



SEAFORD STRIDERS NEWSLETTER

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

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Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> **October 2017**

Club Grand Prix 2017

29 Oct	10K	Hove prom	SGP	http://arena80.co.uk/hove-prom-10k-race/
Oct-Nov	XC	Eastbourne or Firle	XC	to be confirmed
3 Dec	10K	Crowborough	SGP	http://www.crowboroughrunners.org.uk/

CLUB TRACK NIGHTS IN LEWES



Monday 2nd October and 6th November

Monthly Training Session

7.30pm – Lewes Track

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 Beachy Head Marathon on 28th October.



In respect of the Mince Pie race, this year's it will be held on **Sunday, 10th December 2017**. Please do make yourself available to assist as a Marshal – the more the merrier!

This year's chosen charity will be Headway East Sussex, an organisation which offers rehabilitation and support services for people with acquired brain injuries, their families and carers. A brain injury can result from many different causes including stroke, accident, tumour, sporting injury or assault.

<http://www.headwayeastsussex.org.uk/>

Please note that raffle prizes are also required for the Mince Pie Race – please look out for those unwanted gifts and put aside – we will be asking for them very soon!

SEAFORD PARKRUN AMBASSADOR

As you will no doubt be aware there are now local parkruns in Brighton, Eastbourne and of course Peacehaven. The club have been made aware that the Parkrun Association and Seaford Town Council would like to see such a weekly event being held in Seaford.



The concept of a Seaford Parkrun has just moved a step closer with two members of Striders expressing an interest in taking forward the project initially. Obviously as progress is made other assistance will be required, so if you are interested in joining a future team, please register your interest with me. Many thanks, Editor

South Coast 5K and 10K by Debbie Plant

No longer Couch to 5k - We did 10k! A cloudy Sunday morning brought a gathering of six Striders to the Martello field for the South Coast 5k and 10k runs. I entered on the day after a plea to run from fellow Strider, Stacey Jones. Debbie Herczeg, Simon Nixon, Simon Homer and Ben Shorer all ran too, with Ben choosing the 5k and the rest of us opting for the 10k challenge.

After waiting with nervous energy at the start, we all set out at a very comfortable pace. Stacey and I stayed together with one of our newer Striders, Debbie Herczeg. Yes, there are now two of us! Ben and both Simons ran on ahead.

The route for the 10k is two loops along the seafront. The first loop was great and we completed 5k in 33.58. This in itself, was a PB for me. Then on to the second loop. With the wind behind us we all ran well but I began to have tired legs at about 4 1/2 miles. Still we ran on!



The final turn saw us stop for some much-needed water. However, it also saw us struggling to drink any without pouring it over ourselves and without actually stopping! (Please remember we are very new to this) regardless however, on we went.

For me the final mile was mentally a struggle but what provided that much needed boost was the well-wishers, who were spread out all along the route and cheering for us all the way – thank-you!

The ladies all finished in a group, with only seconds between our final results. I know this was Stacey's first ever organised 10k and for me, it was my first for many years. Our aim was to get home in under 1.10.00, so we were over the moon to beat our target. And no stopping! The first Couch to 5k group are on the up!

Results for the Striders are as follows: – Ben Shorer 5k 22:59

10k: – Simon Nixon – 53:18; Simon Homer – 59:33; Debbie Herczeg – 1:08:18; Stacey Jones – 1:08:27 and Debbie Plant – 1:08:28.

Photo above L-R Debbie Herczeg, Stacey Jones, Simon Nixon, Debbie Plant, Simon Homer and Ben Shorer. Photo courtesy of Debbie Plant



COUCH 2 5K Group

The Striders are delighted to announce that Tom Roper has kindly agreed to lead another 'couch to 5k' group, which will commence on Wednesday, 13th September and will meet every Wednesday, alongside the rest of us.

Many of the original helpers, together with a couple of graduates from the original group have already indicated their willingness to coach this second group but if any other Striders would like to assist with one or two sessions, their participation would be most welcome.

Also, if you can assist in the circulation of this message, to friends, family and acquaintances, in fact anyone you think might be interested in joining – the more the merrier!

