



# SEAFORD STRIDERS NEWSLETTER

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

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NOVEMBER 2013

## THE MOVIES

On Saturday, 5 October seven seniors and one junior Strider gathered at the Sailing Club, Seaford to become extras in a film. Nobody had any idea of what the day would bring, but soon the Director called everyone together for a run through of the day's filming. This had something to do with a "police" running team escorting a torch bearer, much in the way the Olympic (shhh! – not allowed to mention that word) Torch had been taken around the Country. Five were chosen to be the "torch" escorts, with everyone doubling up to be part of "the crowd". The weather was quite nice, no rain or strong winds, which made it easier to stand around for an



age filming many "takes". Then Billy Moakes was promoted from a mere escort to the person passing on the torch!

After lunch the filming continued at Black Cap Farm, Firle. Jane Slavin, the lady playing the lead role, isn't a runner and Linda Clifford was promoted to torch bearer as her stand-in. Whilst the runners were busy playing at being "stars" Glynis managed to steal the show, or was it something else? Anyway she was arrested and put in the back of the police car to "cool off".

As you might gather this was all done in good humour and everyone enjoyed the slight break from serious filming. When filming had finished for the Striders, the whole film crew and actors gave them a round of applause. It really was a fun day, enjoyed by everyone and best of all, the club will be getting a donation from the film company.

**Credits:-** Billy Moakes – Torch Bearer Linda Clifford – Lead lady, body double  
Hilary Humphreys, Lucy Thorne, Richard Honeyman – Police team runner  
Richard Kimber, Glynis Young, Junior Strider, Oliver Funnell and Oliver's Mum – Crowd



## LEWES DOWNLAND TEN

The first Strider home in the Lewes Downland 10 miler was Dave Dunstall in an impressive 1.10.54 leading home Phil Carr 1.11.29; Colin Hannant 1.13.39 and Mark Cage 1.15.43.

Adrian Campbell 1.16.40 and Phil Robinson 1.17.08 impressively recording times under 8 minutes per mile and have battled closely together all year.

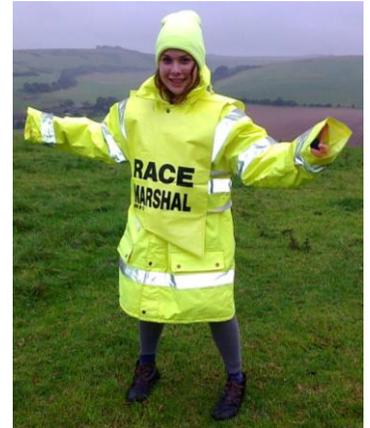
Striders Dave Dunstall, Mark Cage and Adrian Campbell at Lewes

Kevin Ives 1.22.27 pipped Natasha Swan 1.22.34 followed by Bob Ward 1.32.23, Alan Hards 1.34.11, Jackie Webber 1.36.43, Rob Webber 1.37.15 & Richard Kimber 2.02.02.

## JOG SHOP JOG

A week after the heat of the Lewes Ten, the Jog Shop Jog took place in heavy rain and strong winds. Not for the faint hearted this scenic gem of a gruelling 20 race tested a reduced field of runners. They would nevertheless have received a warm welcome at the water station near Telscombe, which was marshalled by the Seaford Striders, most of whom arrived kitted out in wet weather gear. For those like Lucy Thorne, who did not, help was at hand albeit the sizing was slightly larger than required – beggars can't be choosers!

Congratulations to Striders stalwarts Adrian Campbell 2.54.03 and Natasha Swan 3.05.10 who both completed the challenge using it as a warm up for the small matter of the Beachy Head marathon on Saturday, 26 October.



## LAKE GARDA MARATHON



Here is one of the views our seasoned marathon runners Geoff Gray and Natalie McCreath would have seen (if they hadn't been too busy running) while competing in the Lake Garda Marathon. This was on the same day as the Jog Shop Jog – guess who had the nicer weather!

It was however, father Ian who stole the show, claiming first place in his age group with all three finishing together in 3.56.49 in what was a truly magnificent family effort – congratulations one and all!

## SPONSORSHIP RUNS

Claire Keith recently set herself the target of running the New Forest marathon, the Barns Green half marathon and the Bournemouth marathon on successive weekends to raise money for The Evelina London Children's Hospital and Guy's and St Thomas' Hospitals.



