



Seaford Striders Newsletter

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

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September 2018

MemberMojo

Our brand new membership scheme is now live, if you haven't already done so please log in and check out the data we hold; set up your personal password and make any necessary changes. Just follow the link...

<https://membermojo.co.uk/seafordstriders>

Seaford 10K by Lauren Morgan

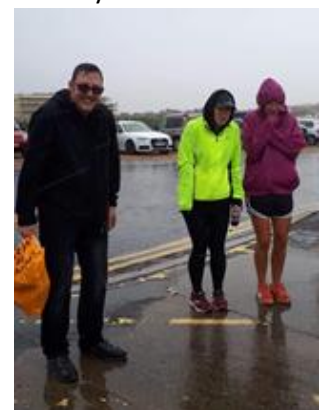
On Sunday 29th July, I woke up excited about the South Coast 10K run and was expecting a beautiful Midsummer's morning. What I was greeted with was quite the opposite.

Regardless of the weather, I proudly put on my Striders kit, my trusty trainers and got myself together. When I got to the Martello fields I had changed by mind about one hundred times over, but as soon as I saw Kristy there with her huge smile and positive attitude, I knew that it would be okay. What's a bit of rain hey?

Despite only finding out about this race the day before, and having not run 10K for a few weeks, I plodded along as best I could against the rain and wind- at this point I was grateful that at least the route was completely flat. After what seemed like forever, and my clothes were soaked through already, I had met the 5K halfway point- being cheered on by many striders as usual (I cannot thank you all enough for standing in the pouring rain and screaming at me to keep going!)



Above, L-R, Deb, Steph, Becky and Simon



Above, L-R, Simon, Deb and Jazz,

Kristy and I passed each other and encouraged one another- I only had to do what I'd already done once more. I was so happy on the return run to be greeted by Debbie, who encouraged me to keep going and ran me in alongside Kristy, despite just finishing her own race. With all of the support around me, and many soaking wet cheerleaders along the side lines (Simon N, Steph, Jazz, Becky, Debbie and others I'm sure!) I managed to scrape a PB of 1:08. Kristy achieved a fantastic 49:19. Another huge well done to Joshua Rudd who came first in the 10K male category, and Katherine Elton who completed the 5K race in an amazing 26:46.

This really does say it all about Seaford Striders, and with me being a new runner this year, the overwhelming support and kindness that all of you have shown to me and other new members has been incredible.



Above, L-R, Kat, Kristy and Lauren
Photos this race courtesy of Jazz, Steph and Becky

Second hand kit sale

Do you have kit that you no longer use? Too big? Fancy a change of colour? Please bring your unwanted (beautifully clean) kit to Wednesday club nights. Ask for **Stacey**.



Donate it, swap it, or choose something nearly new.

There will be no charge for second hand items. However, donations will be greatly appreciated – no matter how small!

All money raised will go directly to the club.



Club Events



Monthly Training Session
Monday 3rd September
Monday 1st October

7.30pm Lewes Track
7.30pm Lewes Track

Wednesday, 18th October

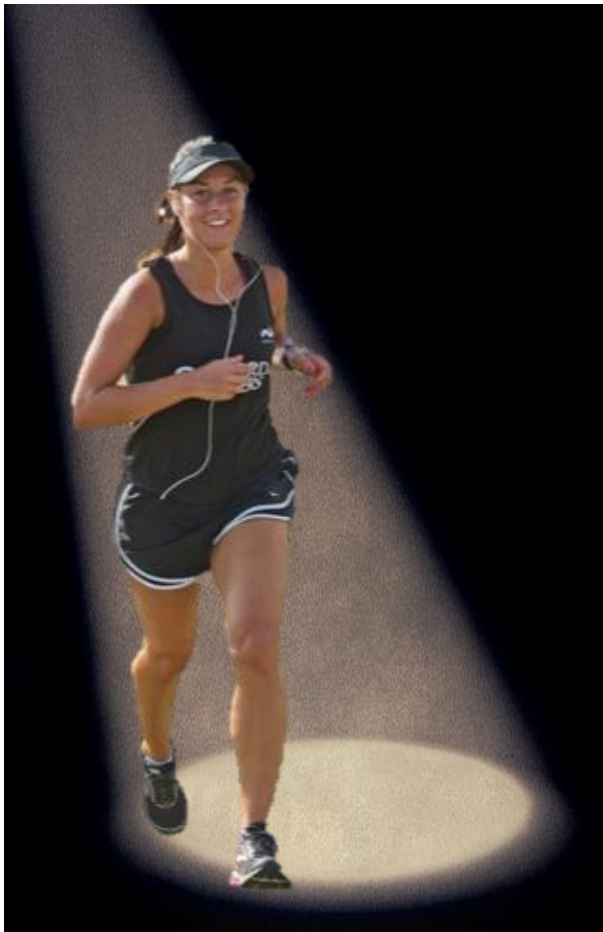
Thirsty Thursday – further details to follow

