



# Seaford Striders Newsletter

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

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November 2018

## MemberMojo

Our 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>

## Lewes Downland 10 Mile by Emily Eaton

This 10-mile race around the hills and fields on the outskirts of Lewes is a Sussex Grand Prix highlight. It was a beautiful sunny morning as 11 striders made their way to the start, which is just as well as in bad weather I'd heard this could turn into a muddy, slippery mess of a race. Thankfully, it was mostly dry underfoot and the race was all on fields, gravel paths and forest track.



I had been warned of a dreaded uphill mile at mile 9 but as I was breathlessly walking up a small mountain at mile 8 and worrying that there was more of this to come, I was relieved to hear I'd got it wrong and it was all downhill from now on.

It was a stunning course and one of the friendliest races I've taken part in. I've started to slow down a lot now I'm running for two (plus I needed to stop for 3 weeks) so I was very happy with my time and even happier to see all my fabulous Striders cheering me in!

1:11:47 Luke Borland, 1:12:51 Nick Farley, 1:17:48 Damian Partridge , 1:19:49 Andy Farley, 1:28:07 Adam Haverly, 1:28:08 Anneka Redley, 1:29:51 Anna Norman, 1:36:55 Jazz Shiret, 1:37:12 Emma Cooper, 1:46:26 Emily Eaton, 2:11:50 Tom Roper



All photos this race courtesy of Donna Farley

## Amsterdam Marathon by Anneka Redley



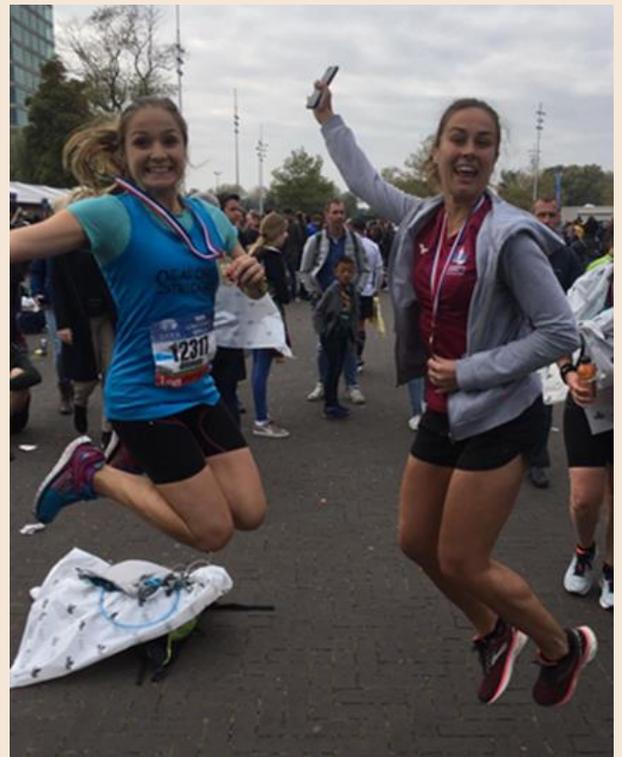
Feeling completely deflated after a disappointing Brighton Marathon, I'd been toying with the idea of signing up for another to prove to myself that the training hadn't been a fluke and I COULD get a sub 4. Sometimes the idea of trying a new one seemed appealing and exciting but there were other times where I questioned whether I really wanted to put myself through the training and torture all over again! The deciding factor was our very own galloping gazelle - Amanda moving out to Amsterdam on secondment. Okay so what did I know about Amsterdam? It was flat and this sounded like a winner.



Then came the training and THAT summer. We all know I'm an absolute wimp running in temperatures exceeding 12 degrees so unfortunately the insane Middle Eastern summer we had was not appreciated. Training took a very shaky start and I decided perhaps sub 4 was a little too ambitious this time round and perhaps actually ENJOYING it could be my new goal.

Before you know it, marathon weekend soon approached! I was apprehensive and excited on the early flight over to Amsterdam on the Saturday. On the one hand I was on a cool city break, on the other I was running 26.2 (26.39 actually) miles for no reason other than insanity. Amanda, as charming as ever, met me at the airport and the rest of the day consisted of collecting our race numbers, eating a lot of pasta and relaxing/fretting all evening over the next day's events.