Claire wrapped the challenge by running the inaugural Bournemouth Marathon in 3hrs 51mins 21secs and finishing in 459th position out of 3000 runners.

Rumours of Claire actually having the following week-end off proved unfounded as unable to resist the lure of the 700 strong Chichester Half she clocked 1.45.04 despite the driving rain. Congratulations to Claire and also to Richard Honeyman who completed the Chichester Half in 1.54.07.

Any donations can be sent to [www.virginmoneygiving.com/ClaireKeith](http://www.virginmoneygiving.com/ClaireKeith)

(Photo courtesy of Sussex Sports Photography)

# UPCOMING RACES

DATE	DETAILS
Sunday, 10 November 2013	Poppy ½ Marathon, Bexhill – FULL
Sunday, 17 November 2013	Brooks Brighton 10K – FULL
Sunday, 1 December 2013	Crowborough 10K <a href="http://www.crowboroughrunners.org.uk/">http://www.crowboroughrunners.org.uk/</a>
Sunday, 8 December 2013	Mince Pie 10 Miles <a href="http://www.seafordstriders.org.uk/mincepie.html">http://www.seafordstriders.org.uk/mincepie.html</a>
Sunday, 26 January 2014	Worthing Lido 4 Miles <a href="http://www.worthingharriers.com/lido-4.php">http://www.worthingharriers.com/lido-4.php</a>
Sunday, 9 February 2014	Chichester 10K <a href="http://www.chichester10krace.org.uk/10k_Road_Race/Home.html">http://www.chichester10krace.org.uk/10k_Road_Race/Home.html</a>
Sunday, 16 February 2014	Brighton ½ Marathon – FULL
Sunday, 26 February 2014	Henfield 9 Miles <a href="http://www.seafordstriders.org.uk/Link%20Pages/Race%20Calendar/february.html">http://www.seafordstriders.org.uk/Link%20Pages/Race%20Calendar/february.html</a>
Sunday, 23 March 2014	Hastings Half Marathon <a href="http://www.hastings-half.co.uk">www.hastings-half.co.uk</a>



## MINCE PIE RUN

Voted one of the UK's top ten races in Runner's World Magazine this multi-terrain event is contested over a challenging 10 mile course and sees many entrants returning year after year for a bracing pre-Christmas work-out. This well established race for all abilities aged 17 and over, is a mixture of 4 on and 6 off road miles featuring beautiful countryside scenery on a varied undulating course attracting runners from all over the south east.

(Photo courtesy of Danny Simpson)

The start/finish is at Peacehaven Leisure Centre where there's easy parking after which the route heads off road taking in the area around Telscombe & Saltdean. Top quality race photographers Sussex Sport Photography will be on hand to capture runners aiming not only for a fast time but also those wanting a fun run with the emphasis on end of season enjoyment where fancy dress is welcome. More detailed information about the race can be found at [www.seafordstriders.org.uk/mincepie.html](http://www.seafordstriders.org.uk/mincepie.html).

## MARSHALS WANTED - could it be you?

Can you spare some time to Marshal for the Mince Pie Run on Sunday, 8 December? This run is organised by the Striders and brings much needed funds to the club and this in turn helps to keep the club fees low. This event also supports local charities, this year the nominated charity is "Look Sussex" who since 1992 has supported visually impaired children who are mostly in mainstream schools. For more information please visit their website at [www.looksussex.org.uk](http://www.looksussex.org.uk).



Marshals will need to collect at the Peacehaven Leisure Centre in time for a briefing at 9.30am. If you are able to help or need further information, please contact Linda Jennings [lindajennings004@btinternet.com](mailto:lindajennings004@btinternet.com)

# EAST SUSSEX CROSS COUNTRY LEAGUE

DATE	DETAILS
Sunday, 10 November 2013	Firle Beacon, Firle
Sunday, 22 December 2013	New Place Farm, Framfield (new venue)
Sunday, 12 January 2014	Pett Village Hall, Pett
Sunday, 2 February 2014	Snape Wood, Wadhurst
Sunday, 23 February 2014	Blackstock Farm, Hellingly (new venue)

## UPCOMING CLUB EVENTS

DATE	DETAILS
Saturday, 2 November @ 1.00 pm	Treasure Hunt - <a href="mailto:gig@cashbases.co.uk">gig@cashbases.co.uk</a>
An as yet undisclosed Thursday in November	Thirsty Thursday Club Time and venue TBC. All welcome – honest!
Wednesday, 4 December 2013 @ 8.00 pm	Striders AGM – Downs Leisure Centre
Saturday, 25 January 2014 @ 7.00 pm for 7.30pm	Presentation evening at Seaford Golf Club, Firle Road. See notice board or website for details.

