



SEAFORD STRIDERS NEWSLETTER

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

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MARCH 2014

CHICHESTER 10K

Rain, hail, thunder and lightning finally gave way, leaving just gale force winds to be faced at the Chichester 10K, the first event of the 2014 Sussex Grand Prix series. More than 1600 finishers enjoyed a well organised race which starts with a hill before looping around the back of the city and finishing with a welcome final 2K downhill.

In a high class field Phil Wylie (Bristol & West) triumphed in 30mins 23secs. Speedy Paul Heywood was first Strider home in a chip time of 37.59 followed by the reliable duo of Phil Robinson 42.03 and pre man-flu Adrian Campbell 45.51. First Lady Strider Louisa Scola clocked 48.55 followed by dodgy ankle victim Terry Ward with an impressive 49.43. There were welcome returns from injury from Chris LeBeau 51.32 and Sue Garner 52.26 and finally Neil Bradford 56.17.

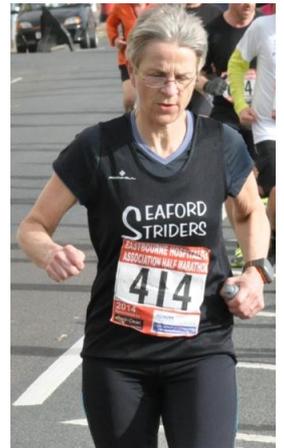


Photo above – Louisa Scola running in the Eastbourne Half

DARK STAR RIVER TRAIL ULTRA

'This was my first trail marathon and my first run ever beyond the classic 26.2 miles distance. It was significant that on the day only 56 out of the expected 80 runners turned up - - only 7 women which made me either a hero or a complete idiot - depends which way you look at it. Without the streaming rain and 30mph relentless wind, the views and experience would have been amazing. Very, very muddy throughout but that was expected given recent weather.

Marshalls and care at the end were exceptional and much needed. Marshall at last checkpoint offered to peel off my layers and wring them out - too wet to manage anything myself. Camaraderie at the rear of the pack was also excellent - even experienced trail runners were finding it hard - people really looked out for one another. A man at the end told me that he had run Mont Blanc last year and it had been nowhere near as difficult as this. Excellent fuel stations on the way round - given the conditions, a warm drink would have been amazing but appreciate that this isn't easy to manage. Shame that there was no medal at the end - but lovely goodie bag from the sponsors. Would I do it again? Still reeling in amazement that I managed to finish this one! Average male time was 5.30 hours; I clocked 6hr 8mins and took several more hours to get warm.....



Karen running in sunnier conditions in Firlie Half Marathon

Photo courtesy of Raw Energy Pursuits

LONGMAN ULTRA

This was the first year for this event so I will excuse a few organisational elements, which need improving. I ran it with my mother with the aim of it being a long training race for the upcoming South Downs Way 50 miler and despite a few difficulties we finished in just under 6 hours for the 28.8 miles. It was a fantastic route to run as the downs almost

always are and the weather was good after a strong hail shower at the start. The mud just made it incredibly tough going and a few descents were slid down even with some very grippy shoes. I'm not sure there was a single runner for the 3 distances who wasn't covered in mud from the waist down and there were more than a few who were also covered from the waist up.



Still I enjoyed it all and if the few issues they had can be resolved I would give it another shot in future. I have to say I found it fun trying to get my mother to chase down the woman in second place but she pulled away with a mile to go which was a shame.

Right - Kallum Wright running in less arduous conditions at the Eastbourne Half



SNAPE WOOD CROSS COUNTRY

Held on the same day the sunshine and blue skies were just perfect for the East Sussex Sunday Cross Country at Snape Wood, Wadhurst. The course was run over a hilly 2 lap 5 miles with plenty of mud to make things more interesting. As the only Strider running that day Terry Ward got round in 49.34 finishing 90th out of the 108 who completed the course in what was a thoroughly enjoyable run.

Terry Ward also running at the Eastbourne Half

SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start

Pickup: 6.45 pm



Seaford striders juniors
Sponsored by; Puma gardening services

Until the end of March

The Salts



SCORES of young people joined in the fun at the recent Eastbourne half-marathon.

