

# SEAFORD STRIDERS NEWSLETTER

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

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**DECEMBER 2013**



## ONE WAY OF SPENDING A SATURDAY MORNING!

Thanks to our Marshals who cheerfully manned the watering station at High and Over on the day of the Beachy Head Marathon.



The Beachy Head Marathon took place on Saturday, 26 October, with over 1700 participant runners, joggers and walkers, many of whom take the opportunity to raise thousands of pounds for charities through sponsorship. With the event selling out each year there was also a 10K organised for those missing out on the biggie.

Some truly elite runners were present but for most this is not so much a race, more an experience and with 3500 feet to ascend along the way, 30 minutes can easily be added to any personal best times. The Marathon course has a ridiculous hill right at the start at Bede's School where crampons are more appropriate than trainers and following a continuous 20 minute climb it heads inland, crosses the A259 and after negotiating a treacherous flint and chalk descent eventually drops into Jevington where a welcome drinks/feed station awaits.

The start of the Beachy Head Marathon - only 26.2 miles to go (Photo by Bob Newton)

After climbing out of Jevington it's into the by now muddy but still lovely Friston Forest, past the Long Man of Wilmington and on to Alfriston village. Then comes a long drag up to Bo Peep before it turns reassuringly towards the sea and a deceptively long stretch to High & Over. Then it's an exhilarating plunge into Littleington with yet another stunning view this time across the Cuckmere and another life saving drinks/feed station. Back we go into Friston Forest and tackle two sets of wickedly steep wooden steps whereupon your quadriceps start screaming in protest.

The Seven Sisters are reached after 20 miles and there is no marathon in the country with a tougher final 6.2 miles. Seven Sisters? The general consensus is at least nine. You run out of superlatives describing this final stretch of



coastline exemplified by the iconic Belle Tout lighthouse and Beachy Head, about the same time as energy levels begin to plummet and leg muscles suddenly start doing strange things. Whilst you may be forgiven for thinking this is mass torture the sense of achievement on finishing the event is overwhelming and we are privileged to have such a stunning route on our doorstep.

Winner Jeff Pyrah of Hastings AC came home in a remarkable 2hrs 55mins 42secs. Twelve Seaford Striders took up the challenge and Vanaka Graham was first for the club and 72nd overall in a cracking 3.52.41 with Mark Cage 83rd in 3.54.56.

Phil Robinson has been an ever present this year and finished just outside the top 100 with a superb 4.04.35. Jacob Miles 4.12.08 pipped Dan Wittenberg and Adam Mansbridge who have both been plagued by injuries this season but still recorded an admirable 4.13.45 and 4.34.52 respectively.

Sandwiched in between was Adrian Campbell posting a none too shabby 4.27.49 after his exploits in the recent Jog Shop 20 miler. Following closely was talented newcomer Kallum Wright 4.35.43, a gritty performance by Dawn Woodgate 5.07.42, Becky Breen digging deep to defy sickness with 5.11.46 and finally Jackie Webber 5.19.09 and Anne Flavill 5.24.56 completing an impressive showing by the Striders.

301 First Strider Vanaka Graham (Photo by Danny Simpson)

## STRIDERS GO GLOBAL (WELL OK, EUROPEAN!)

Richard Honeyman took part in the fast and flat Venice Marathon on Sunday, 27 October and not to be outdone Karen Clinton ran the Athens Classic Marathon on Sunday, 10 November. They were marathons of contrast, with Venice being fast and flat, whereas Athens was very hilly with a temperature of 27 degrees at 7.00 am – not one for the faint hearted! Reports of both marathons are included in this newsletter.

## VENICE MARATHON - report by Richard Honeyman

I travelled to Venice, Italy recently to run the 28<sup>th</sup> edition of this well established and well organised marathon. In good conditions with temperatures between 16 and 20 C low winds, but misty and therefore humid the race had a field of around 7,000 runners which is similar to the Brighton Marathon in the UK. The route was linear so most runners had to get the bus from the lagoon area to Stra about 30km away on the mainland. It did mean that I had to get up at 5am for this. The race was truly international albeit mainly Italians!



Main front Canal di San Marco – with my backside

I spoke to an Irish chap initially on the bus who was running his second marathon and by the start line, a nice young American lady, who is in the Navy and stationed in Sicily.

My strategy was to keep to the 5 m/km which on paper would mean a 3.5 hour marathon. Started okay and did 5m/km for the first half of the race taking in the towns of Dolo, Mira and Oriago which were well supported, before entering the large hinterland of Venice lagoon – Mestre. This town has the reputation of being industrial but bands covering Blondie's 'Call Me' and James Brown 'I Feel Good' kept me going. After St Guiliamo Park – a welcome green interlude my pace did slow slightly which again was a mental thing and whatever trick I tried it just seemed to get worse.



