



Seaford Striders Newsletter

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

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December 2018

Club Kit update by Chris Le Beau

Over the past couple of years we have been offering Striders kit in a wide variety of colours, intended not for formal races but to add a splash of colour for parkruns and training runs. In recent times there has been an upsurge in colour demand which is proving too unwieldy to manage, in terms of order processing, handling and accounting.

Of the range of 35 colours currently on offer, we have supplied 15 different colours this year. The proposal is to reduce this to 5, in addition to our traditional black. These 5 represent the huge majority of our colour sales in 2018.

The reduced range will be:

Tees and vests - £12 each - black, sapphire blue, hi-vis pink, hi-vis yellow, hi-vis green, hi-vis orange

Long Sleeved tops - £15 each - black, sapphire blue, hi-vis pink, hi-vis yellow, hi-vis green, hi-vis orange

Hoodies will continue to be available, in black only and cost £17.50

To make processing easier, we need to move away from piecemeal orders. We therefore intend to place a colour order on our supplier just **once** a month.



Any colour requirements should be made known to Michelle by the 4th of the month and **payment will need to be made at the time of ordering.** 4th December will be our start-up date for this new produdure.



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

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

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.

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

Junior tees - £8 - hi-vis yellow only, junior hoodies -£14 - black only

MemberMojo

Our online 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>

Mince Pie Run by Hilary Humphreys

Mince Pie 10 mile Charity Race - Sunday, 9th December 2018

The club is delighted to announce that it's annual charity Mince Pie race is now oversubscribed and has a fairly long waiting list. The club uses this race to raise funds for both local charities and the club itself. Last year £2,000 was given to our chosen charity, 'Headway', representing much needed funds at this time of austerity. The remainder of the profit is used by the club to peg membership fees at their current low level.



This year's chosen charity is "Service by Emergency Rider Volunteers" (SERV Sussex). This organisation is run by volunteers, who provide a free night time and week-end service to NHS hospitals across Sussex. SERV transports organs, blood products, patient notes and other urgent consignments between hospitals; eliminating costly transport bills and allowing hospitals to focus their resources on patient care. For more information about this charity, please visit: www.servsussex.org.uk



Striders are proud that its own race has been voted one of the UK's top ten races in 'Runner's World Magazine', and indeed has been featured yet again in the November issue. The race itself is a multi-terrain event, over a challenging 10-mile course but it is contested by many runners in full festive fancy dress and is a really fun event with which to be involved.

Striders themselves are a vital part of this event because without your help as marshals it would not exist. This event takes place on Sunday, 9th December at 11am. Please make yourself available to assist if this is at all possible. If not then please consider making a cake for our cake stall, details for this to be circulated shortly.

Becky is calling for Mince Pie VOLUNTEERS!



New members of Striders may be unaware that the club constitution requires it's members to make themselves available to marshal at least once during the year. The main drive for Striders is the Mince Pie 10 mile run. This year it will be held on Sunday 9th December 2018 at 11:00am.

PLEASE HELP BECKY, OUR NEW VOLUNTEER CO-ORDINATOR MAKE THIS YEAR'S MINCE PIE RUN THE BEST YET BY MAKING YOURSELF AVAILABLE TO MARSHAL - THANK YOU IN ADVANCE!

In total we need in excess of 70 volunteers. We currently have approx. 50. Your club needs you!

Please see Becky on a Monday or Wednesday club night or alternatively please email Becky at:

becky.souissi@hotmail.co.uk

For those who may not have volunteered before, or who may feel a little nervous please rest assured. The day will be filled with merriment and Christmas cheer. Everyone involved has great fun from start to finish with both competitors and marshals dressing to impress. Last year's weather however, was not too kind to us, so we would advise to dress for the elements.



Seaford Striders' Membership Fees by Tony Humphreys

The Striders' committee has taken the decision to give everyone a Christmas present this year - **two months extended membership of the club!**



Your fees will therefore become due as of 1st March 2019 when hopefully all our bank balances will have recovered slightly after the Christmas and New Year festivities.

This action will bring our membership year in line with that of English Athletics. We have no plans to raise our subs so they will remain at £8 for juniors, students and retired members and £16 for senior membership. For those wishing to become affiliated to English Athletics (add additional £15) which is beneficial for anyone wishing to receive discounted entry into races and for those intending on competing in the Sussex Grand Prix races, where they will accrue points both for themselves and for Striders in the inter-club events scheduled across East & West Sussex.

Details of the 2019 fixtures will be published in the near future.

