



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> **June 2015**

NEW WEBSITE

After many hours spent by Tom Roper and lately with assistance from Tony Humphreys, the new website received the go ahead from the Committee and is now “live” for everyone to enjoy. Please be aware that as with anything that is relatively untested, there may be bugs and hitches that need smoothing out. Please do check it out at: <http://www.seafordstriders.org.uk/>. Feedback, and ideas for new content are always welcome.

Please be aware that it may take a little while for your search engine to find the new site, especially if you have been a frequent user of the old one. (I initially had problems but all have been resolved – Ed.) Please note that all e-mail links now point to one club e-mail address; info@seafordstriders.org.uk but please feel free to address any website comments to Tom: tom.roper@gmail.com and Tony: tony@hilton-it.co.uk Many thanks.

ANGMERING BLUEBELL TRAIL by Richard Kimber



News from the other end of the running spectrum. It's Sunday morning, London Marathon day and this means it's the Angmering Bluebell Trail. For those of you not familiar with this run, it's either a 10K or a 10 mile run through the woods of the Angmering Estate. Start and finish at The Fox pub, so that's a good start to the event!

It's not part of the Sussex Grand Prix and I guess that's why it isn't as popular as it might be – but it gets “sold out” every year. How fast the course is depends entirely on the weather. If it's been raining heavily the 2K long hill (after a 1k downhill from the start) can be a bit of a mudslide. This was a dry year, so the course was fast, for those interested in coming first.

Me? I jogged my way round with a simple race plan of walking up the long hill, and jogging along as best I could on the other parts of the course, remembering to save something for the final 250m steep hill into the beer garden at The Fox. I had three objectives; get round, try not to be last and appreciate the woodland bluebell carpet. All three were achieved, making it a really enjoyable Sunday morning. Just for the record, my 10K took 76.38 minutes, coming 291st of 313 finishers. The winner was Michael Caffyn from Arunners in 38.38 minutes. The two races share the course at the start and finish, so there was a touch of humour when one of the timekeepers recorded me as third in the 10 mile race – I wish!

BURGESS HILL 10K by Martin Bulger

The final race in the Bank Holiday Marathon week-end was the Burgess Hill 10K. The winning time was 39:31 (by Louis Taub of Brighton & Hove City AC) and was a clear indicator of the severity of the hilly, mainly off-road course. Despite that, both Sue Garner (injured for most of last year) and Claire Keith, (photo right at Lewes) who has only run a few times since giving birth to Harrison on Christmas Eve, clocked superb times.

Sue led the way for most of the race until Claire eased in front just after the 8km point. Entering the finishing arena there was still barely 30 metres between them, before a late surge from Claire enabled her to record a time of 53:54, just thirty seconds ahead of Sue.



HASTINGS 5 MILER - 10th May



Photo left – 7 Striders prepare for the race!

Photo right – Scott Hitchcock

Both photos courtesy of Tony Humphreys



Over 400 runners gathered for the 10th Anniversary of the Hastings Runners 5 Mile Keith Chandler Memorial Race, where proceeds are donated to St. Michael's Hospice.

On the face of it, a straightforward out and back route along the seafront incorporating Hastings and St Leonards would appear run of the mill. However, with sun breaking through, bringing out the spectators, the race took on an authentic seaside experience.

Being a shorter distance than most of the Grand Prix races, there is a temptation to go out quickly and attempt to maintain that pace, without hopefully making the classic mistake of too much too soon. The fast and flat course saw Ross Skelton (Brighton Phoenix) win in a time of 25:25. Home runner Sarah Roff (Hastings AC) took the honour as first female over the line in an impressive time of 28:58.

Headline grabber for the Striders was Scott Hitchcock, who made it look easy in a time of 33:15. Next came Pete Weeks who's in a rich vein of form 36:20; Vicki Blaber 38:29; Rob Webber 39:39 and 2nd in her age category Sue Garner 41:06 Finally, a solid performance from Chris Le Beau 43:05 and Hilary Humphreys 44:42 completed the Striders' line-up.

