

BUMPER TURN OUT FOR HAILSHAM 10 (see page 2)**MINCE PIE TEN**

THE CHARIDEE FOR THIS YEAR'S Mince Pie Race has now been finalised, with the final vote going to the Seaford Branch of SeeAbility, an organisation working with adults with a visual impairment, as well as other disabilities. Any money raised will be devoted to local projects set up by this worthy cause.

The race itself is on Sunday 11 December and everything is well under way to try and ensure that it continues to prove a popular and successful event. In the meantime here is a message from Dave Borley, which should have gone in the last Wizzer... but I forgot. Sorry Dave.

// Seaford Striders received a winning event formula from Dave Shepherd in the form of the Mince Pie Ten Mile.

In the last three years I have had the "honour" of having the title of Race Director. This has given me the pleasure of seeing record entries and finishers in each year. I think it is now twice the event it was and is even more firmly fixed in the event calendar and forever etched into the minds and on the faces of runners, mainly due to the bitter "Mince Pie Wind" that seems to turn up on cue every year and the lovely course. I believe with even more effort the event could grow further. This could be all down to luck but I am sure vigorously promoting the event has played an important part.

This alone would not have worked. I could not have done anything without the support of a very good team. Everyone who has contributed has made the

success of the event possible.

The friendliness of marshals, even if they have been turned into blocks of ice is always mentioned in feedback so thanks to you all and I hope you have feeling back in your hands or any other exposed parts!

I am now passing the baton onto Natalie and I know that she will have the support of a great team in the future.

Good luck to Natalie and the Team. Thank you. //

Dave

INSIDE THIS ISSUE:

Page 2 Race Round Up
 Page 3 More Races
 Page 3 A Bit Of Junior News
 Page 4 The ABC Of Sport
 Page 5 The Club Profiles
 Page 6 The Back Page
 And Lots, Lots, Lots, Lots More ...
 Well, maybe not lots, but quite a bit... okay, okay, *some* more then.

SEAFORD STRIDERS

RACE ROUNDUP

HASTINGS HALF MARATHON. The Wizzer's race correspondents did not attend this race so make up your own report taking time to big up (as the young people say) your own efforts.

Geoff Gray	1.15.53	Paul Roberts	1.41.44	Natalie Dawson	1.51.35	Linda Jennings	2.13.24
Steve Dawson	1.22.48	Tim Mottram	1.43.40	Bill Sholl	1.52.49	Maureen Crowhurst	2.14.42
Ryan Stewart	1.22.49	Tess Howell	1.45.40	Richard Honeyman	1.55.34	John Errey	2.15.17
Ray Smith	1.29.44	Charlotte Long	1.47.19	Barbara Andrews	1.58.15	Bill Young	3.43.01
Peter Cockram	1.34.12	Graham Smith	1.48.02	June Streeter	2.07.50		
Dave Holden	1.36.07	Jackie Webber	1.48.25	Ken Browning	2.10.07		
Matt Price	1.41.38	David Shepherd	1.51.11	Neil Smith	2.13.07		

WORTHING 20 MILE. We didn't go to this one either, but we did hear that Natalie Dawson assisted a runner who collapsed in front of her during the race. Unfortunately there was nothing that could be done for the man and he died at the scene.

Geoff Gray	2.01.52	Ray Smith	2.34.07	Tess Howell	2.57.34	Natalie Dawson	3.17.05
Steve Dawson	2.11.14	Graham Faultless	2.49.49	David Shepherd	2.59.11	Maureen Crowhurst	3.39.45
Chris Piper	2.19.50	Fern Ketley	2.53.24	David Boxall	3.12.45	Bill Young	5.24.07
Mark Taylor	2.31.39	Charlotte Long	2.56.42	Richard Honeyman	3.13.39		

LEWES 10K. OUR BIGGEST TURNOUT this year braved the bank holiday traffic to run at Lewes. Ray Smith's solicitors are currently preparing a law suit against Dave Holden, who Ray insists deliberately caused him to trip over a sheet of 10 by 8, causing him to crash out of the race. Dave, when confronted by the accusation, stated "It wasn't me, Guv, anyway you should open your bleedin' eyes!" (*Actually, Ray's eyes were the only part of his anatomy that wasn't bleeding. Ed*). A big well done and a rather harder than necessary pat on the back to young Carl Grounds who finished 2nd in the 2 mile race and then ran a very creditable 40.07 in the 10k. At that rate he will have to watch out for Bruiser Holden.

