



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> **Sept/Oct 2015**

2nd ANNUAL PUB RUN - Report by Terry Ward

On a lovely evening on 8th July about a dozen runners left the Downs Leisure Centre to start this approximately 9 mile run with stops at five pubs en route. The first pub was the Cuckmere Inn where everybody arrived safely to enjoy their first drink sitting out on the terrace at the rear of the pub. Unfortunately (from a running perspective) it was a beautiful warm summers evening and the lure of the sun, the views and good company, proved too big a temptation and many of the runners failed to move on to the next venue.

This left the stalwart few to carry on to the Cinque Ports, White Lion and the Wellie. By the time of reaching the Wellie there were only 4 runners and 1 cyclist left so it was decided not to go on to the Sevens. Those that got to the Wellie enjoyed the evening and it's hoped that more runners will be able to get further round the course next year.

CROSS COUNTRY LEAGUE

Tom Roper has kindly agreed to act as Co-ordinator for the East Sussex Sunday Cross Country League. The fixtures have been agreed as follow:

Sun 18th October - Warren Hill
Sun 22nd November - Snape Wood, Wadhurst
Sun 13th December - New Place Farm nr Uckfield
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.

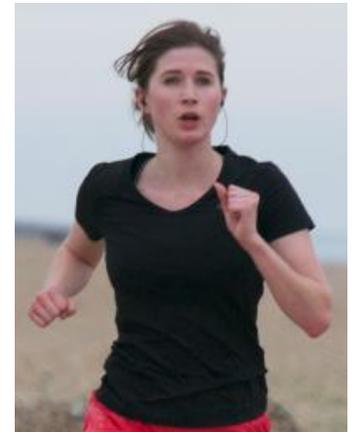
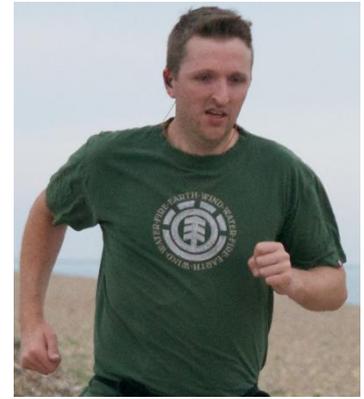
Runners can turn up on the day and register. However, there is also the chance to pre-register for all races by Sep 30th to save money and also to save time standing in line outside on the day. Pre-registrations need to be completed through Tom (Email: tom.roper@gmail.com)

ALFRISTON FUN RUNS - Saturday, 29th August

This year's Alfriston Water Meadows fun runs saw an increase in race entries and another brilliant performance by junior and senior Striders, claiming 6 of the 9 category trophies. Martin Bulger has asked that his thanks be passed on to the Striders who gave their time assisting with the marshalling and other vital duties.

5.3km Senior Event

1	Ben Martin	20:13	overall winner
2	Phil Robinson	23:13	1st vet man
3	Luke Borland	24:25	1st senior man (photo right)
4	Will Watson	24:38	
5	John Cahir	25:00	
6	James Merceron	25:48	
7	Eddie Winter	26:00	
8	Christian Morton	26:31	
9	Andrew Saville	27:06	
10	Joe Rickards	27:14	1st junior boy
11	Lucy Lott	27:39	1st junior girl
12	Manny-Pinon Martinez	27:45	
13	Henry Johnston-Ellis	27:51	
14	Eva Johnston-Ellis	28:03	
15	Terry Avey	28:32	
16=	Michael Ward	28:43	
16=	Jackie Webber	28:43	1st vet lady
18	Anna Norman	29:49	1st senior lady (photo below right)
19	Elizabeth Merceron	30:17	
20	Joe Plant	30:45	
21	Bridget Sealey	31:17	
22	Elizabeth Cahir	32:27	
23	Daniel Merceron	32:32	
24	Emily Merceron	33:04	
25	Roger Ockenden	33:15	
26	Robert James	34:36	
27=	Andy McDonald	36:44	
27=	Sandra Coleman	36:44	
29	Phil Boorman	39:10	
30=	Hilary Ward	39:47	
30=	Terry Ward	39:47	
32=	Maria Caulfield	52:40	
32=	Philip Ede	52:40	



NEWICK 10K - 30th Aug

The Newick 10K starts at the George V playing field and loops south towards Chailey and back on quiet country lanes. The course is described as undulating, a word which puts a wry smile on the face of experienced runners as it inevitably means an energy sapping rollercoaster of a run. Any thoughts of sticking to a pre-planned pace are quickly dismissed as fast downhill sections are interspersed with a variety of inclines.