HELLINGLY 10K by Kristiane Sherry

Hailsham Harrier's Hellingly 10k race was a fixture in both the Seaford Striders Club Grand Prix and the Sussex Grand Prix – so it was no surprise to see many familiar faces gather at the start line on 10th September. The one-lap undulating course took in the gorgeous country lanes around Hellingly village, with the route well-marshalled throughout.

Even the sun coming out and heating things up couldn't stop the Striders contingent flying round, posting some really impressive times. First across the line was Simon Fletcher in 37:05, a fantastic time which saw him claim first place in his age group. Luke Borland finished next in 39:31, and was closely followed by Dave Dunstall in 40:13, another first place age group finisher.

Josh Nisbett flew round in 43:09, ahead of Joe Plant in a speedy 46:41. Matt Franks, a graduate of our first 'Couch to 5k' group, crossed the line in an impressive 47:11, ahead of Peter weeks in 47:50.



It was then the turn of the women, with Anna Norman first round in 49:01, followed swiftly by Anneka Redley in 49:48, and myself in 49:53. Having done the sums afterwards, if we'd had another female finisher we'd have scooped the third place team spot! **

The Hellingly 10k was a brilliant morning out – and while the course





was challenging, it was also fun and didn't feel impossible at any point. A great race to chase some points for both leagues!

*** On that note – do take part in races! They're great fun and take in all kinds of distances from 5k upwards. Runners of all standards are welcome to take part – you don't need to be super speedy. And you might even end up on the team podium! Check out the newsletter for race ideas – Club Grand Prix and Sussex Grand Prix races tend to get lots of club entries. Come and join in too!*

LITTLEHAMPTON 10K - Getting a little help from my friends by Victoria Maleski



I have previously described myself as “an unlikely runner”. Little did I know, when I turned up nervously on 22nd March for the first session of c25k, that I would manage to attempt a 10k within 6 months. Once the c25k programme run by Seaford Striders had finished I was hooked. The introduction to a parkrun was a brilliant initiative by the club. Turning out regularly to run at club nights and on Saturdays at a parkrun has meant my fitness levels have continued to improve. This has almost happened in the background as the level of support and camaraderie from c25k colleagues and others at Seaford Striders kept pulling me back for more.

The pleasure of setting out on a summer's evening to jog out to Cuckmere Haven surrounded by my friends was just great, even though the hill on the route home got the better of me. It didn't matter that I needed to walk, getting out there and running most of it was an achievement in itself, and the mileage covered continued to increase.

I also enjoyed the track nights in Lewes. The opportunity to run on a proper running track was quite novel and made the athletics on the TV even more enjoyable, as I could picture how brilliant their performances were.

A number of my c25k contemporaries started doing 10k races. Ok so they were younger than me and fitter than me, but I started to wonder whether it was time to get myself booked in for a 10k so I had something to aim for. I looked for a relatively flat circular route with a big entry field which was a reasonable distance away from Seaford and the Littlehampton Chestnut House 10k on 10th September appeared to fit the bill so I filled in the online application.

I made the decision that I wanted to keep this massive step up to 10k to myself (apart from close family and a few friends). It was a really big step up for me and maybe I needed a potential exit route without public embarrassment, or maybe I wanted to prove to myself I could do it without relying on other running friends to get me through.

My number came through the post – it was really going to happen! I was number 601 out of about 1400 runners.



On the day of the run I set off bright and early with my husband who would provide the photographic evidence of my potential achievement. We parked up and mingled with the other runners and supporters. I found the starting line and looked for the boards indicating possible finishing times. It was all a bit of a guess as I had never actually run a 10k distance before, but they made it a bit easier by having 60 minutes plus. I decided, on the basis of my parkrun times of around 36 minutes I would aim for around 1 hour 20minutes.

The start time arrived and we were off, the adrenaline of being surrounded by so many runners kicked in and kept me running non-stop for the first 7k. That was quite a personal achievement in itself. As the race progressed I continued mainly running interspersed with a little walking. There were lots of onlookers applauding all along the route and a steel band at about 8k put an additional spring in my step. I was going to do it!

I gradually saw more and more finishers walking around proudly displaying their medals. The final turn back on to the seafront left me with a long straight run in. The encouragement from supporters got louder as I got closer to the finish. My legs felt heavy but I put in an extra little bit of speed to get over the line, remembering to turn my usual running grimace to a smile for that all important finishing photo. I had done it and surpassed my expectation by recording an official time of just over 1 hour 14 minutes.