Geoff Gray	34.20	Neil Bessant	46.36	Richard Honeyman	51.56	Gloria Woodford	59.32
Steve Dawson	37.56	Tim Mottram	47.29	Dave Borley	52.32	Tom Batts	60.41
Peter Cockram	40.00	Martin Bulger	49.13	Jane Baker	52.51	Linda Jennings	60.44
Carl Grounds	40.07	Dave Shepherd	49.14	Hilary Lucy-Ungoed	53.09	Kate Parkinson	64.00
Graham Smith	42.59	Tess Howell	49.22	Andy McDonald	53.26	Glynis Young	92.54
Dave Ellis	43.10	Elaine Borley	49.51	Natalie Dawson	54.19	Bill Young	92.54
Dave Holden	43.27	Marie Prior	51.06	John Errey	55.27	Denise Forster	95.34
Paul Roberts	45.07	Alan Lade	51.08	June Streeter	55.37		
Robert Webber	46.13	Trevor Brieley	51.47	Neil Smith	59.22		

THE LONDON MARATHON THIS YEAR saw yet another alteration to the route, with the removal of the dreaded cobble section at Tower Bridge. 14 Striders made the journey to the capital and many were rewarded with fine runs, in particular Steve Dawson cracking the 3 hour barrier at last and debut marathons from Geoff Gray, Graham Faultless, Natalie Dawson, Ian Wilkinson and Maureen Crowhurst. Afterwards there was a tasty do at the White Lion.

Geoff Gray	2.47.22	Fern Ketley	3.48.03	David Shepherd	5.09.57	Maureen Crowhurst	5.58.00
Steve Dawson	2.59.59	Graham Faultless	4.01.13	Linda Jennings	5.17.36	Trish Napper	6.14.59
Tony Cross	3.04.37	Natalie Dawson	4.15.28	Harold Napper	5.28.55		
Michael Martin	3.37.02	Ian Wilkinson	4.38.47	Neil Smith	5.29.30		

You can download a copy of this Newsletter on the Striders website at seafordstriders.org.uk or be added to the e-mailing list by e-mailing Andrew.Parkinson@dsl.pipex.com and getting it sent straight to you.

RACE ROUND UP CONTINUED

THE AMBERLEY 10K IS A new event, or at least new to the Striders, and is a tough multi terrain run which takes in the Downs. According to Tim Mottram, it was well over distance and I, for one, am quite prepared to believe him. He's got an honest face. As well as Tim, Matt Price and Tess Howell also took part. Their times were: Matt, 43.45, Tim, 52.29 and Tess, 55.38. Well done you!

FOUR STRIDERS ATTEMPTED THE Three Forts Marathon, and true to Club tradition they all got lost, achieving Personal Worsts into the bargain. Jolly well done Chaps. Approximate times, for those who care, were Ray Smith 4.35, Steve Dawson 4.41, Michael Martin 5.05, Graham Smith 5.45. I am now producing a veil which you might like to gently draw across this paragraph.

THIS YEAR'S HORSHAM 10K boasted a new starting venue, the Rugby Club near the top of the first hill, but it was virtually the same 2 lap course as before, with an extra bibble after the rough track. What it did mean, however, was that it was an uphill finish, which left me very stressed and emotional. Especially coming on top of the poorly laid turf that we had to negotiate at the start. It was almost more than a man of my tender sensibilities could stand, and I had to have a lie down in a darkened room afterwards. Well done to everyone apart from me, who had a good run.

Geoff Gray	35.35	Neil Beasant	46.27	Elaine Borley	50.11	Mark Chadd	54.28
Tony Cross	39.48	Tess Howell	48.15	Richard Honeyman	50.21	June Streeter	56.17
Steve Dawson	39.58	Tim Mottram	48.21	John Wise	50.45		
Phillip Carr	44.01	Alan Lade	48.43	Marie Prior	50.55		
Robert Webber	45.57	Ian Wilkinson	49.27	Natalie Dawson	52.27		

THE HAILSHAM 10 MILE SAW a fantastic turnout of 33 Striders running, with almost as many again supporting. Just think, if we could only get organised we could invade a small country and make it our own. N'yarr Harr HARR HARRRRR! Good to see Ryan Stewart back in action again, and a lot of our newer members sporting their vests with pride. (Note to Ray Smith: a club vest is that cloth item with our Club name on - you know, that skimpy thing which you are supposed to take *WITH* you to races.)

