

SEAFORD STRIDERS NEWSLETTER

WE DON'T JUST RUN, WE ALSO HAVE FUN!

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Website: <http://www.seafordstriders.org.uk/> **Twitter:** <https://twitter.com/seafordstriders> **January 2016**

TRAINING SESSIONS AT LEWES TRACK

From Monday, 4th January the Lewes Athletics Track will be hired by the Seaford Striders for training meetings. Sessions will be held on the first Monday of the month with the exception being May Bank Holiday. Sessions will commence at 7.30pm and last for one hour. The Leisure Centre can be used for showers, changing, etc.

After a general warm up, we will split into separate pace groups, although you will be free to “do your own thing” should you prefer to do so. Peter Weeks has kindly offered to “lead” these training evenings for us.



Do come along and make these sessions a useful edition to your training regime.

UPCOMING CLUB EVENTS

| DATE | DETAILS |
|----------------------------------------|-------------------------------------------------------|
| Friday, 1 st January 2016 | New Year's Day Fun Run 11am at the Martello Tower |
| Monday, 4 th January 2016 | Monthly Training Session 7.30pm – Lewes Track |
| Saturday 30 th January 2016 | Annual Presentation Evening Seaford Head Golf Club |
| Monday, 1 st February 2016 | Monthly Training Session 7.30pm – Lewes Track |

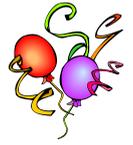
CROSS COUNTRY LEAGUE

The remaining fixtures for the East Sussex Sunday Cross Country League are as follow:

Sun 17th January - Ashdown Forest

Sun 31st January - Firle Beacon

Sun 21st February - Pett



There are junior races of about 2K at each venue for those aged 8-16. Runners can turn up on the day and register.

MINCE PIE RACE REPORT - 6th December



Just over 400 runners braved some very wet and windy conditions to run in Sunday's Annual Mince Pie 10 Mile event, which is organised by the Seaford Striders as its major charitable fundraising event. This multi terrain course, which has been voted one of the UK's top ten races by the Runner's World Magazine, is extremely popular and this year's race limit of 500 places was once again sold out weeks in advance.

This year's chosen charity is "Service by Emergency Rider Volunteers" (SERV Sussex) and the early stage of the race saw runners being flanked by motorcyclists from SERV, who ensured that the runners had a very fitting send-off.

The photo below shows the start of the race, headed at that time by Joshua Rudd, as they run down Arundel Road.





The rain made for slippery conditions underfoot on the off road sections, particularly the downhill section to Pickers Hill Farm and along past Saltdean Football Club near the half way point. Together with the strong winds that prevailed throughout the race, the course records are safe for another year.

Running extremely well given the weather conditions, this year's winner was Ben Short from Horley Harriers in a time of 1:01:40, with the first female runner being Bobby Searle in 1:09:20. Most Striders were marshalling on the day with only one runner, Joshua Rudd (photo left) was allowed out to run and he didn't disappoint, coming 6th overall in a cracking time of 1:03:12. A special mention also to David Jordan, Seaford Estate Agents for once again being the race sponsor.

Our most grateful thanks are reserved for all the many marshals and helpers from Seaford Striders and their family and

friends; together with all the other helpers, who gave up their valuable time on a Sunday, to once again make 'The Mince Pie 10 Mile' event such a smooth running success – we couldn't have done it without you! Photo right - Scott Hitchcock with his dad, Bob.



Thanks to everyone's efforts, a substantial sum has been raised for this year's chosen charity – SERV Sussex. This organization is run by volunteers, some of whom are pictured left, and they provide a free night time and week-end service to NHS hospitals across Sussex. SERV transports organs, blood products, patient notes and other urgent consignments between hospitals; eliminating costly transport bills and allowing hospitals to focus their resources on patient care. For more information about this charity, please visit:

www.servsussex.org.uk

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Also present to cover medical emergencies were members of St John Ambulance (photo shot right). Aches and pains are the bane of all runners and doing their best to ensure everyone was in tip top condition were local masseurs Ian Kerr (photo below right) and our very own John Kingshott (photo below left).



Finally, last but not least a tribute to Linda Jennings and her team – such a lot of work and it wouldn't have happened without them but equally it wouldn't have happened without you – the Marshals either, so **“Thank-you” to one and all!**

A Collage of Marshals – with grateful thanks to Sussex Sports Photography who supplied

all the photos on this page – even the one of Mike their photographer and his favourite bush – take shelter where you can!



MARSHALING for MINCE PIE by Trevor Jones

Having marshalled for about the last 9 years on Peacehaven Tye for the Mince Pie, I was unexpectedly given a new place at Saltdean. The Tye, particularly with bad weather, is quite a tough place to arrive at and indeed to be stationary. The weather not being too good this year was no exception with the sea wind blowing up the hill where I was positioned, along with a short but hard rain fall.

I noticed that when the first runners came past, there was an elderly lady clapping from inside her bungalow window. Some runners noticed her and waved, others did not see her and one lady runner went up to the window for a break and had a quick chat. Later on as the main body of runners passed my station, there were three people standing by me clapping and giving encouragement.

I got the occasional 'thanks Marshall' and some high fives (painful with cold hands!). When two of the bystanders left, there was one man standing by me. We got talking and he seemed pleased to be speaking to someone who was a runner. It transpired that he was also a runner and had actually won three marathons in a running career spanning back many years. He very enthusiastically offered to show me a photo of himself running in 1971. At this point it turns out the lady by the window is his wife and had always turned out to give support to her husband and had got accustomed to attending marathons. He came back out from his bungalow with a faded colour picture of himself running into Brighton, I believe he said it was a London to Brighton race.