I was given my medal and my proud smile remained fixed in place for the rest of the day.

This achievement means so much to me. I would not have done it without all my friends at Seaford Striders - thank you for your support.

ERIDGE PARK 10 TRIAL CHALLENGE by Tom Roper



I ran, with three of Lewes's renowned Twitten runners, Duncan Rawson, Rob Read, David Stacey, the Eridge Park 10 Trial Challenge. The mud in the shower has gone, my toes are more or less dirt-free and I can knock the dried filth off my trail shoes, so it may be time to record the race.

Eridge Park is a couple of miles south of Tunbridge Wells, and owned by the Marquess of Abergavenny. You may wonder why a Welsh peer should have his residence in Sussex, but that's feudalism for you, and explains the Abergavenny name on Sussex pubs, and the frequent use of the family name, Nevill, in local toponyms. This was the nineteenth renewal of the race, though I am ashamed to say I had never heard of it before, and only discovered it through a leaflet left on my car windscreen at another event. The leaflet promised views, hills and mud. What could be more agreeable?

The morning of the race was cool, though bright. We assembled in parkland. Some went for warm-up runs. I abstained; I knew the race would be hard enough without adding extra distance.



We were sent on our way with an unorthodox start, a banner unfurled from the starting rostrum bearing the word bang.

And we were off, a good wide start line, and a gentle descent. The organisers have gone to some trouble to name give parts of the course whimsical names, such as the Tomb of the Unknown Harrier and the Leap of Death. It was near the entrance to the Lost Wood, I believe, a little over four miles in, that I lost my battle with the mud and fell face first into the swamp. My shoes stayed on, though, thanks to the looped lacing I use, and it was a soft landing. I rose and carried on. In a curious way, it was a liberating experience; I now knew that the mud had done its worst. I had to put up with jocular remarks from marshals, such as one who accused me of stealing his Lordship's mud, and, my hands being



coated, the jelly babies I ate at the next water stop had a crunchy garnish. On I went. The highest point of the course dubbed Saxonbury 659, had a folly, a tower straight out of a fairy tale. In total I climbed 1,362ft.

I knew I was slow, and the last few miles were hard; they included a final ridiculously steep ascent, lots more mud, and a sudden heavy downpour of rain, though I was in the woods for this and protected from the worst. The last few hundred yards twisted and turned, until the cricket ground came in sight, where a game was in progress. I had very little left, but managed to hold off two ladies close behind and finished in 2:37:04. My fellow Seaford Strider Natasha Swan (photo left) finished in 1:47:18. As for my fellow Twitten runners, Rob finished in 1:39:18, David in 1:45:20 and Duncan in 1:49:43. At the finish there was beer, pints of Larkins Traditional, and cake.

The race was splendidly organised by Tunbridge Wells Harriers, and well and enthusiastically marshalled. Duncan, who takes over the reins as Race Director of the Moyleman marathon for the 2018 race, was muttering about coloured tape as we left.

There could be no better preparation for the 2017-18 cross-country season. Since these are around five miles, half the distance, they will seem easy in comparison.

GREAT NORTH RUN by Richard Honeyman

The Simply Health Great North Run is the largest half marathon in the world (57,000 entries) and the UK's biggest mass participation race. In its 37th year now this race has so many superlatives it is difficult to know where to begin when writing this up. First of all for those who are regular marathon runners it could be a bit of a let down running half the distance. I think it depends where you are with your running. It can be used as a training run for new or seasoned marathon runners or the other way round for those stepping up to this distance. The best way to approach this race is to treat it as a brilliant race in its own right.



I think everyone knows that Mo Farah won in 1:00:06 and the fourth consecutive year in a row and record to have done this. Mary Keitany of Kenya was first lady in 1:05:59, her third win here.



Really the race is about the people of the North East. The atmosphere in the City of Newcastle upon Tyne is bustling for a few days before the race and afterwards much talked about that the whole community embraces it. On the Saturday there are the City Games which encompasses shorter track distances, mile races and long jumps of all ages for the elites and juniors.

Photo above right, Mo Farah and left Paula Radcliffe. Richard with the Newcastle skyline below.



