



SEAFORD STRIDERS NEWSLETTER

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

Editor & Press Officer: Hilary Humphreys hilary@hilton-it.co.uk

Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

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

PRESENTATION EVENING

Striders Presentation Evening at Seaford Head Golf Club 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 our chosen charity, this year 'Sussex Search and Rescue'. Tickets £13 per head (£5 for 18s and under) includes buffet, disco and loads of dancing. More details in due course but please book the date in your diary.



MARSHALS & RAFFLE PRIZES REQUIRED - 4th Dec

Seaford Striders have traditionally helped marshal at several events during the year. For this the club receives healthy donations, which go a long way to helping with the clubs running costs and help keep membership fees at the very low level they are. This obviously benefits all members.

Newer members may not be aware that the club's constitution states that all members should help marshal at a least one event per year, which in practice is about 2-3 hours, so not a lot. The idea obviously is that the club and all its members benefit from the marshalling income and therefore it is not unreasonable that all members should play their part in helping to marshal. The irony is that marshalling is good fun, as there is usually a Great Spirit and Camaraderie and as the saying goes 'you receive by giving'.

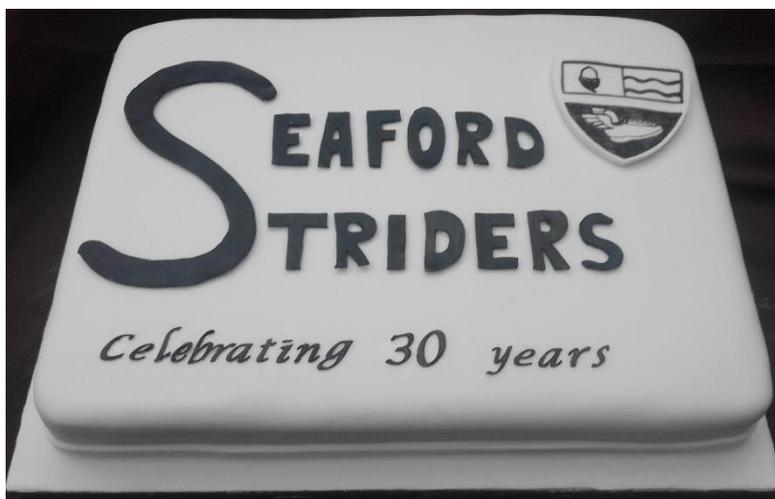
Our big event is the 'Mince Pie 10 Mile Race', which will be held on Sunday, 4th December. The race will start and finish at the Peacehaven Leisure Centre. The course is four miles along roads and six miles along the downs and there is a very heavy need for marshals. Fees from this race go towards club funds but at least half goes to charity – last year we donated £2,000 and with your help we can do so again in 2016.

With nearly 500 entrants we are pleased to announce that we are very close to maximum numbers – this means that we will need your support - please hold this date in your diary and add your name to the list on the club notice board. If you are unable to do so, please contact Linda Jennings at jennings.linda1@sky.com or any committee member.

Please note that raffle prizes are also required for the Mince Pie Race – just bring them along to the club and give them to Linda Jennings. Thanks, in anticipation.

CLUB'S 30th BIRTHDAY CELEBRATIONS

As well as the Anniversary Race, which was held last month, members of the Striders also got together after their run on Wednesday 19th October to eat some wonderful cake, which was kindly made by one of our more talented members, Dawn Woodgate. Thanks Dawn, it was scrummy!



CLUB KIT

As a result of sponsorship from Inter Sport 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.

SNAPE WOOD XC - by Tom Roper

The opening event of the 2016-17 East Sussex Cross Country League had perfect conditions for a classic woodland cross-country course at Snape Wood, near Wadhurst. It was dry, mud was negligible and it was sunny but cool. Held on Forestry Commission mixed woodland, the course begins with a stiff ascent on a wide track, followed by a descent

to run parallel to the Tonbridge-Hastings railway line. Then the paths narrow, for another ascent, a descent, an up, a down, and another up before descending to the start, and then round again for another muscle-sapping lap.

