

SEAFORD STRIDERS NEWSLETTER

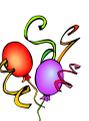
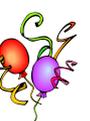
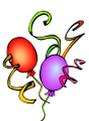
WE DON'T JUST RUN, WE ALSO HAVE FUN!

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HAPPY NEW YEAR WISHES to all Striders and their families - may it be a healthy, wealthy and above all happy one for you all - keep on running!



PRESENTATION EVENING - Saturday, 28th January

The Striders Presentation Evening at Seaford Head Golf Club is on Saturday 28th January. This is an opportunity for members and their friends and family to get together and have a fun evening.



We also present trophies to both junior and senior members in recognition of achievements over the previous twelve months. Together with this we also present a cheque from the proceeds of the 'Mince Pie 10 Mile Race', to this year's chosen charity, 'Sussex Search and Rescue'. Tickets £13 per head (£5 for 18s and under) includes buffet, disco and loads of dancing. Tickets are on sale from Terry Ward at club nights or email terry.ward.532@btinternet.com

MINCE PIE 10 MILER - Striders finish 1st and 3rd!!!

In cold but sunny conditions, approximately 400 runners turned out to run in our Annual Mince Pie 10 Mile event, which was organised by the club 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 was once again sold out weeks in advance.

This year's chosen charity is "Sussex Search and Rescue" (SUSSAR) who did a fantastic job, by providing fourteen of the many marshals required. Also on hand and providing a sterling service was last year's charity "Service by Emergency Rider Volunteers" (SERV Sussex).

Photo right - 'the race is on!' Darryl Hards, closely followed by Josh Rudd





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 and also met the lead runners on subsequent road sections and the final run up to the finish line.

Photo left shows runners on Arundel Road led by SERV at the race start

Although it was windy, conditions underfoot on the off road sections were dry and as a result the course records were up for grabs. The male record did not fall although Darryl Hards, running for Seaford Striders as his second club, missed it by just over a minute, completing the race in an extremely impressive 57:54. First lady home, Emily Hutchinson from Arena 80 AC, completed the course in 1:06:31, breaking the previous record by 60 seconds.

Most Striders were marshalling on the day with only a couple allowed out to run. Josh Rudd certainly didn't disappoint, coming 3rd overall in a cracking time of 1:01:55, beating his previous time by over a minute. Dawn Woodgate, the only other Strider on the course, finished in a very impressive time of 1:27:20.

A special mention also to David Jordan, Seaford Estate Agents for once again being the race sponsor and also for completing the course in a very commendable time of 1:24:34.

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 to once again make 'The Mince Pie 10 Mile' event such a smooth-running



success – **we couldn't have done it without you!**

Most importantly a substantial sum has been raised for this year's chosen charity. SUSSAR are the primary volunteer resource used by Sussex Police, to search for and rescue, vulnerable missing people. For more information please visit: www.sussar.org



Photo above left shows Sussex Search & Rescue stand, above right – happy marshals! Right Dawn Woodgate (341) running with her sister and far right Carlie Watts. All photos this race courtesy of Tony Humphreys

JOE CELEBRATES HIS 100th!



Joe Plant completed his 100th Parkrun on New Year's Eve. His first Parkrun was on his 14th birthday 12.4.14 at Preston Park, which is also where he completed his 100th. His slowest time was 28.32, his fastest 20.30. His Nan and Grandad came to cheer him on.



DAVID LOWER - 82 and still running! Report by Trevor Jones

Following last year's Mince Pie race, for those that remember my article; I wrote of a spectator and his wife who were clapping and cheering on the runners in Saltdean. This year I went back to the same marshalling point hoping to meet this couple and perhaps find out a little bit more about them. Having got to Saltdean, any trepidation about finding the same point as last year was instantly dispelled, by seeing an open window of a bungalow. I wished the lady at the window 'Good morning' and this interchange was promptly followed by her husband coming outside to greet me. They had not been sure of the race start time but had certainly got the day right, which weather-wise was much better than last year, when we had heavy rain and strong winds.

