton Drove Seaford BN25 3EU

#### SCIENCE FORUM

GOOD NEWS AT LAST for all you Striders suffering with runner's knee. Scientists in America carrying out research into the rejuvenating qualities of chicken thyroid gland have made an astonishing discovery. This remarkable substance, when injected directly into the patella, not only appears to halt any further deterioration, but actually seems to cause the ligaments and cartilage to progressively repair themselves.

A spokesman for the Chicago Observatory on Chronic Knee-pain reported "It is still undergoing study, but the initial indications look promising. A good 75% of our test subjects have found a new lease of life for their main leg joints."

There is, however, a slight down side. Several of the guinea pigs have reported noticing a marked tendency for their knees to point in the opposite direction, as well as an inability to walk in the backyard without scratching at the dirt.

"On the plus side though," added the spokesman. "You need never be without a fresh egg for your breakfast."