Club Events



Monthly Training Session

Monday 3rd December track night 7.30pm Lewes

Monday 7th January track night 7.30pm Lewes



Saturday 26th January 2019 presentation evening 7pm - 12am



Spotlight on a (committee member) Strider



This month's Strider spotlight is shining brightly upon committee member, Emily. Emily is one of our two Ladies Co-Captains. Emily is very often at club nights and has a great deal of knowledge when it comes to running having herself run 5ks through to trail marathons. Please do say hello.

How long have you been running?

10 years. I started running after I'd finished university and had put on a lot of weight after a diet of snakebite and chips. I signed up for a couple of races but never ran very regularly until Joel and I started doing parkrun together. Soon after, we joined a running club and I've never looked back!

How long have you been a Strider?

Almost 2 years.

What's the best thing about being a Strider?

We both joined after moving to Seaford and not knowing anyone in the area. The best thing has been meeting an amazing group of people who are so much more than running buddies but

friends who I couldn't imagine life without now.

Where did you grow up?

Leicester. That's the North for anyone from around here.

What would be your dream holiday?

I'd love to climb Mount Kenya and be greeted after my trek with my gorgeous family, an all-you-can-eat buffet, and a bottle of prosecco with a straw.

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

Dolly Parton, Frieda Kahlo, Dian Fossey, and Marie Colvin - all amazing, inspirational women.

What was the last text you sent?

'Did you leave your crowbar at our house?' to my Dad.

What's your claim to fame?

I was once on Dick and Dom in the Bungalow.

Are you scared of anything?

Spiders.

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

I often listen to Desert Island Discs on my long runs so I've thought about this question a lot! A soft blanket that smells of home, a multi-tool, and a never ending supply of cheese, crackers and chutney.

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

Blackmore Half Marathon, Sydney by Emilie Tearle



On September 16th I participated in the Blackmore half marathon in Sydney, Australia! Over in Oz the races start so early due to the heat so I had to be ready at the start line at 6am (caffeine was definitely consumed before this race due to the 4am train!). The start line was in North Sydney, just before the start of Sydney Bridge, it was packed with over 10,000 people all rearing to go! Before I knew it there was a loud siren and the crowds of people began to run - I was BUZZING, this was my first ever half marathon but also in this amazing place I'd

never been before! My absolute favourite part was running over the Sydney Bridge, it was so, so cool and such an amazing experience as the bridge is only closed for this one event!

A race which I expected to be completely flat was actually constantly undulating but I loved that and actually barely noticed due to the fact I was distracted by practically sightseeing while running! The course was through various harbours, like Darling Harbour and Pyrmont Bay, and through the most beautiful Botanical Gardens which was so cool! This race had the best vibe that I've ever experienced - people busking on the sides of the road, massive speakers playing mad tunes and people holding hilarious, yet motivating, signs. My personal favourite one was at mile 10 and it said "If Donald Trump can become President then YOU can finish this race!" and I thought "YES, YES I CAN!".



I didn't have a particular time frame I wanted to finish it in, I just wanted to enjoy this once in lifetime experience, but I did want to finish it in under 2 hours at least.



Once I started running I felt amazing and my legs were moving at a speed I didn't know they could go but I didn't even realise because I was just looking around at all my surroundings! Before I knew it I was taking over pacers, one by one. I ended up crossing the finish line at the Sydney Opera house at 1 hour 41, running the fastest I have ever run- surprised at how the heck I managed to run a half marathon at 7:44 min/mile?!

Hands down this was the best race I've ever participated in and received the coolest medal ever! However, there was one thing that would have made it better and that was if the striders were there,

it felt so weird crossing the line and no one being there to cheer you in but I guess it just meant I got home quicker!

If anyone is wanting to go to Sydney, definitely do this race- got to see so much of the city as well as creating a memory I will never forget!

Brighton 10k by Joe Plant

Brighton 10k is my favourite type of race - on the road, fast and flat

We arrived in Brighton with plenty of time to spare on what was a beautiful, slightly chilly morning.

After a few pictures it was time to get into the starting pen. I'd put my predicated time as 37 mins which meant for the first time ever, I was in a separate group from the main crowd, right at the front. I don't tend to get nervous, just excited. I was going over my training in my mind and focussing on my race plan.



As the race started I jostled myself into a good position to avoid tripping and went off following some very fast looking runners.

The first half went well, I felt good, I felt comfortable and I could feel myself smiling as we approached the 5k point. As we headed back towards the marina I could feel a headwind. Things

became a little harder and I had to dig deep to keep my pace.

Mentally I struggled around the 7k marker as all the runners had to run past the finishing line towards the marina. As soon as I turned which was around the 8k point I began to feel good again.