Sunday morning was upon us and we set off to the Olympic stadium on a fairly cool morning! Toilet and baggage drop took no more than 20 minutes combined which was a welcomed surprise after the horrors of Preston Park toilet queues. We entered the stadium and the atmosphere hit us! Our 'fans' were all cheering in the stand as we walked across the track and made our way to the starting pens. A big screen showed us the elites starting and tearing up the course at the speed of light! Then it was time for us regular folk to start, about 200m around the track then out of the stadium. The crowds cheered as we ran through the city, under the Rijksmuseum and headed into the Vondelpark where I knew I would see my parents cheering me on. Although I'd looked at the route I didn't really know where I was going which I think really helped. We headed onwards along the Amstel river where the support dwindled, other than the amazing people on jetpacks in the river. This was my favourite part of the race and where I gained a bit of confidence that I wasn't too tired and could hold my pace for quite some time yet. The course was marked out in KMs which meant nothing to me and without my watch I wouldn't have had a clue what was going on! I was simply concentrating on getting to the next checkpoint and reassuring anyone tracking me that I hadn't died. When I got halfway I was pretty confident I could make this sub 4 after all as long as I kept my cool.



The aid stations were great with plenty of water, electrolyte drinks and sponges which were brilliant for wiping those salty faces and cooling off. There were enough twists and turns to keep me interested for the following miles.

At around 18 miles I noticed people were dropping like flies and cramping- having experienced this before I was dreading the moment I felt like that. I carried on at a nice even pace and thankfully at mile 20 Eye of the Tiger started blaring through my headphones- I could do this, I was hard like Rocky Balboa! We were heading back towards the Olympic Stadium for the finish line, back through

Vondelpark and things were looking familiar. I held my pace right up until mile 25 then I started to really tire, even though the support was growing again and had a real Brighton feel to it. People were walking beside me, in front of me, behind me but I knew just another mile and a half and I could stop. I could feel my legs were really starting to go in mile 26 and tried to adjust my running style just to keep momentum. Where is that track??? Why is it never coming into view? Then there it was, just 200m to go and the roar of the crowd in the stands. I wish I could say the track inspired me for a strong sprint finish but in actual fact I was hardly moving. At long last I had made it and crossed the line and it felt AMAZING to stop and walk (and dash into a portaloos before collecting my medal). I had done it and finished in a time of 3:50:29! I could retire from marathons happy, not caring whether I could complete it faster or not. I immediately started tracking Amanda on the app and was delighted for her, smashing her sub 5 goal- off the back of limited training she had achieved 4:40:30! We were both ecstatic and treated ourselves to the Dutch delicacy bitterballen accompanied by prosecco of course!

What's great about a marathon abroad is that you get to spend the next day sightseeing (although at a somewhat slower walking pace than usual) and celebrating which is exactly what Amanda and I did! An excellent marathon and fantastic trip all round- the only disappointment for me was I saw nobody running in clogs!



