



SEAFORD STRIDERS NEWSLETTER

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

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March 2017

AGM Meeting on 15th February was very well attended and the committee is most grateful for the offers of help received. The following positions have now been filled:

Club Captain	Martin Bulger	Secretary	Richard Honeyman
Junior Leader	Peter Weeks	Race Captain & Junior Coach	Scott Hitchcock
Grand Prix Rep	Vacant	Cross Country Rep	Luke Borland
Editor, Press & Kit	Hilary Humphreys	Social Secretary	Terry Ward
Website	Tony Humphreys	Social Media	Kristiane Henney
Treasurer & Club Grand Prix Rep	Chris Le Beau		
Membership Secretary & Mince Pie Organiser	Linda Jennings		

As you can see, there is one vacancy left on the committee that of Grand Prix Rep, not to be confused with the Club Grand Prix! Given the drive this year to get the club back on the podium this is an important slot to have vacant, so if you would like to play a more active role in the running of your club, please speak to a member of the committee about what this post involves. Following the AGM, the races listed below have been agreed for the new club Grand Prix – **note two in March – Pett XC and Hastings Half.**

Club Grand Prix 2017

12 Mar	XC	Pett, Hastings	XC	http://www.eastsussexcrosscountry.co.uk/events
19 Mar	Half	Hastings	SGP	http://www.sportsystems.co.uk/ss/event/HastingsHalfMarathon20172
1 Apr	5K	Eastbourne	Park Run	http://www.parkrun.org.uk/eastbourne/
30 Apr	10M	Haywards Hth	SGP	http://www.nice-work.org.uk/events.php?id=232
7 May	5M	Hastings	SGP	http://www.hastingsrunners.org.uk/hastings-runners-5-mile-2017/
13 May	5K	Peacehaven	Park Run	to be confirmed
29 May	5M	Friston Forest	Trail run	https://www.entrycentral.com/festival/225
10 Jun	5K	Hove Park	Park Run	http://www.parkrun.org.uk/brighton/
1 July	5K	Peacehaven	Park Run	to be confirmed
16 July	5K	Eastbourne	Seafront	http://www.nice-work.org.uk/events.php?id=273
10 Sept	10K	Hellingly	SGP	http://www.hellingly10k.co.uk/
1 Oct	10M	Lewes	SGP	http://www.lewesac.co.uk/downlandruns
29 Oct	10K	Hove prom	SGP	http://arena80.co.uk/hove-prom-10k-race/
Oct-Nov	XC	Eastbourne or Firle	XC	to be confirmed
26 Nov date tbc	10K	Crowborough	SGP	http://www.crowboroughrunners.org.uk/

There are 15 Club GP races, over a variety of distances and terrains. Points to be allocated for each race with a separate competition for ladies/men. Ladies 1st Strider home = 20 points, 2nd = 19 points etc. Men 1st Strider home = 20 points, 2nd = 19 points etc. Position based on chip time if available. Total points for the year from minimum 6 races, maximum 10. Simple spreadsheet to be updated promptly after race results published and maintained by Chris Le Beau.

The above races are a separate challenge to the Sussex Grand Prix (SGP) races listed on the front of the February newsletter, although some of the above races are also included in both contests.



COUCH 2 5K Group

If you know someone who would like to get fit and fancies taking up running but are just too nervous to come along to the club, then we might just have the answer for them.

The Striders are delighted to announce that Tom Roper has kindly agreed to lead a 'couch to 5k' group, which will commence on Wednesday, 22 March and will meet every Wednesday, alongside the rest of us. The new members will be guided slowly through the NHS plan, which is designed to get just about anyone off the couch and running 5km in a matter of months. Members will start gently and there will be plenty of built in rest stops.

Please pass the word around and let us see if we can increase our membership.

CHICHESTER 10K by Richard Honeyman



One of the first road races of the year is the ever-popular Chichester 10K, which for years, has been based in the city centre. This year saw a new start/finish outside the famous Goodwood Motor Circuit. Consisting of approximate 6k on the roads outside the track, the final 4K being one complete lap of the circuit, finishing alongside the Pits – photo left.

Five Seaford Striders competed amongst a large field of over 1,700 finishers with three finishing in under 40 minutes. Simon Fletcher 36:32, Gareth Hutchinson 37:46 and Luke Borland 38:39. Finally Richard Honeyman completed in 50:59 and Chris Le Beau under the hour in 54:18.

Overall, a good race and well organised. There were however, a few issues with access to the site, which delayed the start by over 30mins but apart from that I look forward to the 2018 edition.