I tried not to look at my watch too much. I just checked my splits every now and then. With the end in sight, I started to push a little. I couldn't see the time at the finish so I just pushed as hard as I could. In the final stretch I could hear cheers. I heard my Mum cheering and saying 'you've done it Joe' and I crossed the line with a chip time of 37:23. A PB for me, knocking 2 minutes and 23 seconds from my previous best 10k time.



After getting my breath back, I found my family and friends and watched all the other Striders come in. Everyone was amazing. It's such a fantastic club to be part of. I started with the junior Striders when I was 14 and have never looked back since. Thank you everyone for your support. I am so grateful.

Striders' Awards Evening - save the date!



Seaford Striders Presentation Evening will be held on **Saturday 26th 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 are as follows:-

Adults £15
Under 18s £5

Cash/BACs and cheques all accepted. Tickets to be purchased from **Anneka** at our Wednesday club evenings or alternatively you can email Anneka directly at annekaredley@gmail.com

London Marathon club place by Victoria Maleski

The draw took place on the evening of Wednesday 14th November for the Seaford Striders' club place in the 2019 London Marathon. The successful Strider was Debbie Plant and the reserve positions are Andy Farley and then Phil Robinson.

Many congratulations to Debbie!

I have also been contacted regarding guaranteed places for Brighton Marathon if you are EA affiliated. A maximum of 10 guaranteed entry places are available for Seaford Striders. See below...

We are pleased to announce that England Athletics registered athletes can now apply for a guaranteed entry into the 2019 Brighton Marathon. Entry into the Brighton Marathon costs £75 and entries must be applied for through your Club Secretary. If you are interested in entering the Brighton Marathon via the England Athletics Club entry, please speak to your Club Secretary. The organisers can only accept requests to enter from Club Secretaries.

England Athletics Club entries are available until 1st March 2019. Race packs will need to be collected by the runner or a friend / member of family from the Brighton Marathon Exhibition held on Friday 12th and Saturday 13th April.

I have also pasted below details of entry for elite runners for entry to both the marathon and the 10k.

<http://www.brightonmarathonweekend.co.uk/events/brighton-marathon/club-elite-athletes/>

<http://www.brightonmarathonweekend.co.uk/events/bm10k/elites/>



Committee Meetings

The next Striders Committee Meeting will take place on at the White Lion Hotel on the 15th January 2019, starting at 7:00pm. With a view to improving openness with the membership, all senior members are welcome to apply to attend a Committee Meeting. In order to ensure numbers are manageable we will be limiting this to a maximum of five members per meeting. Please email secretary@seafordstriders.org.uk if you would like to attend.

Welcome to our new Striders!

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



Senior Members: Haydn Cummins, Sarah Anderson and Cathy Tutton



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)

New Year's Day run - change of venue!

This year's - or should we say next year's, New Year's Day run will for the first time have a change of location. We will be joining Peacehaven's parkrun on New Year's Day at 11am.



Peacehaven Run Directors Zingy and Lisa are looking very much looking forward to welcoming the Striders on January 1st 2019!



The café will be open, so please do stay for a drink and a natter.

Black Cap XC by Josh Nisbett



On Armistice day a strong and crazy field of Striders took on Black Cap Cross Country in the county town of Lewes. This was the second outing of six in the East Sussex Cross Country League.

Around an hour before the start the weather was horrific, lighting storms in the distance, rain, wind and hail to top it all off. I thought to myself 'at least when I'm running, I'll be warmer in these conditions'. But with around to 20-25 minutes before the start and right in time for the 2 minutes silence of remembrance and poems all that went away. The sun came out and attracted the wildlife back out, which even included flamingo's!!

With all Striders or shall I say 'Stridders' as we are now known, wearing poppies supplied by Michelle we headed to the start line. The course was the same as last year. Starting at the gallops behind the prison, doing a quick loop down the hill and back up to the usual bottleneck before going uphill again out on top of the Neville. The entire course is a narrow loop/out and back, the first half of which is a gradual incline through fields that run alongside the old Lewes racecourse. Once you reach the turnaround point there was another small incline before heading back for some down hills. This course definitely allows you to run a negative split, where there's only one short sharp hill to contend with about 1km from home.