## Club Events



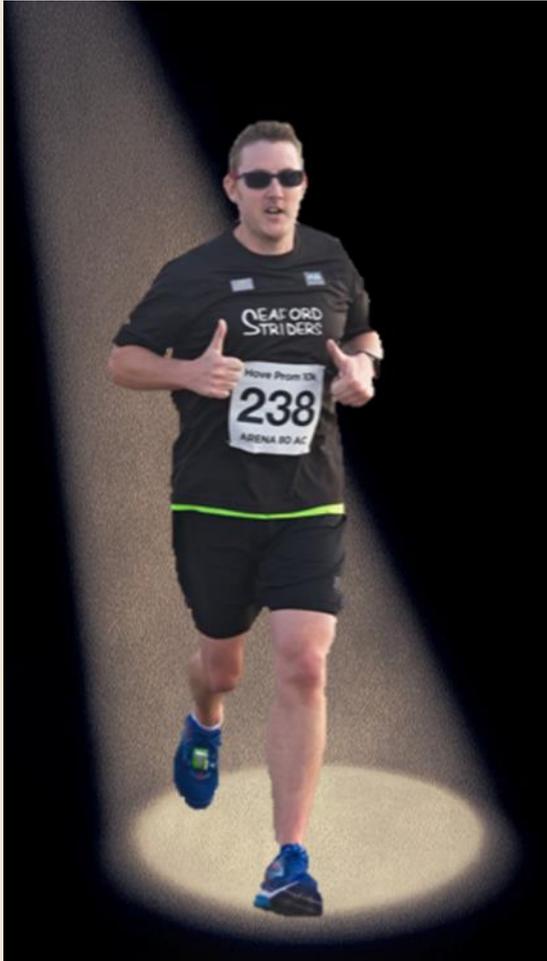
### Monthly Training Session

Monday 12th November 7.30pm Lewes Track/Expert Session

Monday 3<sup>rd</sup> December 7.30pm Lewes track night

# Spotlight on a Strider

This month's Strider spotlight is shining brightly upon committee member, Simon. Simon is our Junior Leader and is also one of our Seaford Striders' qualified England Athletics Running Leaders. Simon's a very approachable chap and will be happy to help should you have anything you would like to discuss with regards to our Junior Striders.



How long have you been running?

About 4 years which was when I attempted my first half marathon.

How long have you been a Strider?

Just over 3 years, I think.

What's the best thing about being a Strider?

Having people that I call my friends who I have met at the club.

Where did you grow up?

Sussex all the way.

What would be your dream holiday?

Isn't life just a big holiday? I don't really have one but I would like to visit Japan.

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

3 of my close work friends and the last person can be anybody that wants to tag along.

What was the last text you sent?

It was to confirm I have paid for a parcel that had excess on it.

What's your claim to fame?

I once appeared in a video which I helped to make that went on YouTube.

Are you scared of anything?

Heights, I hate them but I love flying. Go figure?

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

My Xbox as I have most formats of media stored on it. A well stocked bar to keep my spirits up and my iPad for the last parts of my media, such as books.

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

## Bright10 by Becky Souissi



On the fresh, crisp morning of Sunday 7th October 2018, a selection of Seaford Striders took on the glorious fast, flat (gentle incline at mile 6) and scenic 10 mile run along the seafront in Brighton & Hove. The race was very well organised with sufficient road closures, mile markers were posted every mile high up on the lampposts so they were really visible.

The Pen Set up worked really well as there were no bottlenecks. Water was plentiful along the route and given in sports bottles that were easy to open, in a rush. Marshalls were encouraging and friendly too.



If you enter early enough, they'll print your name on your race number which I think is a nice touch!



The race entrance fee is a little steep but due to the organisers closing off the roads but still, it included a pretty impressive medal after all our efforts. The "out

and back" courses are great for spotting your fellow striders along the way. Even if it's just for a quick woop woop and a high five, it really lifts your spirits!

Starting on Hove Lawns, we began with a 2 mile loop, west turning point at King Alfred Leisure Centre. We then headed in an easterly direction passing the iconic British Airways i360 towards central Brighton. Upon entering central Brighton we passed by the Palace Pier and Sea Life Centre and continued along Marine Parade reaching the eastern turning point at mile 5, located above Brighton Marina. We then ran in westerly direction and turned down Dukes Mound, completing a 1 mile out and back section of Madeira Drive. The final section of the race continued west along Kings Road to the finish line back on Hove Lawns.

At mile 9 I had a very welcomed surprise, my brother, Scott joined Lauren and I to run us in our final mile. It was wonderful for me to have him there running me in, as it's all down to him that I even starting coming along to our amazing running club in the first place!



## Beachy Head Marathon by Debbie Plant



Beachy Head marathon day had finally arrived. It was a little cold but the weather gods had blessed us with a glorious October day.

Parking was horrendous and because of this we didn't reach the start line until about 8.45. This possibly helped. Beachy Head was my first Marathon and I was petrified. It was cold and there was very little time to do anything other than say a quick hello to our fellow Striders and head to the start. Becky and I managed to find Stacey, Tom and Richard and we all started together.

The first hill we knew would be walked - everyone does and so did we. The walking continued on and off for about the first 4 miles purely because there was no room to run. It was actually a little frustrating. Every time I thought I could get going, there would be another stream of runners walking.