Geoff Gray	58.19	Martin Torjussen	1.17.21	Tim Mottram	1.22.31	John Errey	1.30.55
Chris Piper	1.03.38	Gary Lee	1.17.21	Fern Ketley	1.23.09	Mark Chadd	1.31.03
Tony Cross	1.04.57	Dianna Christophers	1.18.13	Ian Wilkinson	1.24.06	June Streeter	1.32.41
Steve Dawson	1.06.11	Tess Howell	1.19.25	Marie Ptiior	1.25.16	Ken Browning	1.38.28
Ray Smith	1.09.59	Alan Lade	1.19.40	John Wise	1.25.37	Linda Jennings	1.40.47
Ryan Stewart	1.10.23	Andy McDonald	1.19.58	Natalie Dawson	1.25.56	Maureen Crowhurst	2.36.55
Phillip Carr	1.11.30	Elaine Borley	1.21.17	Jane Baker	1.26.37		
Graham Smith	1.13.55	Mark Taylor	1.21.19	Neil Smith	1.27.35		
Robert Webber	1.15.07	Richard Honeyman	1.22.28	Michelle Dobson	1.28.43		

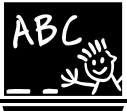
SOME JUNIOR STUFF



THE JUNIOR STRIDERS HAVE ALSO been getting in the thick of the action, six taking part in the mini-run at Hastings, with Rebecca Sier leading them home in 8.04, a second ahead of Jake Priaulx, followed by Oliver Griggs 8.15, Emma Noel 9.29, Hayley Green 9.44 and Charlotte Priaulx 10.54.

Meanwhile Carl Grounds continued to impress, coming home in 1st place at the Southwick junior run with a time of 4.40. Other finishers were Emma Noel 6.04, Rachel Noel 6.05, Gary Taylor 6.16, Rebecca Hayward 6.23, Kayleigh Mathews 6.35, Genevieve Wright 7.03 and Rebecca Mathews 7.51

THE ABC OF SPORT (CONT)



JUST WHEN YOU THOUGHT YOU WERE SAFE we return with the second part of Dave Boxall's alphabetical definition of sport.

Enjoy!

N EWSPLETTERS	Of little interest to the novice or to those whose names are absent. (<i>You cheeky little rascal - Eds</i>)
O DOUR	Everyone has this except you. It will clear changing rooms in under two minutes.
P ACING	It's really not on, not never ever. Well, unless you're on telly or trying to break a record. Definitely not for the average club runner.
Q UADRICEPS	Quads to you or I. Those funny things on the front of your legs. If it wasn't for these we'd all walk backwards and bang our noses.
R UNNING	Something, according to cameras and the casual observer, every race walker does at some time. But never according to the walker.
S LEEP	No athlete does this before a race, but it's noticeable that marshals do it a lot against trees etc at cross country races.
T RAINING	This is done secretly, or when ultra fit on club night to frighten your club mates into submission.
U NSTABLE	This refers to almost 90% of sportsmen and women. They tend to make terrible husbands and wives, but great lovers and athletes.
V ETERAN	Sprinters who now do the long ones and hate handicaps, as they have to go uncomfortably faster than a jog. They have the time and the money but not the ability. And their greatest problem is which club to leave their money to. No problem for a centenarian.
W ARNING	Loss of contact. Only shown to a race walker who is inside 10 minutes per mile pace. If over 65 always shown for bent knees as simply cannot run.
X ENOMENIA	Ladies, take drugs and you will find out what this is. Husbands, use your time wisely and do your ultra long sessions now.
Y ACHT HANDICAP	I won my first medal on one of these, but can't remember suffering so much since. Something like a Hare and Hounds run, or a paper chase without the paper.
Z EST	An athlete loses this if they get beaten on every occasion. Probably ends up as a time keeper or takes up fishing.

STRIDERS ARE, OF COURSE, world renowned for their bravery and on a recent Wednesday a small group were trekking along the river bank when they encountered some big butch cows on the footpath. At their approach the cattle, attracted by the sexual sweaty musk of the runners, began making amorous advances. Immediately the macho athletes sprang into action. Two jumped into the river, while the rest ran screaming into the brambles, whimpering for their mothers. They turned to the only female in the group. "What shall we do?" they wailed. "Run like f***!" came the reply, "Unless any of you fancy a beef kebab."

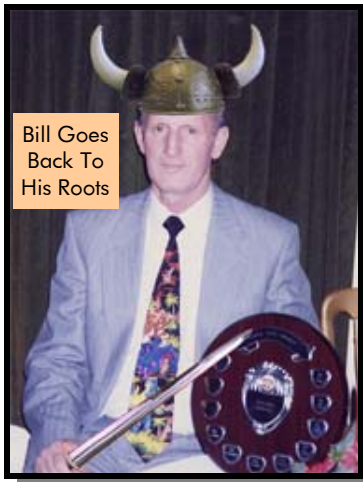
They ran. It was the first decent training session any of them have had this year.

THE CLUB PROFILES

Name William (Bill) Young

Age 69

When did you start running? I ran for my school & later engineering college in the Sussex County Sports. I also ran x-country for the Brighton Cruising Club of which my father was a member. From the age of 23 to 48 I did not run at all.



Bill Goes Back To His Roots

What motivated you to do it? My daughter suggested I took part in a 3 mile run at Preston Park, raising money for the British Olympic Team in 1984. I have a certificate signed by Steve Cram & Joyce Smith. I was 48.