Although the sun came out to play, the wind was hellish and made it another factor to negotiate with alongside the hills. Despite this everyone did really well and enjoyed it (although some Striders needed a pep talk from Chairman 'Sally' Rob near the beginning). The race was won by Matt Bradford of Lewes AC in a time of 32 minutes and 43 seconds. First Strider home was Luke Borland in 37:31 in a top 20 finish. I apologise in advance if I miss anyone out but here are the results from the rest of us; Dave Dunstall 38:31, Josh Nisbett 39:26, Joe Plant 40:55, Raymond Smith 46:41, Adam Haverly 47:16, Jazz Shiret 48:24, Emma Cooper 49:45, Terry Ward 54:35, Michelle Varndell 57:29, Michael Pickering 59:45, Debbie Plant 62:19, Tom Roper 69:34 and Becky Souissi 76:07. Billy Wooten also competed in the under 17's junior race before us and came home in a time of 18:26.



Club Grand Prix

Although there is one race left in the Club Grand Prix schedule, the current leaders now have an unassailable lead after the Crowborough 10k results. We are very happy to announce that the winners for this year are...

Anneka Redley and Joshua Nisbett



The final event is the Cross Country at Warren Hill on the 16th December.

16-Dec-18	Cross Country Warren Hill	http://www.eastsussexcrosscountry.co.uk/events
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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.

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

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)



Gingerfit your local Seaford Personal Trainers

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

Race Fixtures for 2019

January 2019 - December 2019	
Jan 5	Sussex AA XC Champs - Bexhill
Jan 13	Ashdown Forest XC - ESCC
Jan 19	Sussex AA Masters XC Champs - Lancing
Jan 26	Maverick Inov-8 Original - West Sussex - 8k, 15k and 23k
Feb 3	Chichester 10k
Feb 9	Bexhill XC
Feb 10	Queen Elizabeth Olympic Park Half Marathon
Feb 10	Worthing Half Marathon
Feb 17	Hampton Court Half Marathon
Feb 17	Tunbridge Wells Half Marathon
Feb 24	The Gunpower Run - Battle
Feb 24	Brighton Half Marathon
Feb 24	Richmond Park Half Marathon
Feb 27	Chichester City Centre Road Races
Feb TBC	Heathfield Park XC - ESCC
Mar 2	Sussex AA XC League - TBC
Mar 3	Eastbourne Half Marathon
Mar 9	Thames Meander Marathon and Half Marathon, Kingston upon Thames
Mar 10	Pett XC - ESCC
Mar 10	Surrey Half Marathon - Woking
Mar 10	Big Vitality Half, Tower Bridge
Mar 13	Chichester City Centre Road Races (2)
Mar 16	Coastal Trail Series - Endurancelife 10k to ultra - Birling Gap
Mar 17	Moyleman - Lewes Trail Marathon
Mar 17	Hampton Court Palace Half Marathon
Mar 24	Hastings Half Marathon
Mar 24	London Landmarks Half Marathon

Mar 27	Chichester City Centre Road Races (3)
Apr 6	Sussex AA Road Relays
Apr 7	Lancing 10k
Apr 14	Brighton Marathon
Apr 14	BM10k
Apr 28	London Marathon
May 4	East Grinstead 10 Miles - The Mid Sussex Marathon Weekend
May 5	Haywards Heath 10 Miles - The Mid Sussex Marathon Weekend
May 5	Three Forts Challenge, Worthing
May 6	Burgess Hill 10k - The Mid Sussex Marathon Weekend
May 11	Dark Star 7 with RunBrighton
May 11	Eastbourne Trackstar Marathon
May 11	Brighton Run2Music 5k, 10k and half marathon
May 12	Portslade Runners 5 mile
May 12	Hasting Runners 5 mile
May 12	British Airways Run Gatwick half marathon and 5k
May 19	Virgin Sport Hackney Half Marathon
May 26	East Hoathly Family Fun Run 5k/1k
Jun 9	Weald Challenge Half Marathon trail race
Jun 9	Weald Challenge 50km trail race
Jun 9	Mud Monsters Run
Jun 16	The Madehurst South Downs 5k and 10k
Jun 23	Bates Green Gallop
Jun 29	Maverick Inov-8 Original East Sussex 5k, 15k, 23k
Jun 30	Eastbourne 10k
Jul 7	Bewl 15 mile
Jul 10	Brighton Phoenix 10k
Aug 11	South Coast Run Half Marathon 10k and 5k
Aug 17	Decoy Dash 10k
Sep 29	Barns Green Half Marathon
Oct 6	Bright10
Oct 26	Beachy Head Marathon
Dec TBC	Seaford Striders Mince Pie 10 mile run

Web sources – sussexraces.co.uk, eastsyssexcrosscountry.co.uk, findarace.com

Please note –. Some dates still to be confirmed. SGP and CGP races and dates to follow.