



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> **October 2014**

SUSSEX GRAND PRIX LEAGUE TABLES by Phil Robinson, Men's Captain & Grand Prix Rep

At last we have some proper SGP league tables to show and mull over. At the time of writing the SGP points have been issued up to, and including, the Hellingly 10K race. There are no points allocated yet for the Hove Prom 10K last weekend. The Barns Green Half marathon today is now complete as well and congratulations to Simon Fletcher who took home the 1st place award plus prize money for the Vet Men 50-54 category.

Below are the individual SGP points accumulated by our various athletes. Well done to Paul Heywood and Claire Keith who are now heading up the Seaford individual points for the men and the women respectively. Plus well done to the others who have completed eight or more races already ... but remember there's still time with three races to go to be the top scoring Striders before the season end!



**Overall Individual
Club Points Table**

On a personal note I'm relishing being above Simon Fletcher in those tables right now. It won't last as mega points are now pending from the last two races!

On the men's side for club rankings, we are currently holding 5th slot for the men and 9th place for the ladies. An aside for the men: whilst the top 2 club positions look set to be taken by Haywards Heath and Wadhurst, we seem to be in the running for the 3rd place battling with Hailsham Harriers and Horsham Joggers. So if you see one in front of you, you know what to do. Keep it clean though, tripping is not good etiquette!



**Overall Club Points
Table Link**

If you haven't already done your eight races for the club, my appeal is book now for the remaining races and finish the season strong. But even if you have done your eight, it's still worth running other races to improve your SGP points tally. Every bit helps." Cheers, Phil

HELLINGLY 10K by Chris Wrathall

This year marked the 30th running of the Hellingly 10K and 14 Seaford Striders took part in this ever popular event on the quiet country lanes. After an initial flat start the left turn onto Cowbeech Hill marks a 3K climb where the tactics are 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.

Matt Bradford (Lewes AC) took the honours with 33 mins 58 secs. First Strider

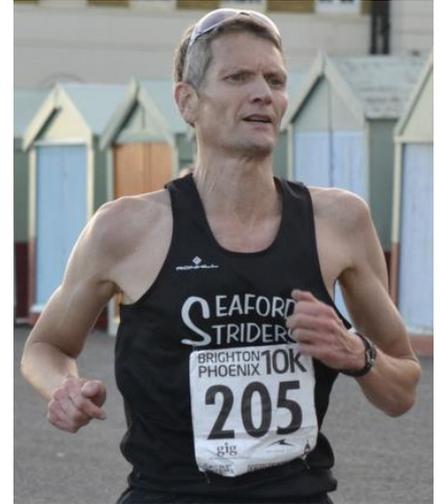


Simon Fletcher 36.38 (photo above right at Phoenix 10k) secured a marvellous 1st in his age group and 8th overall, with Paul

Heywood 39.07, Adrian Campbell 41.32 and Phil Robinson 42.27 posting high quality times. Chris Wrathall was pleased with 47.43 and on the tough course there was an impressive 48.13 PB from Louisa Scola (photo left at Seaford Half, both photos courtesy of Tony Humphreys) with Beth Ruddock 48.30 in close attendance. Next came Alan Hards 49.37, Rob Webber 51.19 and a notable 2nd in his age group from Terry Ward 51.41.

Defying her back problems and utilising the excellent race physio, Jackie Webber recorded a creditable 52.54; with Chris Le Beau 55.22. Finally after a long absence it was pleasing to see the return to racing of Tom Batts 57.30 and Paula Tiller 62.36

who'll both improve with every race.



FIRLE HALF by Chris Wrathall

By contrast the Firle half marathon is off-road and based within the grounds of the estate and includes a climb to the top of the South Downs at Alfriston.

Striders finished prominently in the final placings with the irrepressible Dave Dunstall 1st in his age group 1hr 33mins 04secs (photo right courtesy of Tom Roper), with Phil Carr close by and 2nd in his with 1.34.46.

Tony Cross has graced many a race in the past and he posted a superb age group winning 1.39.18 (photo left courtesy of



sussexsportphotography.com) with the prolific Natasha Swan 1st Lady in hers 1.45.44.



After being beset by injury problems this was Tom Ropers' first attempt at the distance for quite some time and 2.29.53 bodes well for the future.

Cliff Evans impressed by finishing 4th in the alternative 5K with a time of 22.34, although he might dispute the "mainly flat" race description!