They took part in races for junior school pupils and the under-17s' event.

Whilst mum Hannah was tackling the half marathon, her sons Harry and Joshua had some running of their own to do. They both participated in the 1K junior school race, with Harry recording 4mins 18secs (finishing 7th) and Joshua not far behind him in a time of 4.24. (Photo left Joshua, Hannah & Harry Stanley)

HALF MARATHONS

Half marathons are prevalent at this time of year with Seaford Striders in action recently at both Brighton and Eastbourne. Close on 7000 started the Brighton half on seafront before a large crowd who enthusiastically cheered serious athletes, enthusiastic club runners, novices and a sprinkling of celebrities including Fatboy Slim.

The 6 Striders in attendance were eyeing personal bests and given the perfect running conditions obviously decided it was a case of right here right now. Jacob Miles posted a cracking 1hour 27mins 53secs, a personal best by 4 mins.

Karen Clinton's 1.45.15 smashed hers by a whopping 7 mins and there were PB's for Vicki Blaber 1.50.00, Roger Avey 1.50.36 and Julie Fowler 2.10.21. Janice Danielczyk narrowly missed out with 2.10.22, still a great effort. To all the Striders who took part, we have to praise you.

For the record, Paul Martelletti (Victoria Park Harriers) won in 1.05.52 and first lady was Sarah Hill (Farnham Runners) 1.18.43 both comfortably ahead of their next rival.

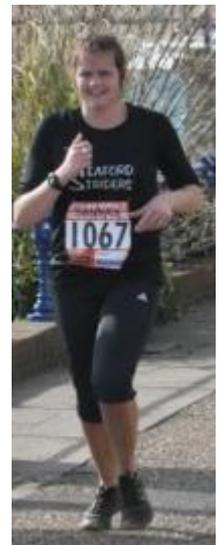
Although not on the scale of Brighton, the Eastbourne half always draws a good entry and in a field of 1300 the Striders were out in force with 19 runners. The winner was Stephen Wrapson (Horsham Amphibians) in 1hour 19mins 13secs with 1st lady Yvette Grice (Bodyworks XTC Tri Store) 1.26.03.

1st Strider and 18th overall was Vanaka Graham with a superb 1.25.32 heading home Paul Heywood (24th) 1.26.35 who wasn't alone in disliking the strong wind. Phil Carr (34th) 1.28.16, Jacob Miles (48th) 1.29.51 and Billy Moakes (66th) 1.31.45 are in great form along with real prospect Joshua Rudd (85th) 1.33.18, Kallum Wright 1.37.00 and Phil Robinson 1.39.44.



Picture above - Jacob Miles (1051) and Billy Moakes (1275) both on form at Eastbourne

Adam Mansbridge felt it wasn't his day with 1.41.26 but Robyn Delivett will be pleased with 1.49.44 and Louisa Scola recorded a 1.50.19 personal best. Next came Richard Honeyman 1.50.54 and the admirable Bob Ward 1.52.00. Two ladies debuting for the Striders both posted impressive times, namely Elizabeth Ruddock 1.52.10 and Hannah Stanley 1.55.42. Completing the strong showing was Becky Breen 1.59.47 followed by Terry Ward 2.00.05, Laurence Howick 2.04.09 and good to see Hilary Humphreys back in competition with 2.08.15.



Picture right - An impressive debut from Hannah Stanley



Picture left - Another impressive debut, this time from Elizabeth Ruddock

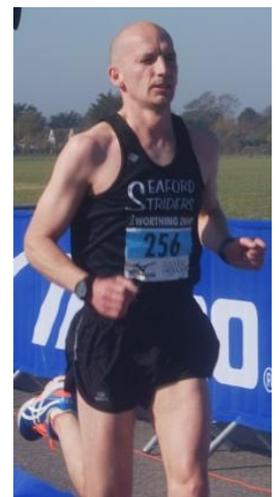
STRIDERS EXCEL AT WORTHING

Seaford Striders excelled at Sunday's 500-strong Worthing 20 miler. The race consists of 4 x 5 mile laps on a flat (ish) road course and is perfect for judging consistency and endurance in preparation for one of the upcoming traditional spring marathons.