Spotlight on a Strider

This month's Strider spotlight is shining brightly upon one of our two Social Secretaries – Anneka Redley. Anneka along with Kristy arrange all our fabulous social events with the highlight of the calendar being the awards evening in January. Do feel free to chat with Anneka should you have any ideas for our next social event.

How long have you been running?

I was a member of an athletics club from the age of 10-15 before I gave up. Since then I have always run off the track but maybe not as excessively as now!



How long have you been a Strider?

I started the back-end of 2016.

What's the best thing about being a Strider?

I like how social it is. There's no pressure, we are all there to enjoy it after all and everybody is so encouraging and friendly no matter what speed or ability!

Where did you grow up?

I was born and bred in Crawley – they can't get rid of me as I still work there! But I've now lived in Peacehaven for 3 years.

What would be your dream holiday?

I've been really fortunate to have been travelling at 18 with my best friend and now working for a travel company. I've been to lots of cool places on work trips or my own holidays but I'd love to do a big trip around South Africa including safari and then onto Mauritius.

Alive or dead, who would you invite for dinner? You can only choose 4.

I always think it's the simple things in life so I'd be happy with any 4 of my loved ones. Maybe Dad as he's hilarious and I suppose my

boyfriend Adam coz it'd be rude if I didn't invite him, then hands up who else wants to come! However, Roald Dahl could be interesting, Gordon Ramsay potentially to cook the meal! Oh but I wouldn't mind someone nice to look at either (Adam isn't nice to look at!).

What was the last text you sent?

A thumbs up emoji to my Dad.

What's your claim to fame?

None really! I've never met anyone or been on TV. Comedian Romesh Ranganathan was my form teacher and then my Sixth Form Head of Year. And I went to the same school as Gareth Southgate and Chico several years after them but I think I'm scraping the barrel a bit with a claim to fame.

Are you scared of anything?

I have an irrational fear of driving onto a dual carriageway then realising I've made a mistake and facing oncoming traffic! Also bridges falling down on my head.

If you were stranded on a desert island, what three things would you like to have with you?

I'm hoping I would be saved pretty sharpish so I'm going to choose a dog to pet (he can help me find food too), a Kindle so I could read as many books as I wanted and lastly a ping pong table so I could lift one side up and play against myself to keep boredom at bay. Not sure where I would've been headed with these 3 items in the first place before becoming stranded!

My thanks go to Annkea for having the spotlight shining down on her. We'll be introducing another member of the Striders' committee to you next month.

Seaford 5k by Katherine Elton

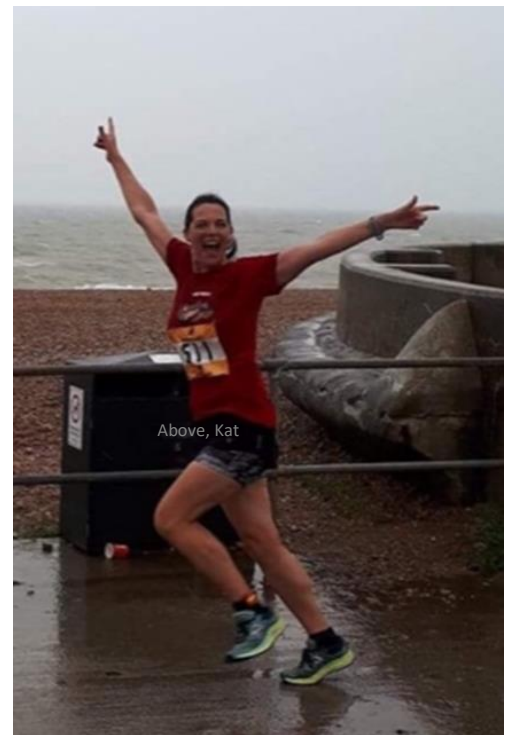
Two teams... one very wet race

The South Coast Run 5k was the soggiest race I have experienced.