RNLI VISIT by Tom Batts

Friday evening on 12th September saw nine of us visit the RNLI station at Newhaven harbour, arranged by Terry Ward.

After the usual health and safety talk we were shown on board the very impressive rescue boat - the largest in the RNLI's stable and maintained in



simply pristine condition. We were given a fascinating tour of the various areas and shown much of the incredible equipment on board including the phenomenal twin 2,500bhp Caterpillar diesel engines (also spotlessly clean) capable of driving the craft at 25 knots (30mph).



Afterwards, Margaret Kimber (wife of our own Richard) gave us a very interesting presentation on the history of

the RNLI service and how the service operates. Did you know there's been a lifeboat at Newhaven since 1803!? It was also the first station in the country to get a lifeboat. It was a salutary lesson into how these dedicated people, all volunteers, regularly put their lives at risk to keep the waterways and coastline safe.

All in all a brilliant evening!



EAGLE EYED HANNAH

While out running with the club on Monday, 29th September, Hannah Stanley proved that the Striders do more than run and have fun – they also find and return wallets to their rightful owners.....! Well done Hannah – there is one very happy Seaford resident thanks to you!



SUNDAY CROSS COUNTRY LEAGUE FIXTURES

Date	Venue	Description
02 Nov 2014	Whitbread Hollow, Eastbourne	3 laps undulating usually dry underfoot. Suitable for spikes.
14 Dec 2014	New Place Farm, Framfield	1 lap, undulating suitable for spikes. Can be very muddy.
28 Dec 2014	Firle Beacon	1 lap, hilly suitable for spikes. Not usually muddy.
11 Jan 2015	Pett Village Hall, Pett	1 lap course: fields and woods. Likely to be muddy. Suitable for spikes.
01 Feb 2015	Ashdown Forest	2 lap course woodland trails. Likely to be muddy. Suitable for spikes.
08 Mar 2015	Blackstock Farm, Hellingly	2 lap course. Can be very muddy. Suitable for spikes. <u>Refreshments and Season Awards Presentation afterwards.</u>

Note Firle and Pett may swop dates *

Start Time: 11am. Race distance: about 5 miles. Entry fee payable on the day £3 affiliated, £5 non-affiliated.

You can pre-enter all of the 6 races before the season starts at a cost of £12.5. If you wish to do so please can you email Geoff Gray - (gg@cashbases.co.uk) by **8th October** at the very latest as this is the deadline set by the East Sussex Sunday Cross Country League.

Please note there will only be one junior race this season which will be held at the final event at Blackstock Farm on 8th March 2015. The age category is from 8 to 16 on race day. This event will start at 10.30am and is about 1.5 to 2 miles in distance.

More details can be found on their website: <http://www.eastsussexcrosscountry.co.uk/>

THE BERLIN MARATHON by Richard Honeyman

On 28 September 2014, I ran the Berlin Marathon. It is considered a flat course, where invariably records are broken and this occasion was no exception. In perfect weather conditions and in constant sunshine Dennis Kimetto of Kenya broke the World Record by 26 seconds, coming in at 2:02:57. First lady was Tirfi Tsegaye of Ethiopia in 2:20:18.

My time was substantially slower at 3:55:03. Nevertheless, I was happy to finish in the top 25% of 40,000 runners in one of the world's biggest marathons.



QUIZ NIGHT - SATURDAY, 11th OCTOBER

Birthday Quiz Night, 7.30pm at the Seven Sisters. Get together a team and come along – help celebrate Martin Bulger's memorable birthday. Food will be provided so book early. Tickets from Terry Ward at the club or alternatively telephone 01323 894848 or email terry.ward.532@btinternet.com

BARNS GREEN HALF by Chris Wrathall



It has already been a highly successful year for Seaford Strider Simon Fletcher, who produced yet another outstanding performance at the Barns Green half marathon. In a field of over 1200 runners he duly won his age group and finished 15th overall in a time of 1hour 20mins 42secs.

The course profile resembles a figure of eight and is held on closed roads through beautiful countryside including Christ's Hospital School. Undeterred by the hot and humid conditions resulting in a few runners suffering heat exhaustion, impressive times were also recorded by Paul Heywood finishing 46th in 1.27.09, (photo right). There was a welcome return from Vanaka Graham 1.29.02, (photo left, both photos courtesy of Colin Hannant); who was followed home by Phil Robinson 1.38.07, Natasha Swan 1.47.41 and Louisa Scola 1.52.35, with the marathon training clearly paying off. Winner was Neil Boniface (Horsham Joggers) in 1.12.24.