The winner was Stuart Piper of Hastings AC in 31:26 but Strider Josh Rudd (photo left) was on his heels, and won third place in a glorious 32:00. First lady was Alissa Ellis of Hailsham Harriers in 35:04. Dave Dunstall (photo right) in 44th place finished in a determined 36:29 and Tom Roper (photo below) brought up the rear for the Striders, 152nd in a field of 156, in 57:05.

It would have been good to see some lady Striders there, and the juniors would have enjoyed, and acquitted themselves with honour, in the earlier junior races. The November race takes place much nearer home, on Sunday 13 November, just outside Eastbourne, at Warren Hill. Entries are always available on the day, and cost £3 for seniors. Juniors Striders can enter gratis.

A TALE OF TWO HALVES - by Richard Honeyman

Running two half marathons within 2 weeks and in fact they could not have been more different from each other. The first was the Anna Verrico Half Marathon (25 September 2016) which was a county lane half marathon on flat land in North Lines. A very rural course, this passed through small villages and at one stage by the banks of the River Trent for a few miles, in a large circular undulating route. Although struggling with form this year I managed 1:56:09 and finished half way down the field, in what was a very friendly small field of



runners. The race was named after the founder of this race who sadly passed away a couple of years ago from a rare form of cancer. Further details of Anna and a charity named after her can be found at www.teamverrico.org formed for rare cancer counselling.

Second was the 9th edition of the Royal Parks Foundation Half Marathon (9 October 2016) starting and finishing in Hyde Park London. A very popular half marathon with a field of over 16,000, this race has a large charity element and in fact I was running for See Ability, which is a specialist charity supporting sight loss and multiple disabilities across the UK. This is a specialist charity - find out more at www.seeability.org and any donation to them via <http://uk.virginmoneygiving.com/team/seeability3>

Back to the race itself, which was flat and fast, in good conditions on a bright, sunny morning. The first half of the race took in Hyde Park Corner, Buckingham Palace, Trafalgar Square, Whitehall and the Strand, while the last 7 miles was inside Hyde Park and Kensington Gardens, where support was at its greatest. The autumn colours along the avenues of trees were at their most spectacular. I managed to keep my pace roughly on 8 mins 30secs minute miling and finished on 1:53:31, making it my second fastest half marathon this year.

TEMPO 10K by Peter Weeks

(Photo right)

Whilst spending my hard-earned winnings from the East Sussex Cross Country League in Tempo, I spotted entry forms for the Tempo 10k race, and was informed it was a 2-lap course along Eastbourne Seafont. My immediate thought was that's just what I need a fast-flat course that should give me a chance to get under 45mins, no hills like Hellingly and Crowborough surely all those Lewes track sessions will be of some benefit.

The race details arrived in my Inbox two weeks before the off, of course I do not bother to look at them as I'm an experienced runner and know you just turn up on time and follow the speedsters. However, on the night before Pat (wife & loyal race supporter for the past 34 years) asks where will be the best position for her to spectate, so I decide to look at the race instructions to check the route. Everything seems fine as the start is at Holywell café and goes along the prom to the Wish Tower, where it heads onto the middle prom and round the Bandstand then onto Harry Ramsdens. At this point it turns onto the path by the "Seafont road" and heads back to Helen Gardens, now I do not need any Satnav or Stava to tell me this is not a flat course and being two laps my 45mins seems somewhat ambitious.

Sunday arrives bright and sunny and whilst wandering around at the start, the only other black vests I see are either Hailsham Harriers or Hastings Runners, so at least I should be the first Strider. As we all know it's important to warm up before a race so I decide to go along the prom, where I come across another marshal with a large "Turn Here" sign. He informs me that after the 2nd lap it's back onto the prom up to him and then 600 metres back to finish line.

So much for my fast 2 lap course, however it was a pleasant run and Pat informed me it was a good spectator course as she could see the runners four times whilst sunning herself by the Wish Tower. I finished in 48.13 being 56th out of a field of 195 and was 1st Male 60-69, and as predicted earlier the first Strider.