Through the first checkpoint and onwards we went. Stacey and I were still together. Through Alfriston village and up a horror of a hill just the other side. Hundreds of runners all around me were doing exactly the same thing. Walking the hills and then running the down and flat sections.

My first goal was to reach the Striders and the water station at around 15.5 miles. This was in my head constantly.

Through Bo-Peep and down towards Fiveways, I was on home turf and recognised parts of the route. A quick wave from Luke as he sped past me and then there they were. Our fabulous team at High and Over. I found Rob and Joe, had a cuddle, ate a brownie (thank you Sandra) munched some jelly babies had a pep talk from Kristy and then we were off again, down the hill towards Friston Forest.



There's another stop fairly near to the Striders at mile 16ish. Here we stopped to refuel again - sausage rolls and tea this time. There was a band playing, runners dancing and a buzz in the air that you could feel.

Onwards we went. Stacey wanted to hold back at this point and I was on my own as I entered Friston Forest. The stairs were hilariously hellish. I took some selfies,

had a natter and made my way to the top knowing that Cuckmere was nearly in reach. Stacey was back with me as I climbed over the wall that takes you out of the forest and down the hill towards Cuckmere.

We were hitting the 18 mile mark and I still felt remarkably fresh. Little did I know...

Jazzy was going to help me get over the final hurdle - the Seven Sisters and there she was waiting with Robbie as I ran across the road to meet them. Another quick hug with Rob and a 'I'll see you at the end' and we were on our way.

Seven Sisters - I knew I would walk them. I actually walked them much quicker than anticipated, overtaking runners to the left and right of me. Jazzy held my hand and literally dragged me up every hill. I tried to run down them but it was so difficult. My legs were starting to seize up and the hills were just so steep. On we marched. I didn't want to stop. I didn't want to eat. I simply had to keep going. Onto Birling Gap and there was Joe. He and Jazzy held a hand each and together we made it across the Sisters towards Eastbourne.





At around 25 miles I began to get emotional; losing my breath and trying desperately not to cry. With the end in sight and Jazzy and Joe either side of me, I started to gather momentum. I simply couldn't believe I was going to finish. The last section was downhill and I was passing runners again. Down the steps as quickly as I could and with the cheers of support from my friends and family I sped across the line. My moving time courtesy of Strava was 5:49. My chip time was 6:20. That means I was nattering and eating for 31 mins!

I honestly had an amazing day. I only started running with the C25k group last year, as did Becky and Stacey. Look what we just did girls! It was my first marathon and something I will never, ever forget. I'm sure

none of us will. Thank you so much to every Strider that was out on the course be it volunteering, cheering or running. Striders at their very best.

## Striders' Awards Evening - save the date!



Seaford Striders Presentation Evening will be held on **Saturday 26<sup>th</sup> January 2019**, so save the date!

It will take place at the View at Seaford Head Golf Club from 7pm-12am.

Come along and celebrate last year's achievements with our awards presentation, buffet and DJ. Bring along your loved ones and friends too.

We will have a limited amount of tickets so get in fast. First come, first served. Ticket prices will be confirmed as of 31<sup>st</sup> October and ticket to go on sale from Wednesday 7<sup>th</sup> November at the club. Cash/BACs and cheques all accepted. Tickets to be purchased from Anneka or Kristy.

If you can't make it to a club night and wish to buy a ticket please drop us and email.

More details to follow...

# Barns Green Half Marathon by Nick Farley



Well the sun was out on a cool September morning in the lovely village of Barnes Green who hosted a great event with a fantastic atmosphere and busy run village full of food stalls, bric a brac tables, fairground rides for the kids plus a BAR!!!!

There was a great energy within the village with loads of runners gathering for the warm up and also many fancy dressed competitors adding an element of fun to the run. It was great to bump into my fellow striders during this time, to wish well and best of luck.

At 10am precisely, we were set off by Simon Reed (Headmaster of Christs Hospital School). The route was mainly flat with some undulation and a couple of challenging inclines at mile 6 & 9. We were

entertained by a selection of musical bands along the route from Jazzmen to Sussex steel but my favourite had to be the Doomsville band who we passed twice on route jamming some power tunes to pick me up.