HEATHFIELD XC by Peter Weeks

Heathfield Park whose grounds were long ago laid out by Humphrey Repton, was the venue for round five of the "East Sussex Cross Country league" and being a new venue to the series, there was no chance for anyone to have the advantage of inside knowledge. The course was a mixture of tracks, footpaths, meadows and HILLS what else would one expect of "Heathfield" and I suspect the route planner was the same person who organises their summer 10k.

Damp and misty weather ensured the mud was at its best and provided ideal conditions for traditional cross country runners, none of the grass track running you see on the telly for us!

Eight Striders competed in the senior race (5 miles) which started with a long downhill section on tarmac and track before heading onto footpaths, climbing through the woods and grassland before eventually arriving at what we had

been informed was the “Gibraltar Tower”. No time to stop and investigate its history but I later discovered that it was built to commemorate Lord Heathfield’s successful defence of Gibraltar from 1779 to 1782. See what fascinating facts you can learn from competing in cross country!

(Photos below from L-R – Joel Eaton, Josh Rudd and Ed Tuckley) Back to the race, which continued along tracks to



the start line and then onto lap two, taking us back down the hill and this time straight up the other side (no woods) just climbing across meadows, before doubling back down the hill into a wooded section. Here we were



greeted by a friendly marshal advising that it was slippery and to get ready to jump across the stream, which I was later informed some runner, no names supplied, put a foot in (unlike in show jumping there were no penalties for this). Then it was up the steepest hill on the course before heading off to the finish and cake stall. By the way, the banana cake was delicious! As mentioned earlier it was very reminiscent of the summer 10k but with mud.

Joel Eaton making his first appearance in Strider’s vest had an excellent run being 4th overall & leading the team home in 32:52, followed by Josh Rudd putting in his usual strong performance 33:48 (10th), Ed Tuckley another recent recruit to our growing band of speedy competitors 36:04 (35th), Scott Hitchcock was next home (apparently delayed whilst doing some “Deer Stalking”) 36.04 (40th)

Emily Eaton (photo above left) also making her debut in a Striders vest was our first lady home in 42:32 (111th), Peter Weeks 44:13 (121th), Claire Keith 45:15 (photo above right) (129th) and Tom Roper 60:09 (201st). There were 212 finishers. **Photos below left - Scott leading Pete out of the mud and photo below right - Tom staying mud free!**



I would like to thank our enthusiastic band of supporters who braved the conditions and provided encouraging comments, thanks to Martin Bulger, Bob Hitchcock, Patricia Weeks and a big thank you to juniors Harrison Keith (2 years) and Kaleb Eaton (11 months) the latter who I'm reliably informed sang and slept through the whole event.

SUBS DUE

The race is on – to collect members subs as soon as possible. Thanks to everyone who has already paid but this is a gentle reminder to the rest of you – please help the club's finances by paying early. We do of course hope that you will all agree that club fees represent good value for money because we want you all to stay! Membership Secretary, Linda Jennings email: Jennings.Linda1@sky.com



CLUB EVENTS



Mondays, 6th March and 3rd April

Monthly Training Session

7.30pm – Lewes Track

WORTHINGTON HALF by Jim Stephenson

Cold, wet and windy – the three elements all runners dread when trying to run PB's. Inevitably, the weather gods didn't disappoint and it was indeed cold, wet and windy...



I was aiming for a sub 1:30 given the nature of the course - quote "The fastest course in the South East", setting off around 6:50 m/m pace would get me there with time to spare.

The first 6-7 miles are full of twists and turns through the housing estates adjacent to the seafront, this then spits you back out onto the promenade where the crowd (very loyal and very cold) give you a gentle clap of encouragement before you start the 6 mile out and back heading west along the seafront.

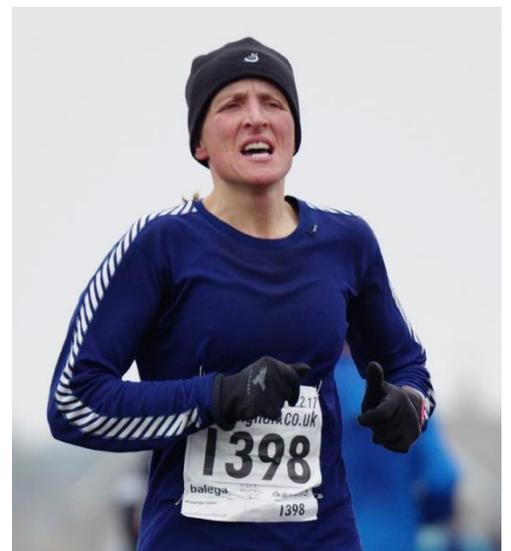
I found myself about 400m metres behind the 1:30 pacer at mile 9 however knew he had gone out too hard and sure enough at around mile 10 lots of runners started tailing off heading into the last 5k – which is when the headwind kicked in!!