RECOVERY FROM RUNNING

The time of year for half and full marathons has begun! Many people train hard leading up to events and know how to give their body the best preparation, however; what about after the event? Recovery is extremely important especially after long distance events as it puts the body under a lot of stress and takes place from the moment you finish!

Immediately after the event you must rehydrate your body; ideally with electrolytes to replenish the fluid and sweat. You must also refuel with foods that contain carbohydrates and protein such as; bananas, granola, yoghurt, chocolate milk, bagels and many more. This will provide your muscles with the energy it needs as well as starting the recovery process to rebuilding muscles and replenishing those glucose stores. Make sure you get warm, foil blankets are fantastic to use until you can get changed into some clean clothes. If possible have an ice bath for your lower body, as this will help those aching muscles. It should only be for 10 -15 minutes and ideally be between 55 and 65 Fahrenheit.

Later on that day make sure you have a balance meal with plenty of carbohydrates and protein along with either a nap or a light massage (or both!) In the evening have a warm bath with Epsom salts as this contains magnesium which helps produce serotonin, reduce adrenalin effects and relieves pain and inflammation. Then if possible use a roller to help those tight muscles.

For the first 3 days make sure you get plenty of rest and try to avoid training. Eat plenty of fruits (vitamin C & antioxidants), carbohydrates and protein to help repair any muscles that may be damaged. On days 4 -7, light/easy exercise can take place along with deep tissue massages to help shift any waste product and introduce oxygen and nutrients to the muscles. More rolling and Epsom salt baths are also a good idea to aid recovery.

After a week you can build back into full training, slowly however, try not to schedule in any competitions for 6 weeks after a long event to ensure that your body has recovered ready for the next challenge!

Reproduced courtesy of Tempo Running Shop, Eastbourne. To read the full edition, click on the link: [May Edition](#)

HORSHAM 10K - 17th May



Starting at Horsham Rugby Club, the Horsham 10K takes in a circuit of the hallowed turf, followed by 2 laps of a route on road, lane and bridleway. This meant the pleasure of the energy sapping hill back to the Club could be savoured twice and it certainly proved testing the second time around, although the excellent spectator support on the hill made it worthwhile. Held on a warm sunny day, the light breeze and dappled shade around the course was much appreciated by the 500 runners in attendance, as it gave respite from the dazzling sunshine.

First across the line was Toby Lambert (unattached) in a time of 31:44, beating local runner and last year's winner, Niel Boniface (Horsham Joggers) by well over a minute. First of 11 Striders present and in full flow was Simon Fletcher, (photo left) who crossed the line in 8th position, in a time of 36:33, ensuring that he won his age category. He was followed by the ever reliable Phil Robinson in a time of 41:26.

Such an undulating course would not necessarily be seen as one where personal bests (PBs) were achieved but for two new Striders Scott Hitchcock and Christian Morton, (photo right) this is just what they did, with both of them managing to smash their previous PBs by the best part of three minutes, giving a clear indication of their ever improving talents.

Third Strider home was the aforementioned new man Scott Hitchcock in an imposing time of 41:54 (PB). Next across the line was honorary Strider for the day Mark Holmes who was running in honour of his friend, ex-strider Tony Dray and clocked 43:33.

There was strength in the middle order with Peter Weeks 45:36, Natasha Swan 45:59, Alan Hards 47:40 and hot on Alan's heels was the second new Strider, Christian Morton 47:52 (PB). Christian led the way for the ever improving Claire Keith 48:59, who is fast getting back to her



pre-baby form. Closing the books as far as the Striders were concerned was Rob Webber 50:36 and Hilary Humphreys 56:46. (Photos this race courtesy of Tony Humphreys)

RYE 10 MILER - 24th May

The term "undulating" is frequently used in race descriptions and it certainly applies to the Rye 10 miler, which is organized in conjunction with the Peasmarsch Memorial Hall Committee to help raise funds for a new Village Hall.

This challenging 10 mile road race - the only 10 mile road race in Sussex, covers the quiet twisting country lanes through the stunning countryside outside Rye. The race began and finished in Peasmarsch and was superbly organized, with plentiful and enthusiastic marshals.