My plan of attack was to aim high and stick with the 90 minute pacer in hope that I could maintain pace for a shot at my PB. I got off to a good start until mile 5 when I felt I had to ease up slightly and run at a more manageable pace to see how I would fair. By mile 6 & 7, passing halfway I quickly gained a second energy and was able to put myself back into PB pace. Feeling confident it was now in sights I battled up the mile 9 hill knowing I had to come back down so this drove me to then keep the 90 min pacer within sight.

Striding out down the final mile to the finish where I turned the final corner to see the clock, I was ecstatic and had accomplished what I had set out to achieve!



Another great day for the Striders at Barnes green with the following team members crossing the line to finish.

Dave Dunstall - 01:28.33, Myself - 01:31.11, Richard Honeyman - 02:02.59, Alison Avery - 02:06.39, Abigail Grundy -

02:21.57 (1st Half marathon!!!)

This was my first Barnes Green Half. I most definitely will be back and would highly recommend to all!

Amazing and well done Seaford Striders!!

All photos this race courtesy of Miss Ellis Farley



## 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 3 races remaining there's still time to grab some points and move up the rankings on the table. The next event is the Preston Park parkrun on 10<sup>th</sup> November. 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>

10-Nov-18	Preston Park Parkrun	<a href="http://www.parkrun.org.uk/prestonpark/">http://www.parkrun.org.uk/prestonpark/</a>
25-Nov-18	Crowborough 10K	<a href="https://www.nice-work.org.uk/races/the-crowborough-10k">https://www.nice-work.org.uk/races/the-crowborough-10k</a>
*16-Dec-18	Cross Country Warren Hill	<a href="http://www.eastsussexcrosscountry.co.uk/events">http://www.eastsussexcrosscountry.co.uk/events</a>

\*Please note the new, confirmed cross country event.

Directions to the Warren Hill Cross Country are as follows:-

From Seaford, follow the A259 towards Eastbourne, down into East Dean and up the hill the other side. At the top of the hill turn right onto the B2130: continue until you see the car park on the right.

## Hove Prom 10k by Graham (Bolly) Little



This little beauty has become known as the cookie run, because the medal awarded to all finishers last time around, was an edible cookie. That's rubbish I hear you yell. Indeed it is. However, the morning of Sunday 21st October duly dawns. Apart from some sporadic runs the week previously, I'd had a few days rest. I left at around 8am with the two Wilmots on board. Chloe not participating but bestowed the honour of carrying our accoutrements and cheering us on. I felt quite fresh and up for the challenge of my first official 10k. Upon arrival at the Lagoon, we collected our

numbers and formed part of the ever-increasing throng of Striders that gathered near the start / finish line. I'd been told there was a water station on the course so no real need to carry my heavy 10 gallon bottle around. After a half-hearted warm up, being careful not to diminish my energy or enthusiasm too severely, we all posed for the obligatory team pic and headed for the start line. Garmin watch in hand, ready to initiate my own timer, the horn sounded and slowly the crowd thinned as runners took off. I passed the line, started my trusty Garmin and I was off and running.

What became immediately apparent to me was the weather. It was warm. Perfect you might think, and you'd be right. Except that usually I avoid running in the heat. So this was a new experience for me. Pounding down the prom felt fine. Other than the sun being out I was pretty happy and everything was acceptable. There was a feint whiff of fish detectable in the air but I was soon past it.

The course was flat and incorporated a section of pavement before returning to the prom for the long haul to the first turn point. With each passing centimetre I was tiring and working harder. Periodically I'd hear "Come on Bolly" from generous and supportive Striders already on the way back.

Eventually however, I made it to the turn point which was clearly marked and well marshalled I turned for home on lap one of two. The heat and lack of water very quickly became an issue. But I remembered there was a water station, and my life was saved. Plodding along the prom and being passed by much fitter, much more competent runners that I was becoming commonplace. But plod I did, until to my delight I happened upon the water station. Grabbed my half a cup as gently as possible so as to not



waste any and slowed the pace more to drink. Feeling refreshed, I pushed on. Reaching the half way point and turning to begin my second 5k.