HOVE PROMENADE 10K by Chris Wrathall

Last week's Hove Promenade 10K was won by James Baker (Chichester) in a blistering 32.30. For the Striders, that man Simon Fletcher finished 7th in 36.13, followed by the speedy Paul Heywood 38.44 and Adrian Campbell 41.11. Next came Vicki Blaber 49.26, Rob Webber 50.37, Chris Le Beau 53.37 and Tom Roper 56.41. Commiserations to Jackie Webber 61.12, who had been going really well and matching husband Rob but sadly fell victim to a torn hamstring.

SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start Pickup: 6.45 pm

Meeting Point

October and November

Volunteers

At The Salts

Urgently required – please contact Rob to offer your assistance

VOLUNTEERS

Volunteers urgently required to assist with juniors. Meeting at the Salts for the next two months from 5.55pm until 6.45pm this fits in well with Seniors Club Nights. You don't have to attend every week – just volunteer for what you can manage..... Please! Telephone Rob on 01323 897518.

LOCH NESS MARATHON by Matt Eade

It was a perfect day, well for marathon running anyway! The day dawned and stayed moderately overcast with light winds, with the clouds finally breaking around lunchtime for a short time. The Loch Ness Marathon was everything I imagined it to be, a rather undulating course (with more flat/downhill than I was expecting), but with the added bonus of some fantastic scenery to keep the mind off the ever growing pain. Spectators through the scattered villages were always a welcome sight.

Looking down to the start line with stunning scenery all around



The organisation was brilliant right from the start of the weekend, all the way to the finish line that is set along the River Ness in Inverness. The only downside were the hills at 19 & 20 miles that finished me off well and truly!! Despite this drawback, I will certainly be back to endure this marathon again and hopefully improve on this years' time of 3:25:00.

Into the home straight

Dreaming of the next one!



UPCOMING CLUB EVENTS

DATE	DETAILS
Saturday, 11 th October	Birthday Quiz Night 7.30pm at the Seven Sisters Tickets from Terry Ward at the club or alternatively 01323 894848 or terry.ward.532@btinternet.com
Thursday, 6 th November	Extraordinary Special Thirsty Club 8.00pm at the Seven Sisters – the Harvey's Pub <u>N.B. Change of Venue – one night only!</u>
Saturday 31 st January 2015	Annual Presentation Evening Seaford Golf Club, Firle Road



TONY DRAY - RIP

It is with great sadness that we must report that Tony unfortunately lost his fight with cancer and passed away on Monday, 29th September.

Tony was an active member of the Seaford Striders for a number of years and greatly enjoyed his running. Tony also had a great passion for white water kayaking.

Our thoughts and prayers are with his family at this difficult time. A card of condolence has been sent from all at Seaford Striders.

MARSHALLING by Mark Chadd

Any of us who have ever entered an event know that without the help and dedication of the marshals there would be no event and therefore no opportunity for us to indulge in our hobby. Marshals are a vital part of any event, not only from an organisational and safety point of view but often with words of encouragement that may help us through a 'tough spot'.

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'.

So please keep a look out for the publicised Striders marshalling events and come along and help your club, other runners and have a laugh at the same time. If you don't, your next year's membership will attract a £10 levy but we don't really want to do that, it is not in the spirit of Seaford Striders!

Please see the Club Notice Board where we have a list of people who have already volunteered – just add your name to the rest!

FORTHCOMING RACES REQUIRING MARSHALS:

Jog Shop 20	-	12th October 2014
Beachy Head Marathon	-	25th October 2014
Mince Pie	-	7th December 2014