Instead of my usual Striders t-shirt, I was wearing the bright red of Team Spence which runs to raise awareness of Remember Spencer. The charity raises funds for research into children's cancer and supporting families experiencing the trauma of childhood cancer.

The race is home turf for Team Spence - I ran my first 10k with the team last year and haven't stopped running since. This year, I chose to run 5k along with most of the team - the foul weather persuading me to complete the race in as little time as possible.

The route needs no description, it's the same as the Striders Summer Solstice Run - fast out and back, one lap for the 5k, two laps for 10k runners and four for the half marathon. Aside from the Solstice event, this was my first 5k race. Josh Rudd, Kristiane Sherry and Lauren Morgan all ran the 10k.



Above, Kat

Above - Kat

With few spectators lending their support, being part of two teams was a massive plus. I got into two sets of team photos and I got double the shout outs (plus a 'Get a move on Kat' from Team Spence!).

After a pre-race announcement that welcomed us 'to sunny Seaford', we headed out towards Newhaven and Seaford Sailing Club. As expected, it was windy, but nothing compared to the return leg.



Above, L-R, Kristy and Lauren

L-R, Kristy and Lauren

Conditions on the way back were truly unpleasant. We were running straight into a headwind, and it felt like one long fight back towards Seaford Head. The Striders' support team were truly brilliant. In what was a very, very quiet race, I nearly jumped out of my skin as the top trio of Becky, Debs and Simon Nixon cheered me on loudly from just behind the Martello Tower.

As I ran down towards the Martello Field, it was Team Spence's turn to cheer me on towards the finish. To my complete surprise, they told me I had finished fifth in the ladies' 5k (26:46)! Worth the drenching!

- Josh Rudd won the men's 10k in 38:30. Kristiane Sherry was 9th in the ladies' 10k (49:19). Lauren Morgan beat her first 10k time by more than a minute to finish in 1:08:28.



Above L-R, Jazz, Deb, Simon, Steph and Becky
Photos this race courtesy of Steph, Jazz and Becky
of Jazz, Steph and Becky

Seaford parkrun by Joel Eaton

Seaford parkrun – edging closer!

The Seaford parkrun team have been working hard this year towards putting on a weekly parkrun event every Saturday morning at 9am to encourage fitness and wellbeing within our local community.

Parkrun is all about providing access to sports participation within local communities. An event in Seaford allows not only people with mobility issues or limited access to transport to participate in sports, but it provides direct benefits to people's physical and mental wellbeing through participation and social inclusion, with the various volunteering roles on offer. We are all passionate about the positive effects that running can offer, and parkrun delivers an inclusive and welcoming point of access to the sport.



We have identified and officially measured a route (with permission from the council), gathered a core team of volunteers to help get the event off the ground, and we have been fundraising for the start-up costs required to put on a new parkrun event.

We are delighted to announce that we have exceeded our fundraising target of £3K! We have raised this money through contributions from local businesses and organisations – clearly, we are not the only ones who can see the long-term benefits of a parkrun! It's brilliant to see local business investing in their community, and even more of a reason to support them when they support you!

Seaford parkrun team with parkrun ambassador
Lucy Anderson officially measuring the course.
L-R, Joel, Michelle, Andy and Lucy

We've had over 8 donations, and of particular note are Chris Pellatt (new member of Striders) on behalf of the Focus Group, the Rotary Club, and the Moyleman Race. We are hugely grateful to them all.

Now it's time for us to get organising and planning for the launch of Seaford parkrun. We are planning to start in spring 2019, watch this space for more details closer to the time.

Get involved

Get in touch (info@joeleaton.co.uk) to join our core team of volunteers. We will be calling on you in the run up towards and during the early months of the event to offer support on Saturday mornings.

Striders Club Grand Prix Races

Following on from the success of the 2017 Striders Club Grand Prix, our organiser, Chris Le Beau has devised another group of races in which to compete against your fellow club members.