I found myself entering mini races with individual runners who were just as tired as me. I'd pass them, then they'd pass me, and so this went on until either I got away from them, or they got away from me.

Time seemed to be slipping by and I still had about 2.5k to go. But with lots of encouragement from fellow Striders, I stomped and thudded, puffed and panted my way back towards the Nirvanic haven of the finish line. Joyfully, Chris had come back to find me and ran back offering me words of encouragement. Then joined by Andy, I felt encouraged enough to grind it out to the end. Cheered home enthusiastically by my lovely team mates, I crossed the line in a time of 1:10:48 a PB of sorts as my previous time of 1:12:58 was a personal run and not during a timed event. But I'm calling it 2 minutes off my PB. It was then I realised that there wasn't a smiling member of event staff holding a cookie medal for me. There wasn't anybody holding any kind of medal. So I collected a bag of Rowntrees randoms and a carton of orange juice and met the guys and girls for a dynamic debrief.

All in all I think the course was a little dull, the marshals were good and the medal situation was disappointing. I was glad to have completed it, but may never run it again.

Graham "Bollard" Little

Strider back marker and first time race reporter



## Snape Wood Cross Country by Chris Wilmot

Nothing could prepare me for the insanity of Snape Wood. For the first time after only six months of running, I had decided to sign up to my first official race. When I signed up to the Cross Country Races I didn't look at them too seriously as my fellow striders said that they were just a bit of fun!

In the morning we drove for just under an hour to the middle of nowhere, parked, then walked for 15 minutes to where the race was going to start. It truly was, as quoted by



Graham Little, "literally in the middle of nowhere." Once we had arrived at where the race was taking part, Pete showed us a hill that we would be running up, to prepare us for what was to come. We then walked to the start point, received our numbers, pinned them to ourselves, checked in, and was ready to go!

As I stood on the start line I began to get extremely excited for the race. I had no nerves inside myself, and before I knew it we were off.

The first lap was interesting, I did not realize how hilly it was going to be. As I was running, and



thinking about Pete showing me that hill I somewhat felt amused as the onslaught of hills to come was endless. For some reason, the hills all seemed to go forever upwards, and never downwards! But once I did get downward I was relieved. There was one point in the race where we had to run up an almost vertical hill and I could not run it. Once the first lap was over I had in my head the course so I knuckled down and got to it. It was by far the hardest run I had done to date. As I was running I could see people in front and behind me falling over. How I managed not to fall myself is beyond me. I did hit one tree root and stumble but after that point, my knees were so

close to my head there was no chance of me falling over. All I could think of on that second lap was the vertical hill, and I knew once I had passed it for the second time I was nearly there.

The final sprint was downhill and I honestly believe that gravity did most of the work. I was fudged. My body had no energy but somehow I pushed myself to the finishing line, and of course, I had to sprint finish. I gave it my all and overtook as many people as I could. Going all the way around I felt like I was completely by myself, there were no striders around me at all, I would sometimes see a glimpse of one through the bushes, only for them to disappear. But at the finishing line, there was striders cheering me on, which helped me put loads of energy into my sprint. I finished the 5 miles of hilly hellness in 48.16 minutes.

Looking back I'm really happy with my time, but deep down inside I know that I could push myself and that I need to train more and become fitter. I know that we always say "why do we do this to ourselves," but running Snape Wood with all the striders (even though I didn't see any while running) was the most enjoyable way to spend a Sunday. I love the Striders and I don't believe that I could be running without them. Now onto Black Cap!



# Welcome to our new Striders!

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



Senior Members: Sandra Coleman, Graham Wootten, Ella McCaghan and Billy and Ella who have graduated from juniors to seniors!



## 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

### SENIOR MEMBERS ONLY

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](mailto: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.

### JUNIOR MEMBERS

Junior kit is ordered via juniors' leader - **Simon Nixon**. Please see Simon on a Wednesday evening to place your order. Alternatively Simon can be contacted via email at: [simps.01976@gmail.com](mailto:simps.01976@gmail.com)



## Striders' Expert Session by Emily Eaton

Our next Striders' expert session will be run by Liz Halliday, an experienced runner and British Triathlon Federation registered coach from Brighton Phoenix. She was personally recommended to me and has coached Erica Martin who some of you know as a regular sub 20 minute Peacehaven Parkrun superstar.