After finish line – 3:45:02

Temporary bridges' were constructed for the runners at the side of the bridges – 13 of them plus a temporary pontoon bridge at the entrance to the Canal Grand. The finish was at the Riva del Sette. St Marks Square - probably the most famous sight in Venice – was part of the route on this final 3km finish. Often flooded but not that day.



Venice is a medium sized marathon generally flat with pb potential course. Overall it is a well organised race and when combined with a city break it is well worth doing. I was however, disappointed with my time, although at 3:45:02 it is my 3<sup>rd</sup> best overall marathon time.



## ATHENS MARATHON - report by Karen Clinton

After a dreadful Brighton Marathon in April this year during which I managed to tear a tendon in my foot and ended up on crutches I thought my running days were sadly over.

However, 6 months later, I found myself at the small town of Marathon with 11,000 runners dancing to music from Zorba the Greek on the start line! Last Sunday was the 31st Classic Athens Marathon – an incredibly tough course, with a LOT of hills for the first 30km before descending into Athens itself and finishing in the original (amphitheatre–style) Olympic Stadium. The weather was hot – 27 degrees at 7am which drained many of us on the way round. The marathon was exceptionally well-organised; buses take you at 6am from the centre of Athens to the town of Marathon; there are plenty of toilets; the atmosphere is wonderful and you set off in waves with a tirade of fireworks for each group. Water stations, bananas, isotonic bars, cereal bars and water sponges are available at every 2.5km; first aiders are dotted along the route throughout. The crowds are good and hand you olive branches as tokens of good luck and shout 'Bravo!' continuously.



The course itself is a little dull in that you are running along the main road from Marathon to Athens but the views in the distance are amazing and the fact that this is the original route make it very special.

Would I recommend? – quite definitely ‘Yes’ – the finish line as you enter the stadium is fantastic. You won’t get a PB – a Dutch guy I met in the morning said that you normally put 30 mins. on your time – he was a fairly good runner (runs 2.45 normally!) and came in at 3.14. None of the Kenyans/Ethiopians can get under 2.10 which is the course record. As a result I was very pleased by my rather slow plod of 4.27, especially given that this was my first marathon since being injured.

Do get in touch if you fancy it – it was definitely worth the effort!



Seaford striders juniors  
Sponsored by; Puma gardening services

## SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start

Pickup: 6.45 pm

27 November, 6 pm	The Salts
4 December, 6 pm	The Salts
11 December, 6 pm	Special “Lights” Christmas Run meeting in the Foyer at the Downs Leisure Centre
18 December, 6 pm	Special “Lights” Christmas Run meeting in the Foyer at the Downs Leisure Centre
1 January, 11am	Martello Tower - New Year’s Day Run – come join the seniors for this one
January onwards – until end of March	The Salts



## PRESTON PARK RACES

The Phoenix Athletics junior races were held in Preston Park on Sunday 10 November, on what turned out to be a dry but windy day. Sadly only four members of the juniors took part but those who participated, did very well. The results are as follows:

under 13 boys – 1600 metres: George Squires – 13<sup>th</sup> in a time of 7:23

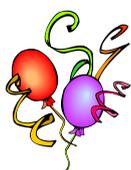
under 11 boys – 1600 metres: Howard Squires – 28<sup>th</sup> in a time of 7:48

under 9 boys – 800 metres: William Squires - 9<sup>th</sup> in a time of 3:40

James Cairns who only recently turned 13, gave a very courageous performance. He continued undaunted against boys who were much older as he had to run in the under15/under17 race. James finished the race in a very creditable time but unfortunately as he had been lapped, he was pulled up short of completing his race, so no official time was given.



L to R George, (George) William (Bobby) Howard (Denis)





## 4 MILE TIME TRIAL

On Wednesday, 27 November, Martin Bulger will be organising a 4 mile time trial. This is an excellent opportunity to test your running ability, so do come along and give this event your support.



## NEW YEARS DAY RUN

As usual the Seaford Striders will be commencing the New Year as they mean to go on, by participating in a New Years Day Run, commencing at 11 am. We will run from the Martello Tower to the Sailing Club and back again – **fancy dress welcome!!!**



## WHO'S WHO ON THE COMMITTEE



Name: **Mark Chadd**

Post held: **Chairman**

Where is your favourite place to go in Seaford?

Apart from running, what is your favourite hobby?