Road race planners evidently delight in the suffering of the participants as most finish with a steep uphill slog where you suddenly become aware of the existence of your quadriceps and Newick is no exception. The finish line is adjacent to the bar, so it's not all bad news and in reality the race is more rewarding than on a pan-flat course, especially after conquering the final hill.

In a field of close on 200 and in muggy conditions the winner was David Bradford (Lewes AC) in 34.44. 1st Strider, 26th overall and clearly now recovered from injury was Scott Hitchcock with 41.31.



Mr Consistency, Phil Robinson clocked 43.02, (photo left) maintaining his customary high standard and Luke Borland impressed with 47.43.

Christian Morton finished in 49.58 but was not at his best having to pause and be sick immediately he crossed the line. Claire Keith bettered last years' time posting 52.17 in preparation for her upcoming marathon challenge. Rounding things off for the Striders, Anna Norman 53.46, Chris LeBeau 56.29, Jackie Webber 57.33 (photo right) and Trevor Jones 1.03.16.



KING'S HEAD CANTER - 31st August



The 5K Kings Head Canter is a rarity of a race, as it is a point to point, starting at Chiddingly and finishing in East Hoathly, where there is a free pint or soft drink available to all finishers, as the photo above clearly demonstrates! The race which attracted 200 runners raises funds for the RP Fighting Blindness charity.

Held in a typical bank holiday deluge Jon Pepper (Team Canter For Sight) took the win in a speedy 15.22. First Strider in was the ever reliable Phil Robinson, 20.27 with Luke Borland 21.53, Good to see Chris Morton coming back strong after the blip the day before 23.52, and the remaining Striders Anna Norman 25.07, Joe Plant 25.15 and Jackie Webber 26.00.

JO-JO GUNN AWARD

Congratulations go to Phil Robinson, Luke Borland, Christian Morton, Anna Norman and Jackie Webber for completing in this year's Jo-Jo Gunn Award. For those new to the club eligibility is based on runners competing in 3 races over a three day bank holiday period.

NEW FOREST MARATHON - 13th September



The New Forest Marathon was first run in 1983 and quickly became a popular multi-terrain marathon until its demise after the 2013 event. It returned this year with a new venue, new course and a completely different set-up. Now you can choose between a full marathon, half marathon, 10km and 5km race, all starting at the New Forest Show Ground just south of Lyndhurst in Hampshire. The four races attracted over 4000 runners, with about 600 opting for the marathon, including Jacob Miles and Claire Keith (photo left).

Jacob had trained well for the race but ran very little in the final few weeks of preparation due to an injury, while Claire had done no running at all since Bewl Water ten weeks ago. Her marathon preparation really began at the Newick 10km followed by a 10-day glut of training covering 76 miles. A bizarre marathon build-up for both of them yet they still posted superb times. Jacob clocked 3:32 over the hilly but largely off-road course while Claire recorded 3:52.

Claire's preparation is worth looking at because it offers an alternative to the long, gradual build-up that we all assume is the right approach for a successful marathon. Claire ran twice a day on four of the days – 3 miles in the morning and 4 miles in the evening. The other six days included two half marathon distances, two 6-milers, one 10-miler and one rest day. A sharp peak of training as opposed to a four or five month build-up may well mean less chances of picking up an injury. I challenge any Strider to try it even if it's not in preparation for a marathon, but for much shorter races.

HELLINGLY 10K - 13th September

Nine Striders took part in the ever popular but testing Hellingly 10K, which takes place on quiet country lanes. After an initial flat start the 3k climb up Cowbeech Hill sorts out the runners, with the tactics being to grind out a steady pace. At least this defining feature is tackled early on, making the following undulations seem not quite so daunting. The race concludes with a welcome downhill section followed by a sprint to the finish line in a field.