The man, who turned out to be David Lower, showed me an athletics magazine from 1971 and pointed to a race result from that same year. He told me that he had won the 'Highgate Harriers and London Marathon' in a time of 2.33, which was duly in print. Dave believes that this marathon formed the basis of the route for the now famous London marathon. He explained that in those days only athletes entered, which amounted to a maximum of about 200 runners and that timings were usually close together.

Having got the runners through on the right track, I told Dave that we might meet again next year at same time and place. Once again, Dave reminded me of his age, being 82 but also added that he had been out for a 4-mile run that morning, before the Mince Pie race had started!

I had just one complaint about the race from a lady, who drove up near me and winding down her window, said that 'runners were going into the road'. Perhaps she should have entered the race or even gone out with Dave for a run!

NEWPLACE FARM XC by Tom Roper

The cross-country season is now half-way through, after the third event on Sunday 18 December at Newplace Farm, a huge house and estate near Framfield.

This is cross-country in its purest form. The route goes around the perimeters of fields, past a lake and through a wood to an uphill finish. While there are no big hills, it's challenging terrain, muddy and tussocky, but nowhere near as muddy as last year.



year.

The first man home was Peter Woodward of Crowborough Runners in 28:02, while first lady was Susan Fry of Hailsham Harriers in 31:53. The first Strider was Josh Rudd, finishing an excellent running year with 15th place in a time of 31:07. Photo right shows Josh in green fighting off the opposition.

Not far behind were Luke Borland, 32:05, and Dave Dunstall, 32:39, in 24th and 30th place respectively. Luke photo far left (59) and Dave left (55)



Scott Hitchcock finished 40th in 33:12; with Peter Weeks in 39:06 and Terry Ward in 41:08. Carlie Watts flew the flag for Striders ladies, finishing in 46:47 and Tom Roper brought up the rear, 189th out of 200 runners, in 52:32.



Photos from L-R in order of finish, Scott



Hitchcock, Pete Weeks, Terry Ward, Carlie Watts and Tom Roper

RESOLUTION 5K or 2K RUN - by Richard Honeyman

On a gloriously sunny and very cold Bank Holiday Monday six Striders made the short trip to the Big Park in Peacehaven, to take part in the potential route of a new 'parkrun'.



200 runners of all abilities took part including families on a 2-lap figure of eight course partly trail and field route.

Were it to become a park run, the course would be more challenging than existing park runs in the Sussex area. It was certainly held in the spirit of a 'parkrun' and on this occasion no timings were kept although a welcome Fun Run medal was on offer at the finish, coupled with a coffee in the superb café nearby.

I welcome the initiative and hope the efforts come to fruition in 2017.

Details of the current bid can be found on their Facebook page – Peacehaven Prospective parkrun.

The photo above shows the six intrepid Striders prior to the start and is courtesy of Debbie Plant, as are photos overleaf.



CLUB KIT

Sponsorship from Inter Sport means we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities. A number of members have requested adult versions of the tee-shirts recently supplied to our junior runners - the colour required is Electric Yellow!

Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.



To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct hilary@hilton-it.co.uk Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.



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

CLUB EVENTS



Mondays, 9th January & 6th February

Monthly Training Session

7.30pm – Lewes Track



Saturday, 28th January 2017

Presentation Evening

Seaford Head Golf Club

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well as for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to accompany it. Email: hilary@hilton-it.co.uk

That's all for now folks as far as the senior section is concerned, also see separate junior section.

KIT ORDER FORM

(PLEASE PRINT FORM CLEARLY)

Name Contact Tel No.....

Tee-Shirt£10 each (short) £13 each (long)

State whether Long or Short Sleeved required

Colour Size (XS, S, M, L, XL, XXL).....

Vest£10 each (Black only) Size.....

Hoodie£17.50 each (Black only) Size.....