Feeling really good I picked it up and began passing those who had gone out a bit hard running the last 5k in sub 20 mins, I brought the hammer down the last 400m and crossed the line. I couldn't help thinking " I could have gone out a little harder", but I can't grumble as I had achieved what I set out to do. Finishing time 01:28:43, something to beat next time...

I advised anyone who wants to run a PB to run the Worthing Half as it is the flattest course I have ever run...

106th Jim Stephenson – 1:28:43

340th Natasha Swan – 1:40:22



MAVERICK TRAIL by Claire Dean

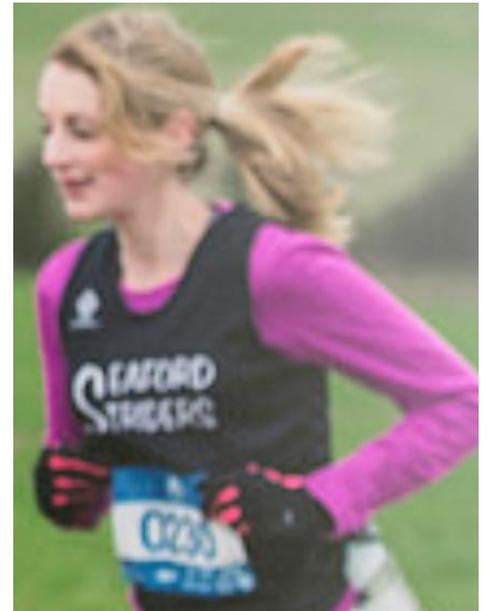
February 25th saw the first in the series of Maverick Race events, with the debut starting in Amberley. In each event, there are 3 distances to choose from - on this day the 'short' was 7km with 137 foot of climb, the 'medium' was 13km with 226 foot of climb and the 'long' 23km with 348 foot of climb. Naturally, I wanted to go for the toughest even though my training did not reflect my choice, having run just 6 times in 4 months at this point.

The course starts with an almost 2 mile climb up onto the South Downs. Added to the challenge of the hills was the task of trying to avoid the weaving runners who had the advantage of being pulled up the hills by their dogs, as the event welcomed the Cani-Cross, and the wind up on the exposed hills was still very strong from Storm Doris which had hit just 2 days before.

After many undulating hills testing my lack of fitness, at around the 12 mile point I knew there would be some pay back, with a steep long downhill section. Sadly, when I reached this point, I found it was in the form of a long set of narrow steps. All the front runners had slowed right down to avoid cramp or falling and so there was no opportunity to gain any time back.

Then came the final couple of miles where it proved to have been a wise decision to choose my 'very off-road' trainers as there was mud galore - my favourite! The finish was back at the Amberley Museum, where you were welcomed with a bottle opener medal, bottle of Maverick beer and an ice coffee. Being almost 19 weeks pregnant, the tea and cake was the safer recovery option for me.

Not knowing at the start whether I could manage, let alone finish the 14.5 miles of the course, having not run double figures since Sept 2016, I was pleased to have clocked a time of 2:14:34. Needless to say, I was very tired that afternoon!



Run Naked or get Fruity - recommended by Claire



Firstly, I must say I am in no way affiliated with Tailwind. However, for some time I have been looking for another option to fuel my long-distance runs/races. I can't stand Lucozade and energy gels make me feel incredibly sick during and after my races - a feeling you really don't want!

So, when I had Tailwind recommended to me I thought I would give it a go. The Maverick was my first race where I went cold turkey on the reliable but horribly sickly old energy choices and I just had my bottle of Fruity Tailwind with me and I can safely say I will never go

back to my old ways, as for the first time I did not feel sick and I did not feel the need to take anything from the 2 fuel stations on route.

The service from Tailwind is also second to none with quick delivery, personal well wishes for upcoming events and further discounts offered. You really can't go far wrong! So, if like me, you have suffered with gels and other energy sources then I highly recommend you give it a go! You can pick from fruity flavoured powders or the 'naked' flavourless option to add to your water on a run. <http://www.tailwindnutrition.co.uk/>

BRIGHTON HALF by Carlie Watts

9am on a cold and drizzling day and I'm waiting to get over that start line and run my 6th Brighton half marathon. In all honesty, I have never enjoyed this race, but today was so different. From mile to mile I felt strong and in control. The wind hit me at mile 5/6, but I continued to work hard and get through it, hiding behind groups and taller people!