LONG MAN ULTRA MARATHON – 7th SEPTEMBER 2014

By Paul Heywood

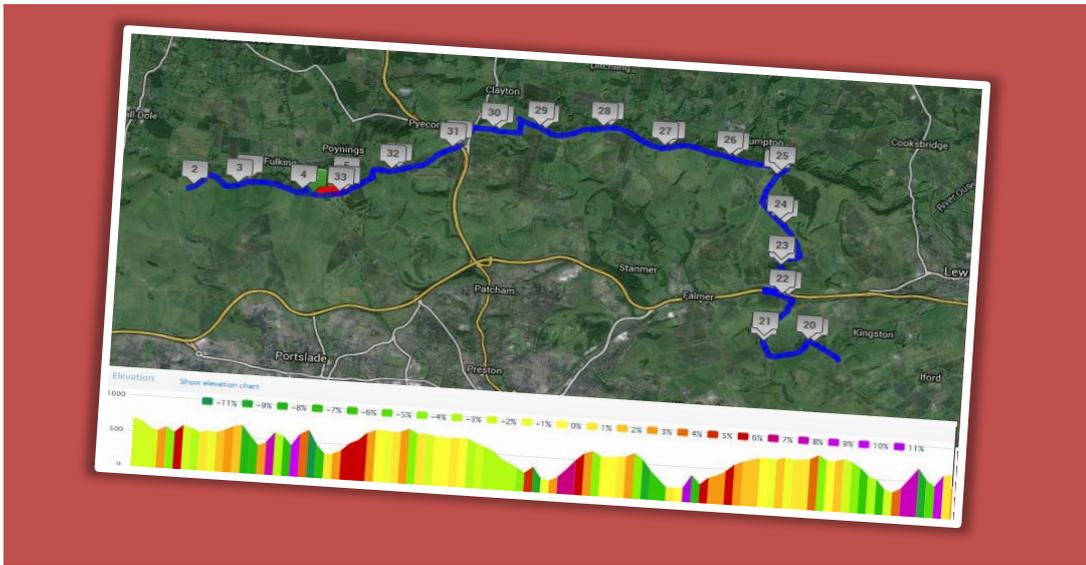


33.5 Miles in 5 Hours and 28 minutes.....

My good friend, Dean Fry and myself, decided to sign up to take on the challenge of the Long Man Ultra Marathon. After six weeks of gentle training we then spent two weeks on a more intense routine running up to 30 plus miles twice a week.

The day in question dawned bright and clear with a hint of mist coming off Devils Dyke, although as the race progressed it would have been nice if the temperature had dropped by a few degrees. There were about 50 runners on the day, all in high spirits.

My running partner, Dean set a great pace, which we both kept up for the first 23 miles, however, over the next 5-6 he began to open up a bit of a gap. By the time I reached the 30 mile marker I had lost sight of him but knew I had to just keep going for another 3.5 miles to complete this monster of a race.



After five hours, twenty eight minutes and six seconds I crossed the line in eighth position to be welcomed by Dean who had smashed it, coming home first in four hours, fifty eight minutes and forty six seconds. Out of 50 plus starters Dean had come in first and I had made eighth, which I was very happy with.

Will I do it again? Yes if only to try and beat Dean Fry!

LEWES DOWNLAND 10 MILER by Chris Wrathall



Lewes was the venue for the latest event in the Sussex Grand Prix calendar, the Downland 10 miler. Held on chalk paths and through fields in the rolling countryside this is an all off-road race and therefore something of a rarity in this competition. On a still, warm autumn morning and despite the tough course the 13 Seaford Striders present were keen to post good times as the competition draws to a close.

The start/finish is in the meadow at Landport Bottom near the old Lewes race course where a flock of wayward sheep almost caused chaos. Disaster averted, it was straight into a climb of over 2 miles as the route heads west along the South Downs way over Plumpton Plain then south climbing Waterpit Hill. The rollercoaster run continues with a welcome descent into Ashcombe Bottom but it's a case of what comes down must go up with a vicious 1 mile single track climb out again after 7 miles.



The winner was Phillip Hardaway (Haywards Heath) in 1hr 1min 7secs, with first Strider Simon Fletcher (9th overall) in a rich vein of form with an excellent 1.05.00. Gareth Hutchinson 1.07.38 (photo far right) and Paul Heywood 1.08.08 have been close rivals all year and along with Phil Carr 1.09.55 (photo near right) magnificently averaged under 7 min miles on this challenging course.



Tony Cross (photo right) once again rolled back the years winning his age group with 1.14.12 followed by Adrian Campbell 1.16.33 (photo left) and the returning classy Kevin Ives 1.20.31 (253 below right). Natasha Swan 1.24.35 (photo above left), Pete Weeks 1.27.52 (photo below left), Beth Ruddock 1.31.45 (photo below right), Terry Ward 1.39.21 (photo below far right), Hilary Humphreys 1.44.10 and Tom Roper 1.57.44 can all be proud of their efforts in a tough but enjoyable race.