Starting in Goring Gap the route heads east along the seafront for 2 miles then inland to Goring and finally back down to the seafront via Sea Lane and is well marshalled considering it's sometimes close proximity to traffic. After putting in the miles during the winter in such adverse weather conditions it was something of a shock to the system, albeit a pleasant

one, to be bathed in warm sunshine with the breeze along the seafront section most welcome.

There was a superb return to racing from Gareth Hutchinson who finished 17th in 2hrs 13mins 34secs and together with Jacob Miles (33rd) 2.18.56 and Paul Heywood (38th) 2.19.42 averaged under 7 mins per mile.



Picture right - a superb comeback from Gareth Hutchinson

The truly impressive trio of Billy Moakes 2.25.49, Kevin Ives 2.31.02 and Kallum Wright 2.31.25 all finished in the top 100.



(L to R Jacob Miles, Paul Heywood, Billy Moakes, Kallum Wright, Gareth Hutchinson and Kevin Ives)

Then came great efforts from Richard Honeyman 2.47.45, Vicki Blaber 2.54.31 and Alan Hards 2.56.41. Remarkably, all registered personal bests apart from Richard who missed the boat by just 6 mins. Overall winners were Kevin Rojas (Brighton & Hove) 1.48.40 & Sarah Hill (Farnham Runners) 2.08.57.

Picture left of the first six Striders home.

SEAFORD STRIDERS SKITTLES EVENING



SATURDAY 26th APRIL 7.30pm

AT THE ROYAL OAK

HIGH STREET, BARCOMBE, BN8 5BA

2 COURSE COLD BUFFET WITH

USE OF THE

SKITTLES ALLEY

£11 PER HEAD



NAMES AND £5 DEPOSIT TO TERRY WARD OR MARK CHADD BY WEDNESDAY 23rd APRIL WITH THE BALANCE ON THE NIGHT

WHO'S WHO ON THE COMMITTEE

Name: Glynis Young

Post held: Kit organiser

Where is your favourite place to go in Seaford? Downs Leisure Centre – I meet up with my fellow Striders and friends.

What is your favourite hobby? I have many things I like to do knitting, woodwork, puzzles – jigsaw and crossword, gardening and swimming to name just a few.

Walking – what is your favourite route? I always think that the walk or run I enjoy most is Seaford Head. The Barn, Golf course, Hope Gap are all very interesting routes and of course the fantastic views are all to be enjoyed.

And, what is your favourite race? We know you enjoy your marshalling..... I very much enjoy the Seaford Half Marathon, which is an event the Striders help with. I like to man the crossing at Alfriston. It is very busy and I think a vital place to help the runners and walkers.



What book are you reading? I am not a big reader but I do enjoy a crossword puzzle or two. There is always a book or five about the house.

What is your favourite film? I like lots of films but one that I think is an all time favourite is “Who will love my children”. A real chick flick which I can never watch without a tear – no matter how many time I see it.

What is your favourite song or piece of music? Once again I like all sorts of music and do not have one particular favourite. If pushed I think I will say Don’t Stop Me Now by Queen.

Which person living or dead do you most admire? Many people have done great things which I admire but I must say at this moment in time I admire my son-in-law Paul Frost who had a stroke at the age of 44. He should have died with the stroke and with the following bleed he had in his brain. He managed to survive and with the unstinting love and help of my daughter Toni he has managed to make a fairly good recovery. He is now registered as disabled but has come through the really tough times and now spends a lot of time helping others who have also had a stroke and survived. He has a part time job which brings in some money to the household although Toni is now the main wage earner. He has a great love of life and gives so much to his family, friends and everyone he comes in contact with.

How do you relax? I like to watch T.V. – although I am always doing something else at the same time, like knitting or sewing.

What would your motto be? Live life to the full. Enjoy every day. None of us know how long we have on this earth!

STROKE SUPPORT GROUP Can you help, please?



Do you have any jigsaw puzzles at home that are no longer required? If so, would you be so kind as to donate them to Glynis? Glynis can check them and then sell them at table top sales or similar places to raise money for Stroke Support UK.

Also:-

Don't throw away your old birthday and greetings cards. The front covers can be used to make new cards to sell. Every little helps, so please, recycle and help raise money for a special cause.