I am now trying to remember how I felt but I was so focused I couldn't tell you! I just remember checking my watch and thinking to myself 'I could do this, I could break the two hours'.

At mile 10, I looked in front of me and focused on the i360, picking up the pace and ploughing through the last 3 miles... the crowds got bigger and louder as I ran to the finishing line, checking my watch again for the last time and smiling from the inside out. I crossed the line in 1:56:07.



Photo above – Josh (in green) Simon (no.41) and Scott (behind Josh) – Striders 1, 2, 3 in the race

BRIGHTON RESULTS:

Josh Rudd	1:17:33 PB	41 st overall
Simon Fletcher	1:18:19	53 rd & 1 st in age group
Scott Hitchcock	1:23:32 PB	
Luke Borland	1:26:31 PB	
Ed Tuckley	1:27:44	
Josh Nisbett	1:39:03 PB	
Anneka Redley	1:48:30 PB	
Karen Clinton	1:52:10	
Carlie Watts	1:56:07 PB	
Emma Goodwin	2:13:35 PB	
Tom Roper	2:22:01	

MARSHALS REQUIRED AT RACES

New members of Striders may be unaware that the club constitution requires its members to make themselves available to marshal at least once during the year. The main drive for Striders is the Mince Pie 10 miler, which we organise each year in December and it is because of this race that we have just been able to donate £2,000 to charity. However, the club also earns much needed club funds by marshalling and manning water stations at several other races, namely the Jog Shop Jog on 25th March, the Lions Seaford Half Marathon on 14th May and the Beachy Head Marathon on 28th October. Please note these dates and make yourself available if at all possible.

EASTBOURNE HALF MARATHON by Stacy Bennett

The weather conditions were not looking great when I arrived in the car park at 9am, but as promised by 10am the rain had stopped. I got into position with the sub 2:15 pacers beside Hilary and Emma. We set off along Eastbourne seafront, and I managed to keep with the pacers until we hit the hill. I had been told about "the hill" but I didn't realise just how steep it was. But by mile four I was flying down the hill!

Once we hit the seafront again the sun was out and there seemed to be a bit of a sun trap. In the distance, I could see the sub 2:15 pacers and my aim was to catch up with them. At mile seven Emma was with me but my legs just didn't have it in them. To my disappointment, I was really struggling as we passed mile eight and I was grateful for a bottle of water but missed when I lurched for the jelly babies! The sub 2:15 pacers were now out of sight.

As we headed around Sovereign Harbour we were now and again getting blown by a blustery wind and rained on. Then I found a chap running at the same pace so we were side by side until mile 11 when I had to pull back. I could see Emma up in front and she was running really well.

A shout out from Martin towards the end spurred me on, I was nearly there and was really pleased when Hilary joined me for the last 400 metres. I could have cried but the pain was nearly over.

Having the support at the end from the Seaford Striders who had already crossed the line and who had waited around meant a lot. Thank you, what a great team to run for and well done to all those who got such amazing times. More training needed for me.

Photo below – Josh Rudd leads the field at the start of the race.



EASTBOURNE RESULTS:



Josh Rudd	1:22:18 (8 th overall)
Gareth Hutchinson	1:26:34 (19 th and 3 rd in age group)
Scott Hitchcock	1:27:04 (23 rd)
Dave Dunstall	1:29:27 (48 th and 2 nd in age group)
Luke Borland	1:30:28 (53 rd)
Jim Stephenson	1:31:37 (60 th)
Billy Moakes	1:31:51 (63 rd)
Ed Tuckley	1:34:36 (77 th)
Phil Robinson	1:41:16
Claire Keith	1:43:58
Ben Shorer	1:48:13
Richard Honeyman	1:59:03
Hilary Humphreys	2:03:38 (2 nd in age group)
Emma Goodwin	2:17:22
Stacy Bennett	2:18:58
Trevor Jones	2:21:33



Photos above top – bottom
Gareth Hutchinson, Scott Hitchcock
and Dave Dunstall

Photo above – Luke Borland

Photo above – Jim Stephenson



Photos above L-R – Billy Moakes, Ed Tuckley, Phil Robinson and Claire Keith



Photos above L-R – Ben Shorer, Richard Honeyman and Hilary Humphreys



Photos above L-R – Emma Goodwin, Stacy Bennett and Trevor Jones

CLUB KIT

Sponsorship from Inter Sport means we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities. A number of members have requested adult versions of the tee-shirts recently supplied to our junior runners - the colour required is Electric Yellow!

Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.