Favourite distance/event and why? I have enjoyed all my running career and all that goes with it. It has to be the marathon and longer as I have had endurance but never been very fast. London, Hastings and the South Downs 80 (22hr 52min 33secs, aged 59 in 1995)

What's your training regime? Used to be 3 or 4 evenings with a long run on Sunday (if not racing) also regular working out in the gym. Now I am walking as much as possible and getting to deal with the slower pace of life - but still enjoying doing events.

Favourite training run? Although I have completed thousands of miles on the road, my first love is on the tracks and trails over the Downs. We are so lucky in the area we live.

PB's?

10k: 41.33 10m: 70.00 Half Mar: 1.33

Full Mar: 3.49

Who's your sporting hero? I have always supported people who have had to work hard to rise to the top in their sport and not had an easy time on the way. To this end my favourites are Paula Radcliffe, Kelly Holmes, Steve Ovett & Eamonn Martin.

Aims/targets for future? I have now completed 140 10k's, 53 10 miles, 102 1/2 marathons, 95 marathons and the South Downs 80. As you all know my number one aim is to complete my 100th marathon, albeit I am now walking. I'm sure I will find other targets in the future.

Camilla or Diana? Diana.

Jack Dee or Jim Davidson? I like them both.

Beer or wine? Wine (but I do like the occasional beer)

Corrie or Eastenders? Eastenders

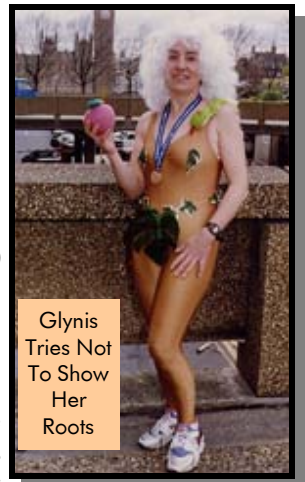
Pudding or Cheese? Both (surely you all know me by now!)

Name Glynis Young (was Breeds)

Age 56 (only just)

When did you start running? At school; track sprint 100/150 yards. Later (38) distance.

What motivated you to do it? To raise money for the Guides to buy land at Chyngton Lane for a camp site.



Glynis Tries Not To Show Her Roots

Favourite distance/event and why? Oh lots. I enjoyed all my runs (even though I often wondered why I was running). South Downs 80 (22hr 48min 7secs - lots of stories to tell) First lady at Striders to do it!

What's your training regime? It was to run as often as I could - even the weeks of extra work and family commitments.

Favourite training run? Always training on the Downs - lots of different routes.

PB's?

10k: 43.35 10m: 75.00 Half Mar: 1.47

Full Mar: 4.21

Who's your sporting hero? Once again lots of people, but Paula and Kelly (who I have met and spoken to) must be near the top.

Aims/targets for future? To help my fellow runners and to keep the Striders going strong.

Camilla or Diana? No comment - I don't like all the media hype!

Jack Dee or Jim Davidson? Both.

Beer or wine? Wine mainly, but I have recently discovered fruit beers in Belgium.

Corrie or Eastenders? Benders - as you don't have ER on the list.

Pudding or Cheese? Both, if I have room - but very often neither.

THE BACK PAGE

We present for your trifling entertainment the Wizzer caption contest. Just come up with a caption to the selected photo and send it in to us. The best one to be printed in the next newsletter. Here's an example to get you started:



20TH ANNIVERSARY

NEXT YEAR MARKS THE 20th Anniversary of the Striders, so can everyone begin thinking now of any ideas to mark the occasion, in either a big or a small way.

If you have any suggestions please mention them to one of the Committee, so that we can set things in motion and have an extra special year.

How to contact us:

1. You can e-mail me on Andrew.parkinson@dsl.pipex.com or me on 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.

Please note the deadline for contributions is the first of each month.

Snail Mail:

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

Now it's your turn. Just send your captions to Alan or Andrew (details below).



A BIT OF CONSIDERATION

IT IS VERY EASY, once you have established yourself as a seasoned runner, to forget what it was like when you were first starting out. How every step seemed to be a struggle and each breath went out of your lungs faster than it went in.

So perhaps it's a good idea, every now and then, to bear this in mind whenever you set out on a group training run, and make an effort to ensure that no-one is struggling at the back.

This doesn't mean that you have to lessen your effort in any way, just be prepared to adapt your session to suit. The easiest way to do this is for those at the front to periodically double back to the rear of the group before making their way forward again. That way it ensures that no-one gets left behind or feels abandoned.

More importantly, by showing your consideration now, if the time ever comes when it's your turn to be struggling at the back, maybe someone will remember how nice you were and do the same for you. (Unless of course you are Mark Taylor, in which case everyone will bugger off laughing gleefully!)