As if track night isn't hard enough already, she is going to be our guest coach for the evening to push us all a little further. This will be on the November track night which (because of the firework festivities) will be held on Monday 12<sup>th</sup> November at 7.30pm.

## Sussex Grand Prix by Matt Franks

**Sussex Grand Prix - Your club needs you!**

### Latest SGP results

Provisional outcomes have been published for Downland 10 and Hove Prom 10K (Individual and team).

With one race to go, in the overall placings Josh Nisbett has replaced Andy Farley as the leading Strider man whilst Anna Norman is still leading the way for Strider women.

It's great to see a number of new names running at Hove and earning vital points for the team.

In the combined team competition Seaford Striders stay in 5<sup>th</sup> (though can overtake Crawley with a good finish at Crowborough). Under the proposed new scoring system for next year Seaford would be placed 3<sup>rd</sup>.



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

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



**Anna Norman**  
3rd Senior lady  
9<sup>th</sup> Overall



**Kristy Sherry**  
6th Senior lady



**Emily Eaton**  
5<sup>th</sup> Senior lady



**Anneka Redley**  
4<sup>th</sup> Senior Lady



**Becky Souissi**  
10<sup>th</sup> Senior Lady



**Hilary Humphreys**  
4th V7 lady



**Joe Plant**  
3rd Junior man



**Josh Nisbett**  
10<sup>th</sup> Senior man

**Final race of SGP season (Crowborough) - Let's make it a massive turnout**

Crowborough 10K (25<sup>th</sup> November) - Tough but rewarding 10K two lap circuit with steep descent followed by steep ascent. Includes route option to splash your way through Ford or skip round the outside.

## 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](mailto: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  
 Lewes & Seaford  
 Tel: [01323 898516](tel:01323898516)



Gingerfit your local Seaford Personal Trainers  
 Tel: [0323 893676](tel:0323893676) Email: [info@gingerfit.co.uk](mailto: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	
30 Sept	Barns Green Half	5 Jan	Sussex AA CX Champs Bexhill
30 Sept	Tempo 10K Eastbourne	13 <sup>th</sup> Jan	Ashdown Forest Cross Country
7 Oct	Bright10	19 Jan	Sussex AA Mater XC Champs Lancing
7 Oct	Lewes Downland 10 mile Club Grand Prix + 5 mile	9 Feb	Sussex AA XC League 4 of 4 Bexhill
7 Oct	Downslink Ultra	10 Feb	Worthing Half Marathon
7 Oct	Chichester Half, 10miler & half marathon relay	24 Feb	Brighton Half Marathon
14 Oct	Hickstead Gallop 8K & Kids 1.5M	10 March	Pett Cross Country (Nr Hastings)
14 Oct	Snape Wood Cross Country	17 Mar	Moyleman - Lewes Trail Marathon
21 Oct	Worthing Seafront 10K	6 Apr	Sussex AA Road Relays
21 Oct	Hove Prom 10K Club Grand Prix	14 Apr	Brighton Marathon
27 Oct	Beachy Head Marathon + 10k	28 Apr	London Marathon
28 Oct	5M Steepdown Challenge, Lancing & Kids 1M	4 May	East Grinstead 10 Miles
4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M	5 May	Haywards Heath 10 Miles
10 Nov	Poppy 5K, 10K & Half, Bexhill +team	6 May	Burgess Hill 10k

	36Km		
10 Nov	Preston Park Parkrun	11 May	Eastbourne Trackstar Marathon
11 <sup>th</sup> Nov	Black Cap Cross Country Lewes	9 Jun	Mud Monsters Run - East Grinstead
18 Nov	Brighton 10k	10 Jul	Brighton Phoenix 10k
25 Nov	Crowborough 10K Club Grand Prix		
2 Dec	Downland Devil 9		
9 Dec	Mince Pie 10 miler		
16 <sup>th</sup> Dec	Warren Hill Cross Country (Eastbourne)		

\* TBC February Heathfield Park Cross Country