Paul Navesey (Crawley AC) took the honour of being first across the line in 33:47. First female was Fiona de Mauny (Walton AC) in 38:52. For the Striders Scott Hitchcock finished in a very impressive 40:25, followed by Phil Robinson in 41:39, with new to event running and consistently improving Luke Borland in 43:55. Peter Weeks secured a marvellous second place in his age group with an impressive 47:30. (Photo right).



This tough course is not the usual arena for personal bests but Christian Morton (photo left) achieved one in an imposing time of 47:43 (photo left). Also new to competition running Anna Norman impressed, being the first female Strider home in a notable time of 50:36, over three minutes faster than last time out. Sue Garner also impressed recording 51:05, to give her an imposing first in her age group. Chris Le Beau achieved 54:02 and Tom Roper didn't disappoint, finishing in 61:55.

FIRLE HALF, 10K and 5K

Striders finished prominently in the final placings of the Firle trail races. The Firle Half Marathon, 10K and 5K events are off-road and based within the grounds of the estate. Del Wallace and Fiona Russell, two unattached runners won the Half Marathon in 1.21:17 and 1.31:25 respectively.

Two female runners flew the flag for the Striders in this event and both gave impressive performances with Natasha Swan finishing in 1:51:52 and Vicki Blaber 1:52:39



Dave Dunstall was 8th overall in the 10 K in a time of 40:06 (photo right) giving him a first in his age group.

Not to be outdone however, Cliff Evans won the 5k event in a very impressive 21:26 (photo left), improving on time and placing from last year. Claire Squires was 16th in the same event in a very creditable 33:12.



HOVE PROM 10K -

The fast and flat course saw Christopher Zablocki win in a time of 30:53, with home runner Emily Proto (Phoenix AC) setting a female course record in an impressive time of 36:32.



For the Striders, that man Simon Fletcher finished 9th in a speedy 35:59. Other club headline grabbers were Gareth Hutchinson in 37:50 (photo right) and Scott Hitchcock who will be disappointed not to have achieved his sub 4 and settling for a very respectable 40:35. Close of his heels was the ever reliable Phil Robinson, 40:55. Luke Borland managed another PB in 43:25 and Kevin Ives 44:07 (photo left).



First female Strider was Claire Keith flying round in 45:01, very close to her personal best and leading the way for solid performances from Rob Webber in 48:37, his fastest time this year; Anna Norman 51:09 and Jackie Webber 52:58.

BARNS GREEN HALF - 27th Sept

The course profile for the Barns Green half marathon resembles a figure of eight and is held on closed roads through beautiful countryside, which includes the grounds of Christ's Hospital School.





In an already highly successful year, Seaford Strider Simon Fletcher (photo above right) produced yet another outstanding performance, once again winning his age group and finishing 8th overall in a time of 1hour 18mins 40secs, just seconds outside of a new personal best (PB).

Undeterred by the warm and humid conditions, impressive times were also recorded by another proven performer, Phil Robinson who was also seconds off a PB in 1.32.58 and relative newcomer Luke Borland, 1:40:17. The ladies contingent of the Striders also impressed and finished in close formation with Claire Keith leading in an impressive 1:45:16; Natasha Swan was hard on her heels in 1:45:45; with Vicki Blaber,

1:53:27 (photo above left) and Anna Norman, not far adrift in 1:55:34. Chris Le Beau closed for the Striders in an equally respectable 2:06:17.



WINDSOR HALF - 27th September

This race is one of the most beautiful in the UK, with the start and finish being on the Long Walk, with Windsor Castle as a backdrop and within the confines of the Windsor Great Park. The two lap course is all on road and quite challenging, with plenty of hills spread around the route.