**Advanced Notice:** Our AGM will be on Wednesday, 4 December 2013 at the Downs Leisure Centre and will commence at 8.00 pm. **Please note this date in your diary and do please come along and support your club.**

## TREASURE HUNT - SATURDAY, 2 NOVEMBER

After all the hard work put in by Geoff Gray and Natalie McCreath this event will be cancelled if more people do not support this event. This is a chance for a bit of fun – walk or run and with free food afterwards at the Downs. Names are needed today or it will be cancelled....! Put your name on the club notice board or email: [gig@cashbases.co.uk](mailto:gig@cashbases.co.uk)

## FANCY RUNNING A CAMELOT?

Whilst the heroic effort of 40-year old Pheidippides, in ancient Greece in 490 AD, is well known as the inspiration for the modern Marathon, as created by Baron De Coubertin, as part of his Olympic dream for 1896; there was another heroic run of similar distance and endeavour... but one that was much closer to home.

We know that Pheidippides ran from Athens to Sparta and back, then on to the town of Marathon, carrying messages about the conflict between the Athenian and Persian armies but almost unknown is a similar incident, which took place in the West Country of medieval England 100 years later. This occurred when King Arthur had to overcome the fearsome Splod, a Saxon invader, and his huge more powerful army.

Had it been Lord Elpus of Wessex, rather than Baron De Coubertin, who founded the modern Olympic movement and introduced a long-distance event, he may well have reflected on local history and called it a Camelot. Just think, 1981

could have seen the running of the first London Camelot and a few years later, the first Hastings Half Camelot. If only that moment of medieval athleticism had not been overlooked....! However, as a fellow runner I feel it is my duty and privilege to pass on to you this incredible story... but you'll have to wait until the next newsletter to learn more!

Martin Bulger

## AGM

As previously mentioned it is the club AGM on Wednesday, 4 December 2013. The club needs your support to be successful and one way you can show this support is by your attendance at the AGM, which will be held as usual at the Downs Leisure Centre and will commence at 8.00 pm. Come along and see the unveiling of the club's new website – it's bound to be a winner!

## HANDING IN OF CLUB TROPHIES

Were you lucky enough to win one of the Club trophies last year? If so it is time to get out the cleaning cloth, give it a good rub down and bring it back to the club so that it can be engraved for the next lucky winner. Glynis will be happy to take receipt of your trophy as soon as possible but please note the very last day for handing these in is the AGM on 4 December – another good reason to attend?

## STRIDERS' PRESENTATION EVENING

Tickets will shortly be going on sale for the Presentation Evening on 25 January 2014. We have a change of venue this year to Seaford Gold Club on Firle Road. The dress code will be smart casual and the cost of the evening will be subsidised by the club. Tickets will be £12 for adults and £5 for juniors.

Please see the club notice board for further information.

## LADIES' NIGHT

The Ladies Captain, Jackie Webber has organised two Ladies' events, the first of these is a night out at The Shore, Dane Road, Seaford. Meal deal – 2 meals plus 2 drinks for £12 – a bargain! Come along on Thursday, 21 November at 7 pm for 7.30 pm for a chance to have some food and a chat with the girls.

## LADIES' RUN

The second of these Ladies' events is a run, which will take place on Saturday, 14 December and will be followed by refreshments at Jackie's house, 37 Seaford Close, Seaford (off the Alfriston Road). The run will commence and finish at Jackie's house – start time 10am. Do come along for a chance to blow away the cobwebs – the Christmas shopping can wait for a few hours!

## GRAND PRIX PRESENTATION EVENING

This event will be held at its usual venue – the Jack and Jill Pub, Brighton Road, Clayton on Friday, 7 February 2014. More details to follow but in the meantime do get the date firmly fixed in your diary.

<http://www.thejackandjillinn.co.uk/>

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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