CHICHESTER HALF by Scott Hitchcock

9th October dawned with a chilly start in Chichester for the half marathon where over 1000 runners took part in the event - a record number of runners. The race village was at Chichester College where they had lots of stalls and activities going on. When we set off through the town centre it was clear who the top four were going to be and James Baker being amongst those four, later went on to win the race in a time of 1:19:02. An impressive 5 minutes in front of second place.

(Scott - photo right)

The course was a lot more challenging than expected as Claire Keith told me earlier that week that there was a slight hill on mile 6 but that slight hill turned out to be the trundle and I would class it as a lot more than a slight hill ha ha! thanks Claire! But as the saying goes, what goes up must come down, so you gained a lot of lost time on the downhill parts of the course. The route was mostly off road and very scenic, you get the best view of the Goodwood Race Track at the top of the trundle, so it was well worth the pain of running up to it.



There were runners running in all different directions, as there was a ten-mile race and 5-mile race going on at the same time but the event was nevertheless well signposted and well organised. It is worth doing and the marshals and crowd support was great. I ran a good race stuck to my pace that I had set out to do and felt good for the full course and finished in 6th place in 1:28:06. I was very proud of my achievement that day as I set a goal of hoping to finish in the top 10, so you can imagine my emotions at finishing 6th!

Also, out to impress was Carlie Watts who had another good run achieving a PB with a time of 2:10:17. With Carlie's nonstop improving form. There is surely better yet to come. Mind you there was cursing all the way up the trundle she nevertheless pulled off a great time!

FORWARD NOTICE - WARREN HILL XC

The second event of the East Sussex Cross Country League 2016-17 season takes place on Sunday 13 November at Warren Hill, off the B2103 just outside Eastbourne. It's very near Seaford, so would be good to see a good showing from Striders, both juniors and seniors.

Location: From Seaford/East Dean – follow the A259 down into East Dean and up the hill the other side. At the top of the hill turn right onto the B2130 (signposted 'Seafrot, Beachy Head'. After about 1000M on your right is Warren Hill car park.

Junior races are free to enter and start at 10.30 a.m. For U11 and U13 the course is 1 to 1.25 miles (1 lap). For U15 and U17 the distance is 2 to 2.5 miles (2 laps).

At 11 a.m. it's the seniors turn, on a 5 mile-ish course, with a long descent, followed, unsurprisingly, by an equally long climb back. The seniors race is a mere £3 to enter.

For more details, and for dates for the rest of the season, see the ESCCL website:

<http://www.eastsussexcrosscountry.co.uk/events>

OMM 2016 GLENTROOL by Gareth Hutchinson



Each team of two must carry all their gear, including equipment for an overnight camp and food. This was my 16th time competing in the event and Kevin's 6th (I wore out my previous partner). The connoisseur's choice is the Score Class whereby you choose your own route and maximise your points by visiting as many controls as possible in the allotted time. As a result, it was 7 hours on the hill on Day 1, followed by 6 hours on Day 2.

Whilst everyone was pottering around the South Downs on the Beachy Head Marathon, Kevin Ives and I headed north to take part in the Original Mountain Marathon (OMM). This 2-day event, held in a different mountainous region of the UK every year, was first staged in 1968 and is widely regarded as the forerunner of modern adventure racing. (Photo left – Kevin 'dibbing' and below – by the side of Loch Trool)





(Photo left – Gareth and Kevin – ‘not the winter route!’)

Race HQ was at Glentool in Galloway, Southern Scotland. Starting in the darkness, rain and thick fog it took us boys over 1.5 hours to find the first Control but after that we were literally off and running. Navigating by map and compass and scaling peaks of over 800m we took it relatively easy on Day 1 and reached the overnight camp in good time with 260 points in the bag. You must be good friends when sharing

a small tent, on what must seem like the longest night of the year but no doubt there is something very satisfying about putting on dry clothes, hunkering down in a sleeping bag and spending the next 16 hours refuelling, rehydrating and sleeping. When Day 2 dawned with an alarm call from the piper it was back out onto the tops with renewed vigour. With clearer skies the orienteering was far more straightforward and Kevin and I pushed the pace amassing a further 460 points to pull ourselves right back up the pecking order to finish 60th out of the 140 or so pairs who started in the same category.