For the runners who took time to look, there was beautiful scenery to be had but it was fundraising that was very much on the mind of one of our local runners, Scott Hitchcock. This particular Seaford Strider was running on behalf of the CLIC Sargent cancer charity for children and young people. (Photos above right and left)

Scott ran the half marathon in a very impressive time of 1:32:55 and is hoping that you will sponsor him. Please visit his 'Just Giving' page and donate to this leading cancer charity. www.justgiving.com/Scott-Hitchcock/?utm_id=25

Scott – I just love the outfit – you deserve to raise loads of money. (Ed.)

BEXHILL - HASTINGS LINK ROAD 10K

Two Seaford Striders also took part in a unique 10k race, which was held on the almost completed Bexhill-Hastings Link Road. The route, which takes in some stunning scenery, will be open to vehicles this autumn. Once completed the road will be renamed Coombe Valley Way, indicating the road is undulating, a fact also true of the race!

The route had several large Archaeological digs taking part during the construction period and in this sense the race was said to run through time, from Modern to the Mesolithic period of 8000 to 4000BC. Times were immaterial as Richard Honeyman who took 57:37 also stopped to takes photos along the route and stalwart of the club, Ken Browning walked in a time of 1:28:11.

Photo of race below courtesy of Richard Honeyman.



MARSHALS & RAFFLE PRIZES REQUIRED

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.

Newer members may not be aware that the clubs 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 actually good fun, as there is usually a great spirit and camaraderie and as the saying goes 'you receive by giving'.

Please see the Club Notice Board – just add your name to the rest!

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.

FORTHCOMING RACES REQUIRING MARSHALS:

Jog Shop 20	-	11 th October 2015
Beachy Head Marathon	-	24 th October 2015
Mince Pie	-	6 th December 2015

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

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.



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

October - November 2015	
3 Oct	Run Forest Run 5K & 10K, Nr Brighton
3/4 Oct	24hr Ultra & 50 mile night run, Ashburnham Place, Battle
4 Oct	Lewes Downland 10M SGP
4 Oct	Lewes Downland 5M
4 Oct	Heron Way 10K Trail, Horsham
4 Oct	Forest Row 5K & 10K
4 Oct	RISE 8K Undercliff, Saltdean – Women Only
4 Oct	Alf Shrubbs Memorial 5
11 Oct	Tempo 10K, Eastbourne
11 Oct	Mud Monsters Run, East Grinstead
11 Oct	Jog Shop Jog 20
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon, Heathfield
11 Oct	Hickstead Gallop 8km WSFRL
17 Oct	Sussex XC League, Goodwood
18 Oct	Bright 10
18 Oct	ESXCL, Warren Hill
18 Oct	Worthing Seafront 10k
18 Oct	Steepdown Challenge 5 mile WSFRL
24 Oct	Beachy Head Marathon
25 Oct	K2 Crawley 10 km
1 Nov	Beckley 10K
1 Nov	Foxtrot 5 WSFRL
7 Nov	Poppy Half - Bexhill
7 Nov	Bexhill 5K SGP – NOTE Saturday
15 Nov	Run Together, Eastbourne 2.5K, 5K & 10K
15 Nov	Brighton 10 km
21 Nov	Sussex XC League, Plumpton
22 Nov	ESXCL, Snape, Wadhurst
29 Nov	Crowborough 10km SGP

December 2015 & beyond	
5 Dec	Sussex XC League, Lancing
5 Dec	Christmas Cracker Chase 5K & 10K, Worthing – Women Only
6 Dec	Mince Pie 10 Miler
6 Dec	Downland Devil 9M
13 Dec	ESXCL, New Place, Framfield
19 Dec	Christmas Pudding Dash, Ashburnham Place, Battle
19 Dec	Brighton City Race
2016	
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
13 Feb	Sussex XC League, Hickstead
21 Feb	ESXCL, Pett
28 Feb	Vitality Brighton Half
28 Feb	Vitality Brighton Junior 1 mile races
6 Mar	Eastbourne Half
13 Mar	The Moyleman Marathon, Lewes
20 Mar	Hastings Half
20 Mar	Brighton Chicken Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon
17 April	Brighton BM 10K
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
15 May	Starfish Marathon & Half
4 June	South Downs Trail Challenge
18 Jun	South Downs Marathon, Half & 5K
18 Jun	South Downs Relay Marathon