All Lewes photos courtesy of Chris Wrathall and Tony Humphreys.



MINCE PIE RACE - 7th December 2014

This year's Mince Pie event will take place on 7th December, for which entries are now open at the link:

<https://www.runbritain.com/race/the-mince-pie-ten-mile-the-mince-pie-ten-mile/entry> Further race details, including a postal entry option are available on our website: www.seafordstriders.org.uk/mincepie.html

RAFFLE PRIZES WANTED

Glynis is now collecting prizes for the forthcoming Mince Pie Run, which is scheduled for 7th December. Please bring anything suitable along to club night, where Glynis will be only too happy to relieve you of your offerings. Don't forget also that Marshals will be required, so please put the date in your diary.



WHO'S WHO ON THE COMMITTEE

Name: Tom Roper

Post held: Web, Twitter and Facebook co-ordinator

Where is your favourite place to go in Seaford? Seaford Head, or my garden

Apart from running, what is your favourite hobby? Learning Classical Greek – it is taking a long time!

What is your favourite run? From my house to Bo Peep and Firle Beacon.

And, what is your favourite race? Beachy Head Marathon

What book are you reading? Jonathan Meades' *An Encyclopaedia of Myself*, his childhood autobiography presented in A-Z order.

What is your favourite film? Eric Rohmer's *The Romance of Astrea and Celadon*

What is your favourite song or piece of music? So many. In classical music, I'd say, Bach's *St John Passion*, but for popular music Brinsley Schwartz's *What's So Funny About Peace Love and Understanding?* as performed by Elvis Costello

Which person living or dead would you most like to meet? Edward Gibbon, author of the *Decline and Fall of the Roman Empire*: he'd be erudite and entertaining.

How do you relax? With a glass of wine and my cats.

What would your motto be? *Touch not the cat bot a glove* [bot means without] The motto of Clan Macpherson



RACE RESULTS

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

UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

October - December 2014	
12 Oct	Jog Shop 20 Marshals required
12 Oct	Eastbourne Tempo 10K
12 Oct	Hickstead Gallop WSFRL
12 Oct	Chichester Half
18 Oct	Goodwood SXC
19 Oct	Steepdown Challenge WSFRL
19 Oct	Worthing Seafront 10K
25 Oct	Beachy Head Marathon Marshals required
26 Oct	Alf Shrubbs 5M Slinfold
26 Oct	Hastings Poppy 5K
26 Oct	Brighton Stanmer Park 10K
2 Nov	Beckley 10K
2 Nov	Whitbread Hollow 5M ESCCL
8 Nov	Bexhill Poppy Half
16 Nov	Brighton 10K SGP
22 Nov	Plumpton SXC
23 Nov	Bexhill Starfish Endurance 5M x 6 hours!
30 Nov	Crowborough 10K SGP
6 Dec	Lancing SXC
7 Dec	Mince Pie 10M Marshals required
14 Dec	Framfield 5M ESCCL
20 Dec	Ashburnham Place Xmas Pudding 5M, 2M, 1M
28 Dec	Firle Beacon 5M ESCCL

2015	
11 Jan	Pett Village 5M ESCCL
25 Jan	Shoreham Dark Star Marathon
25 Jan	Worthing Lido 4M
1 Feb	Ashdown Forest ESCCL
8 Feb	Chichester 10K SGP
14 Feb	Bexhill SXC
22 Feb	Brighton Half
1 March	Eastbourne Half SGP
8 March	Hellingly 5M ESCCL
22 March	Hastings Half SGP
29 March	Brighton Chicken Run, Hove Park 5K, 1M, 500M
4 April	Friston Forest 10M & 5M
12 April	Brighton Marathon
26 April	London Marathon
2 May	East Grinstead 10M
3 May	Haywards Heath 10M SGP
4 May	Burgess Hill 10K
30 May	Rockabilly Rye 5M
31 May	Rye 10M SGP

YOUR RACES

If you have participated in any races outside of the Grand Prix ones please, please consider writing a short piece for the newsletter. Even better if you can include a few photos – it helps to give other members a flavour of what is out there.

PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask!

Email: hilary@hilton-it.co.uk



That's all for now folks.....! Now for your turn – have your say in the next or subsequent editions – politely of course!

Email: hilary@hilton-it.co.uk