The main day itself – Sunday - up early and off to the race start area, the weather overcast, slightly blustery and staying dry– plenty of people on the streets – reminds me of London or Berlin Marathon. Seemed liked ages hanging round on the top of the Newcastle central motorway but this part went smoothly with good Start Line area entertainment. The mass start was at 10:40am. I got away at 10:48 and started well through the central motorway and over the famous Tyne Bridge. I tried to time it so the Red Arrows fly past was at the same time as me but was about a minute out but saw them when turned round!

Going past Gateshead Athletics Stadium I settled down to 7 miles of partly undulating dual carriageway running but with superb support EVERYWHERE. Plenty of music entertainment, water, ice pops and jelly babies. Its gets interesting about mile 10 on the outskirts of South Shields where the coast is in the distance and a two mile long up drag on the outskirts created one of the best atmosphere in my long distance running. Dropping sharply down to the coast and turning left the last mile by the Lees, the sea in the distance on the right with crowd levels on both sides of the road several people deep and Finish Line commentary cranking up the running songs. Not having the best running year I was happy with 1:55:17 and in 9454th so was in the first 10,000 out of about 43,000 finishers. Really it did not matter what time you achieved as for vast amount of runners it was the completion and taking part that counts. The finish area was brilliantly handled and South Shields experienced their busiest day of the year.

Overall, this race is one of those ‘must do’ races for any runner – again it is the people – runners (some raising money for charity and/or in fancy dress) - and not the course – the North East and Tyneside particularly at its very best. The Mark Knopler theme from Local Hero – Coming Home played at the start and on opening of the television coverage sums up the mood brilliantly.

BARNS GREEN HALF by Kristiane Sherry

I would never normally complain about sunshine, but when it became apparent on arrival at Barns Green that 24 September was going to herald the arrival of a short-lived Indian summer the thought did cross my mind that an autumnal downpour would be quite welcome!

“I need to tell my friends to plan things for race days. It’s always hot!” My fellow Strider Anneka said as we lined up at the start line. Hellingly earlier this month was practically balmy. Bewl earlier in the year was scorchio. 22C in September is pleasant if you’re in the garden but not if you’re about to run the undulating Barns Green Half Marathon!

But enough complaining. The September tanning opportunities were tip-top on the day – as was the Striders’ team performance in the race, which also doubles as a Sussex Grand

Prix fixture. A total of 1,133 runners took part – a bumper crowd which indicates just how well organised the event is. The route was mostly run on roads [closed! What a luxury!] and the marshalling was fantastic – there was a high-viz army out on the course. Water stations were plentifully stocked, and there were even multiple bands stationed along the route, playing out live music to lift the spirits and spur us all on.

It worked – the nine-strong Striders team zipped round, posting some fantastic times. Turns out all that downland training makes ‘undulating’ courses feel breezier than expected!



Simon Fletcher was the first Strider across the line in a chip time of 1:19:51, securing 14th place overall. Josh Rudd was next back in 1:30:31, closely followed by Dave Dunstall in 1:30:51. Josh Nisbett wasn't far behind in 1:38:57, just ahead of Phil Robinson in 1:42:56. Emily Eaton was the first female Strider home in a PB time of 1:43:57, and I was next over the line in 1:51:04 - another PB. Aneka Redley was close on my heels in 1:51:40, and Natasha Swan finished off the Striders interest, home in another strong time of 1:52:38.

Great work all round. Now roll on Lewes when the hills really get going...!

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



CLUB KIT

As a result of sponsorship from Inter Sport 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, please 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.

PRESENTATION EVENING

Striders Presentation Evening at Seaford Head Golf Club on Saturday 27th January. This is an opportunity for members and their friends and family to get together and have a fun evening.



We also present trophies to both junior and senior members in recognition of achievements over the previous twelve months. Together with this we also present a cheque from the proceeds of the 'Mince Pie 10 Mile Race', to our chosen charity, this year 'Headway East Sussex'. Buffet, disco and loads of dancing. More details in due course but please book the date in your diary.

Club Grand Prix 2017

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

SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations and is delighted to add Gingerfit to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Striders, then please do get in touch. T-Y Ed.