THANK YOU. This is a big thank you in advance for all who donate something.

THANK YOU, THANK YOU, THANK YOU.

Find out more about the group - www.strokesupport-uk.co.uk

UPCOMING CLUB EVENTS

DATE		DETAILS
Thursday, 20 March		Thirsty Thursday Club - The Wellington (time TBC) All welcome to come and help Rob celebrate his birthday and put a smile on his face!!!
Saturday, 26 April		Skittles Evening, The Royal Oak, Barcombe (2 course cold buffet approx £11 per head)

Wednesday, 18 June

Midsummer 5K Run/Walk - Seaford Seafont
Snacks afterwards at the Downs Leisure Centre

Wednesday 9 July



Pub Run – 5 pubs and approx 15K

NOT a race and you don't have to drink in each pub!!!

UPCOMING RACES

Please note some are subject to confirmation and more to follow **Sussex Grand Prix (SGP) events are marked in red.**

March – June 2014	
12 March	Chichester 4.5M
16 March	Selsey 10K
16 March	Foxes 5 Shoreham WSFRL
23 March	Hastings Half SGP
26 March	Chichester 4.5K
30 March	Christ's Hospital Mel's Milers 10K
5 April	South Downs Way 50M
5 April	Brighton Mini Mile
6 April	Brighton Marathon + 10K
12 April	Sussex Championships Christ's Hospital
13 April	London Marathon
13 April	Brighton Chicken Run (Hove) 500M & 5K
18 April	Brighton Marina 4.15pm 12K - FREE
21 April	Lewes Easter 10K WSFRL
27 April	Angmering Bluebell 10M & 10K
3 May	East Grinstead 10M
4 May	Worthing Three Forts Half & Marathon
4 May	Haywards Heath 10M SGP
5 May	Burgess Hill 10K
5 May	Rusper May Day 4M & Junior
11 May	Hastings 5M SGP
11 May	Portslade Hedgehoppers 5 M WSFRL
18 May	Horsham 10K SGP
18 May	Brighton Heroes 10K
18 May	Bognor Prom 10K
25 May	Rye 10M SGP
25 May	Weald Challenge Trail 50K, Marathon & Half
26 May	Lindfield Village 10K
31 May	Rye Tillingham Valley 10K
4 June	Worthing 10K SGP
8 June	Hove Park 5K & Juniors WSFRL
8 June	Seaford Half
8 June	Brighton Tandem 5M
18 June	Striders Midsummer 5K – Seaford Seafont
22 June	Heathfield 10K SGP
25 June	Brighton Marina Weakest Link Relay 5K
28 June	Downland Dash Hassocks WSFRL

July – December 2014	
2 July	Roundhill Romp Steyning WSFRL
6 July	Bewl 15M SGP
6 July	South Coast Half
9 July	Striders Pub Run – 5 pubs (approx 15K)
13 July	Uckfield Lions 10K
16 July	Phoenix 10K SGP
16 July	Beach Run Littlehampton WSFRL
27 July	Brighton Trailbrazer 10K
27 July	Seven Stiles Henfield WSFRL
30 July	Bexhill 5K SGP
2 August	Friston Forest 5M & 10M
6 August	Highdown Hike Durrington WSFRL
17 August	Tilgate Forest Crawley WSFRL
17 August	Henfield Half
?? 24 August	Newick 10K SGP
31 August	Horsham Blue Star
?? 7 September	Hellingly 10K SGP
7 September	Fittleworth 5 WSFRL
21 September	Hove Prom 10K SGP
?? September	New Forest Marathon & Half
?? September	Tonbridge
28 September	Barns Green Half SGP
5 October	Lewes Downland 10M SGP
12 October	Hickstead Gallop WSFRL
19 October	Steepdown Challenge WSFRL
?? October	Jog Shop 20
?? October	Chichester Half
25 October	Beachy Head Marathon
8 November	Bexhill Poppy Half
?? 16 November	Brighton 10K SGP
?? 30 November	Crowborough 10K SGP
?? December	Mince Pie 10M

RESULTS

Race results can be found by following the links from the Seaford Striders Website:

www.seafordstriders.org.uk/results.html

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

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