The stunning scenery, comradery and sense of achievement make this event a fantastic diversion from the roads. Next year will be the 50th edition and rest



assured there will be at least two southern softies returning to the mountains.

(Photo left – Gareth relaxing on the beach and right with a handy drinking device)



A TALE OF TWO MARATHONS by Simon Fletcher

The Yorkshire and Beachy Head Marathons

Beachy Head compared to the Yorkshire marathon - same 26.2 mile distance but as different as chalk and cheese. After a great run at the London Marathon in April my target race for the Autumn was a completely different challenge - the Beachy Head Marathon, one of the most popular and toughest off road trail marathons in the UK. I had an idea of what was to come having run most of the route on various training runs over the years with Seaford Striders. For this race there would be no pressure chasing after a PB and it would be guaranteed to be my slowest ever time. Gone would be the normal optimal marathon race strategy of maintaining a pace just below the lactate threshold. Instead there would be oxygen debt on steep climbs and with hopefully some recovery on the downhill sections.

Well that was the original plan. That all changed when I couldn't resist entering a masters age group marathon competition, which meant running one of the qualifying races, for me the only option was another Autumn marathon. I chose Yorkshire, as it unexpectedly boasted a course that was even flatter than London. However, the downside being it was less than 3 weeks before tackling the challenging Beachy Head course – I was signing up for back to back marathons.

Yorkshire had good race conditions. The trip up the day before the race was long and I stayed in a well-known "inn"

about 45 minutes drive from an old airport that was being used as a park and ride for the race. I got up at a stupidly early 4am, I knew from experience that this would not affect my race, especially after a coffee or two - it is resting the week before that makes the difference for me.

I just about managed to find the park and ride, even arriving a bit early and then sat on a cold bus for 30 minutes. It felt freezing in York compared to the still summer like temperatures in Seaford. I was glad I remembered some old clothes that I could throw away just before the race start. The bus dropped everyone off in the university campus at the race 'village', which was well organised (with plenty of toilets with short queues!). I found a warm cafe to relax in for an hour. The atmosphere was brilliant, although a reasonably large event with over 7000 entrants, it still managed to combine the big race feel with the friendliness of a local race. Recent training and races had gone well and I was feeling good. The sun came out just before the start to take the chill out of the air and the race started.

The initial pace was quick, possibly too quick, especially as the first half of the race was into the wind. The key to running a good marathon is pacing, a couple of minutes too fast in the first few miles can have a devastating affect at the end of the race, as you run out of glycogen and hit 'the wall'. It is difficult to know you are going too fast at the start of the race when fresh and once you realise it is usually too late to back off. The crowds in the city centre were loud and cheering but even as we headed out of the town the sporadic support in the villages was really good.

I reached the 10K mark almost a minute ahead of target pace, but I was with 2 other runners and backing off slightly would mean running alone into a headwind. Decision time. I stayed with the group until just before the half way point when we all split up. Still over a minute ahead of target pace and I felt ok. That started to change around mile 15, when I realised I'd slightly over cooked it. My legs were getting heavy and the pace dropped slightly - keep going I told myself, I was still on for a great time. By mile 20 I really started to struggle, pace had dropped to what felt like a jog but in retrospect looking at my mile splits it wasn't as slow as it had felt. Luckily I managed to keep to that pace for the final 6 miles. These were definitely the hardest miles I have ever run and it seemed to take forever to finish, especially hard was the short uphill in the last mile. As the finish line appeared I could see the clock and knew I had a PB in the bag, this made the final few strides easier. Did I push too hard at the start? Difficult to say. I was completely shattered. It took a couple of hours to pull myself together, get back to the car and start the long drive back home. Yorkshire was a fantastic race, it has big PB potential and is one that I would definitely do again.



(ED. Simon doesn't want to boast so didn't supply his results – I looked them up anyway! Finish time – 2:41:42 – 15th overall – fantastic result – well done Simon.)
(Photo left Simon at Beachy courtesy of Danny Simpson)

By contrast Beachy Head has the most ridiculous steep start to any race, never mind a marathon. The weather gods had been kind again, no wind, not too hot or cold, no sun and even dry underfoot - perfect. I had decided not to rest after Yorkshire so after just one day off I proceeded to do a recovery week, followed by a training week at 70% normal volume and a taper week. It was another good turn out with a couple of thousand runners, joggers and walkers on the start line. I had picked up my race number the day before and walked up the first hill to understand what was to come. Not sure that was a good idea as even walking up the hill felt hard!