The series of club races includes a number of parkruns - for those of you who are new to parkruns, you will first need to register and print out a permanent bar code which you carry with you for the run. <http://www.parkrun.org.uk/register/> This is then used to log your run time and can be used at any future parkrun. There is no entry fee for parkruns.

With only 6 races remaining there's still time to grab some points and move up the rankings on the table. The next event is the Hellingly 10K on Sunday 9th September. Control and click on the link below to see the current placings.

<http://www.seafordstriders.org.uk/Newsite/wp-content/uploads/2018/07/Club-GP-at-10-July-2018.pdf>

9-Sep-18	Hellingly 10K	http://www.hellingly10k.co.uk/
7-Oct-18	Lewes Downland 10 mile	https://www.lewesac.co.uk/
21-Oct-18	Hove Prom 10k	http://arena80.co.uk/hove-prom-10k-race/
10-Nov-18	Preston Park Parkrun	http://www.parkrun.org.uk/prestonpark/
* 25-Nov-18	Crowborough 10K	https://www.nice-work.org.uk/races/the-crowborough-10k
Dec tbc	Cross Country Framfield	http://www.eastsussexcrosscountry.co.uk/events

*Please note the new confirmed date for the Crowborough 10k

Welcome to our new Striders!

Welcome to our new August Striders. We wish you many hours of happy running!



Senior Members:

Tracy Pragnell; Kayleigh Spencer; Holly Miller; Kellie Snow; Peter Mitchell; Jerry Lyons and Andy Gorrie.



Sussex Grand Prix by Matt Franks

Sussex Grand Prix – Your club needs you!



Record number of Striders signed up for Hellingly 10k!!

With 2 weeks to go Hellingly entries are closed, 29 Striders are set to take to the start line (though 5 failed the add your running club name test, I'll be in touch with the organisers).

Let's hope for great weather and that Tony remembers his wide angled lense for the team photo!

Latest SGP results

Provisional outcomes have been published for Brighton Phoenix 10K (Individual and team). In the Senior ladies' category Striders occupy 5 of the top placings! Our girls really are the best!!

In the combined team competition Seaford Striders lie in 6th place.

Club	Rank	Hastings Half	Hastings 5	Horsham 10K	Heathfield 10K	Bewl 15	Phoenix 10K
Wadhurst Runners	1	2	2	4	1	1	9
Brighton Phoenix	2	4	4	2	7	9	2
Hailsham Harriers	3	3	3	6	5	4	5
Hastings Runners	4	1	1	14	2	3	18
Crawley Saints and Sinners	5	12	18	3	4	6	1
Seaford Striders RC	6	8	5	5	3	15	6
Horsham Joggers	7	5	17	1	14	2	8
Haywards Heath Harriers	8	14	8	7	9	8	7
Uckfield Runners	9	6	10	8	8	10	11
Heathfield RRC	10	11	9	16	6	7	10
Arena 80 AC	11	18	13	12	12	5	3
Eastbourne Rovers AC	12	10	6	10	11	11	13
Lewes AC	12	9	12	13	10	16	4
Arunners RC	14	13	14	9	15	11	17
Hastings AC	15	7	7	20	16	20	15
Crowborough Runners	16	15	11	15	13	14	19

In the individual competition Striders in top 5 age category placings (Top 10 for senior category) are:



Anna Norman
4th Senior lady
(8th Overall)



Kristy Sherry
5th Senior lady



Becky Souissi
7th Senior lady



Emily Eaton
8th Senior Lady



Aneka Redley
9th Senior Lady



Debbie Plant
5th V3 lady



Hilary Humphreys
2nd V7 lady



Andy Farley
5th Senior man
(6th Overall)



Simon Homer
3rd V1 man



Peter Weeks
5th V6 man



Joe Plant
5th Junior

Upcoming races – Please Book Early (limited places)

Lewes Downland 10 (7th October) – Hilly 10 miler with infamous mile 8 (1 mile all uphill, dare you not to walk). Last year was a mudbath, trail shoes a must.

Hove Prom 10K (21st October) – Almost identical Hove seafront run as Phoenix 10K, fast and flat.

WhatsApp - Car Shares and Runs

Loads of you have already signed up but for the many new members, Striders' WhatsApp group has been formed for anyone who wants to get together for a run or car share to an event. It is simple and easy to set up via the link: <https://chat.whatsapp.com/4hGiz6PuskcHJ8IBMwUJzP>



This can be copied into your browser on phone or computer and is free to download and use. People should be aware that if they join the group that other people within it can access their mobile number (so group should be kept to Striders only).