Estate Agents
[Tel: 01323 898414](tel:01323898414)



Estate Agents
[Tel: 01323 490001](tel:01323490001)



Extensions, ground work, etc.
[Tel: 01273 959343](tel:01273959343)



Intersport – sportswear suppliers
[Tel: 01323 898516](tel:01323898516)



Residential lettings in Brighton
[Tel: 01273 672999](tel:01273672999)



Gingerfit your local Personal Trainers
[Tel: 0323 893676](tel:0323893676)
[Email: info@gingerfit.co.uk](mailto:info@gingerfit.co.uk)

FUTURE RACES

Entry details for most of the following races can be found at:

<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

Cross Country Events - ESSXCL

October - Dec 2017	
1 Oct	Lewes Downland 10M & 5M (SS Grand Prix)
1 Oct	Tempo 10K, Eastbourne
7 Oct	South Down Trek, 21M Devils Dyke - Worthing
7 Oct	Coombes Farm Trail 10K, Lancing
8 Oct	Hickstead Gallop
8 Oct	RISE 8K, Undercliff Run for Women, Saltdean (Team of 4) + 1K for 10yr girls (yr 6)
8 Oct	Children on the Edge, Chichester Half
8 Oct	Mud Monster Run 5K, 10K, 20K, East Grinstead
8 Oct	Sussex Marathon & Half, Heathfield
8 Oct	Heron Way 10K & 1 mile children's race, St Leonards
14 Oct	Sussex XC League 1, Goodwood
15 Oct	Bright 10
15 Oct	Snape Wood XC
21 Oct	SEAA XC Relays, Wormwood Scrubs
28 Oct	Beachy Head Marathon + 10K
29 Oct	Hove Prom 10K (SS Grand Prix)
29 Oct	Steepdown Challenge, Lancing
29 Oct	Crawley 10K
4 Nov	ECCA XC Relays, Mansfield
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
5 Nov	Regis 10M, Bognor
11 Nov	Poppy Half Marathon + 10K & 5K, Bexhill
11 Nov	Sussex XC League 2, Bexhill
11 Nov	Velthon Marathon, Preston Pk, Brighton
12 Nov	Warren Hill XC
19 Nov	Brighton 10K
2 Dec	Sussex XC League 3, Lancing
2 Dec	Worthing Christmas Cracker 5K & 10K
3 Dec	Downland Devil 9, Worthing
3 Dec	Crowborough 10K (SS Grand Prix)
9 Dec	Santa Dash 5K, Brighton
9 Dec	SEAA Masters & Inter Counties XC Champs, Horspath, Oxford
10 Dec	Mince Pie 10 miler
16 Dec	Brighton City Races
16 Dec	Christmas Pudding Dash, Pett
17 Dec	Newplace Farm, Framfield XC

1 Jan 2018 onwards	
1 Jan	Seaford Striders New Year 5K (11am start)
1 Jan	Hangover 5, Goring
6 Jan	Sussex XC Champs, Bexhill
14 Jan	Blackcap, Lewes XC
20 Jan	Sussex Masters XC Champs, Lancing
4 Feb	Chichester 10K
10 Feb	Sussex XC League 4, Stanmer
11 Feb	Run the Streets, Worthing Half
18 Feb	Heathfield Park XC
21 Feb	Chichester Corp Challenge Race 1
25 Feb	Brighton Half
4 Mar	Eastbourne Half
7 Mar	Chichester Corp Challenge Race 2
11 Mar	Pett XC
18 Mar	Hastings Half + Kids races
21 Mar	Chichester Corp Challenge Race 3
25 Mar	Mel's Milers 10K, Christ's Hospital, Horsham
25 Mar	SEAA 12 stage relay
15 Apr	Brighton Marathon
22 Apr	London Marathon
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)
13 May	Pulborough 5K/10K/15K/HM
13 May	Eastbourne Trackstar Marathon
28 May	Newhaven Harbour to Brighton Marina 15M
3 June	Mud Monster Run 5K, 10K, 20K, East Grinstead
10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
20 June	Mid Summer 5M, Chichester
24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
7 July	St Lawrence Fun Run, Hurstpierpoint
23 Sep	Pulborough 5K/10K/15K/HM
30 Sept	Barns Green Half & 10K