He said about the time when he first took up running after leaving the RAF. He went on to say that in those days, going for a run was seen as odd by other people and added he was still running down by the seafront underpass between Peacehaven and Brighton.

The tail end cyclist turned up and it was time for me to leave, so we shook hands. I mentioned that perhaps I will see him next year at the same place? Remarkably, he is 81 years old and has a pacemaker. I was feeling cold and wet but so happy to see this man and his wife enjoying the Striders Mince Pie Race, but also humbled by his achievements from the past and even the present time.

STRIDERS' PRESENTATION EVENING

Tickets are on sale for the Presentation Evening on 30th January 2016. The venue for this event will be the Seaford Head Golf Club at the end of Southdown Road. The dress code will be smart casual and the cost of the evening will be subsidised by the club.



The evening will commence at 7.00 for 7.30pm. Tickets, which include the price for a cold buffet and a disco will be £12 for adults and £5 for 18s and under. Please give your cheques/money to Terry Ward on either a Monday or Wednesday evening – Cheques payable to "Seaford Striders".

Last date for purchasing tickets will be Monday, 25th January. Any queries contact: terry.ward532@btinternet.com

PARTICIPATION IN RACES

If you participate in some of the more unusual races, either in the list overleaf or elsewhere, can I please ask you to submit a write up and a photo of yourself to go in the newsletter? This gives other runners a "flavour" of races they may otherwise not have considered. "Thank you" for your contributions and please keep the articles coming.

Email: hilary@hilton-it.co.uk



CLUB WICKING T-SHIRTS

Are you interested in purchasing a club wicking T-shirt, which will be in club colours (black with white lettering) and will be race compliant? The cost will be approximately £11 for short sleeved and £17 for long sleeved. I am hoping to place an order early in the New Year so if you haven't signed the list on the club notice board, either do so on a Wednesday or alternatively email me with your required size. hilary@hilton-it.co.uk

HANDING IN OF CLUB TROPHIES

Urgent request – please note all club trophies are now due for returning and must be handed in to Martin, on a Wednesday evening. Alternatively email Martin direct: mandsbulger@uwclub.net



FUTURE RACES

Sussex Grand Prix Race results can be found by following the links from the Seaford Striders Website: <http://www.seafordstriders.org.uk/Newsite/results/>

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

Sussex XC League are marked in turquoise

East Sussex XC League marked in orange

| January – April 2016 | |
|----------------------|-----------------------------------------------|
| 1 Jan | Striders New Year Fun Run – 11am |
| 1 Jan | Hangover 5 WSFRL - Goring |
| 9 Jan | Sussex Sen XC Champs |
| 17 Jan | Ashdown Forest |
| 23 Jan | Sussex Master XC Champs |
| 31 Jan | Dark Star River Marathon, Shoreham |
| 31 Jan | Firle Beacon |
| 7 Feb | Henfield 9 Miles |
| 7 Feb | Chichester 10K |
| 13 Feb | Sussex XC League, Hickstead |
| 14 Feb | Worthing Half Marathon |
| 21 Feb | ESXCL, Pett |
| 28 Feb | Vitality Brighton Half |
| 28 Feb | Vitality Brighton Junior 1 mile races |
| 6 Mar | Eastbourne Half Marathon |
| 6 Mar | Steyning Stinger Half + Marathon |
| 13 Mar | The Moyleman Marathon, Lewes |
| 13 Mar | Sussex Half Marathon, Lancing College |
| 20 Mar | Hastings Half Marathon |
| 20 Mar | Brighton Chicken Run |
| 16 Apr | Brighton Mini Mile Races |
| 17 Apr | Brighton Marathon |
| 17 Apr | Brighton BM 10K |
| 23 Apr | Maverick Original 24K - Midhurst |
| 30 Apr | East Grinstead 10M (Mid Sussex Marathon Wknd) |
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| May 2016 - onwards | |
|--------------------|-------------------------------------------------|
| 1 May | Haywards Hth 10M (Mid Sussex Marathon Wknd) |
| 2 May | Burgess Hill 10K (Mid Sussex Marathon Wknd) |
| 8 May | Run Together, Eastbourne 2.5K, 5K & 10K |
| 8 May | Hastings 5M |
| 8 May | Seaford Half (new date) |
| 12 May | Out of the Blue – Battle 10K |
| 15 May | Starfish Marathon & Half + Team Marathon |
| 15 May | Bognor 10K |
| 28 May | Rockabilly 5 - Peasmarsh |
| 29 May | Rye 10 |
| 29 May | High Weald Challenge, 50K Ultra & Half Marathon |
| 4 June | South Downs Trail Challenge |
| 5 June | Worthing 10K |
| 12 June | Hove Park 5K & Junior Races |
| 18 June | South Downs Marathon, Half & 5K |
| 18 June | South Downs Relay Marathon |
| 25 June | Race to the King – Ultra - Slindon |
| 8 July | Rye Summer Classic Race 1 – 10K |
| 12 Aug | Rye Summer Classic Race 2 – 10K |
| 21 Aug | Henfield Half |
| 9 Sept | Rye Summer Classic Race 3 – 10K |
| 18 Sept | Hove Prom 10K (SGP) |
| 2 Oct | Sussex Marathon & Half |
| 2 Oct | Barns Green Half |
| 9 Oct | Hickstead Gallop WSFRL |
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| 16 Oct | Bright10 |
| 23 Oct | K2 Crawley 10K |
| 6 Nov | The Adder 10M & Friston Forest 5 charity run |