There is a telling hill at the 8 mile point but it's no monster and a real bonus is the downhill finish, which was obviously what Tom Roper needed to ensure he was first Strider over the line in a time of 1:50:05 - well done Tom! (Photo right, courtesy of Tony Humphreys, taken at Haywards Heath).



UPCOMING CLUB EVENTS

| DATE | DETAILS |
|---|---|
| Thursday, 18 th June – 8pm onwards | Thirsty Club! At the Welly |
| Wednesday, 24 th June 7.00 for 7.30pm | Summer Solstice 4K Run meeting at the Sailing Club |
| Wednesday, 8 th July – 7.00pm | Pub Run Starting from the Downs Leisure Centre |

YOUR 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. Email: hilary@hilton-it.co.uk

MARSHALLING

Any of us who have ever entered a race knows that without the help and dedication of the marshals there would not be an event. Seaford Striders have traditionally helped marshal at a number of 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. The most important is the Mince Pie race on 6th Dec as this is solely organised by the club and therefore needs between 80-90 marshals – please put the date in your diary.

Whilst not all members may want to run races, we would ask that you volunteer your time, at least once during the year and in practice this 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 actually good fun, as there is usually a great spirit and camaraderie and as the saying goes 'you receive by giving'.

RACES MARSHALLED BY THE STRIDERS:

| | | |
|-----------------------|---|---|
| Seaford Half Marathon | - | Sunday, 7 th June 2015 |
| Jog Shop 20 | - | October 2015 (date to be confirmed) |
| Beachy Head Marathon | - | Saturday, 24 th October 2015 |
| Mince Pie | - | Sunday, 6 th December 2015 |

NOMINATED CHARITY

The committee would like to thank everyone who voted for this year's nominated charity and are pleased to announce that the benefactors of the Mince Pie Run on Sunday, 6th December will be 'Service by Emergency Rider Volunteers', (SERV) Sussex.



Surprisingly the NHS has no formal and **FREE** way of moving urgent blood, samples and patient notes overnight and SERV provides this service. Without it, local hospitals would have to use ambulances or pay taxis to transport these urgently needed items. By providing a free transport service, SERV enables hospitals to focus their resources on patient care and help eliminate costly transport bills.

This organisation is run by volunteers and in 2014 they responded to 720 emergency calls, which it is calculated saved the NHS £150,000 in taxi fees. Volunteers are on-call for one night every two weeks and there are three or four volunteers on call every evening.



The service is run primarily utilising the volunteer's own vehicle, however, SERV also have a fleet of marked bikes and vehicles, which are funded by charitable donations from the public, businesses and charitable trusts.

SERV is currently undertaking a major fundraising campaign as its fleet is coming to the end of its life and will shortly need replacing. They have sourced the majority of the money for the new fleet bikes but are still looking to raise £25,000 to purchase a new estate vehicle to replace their ageing van and the money raised as a result of the Striders fundraising efforts with the Mince Pie Run will help them achieve this goal.

Please, please, please, put Sunday, 6th December in your diary and make yourself available to help the club to marshal this very worthwhile event. Thank you!

MARATHON PBs

Just a reminder that Martin is collating a list of Marathons – if you want to see your best time recorded, please contact Martin: mandsbulger@uwclub.net

That's all for now folks as far as the senior section is concerned. Please see overleaf for an up-to-date list of forthcoming races. "Thank you" for your contributions. Please keep the articles coming by email to: hilary@hilton-it.co.uk



N.B. The Junior Section is separate from this newsletter.