To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct hilary@hilton-it.co.uk Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well as for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to accompany it. Email: hilary@hilton-it.co.uk

That's all for now folks as far as the senior section is concerned, also see separate junior section.

Club Grand Prix 2017

Please note that the Club Grand Prix events noted at the front of this newsletter are marked on the following race list in mustard (**SS Grand Prix**). They are however subject to change, especially as Peacehaven Park Run has yet to be confirmed.

FUTURE RACES

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

Junior welcome with seniors or special children's races - marked in purple Club (SS) Grand Prix race in mustard

March – 28 th May 2017	
12 Mar	Moyleman off-road Marathon, Lewes
12 Mar	Worthing 10K & 5K
12 Mar	Pett XC, Hastings ESXCL (SS Grand Prix)
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon (Club Grand Prix)
25 Mar	Jog Shop Jog 20M
26 Mar	Henfield 9 miler
26 Mar	Mel's Milers 10K, Chichester
26 Mar	SEAA 12 Stage Road Relay, Gravesend
29 Mar	Chichester Corp Challenge (3)
1 Apr	Eastbourne Fun Run (SS Grand Prix)
1 Apr	Sussex Road Relays, Christ's Hospital
2 Apr	Hartfield 10k & Fun Runs
8 Apr	Mini Mile Races, Brighton
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
17 Apr	Lewes Easter Monday Races
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend) (SS Grand Prix)
30 Apr	Three Forts Challenge
1 May	Barcombe 10k / 6k
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Hedgehoppers 5, Portslade
7 May	Hastings 5 M (SS Grand Prix)
7 May	Run Wisborough 5K & 10K
13 May	Peacehavn Park Run (SS Grand Prix)
14 May	Seaford Half Marathon
14 May	Eastbourne Trackstar Marathon
14 May	Arun River Marathon
14 May	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
17 May	Trundle Hill Run, Chichester
21 May	Horsham 10K
21 May	Bognor Prom 10k
21 May	Super Sunday, Super Hero, Brighton
24 May	Highdown Hike, Worthing
28 May	Mud Monster Run, East Grinstead
28 May	Weald Challenge 50K Ultra & Half Marathon
28 May	Rye 10M
29 May	Friston 5 & Adder 10M (SS Grand Prix)
31 May	Bexhill 5K & Kids Youth mile
4 June	Worthing 10K
10 June	Hove Park Fun Run (SS Grand Prix)
11 June	Martello Rotary Seaford Half Marathon
11 June	Hove Park Fun Run 5K & Children's Races

28 th May 2017 onwards	
24 June	Race to the King Ultra Marathon
24 June	Downland Dash
28 Jun	Bexhill 5K Kids Youth mile
1 July	Peacehaven Park Run (SS Grand Prix)
2 July	Bewl 15M
5 July	Roundhill Romp, Steyning
7 July	Rye 10K
11 July	Beat the Tide 10K
12 July	Beach Run, Arun
12 July	Phoenix 10K (Wednesday)
16 July	Eastbourne Golden Mile & 5K (SS Grand Prix)
26 July	Bexhill 5K & Kids Youth Mile
30 July	Seven Stiles, Henfield
9 Aug	Windlesham House 4, Worthing
11 Aug	Rye 10K
13 Aug	Henfield Half Marathon
13 Aug	East Sussex Ultra
20 Aug	Hornets Stinger, Hove
28 Aug	Kings Head Canter 5K
3 Sept	Fittleworth 5
8 Sept	Rye 5K
9 Sept	Race the Horse XC Half, Plumpton
10 Sept	K9 Challenge (Run/Walk with dog) Stanmer Pk
10 Sept	Hellingly 10K (SS Grand Prix)
17 Sept	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
17 Sept	Rother Valley 10K Northiam to Bodiam
17 Sept	Tilgate Forest
24 Sept	Barns Green Half Marathon & 10K
1 Oct	Lewes Downland 10M (SS Grand Prix)
1 Oct	Tempo 10K, Eastbourne
1 Oct	Alf Shrubb 5 XC, Slinfold, Horsham
8 Oct	Sussex Marathon & Half Marathon
8 Oct	Hickstead Gallop
15 Oct	Bright 10
28 Oct	Beachy Head Marathon
29 Oct	Steepdown Challenge, Lancing
29 Oct	Hove Prom 10K (SS Grand Prix)
29 Oct	Crawley 10K
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
11 Nov	Poppy Half Marathon + 10K & 5K
26 Nov	Crowborough 10K (Date TBC) (SS Grand Prix)
?? Dec	Mince Pie 10 miler
16 Dec	Brighton City Races
1 Jan	Hangover 5, Goring
25 Feb	Brighton Half