The race started and the front runners charged up the road to the hill. As expected it wasn't kind and I was out of breath with heavy legs before reaching the top. Next followed an undulating stretch on towards the long steep drop into Jevington. The speed of the downhill section caught me by surprise but I kept pace with the other fast runners in my group. I found it particularly hard on the legs, having to absorb the varied downhill terrain was not something I had trained for. Relaxed downhill running to minimise energy usage is a technique I will definitely work on in future. Was I going too fast? At this point I am unable to judge the pace at all. We run down through Friston Forest, up and down Windover Hill to Alfriston, then back up to Bo Peep and reach half way after an hour and a half.



The next section is a long steady downhill section past High and Over and down to Littlington. I waved at some Striders marshalling and providing much needed moral support. At this point my legs feel ok and I'm chatting to another runner – (Photo left) - turns out I'm not the only one doing back to back marathons! So far so good but then just after Littlington cramp strikes. Ouch. I have to briefly stop and stretch the muscle out. I had hoped it was just a one off but less than half a mile later it happens again. Oh dear. I've not had this problem before. I'd been taking on plenty of fluids and gels, grabbing a bottle from my daughter Amy at Alfriston I made it to the West Dean steps to the sound of bagpipes but my pace had slowed to a jog and with an occasional walk due to the cramp, especially on the uphill sections. At the top of the steps Amy handed me another drink and with the Seven Sisters and Beachy Head still to come I contemplated stopping. No I banished that thought and started on what became a damage limitation exercise - jog when possible and walk the steep sections! Eventually after a difficult and painful trek over the final miles I made it

down the last steep section to the finish, cheered on by my wife Fran and Amy who had managed to dash round to greet me. My legs felt horribly battered but I was not as tired as I had been after the Yorkshire race. We headed straight into Eastbourne for a well-earned pizza.

Beachy Head was a really tough but a brilliantly different experience and just finishing was incredibly satisfying. I think I will be back to try it again.

(ED. Results as follows: In and field of over 1700, Seaford Strider Simon Fletcher put in an outstanding performance recording 10th place overall in a truly impressive time of 3:18:45, all the more impressive given that Simon was running back-to-back marathons and was suffering from cramps from Litlington onwards. Vicki Blaber (photo below left) was the only female Strider in the Marathon coming in at 4:51:59 – an excellent time over such a challenging course. She was followed by Chris Wrathall in 5:22:56 (photo below middle); Chris Le Beau in 6:09:23 (photo below right) and Joe Galvin 6:54:40.



Photo below - Striders Water Station at High & Over and runners streaming away downhill on their way to Littlington



BEACHY HEAD 10K or taking a tumble down Beachy Head by Wendy Reed

It's all in the mind sports psychologists often say and after my recent experience running the Beachy Head 10K, I'm inclined to agree with them. Sadly, I didn't really enjoy the run. It was well organised, challenging and the weather conditions were fine. But I turned up tired, lacking motivation and missing any positive focus. Looking back, I think I had underestimated the psychological aspect to running and in that respect the run taught me a lot.

I didn't feel at all nervous at the start so that necessary shot of adrenalin simply wasn't there. At the run's start outside the gates of Bede's school in Eastbourne, I looked up at the first hill and didn't feel worried or like I cared. Bad omens which would see me end the race being looked after by the angels from St John Ambulance.

Like the marathon, the 10K started with THE hill - it was difficult but I thought I would get my breath after the first mile or two was over as I often do - but my second wind decided it was taking the day off and never made an appearance. The hilly run was tough and a little splattering of rain made the terrain slippery.