Please return to Hilary Humphreys on Club nights or email to hilary@hilton-it.co.uk

FUTURE RACES

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

Junior welcome with seniors or special children's races - marked in purple

15 th January – 28 th May 2017	
15 Jan	King Standing XC, Ashdown Forest, ESXCL
21 Jan	Sussex Masters XC Champs, Lancing
28 Jan	South of England XC Champs, Parliament Hill
29 Jan	Dark Star River Marathon, Shoreham
5 Feb	Chichester 10K – new course, Goodwood
11 Feb	Sussex XC League, Race 4, Hickstead
12 Feb	Heathfield Park XC, ESXCL
12 Feb	Worthing Half Marathon
19 Feb	Alex Hall Memorial 5K, Bexhill
25 Feb	Maverick Trail Half Marathon
25 Feb	ECCA National XC Champs, Nottingham
26 Feb	Brighton Half, Youth 1 mile races
26 Feb	Vitality Brighton Half Marathon
1 Mar	Chichester Corp Challenge, Road Races (1)
5 Mar	Steyning Stinger Marathon & Half
5 Mar	Eastbourne Half Marathon
12 Mar	Moyleman off-road Marathon, Lewes
12 Mar	Worthing 10K & 5K
12 Mar	Pett XC, Hastings ESXCL
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon
25 Mar	Jog Shop Jog 20M
26 Mar	Mel's Milers 10K
26 Mar	SEAA 12 Stage Road Relay, Gravesend
29 Mar	Chichester Corp Challenge (3)
1 Apr	Sussex Road Relays, Christ's Hospital
8 Apr	Mini Mile Races
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
17 Apr	Lewes Easter Monday Races
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend)
30 Apr	Three Forts Challenge
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Hedgehoppers 5, Portslade
7 May	Hastings 5 M
7 May	Run Wisborough 5K & 10K
14 May	Eastbourne Trackstar Marathon
14 May	Arun River Marathon
14 May	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
17 May	Trundle Hill Run, Chichester
21 May	Horsham 10K
28 May	Mud Monster Run, East Grinstead
28 May	Weald Challenge 50K Ultra & Half Marathon

28 th May 2017 onwards	
28 May	Rye 10M
29 May	Friston Forest 5 & Adder 10 mile
31 May	Bexhill 5K & Kids Youth mile
4 June	Worthing 10K (Date TBC)
11 June	Martello Rotary Seaford Half Marathon
11 June	Hove Park Fun Run 5K & Children's Races
24 June	Race to the King Ultra Marathon
24 June	Downland Dash
28 Jun	Bexhill 5K Kids Youth mile
2 July	Bewl 15M
5 July	Roundhill Romp, Steyning
7 July	Rye 10K
11 July	Beat the Tide 10K
12 July	Beach Run, Arun
12 July	Phoenix 10K (Wednesday)
16 July	Eastbourne Golden Mile & 5K
23 July	Seven Stiles, Henfield
26 July	Bexhill 5K (Date TBC) & Kids Youth Mile
2 Aug	Highdown Hike, Worthing
9 Aug	Windlesham House 4, Worthing
11 Aug	Rye 10K
13 Aug	East Sussex Ultra
20 Aug	Hornets Stinger, Hove
27 Aug	Will Page 10K (Date TBC *** See below)
3 Sept	Fittleworth 5
8 Sept	Rye 5K
10 Sept	Hellingly 10K
17 Sept	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
24 Sept	Tilgate Forest
24 Sept	Barns Green Half Marathon & 10K
1 Oct	Lewes Downland 10M
1 Oct	Alf Shrubb 5 XC
8 Oct	Sussex Marathon & Half Marathon
8 Oct	Hickstead Gallop
15 Oct	Bright 10
29 Oct	Steepdown Challenge, Lancing
29 Oct	Hove Prom 10K
29 Oct	Crawley 10K
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
11 Nov	Poppy Half Marathon + 10K & 5K
26 Nov	Crowborough 10K (Date TBC)
16 Dec	Brighton City Races
1 Jan	Hangover 5, Goring
N.B. The inclusion of the Will Page 10K in the Sussex Grand Prix fixture list is conditional until further notice	