Race results can be found by following the links from the Seaford Striders Website: www.seafordstriders.org.uk/results.html

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

| June - August 2015 | |
|--------------------|--|
| 7 June | Worthing 10km SGP |
| 7 June | Seaford Half Marathon |
| 10 June | Vets T&F Worthing |
| 14 June | Hove Park 5km - Arena 80 WSFRL |
| 20 June | South Downs Marathon Relay, Half & 5 km, Petersfield |
| 21 June | Heathfield 10km SGP |
| 24 June | Crawley AC Open T&F |
| 24 June | The Weakest Link 4 member relay, Brighton |
| 24 June | Bexhill 5 km |
| 27 June | Downland Community 5 mile WSFRL Hassocks |
| 27 June | Ladies Only Midnight Walk, St Barnabas Hospice, Worthing |
| 1 July | Roundhill Romp 6 mile WSFRL Steyning |
| 4 July | St Lawrence Fair Fun Run, Hurstpierpoint |
| 5 July | South Coast Half Marathon, 10 km & 5 km |
| 5 July | Bewl 15M SGP |
| 8 July | Vets T&F Lewes |
| 10 July | Rye Summer Classic Series 10 km |
| 12 July | Brighton Beach Aquathlon swim-run-swim |
| 15 July | Phoenix 10km SGP N.B. Wednesday |
| 15 July | Crawley AC Open T&F |
| 25 July | LUNAR-TIC Marathon, Shoreham N.B. 8pm start |
| 26 July | Seven Stiles 4 mile WSFRL Henfield |
| 29 July | Bexhill 5km SGP N.B. Wednesday |
| 29 July | Vets T&F Lewes |
| 2 Aug | Brighton Trailblazer Run |
| 5 Aug | Highdown Hike 4.5 m WSFRL Durrington |
| 5 Aug | Herstmonceux Relays |
| 7 Aug | British Ultrafest 48/24/12/6 hour races, Crawley |
| 14 Aug | Rye Summer Classic Series 10 km |
| 16 Aug | Tilgate Forest 5 mile WSFRL Crawley |
| 23 Aug | Hove Hornets Stinger 9.5km WSFRL |
| 23 Aug | Henfield Half Marathon |
| 29 Aug | Alfriston Village Fun Runs |
| 30 Aug | Newick 10km SGP |
| 30 Aug | Arundel Castle 10 km |
| 31 Aug | Tom Lintern Open Medal Mtg |
| 31 Aug | Kings Head Canter |

| September – December 2015 & beyond | |
|------------------------------------|--|
| 5 Sept | Heart of Sussex XC |
| 6 Sept | Fittleworth 5 mile WSFRL |
| 6 Sept | Chestnut Tree Hse - Littlehampton 10K |
| 6 Sept | BBB 10K - Battle |
| 11 Sept | Rye Summer Classic Series 10 km |
| 13 Sept | Hellingly 10km |
| 13 Sept | Firle Half Marathon, 10km Trail Run & 5km Fun Run |
| 19 Sept | Valley Challenge, Chichester |
| 20 Sept | Bexhill Big 10km |
| 20 Sept | Hove Prom 10km SGP |
| 27 Sept | East Grinstead 10km |
| 27 Sept | High Weald Challenge 50 km, Ultra, Marathon & Half |
| 27 Sept | Barns Green Half SGP |
| 3 & 4 Oct | 24hr Ultra & 50 mile night run, Ashburnham Place, Battle |
| 4 Oct | Lewes Downland 10M SGP |
| 4 Oct | Alf Shrubbs Memorial 5 |
| 11 Oct | Chichester Half |
| 11 Oct | Sussex Marathon & Half Marathon, Heathfield |
| 11 Oct | Hickstead Gallop 8km WSFRL |
| 18 Oct | Bright 10 |
| 18 Oct | Steepdown Challenge 5 mile WSFRL |
| 18 Oct | Worthing Seafront 10k |
| 24 Oct | Beachy Head Marathon |
| 25 Oct | K2 Crawley 10 km |
| 1 Nov | Foxtrot 5 WSFRL |
| 7 Nov | Poppy Half - Bexhill |
| 15 Nov | Brighton 10 km (date tbc) |
| 29 Nov | Crowborough 10km SGP (TBC) |
| 6 Dec | Mince Pie |
| 6 Dec | Downland Devil 9M |
| 19 Dec | Brighton City Race |
| 2016 | |
| 28 Feb | Vitality Brighton Half |
| 13 March | The Moyleman Marathon, Lewes |
| 16 Apr | Brighton Mini Mile Races |
| 17 Apr | Brighton Marathon |
| 17 April | Brighton BM 10K |