Club Kit



Please see Michelle on club nights should you want to order new kit. Alternatively you can contact Michelle via the Striders' WhatsApp group or email at: kit@seafordstriders.org.uk

Most members are now paying directly via BACS – this is a lot easier for us too. For those that are able to pay for kit this way, please find below the Seaford Striders' bank details.

Account name: Seaford Striders
Account number: 51492861
Sort code: 40-40-25

Please let Michelle know once payment has been made. THANK YOU.

The club receives sponsorship from Inter Sport (Lewes & Seaford) from whom we purchase vests, tee shirts and black zipped hoodies. Sponsorship also received for a number of local businesses, which also reduces the cost of our kit – see sponsors page for further details.

Short sleeved tee-shirts (complete with logos) are £12 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. Vests are available in a range of colours and are also £12.

Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport (Seaford & Lewes) 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 your 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: debbie_plant@hotmail.com

Sponsorship

The club is fortunate to receive sponsorship from the following local organisations and it is because of their support that the club can offer a free vest or tee shirt to new members and subsidised kit to all members. Seaford Striders would be delighted to add more sponsors to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Seaford Striders, then please do get in touch. Thank-You.



Seaford Estate Agents

[Tel: 01323 898414](tel:01323898414)



Seaford Estate Agents

[Tel: 01323 490001](tel:01323490001)

The White Lion Hotel [Tel: 01323 892473](tel:01323892473)
(sponsor committee meeting venue)



Residential lettings in Brighton

[Tel: 01273 672999](tel:01273672999)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)



Intersport – sportswear suppliers – 10% given on purchases

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)

Gingerfit your local Seaford Personal Trainers

[Tel: 0323 893676](tel:0323893676) Email: info@gingerfit.co.uk



Future Races

Race Entry details @ <http://www.sussexraces.co.uk>

Cross Country Events – ESSXCL - <http://www.eastsussexcrosscountry.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 Grand Prix Races

* 2019 SGP and CGP events to be confirmed

SEPTEMBER 2018 – 31 DECEMBER 2018		JANUARY 2019 – 31 DECEMBER 2019	
2 Sept	Fittleworth 5 & Kids 0.8m	5 Jan	Sussex AA CX Champs Bexhill
2 Sept	London 2 Brighton Trail Ultra	19 Jan	Sussex AA Mater XC Champs Lancing
9 Sept	Hellingly 10K Club Grand Prix	9 Feb	Sussex AA XC League 4 of 4 Bexhill
16 Sept	Tilgate Forest	10 Feb	Worthing Half Marathon
23 Sept	Pluborough 5k/10k/15k/HM	24 Feb	Brighton Half Marathon
23 Sept	Y-Front Hastings 5k & 10K	17 Mar	Moyleman – Lewes Trail Marathon
30 Sept	Barns Green Half	6 Apr	Sussex AA Road Relays
30 Sept	Tempo 10K Eastbourne	14 Apr	Brighton Marathon
7 Oct	Bright10	28 Apr	London Marathon
7 Oct	Lewes Downland 10 mile Club Grand Prix + 5 mile	4 May	East Grinstead 10 Miles
7 Oct	Downslink Ultra	5 May	Haywards Heath 10 Miles
7 Oct	Chichester Half, 10miler & half marathon relay	6 May	Burgess Hill 10k
14 Oct	Hickstead Gallop 8K & Kids 1.5M	11 May	Eastbourne Trackstar Marathon
21 Oct	Worthing Seafront 10K	9 Jun	Mud Monsters Run – East Grinstead
21 Oct	Hove Prom 10K Club Grand Prix	10 Jul	Brighton Phoenix 10k
27 Oct	Beachy Head Marathon + 10k		
28 Oct	5M Steepdown Challenge, Lancing & Kids 1M		
4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M		
10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km		
10 Nov	Preston Park Parkrun		
18 Nov	Brighton 10k		
25 Nov	Crowborough 10K Club Grand Prix		
2 Dec	Downland Devil 9		
9 Dec	Mince Pie 10 miler		
Dec tbc	Cross Country Framfield Club Grand Prix		