Running – what is your favourite run? **Crowlink**

And, what is your favourite race? **Beachy Head Marathon**

What book are you reading? **And The Mountains Echoed by Khaled Hosseini**

What is your favourite film? **Four Weddings and a Funeral**

What is your favourite song or piece of music? **Stay With Me: The Faces**

Which person living or dead do you most admire? **Jesus Christ**

How do you relax? **Running/Cycling/Skiing**

What would your motto be? **Be patient, which I am not**

**My home**

**Cycling/Skiing**



## LADIES' NIGHT - THURSDAY, 21 NOVEMBER

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. Do let Jackie know if you would like to attend, either by seeing her on a club night or sending her an email: [jackiewebber61@hotmail.co.uk](mailto:jackiewebber61@hotmail.co.uk)

## LADIES' RUN - invitation extended to all members

Jackie is organising a Christmas Run on Saturday, 14 December and this will be followed by refreshments. The run will commence and finish at Jackie's house - 37 Seaford Close, Seaford (off the Alfriston Road) and is open to everyone – not just the ladies! The start time is 10am. Do come along for a chance to blow away the cobwebs – the Christmas shopping can wait for a few hours!

# UPCOMING RACES

DATE	DETAILS
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	<b>Brighton ½ Marathon – FULL</b>
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>



Photo courtesy of Danny Simpson

## MINCE PIE RUN 8 December



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.

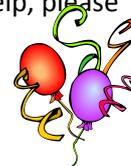
The start/finish is at Peacehaven Leisure Centre where there's easy parking after which the route heads off road taking in the area around Telscombe & Saltdean. Top quality race photographers Sussex Sport Photography will be on hand to capture runners aiming not only for a fast time but also those wanting 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).

## WANTED - could it be you?

The Mince Pie Run on Sunday, 8 December is your last chance to help out at an event this year. Apart from new members, those who haven't marshalled during the year will be asked to pay a £10 penalty when they renew their membership next year. Please note that those members who helped out at the film shoot qualify as having helped at an event. If you can help, please contact Linda Jennings [lindajennings004@btinternet.com](mailto:lindajennings004@btinternet.com)

Note: this will only be for 2-3 hours!

**Also Wanted:** Raffle prizes for this event. Please give all donations to Glynis either at a Club Night or at the AGM.



# EAST SUSSEX CROSS COUNTRY LEAGUE

DATE	DETAILS
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
An as yet undisclosed Thursday in December	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.

## AGM - WEDNESDAY, 4 DECEMBER 2013

Due to a technical problem it is not possible, at the time of going to press, to circulate the papers for the AGM but these are available by following the link: [www.seafordstriders.org.uk/latestnews.html](http://www.seafordstriders.org.uk/latestnews.html) This link will take you to the club website, where all the documents can be found. Please read through them thoroughly and print off the ones required.

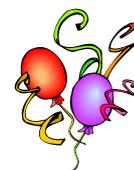
Please support your club by coming along to the AGM to hear what we have been doing, as well as having the opportunity of course to air your views. Take this opportunity to have a first glimpse of the clubs new website. The meeting should only last about 1 ½ hours, after which we may all decant to a local hostelry for some re-hydration.

## BRIGHTON & HOVE AND LONDON MARATHONS

The club have been allocated two places in the Brighton & Hove Marathon on 6 April 2014 and also two places in the London Marathon on 13 April 2014. a ballot for these places will be drawn at the AGM. If you are interested, please print off the relevant document and either hand it to Zoe at a club night or send it to her by email as a scanned in attachment: [secretary@seafordstriders.org.uk](mailto:secretary@seafordstriders.org.uk)

## HANDING IN OF CLUB TROPHIES

Please note all club trophies must be handed in to Glynis, either at a club night or at the AGM at the latest.



# BEXHILL POPPY HALF MARATHON

The Bexhill Poppy Half Marathon was held on Remembrance Sunday in glorious sunshine. It consisted of four laps along the seafront and took in the Polegrove, the home of Bexhill United Football Club.. - Newcomer Paul Heywood recorded a blistering 1hr 25 mins 12 secs and came in 11th out of nearly 800 runners – well done!

Adam Mansbridge didn't exactly hang around with 1.34.17, which was close to his personal best and Louisa Scola will, I hope, be happy with 1.52.37.



Pic from Sussex Sport Photography  
485 Paul Heywood



Pic from Sussex Sport Photography - 654 Adam Mansbridge



Pic from Sussex Sport Photography  
881 Louisa Scola



## 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 the main Club House of the Seaford Golf Club on Firle Road. With a slightly different format from previous years, we are really hoping to make it an enjoyable social occasion for members, partners and guests. Dress is to be smart casual and the full facilities of the club house bar etc will be available, including a full buffet. Ticket prices are subsidised by the club and are £12 per adult and £5 per junior. Please put the date in your diary and come along and socialise with your fellow Striders. Please see the club notice board for further information.

## 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. [www.thejackandjillinn.co.uk/](http://www.thejackandjillinn.co.uk/)

## THE END!

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](mailto:hilary@hilton-it.co.uk)