The voice that had been nagging at me during the run got louder and louder towards the end when I decided to finally push myself as the finish line appeared. Trouble was the finish line is at the bottom of THE hill and a combination of lack of concentration, tiredness and that slippery terrain saw me take a tumble. A proper roly-poly with a bang on the back of the head for good measure,

I honestly can't remember finishing and 'came to' being looked after by the aforementioned St John's Ambulance Angels in the First Aid tent. After a half hour or so the doctor said I was ok but a little concussed. It was an experience for sure. As my partner said when he came to collect me: 'Look on the bright side I suppose not many people have fallen down Beachy Head and lived to tell the tale.' By the way, my finishing time was 58:04.

Tips – Beachy Head 10 k

- Allow more time to find a parking space
- Eat better before the race
- Warm up a bit more
- Try and get nervous by inviting some friends to come and watch.
- Pace the start
- Don't sprint down wet hills!



CRAWLEY 10K by Joshua Rudd (Photo right)

I decided to run the Crawley 10k to give it a go and to see what the pace was going to be like. On a pretty undulating course of footpaths, hills, and two laps of the lake it was going to be tough. Having a strong start, I decided to stick behind the leader of the pack, running up hills in the forest, running twice around a lake of Tilbury Park, I maintained my position. I finished in 38:26 in 2nd place overall, leaving me ready to build on momentum for the Poppy Half on 12th November.

CLUB EVENTS



Mondays, 7th Nov & 5th Dec

Monthly Training Session

7.30pm – Lewes Track



Saturday, 28th January 2017

Presentation Evening

Seaford Head Golf Club

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

East Sussex Cross Country League in brown

Junior Races marked in purple

November – February 2017	
5 Nov	ECCA XC Relays, Mansfield
6 Nov	Beckley 10K
6 Nov	Gunpowder Trot, Horsham
6 Nov	The Adder 10M & Friston Forest 5 charity run
10 Nov	Teenage Cancer Trust Night of Miles, Eastbourne
12 Nov	Sussex XC League Race 2, Lancing
12 Nov	Poppy Half, 10K & Junior Races, Bexhill
13 Nov	Whitbread Hollow XC adj Beachy Head, ESXCL
20 Nov	Brighton 10K
26 Nov	Brighton Muddy MoRun 10K
27 Nov	Crowborough 10K
3 Dec	Womens Christmas Cracker Chase 5K & 10K, Worthing
3 Dec	Sussex XC League Race 3, Stanmer Park
3 Dec	Mouth to Mouth Marathon, Shoreham
4 Dec	Downland Devil 9
4 Dec	Mince Pie 10 Mile
10 Dec	SEAA Masters & Inter-Counties Champs
11 Dec	New Place Farm XC, Blackboys, ESXCL
17 Dec	Christmas Pudding Dash, Battle
17 Dec	South of Thames Senior, Beckenham Place, Kent
	2017
2 Jan	Winchelsea Chase
7 Jan	Sussex XC Champs, Bexhill
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
19 Feb	Alex Hall Memorial 5K, Bexhill
25 Feb	ECCA National XC Champs, Nottingham
26 Feb	Brighton Half, Youth Races
26 Feb	Vitality Brighton Half

March 2017 onwards	
1 Mar	Chichester Corp Challenge, Road Races (1)
5 Mar	Eastbourne Half
12 Mar	Pett XC, Hastings ESXCL
12 Mar	Moyleman off-road Marathon, Lewes
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon
26 Mar	SEAA 12 Stage Road Relay, Gravesend
1 Apr	Sussex Road Relays, Christ's Hospital
8 Apr	Mini Mile Races
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend)
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Run Wisborough 5K & 10K
7 May	Hastings 5 M
21 May	Horsham 10K
28 May	Rye 10M
5 June	Worthing 10K (Date TBC)
26 June	Heathfield Mid Summer 10K (Date TBC)
2 July	Bewl 15M
12 July	Phoenix 10K
27 July	Bexhill 5K (Date TBC)
28 August	Will Page 10K (Date TBC *** See below)
10 Sept	Hellingly 10K
24 Sept	Barns Green 1/2
1 Oct	Lewes Downland 10M
29 Oct	Hove Prom 10K
27 Nov	Crowborough 10K (Date TBC)

N.B. The inclusion of the Will Page 10K in the Sussex Grand Prix fixture list is conditional until further notice.

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well if 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 go in the newsletter. 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
