

Happy  
New Year!



# Seaford Striders Newsletter

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

Editor: Debbie Plant: [debbie\\_plant@hotmail.com](mailto:debbie_plant@hotmail.com)

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

Website: <http://www.seafordstriders.org.uk/>

Twitter: <https://twitter.com/seafordstriders>

January 2019

## Athens Marathon by Richard Honeyman



After running in many marathons within the UK and in Europe one race that I had always wished to run for the last 10 years is the Athens Marathon. Locals also call it the Authentic Marathon and up to a few years ago the Classic Marathon. This is the 'original' - where the name came from and stuck throughout the running world. London and Berlin may have the large fields and crowds but this race starts in the City of Marathon finishing in Athens itself.

The run identifies the epic Battle of

Marathon in 490BC. Historians talk about the communication of a Greek victory from here to Athens around 40km away -

Phiedippides - when he entered the Assembly of Parliament he collapsed with exhaustion and died. Infact he ran 200km in two days to enlist the help of the Spartans for this battle at Atticca Bay. When the 1896 Olympic Games were started it was thought to repeat the race in recognition of the Marathon soldier.

The 2004 Olympic marathon race is the same one that this annual run uses - the 36<sup>th</sup> edition this year -and at all editions finish in the original Olympic Stadium - the Panathenaic Stadium in Athens which was built originally in 330BC for the Panathenaic Games, the forerunner to the Olympics. The actual distance of 42.195km (26 miles, 385 yds) was established as part of the 1908 Olympics in London



and is now the set distance used ever since.

So history lesson over but a very important one so back to the race. On 11 November 2018 rose at 4.30am in a central Athens hotel ready for an early breakfast then it was off to one of 5 locations to get a bus to Marathon. Mine left by the Parliament Building in Syntagma Square. The journey was quiet



in anticipation of most marathons although felt this was special -saw sunrise in this journey as well. Weather wise was very bright and even though started cool the race was 14 C at the start so it was shorts and T shirts only.

The drop off area was on the outskirts of Marathon and we all walked to the Marathon Athletic Track for the prerace warm up area and start line, I was pretty mesmerised - could appreciate where I was. I was not nervous at all as this was not about the time but the pilgrimage of the whole event. The

area was surrounded by mountains and was fairly close to the sea. Around 16,500 runners entered from 105 countries so runners came from all over. There was approx. 700 from the UK.

Once we got going the first 10km of so were flat and could settle down. Crowd support was in the small towns. Because of the wild fires in Mati on 23 July 2018 the race ran through this area with most of the houses still intact, with survivors and friends and family lining both sides of the road in black dress. Permission was given with the community of 2 km distance around the 12Km - 14m mark to do this. On that day 99 people died - so runners were showing their respect to the town and was quite a leveller for everyone to say the least.



The middle section was very hilly to say the least and although was happy with a half way time of 2hrs 10mins - 6min/km the next section from 22 to 28km was all uphill. Even though I did run this section was subsequently very tired and found it hard to recover. The last 10km was approaching Athens and was all suburban outlook to the capital and road going more downhill. I did pick up the pace in places but in fact was so tired that the 6min/km turned into 7 or even 8 min/km so really slowed down. Then leg cramp kicked in. Anyway appreciated where I was - glorious weather as well as was 23 C at lunch time period as well. - at least the crowds were out now. In the last 2km I did pick up the pace (amazing that you do near end) and ran down hill to the superb Panathenaic Stadium - I had not seen this before and was so impressed in running into the original marble lined Olympic Stadium.



Afterwards was happy about the whole scenario, and even though achieved for me a slow time of 4hrs 55mins felt I



achieved my goals regarding this particular marathon. Would recommend for anyone who likes marathons or thinks they do, as most marathons you enter do not actually start in Marathon.

## 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.

Having sold 100 tickets Anneka amazed us by securing a few more. We now have just 8 tickets left. We are unable to obtain any more once these are gone. Please contact Anneka if you would like to join us for what is always a fabulous night!

**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](mailto:annekaredley@gmail.com)

## 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>

# Crowborough 10k by Adam Haverly

After what was a miserable autumnal Saturday followed a slightly more promising Sunday, well as least it wasn't raining, I didn't set an alarm Sunday morning, hoping to be woken by a toddler as normal at some ungodly hour but no! Not this Sunday. I didn't have much time before I left, just enough time for some fuel and a reminder to hurry home from the wife.

Sharing a lift to Crowborough with fellow Striders meant that the atmosphere was positive from early on. I didn't really know what time to expect as I haven't done many 10k's and I only started running 15 months ago. I feel really lucky to of found running and this club! It's helped me massively.



Upon arriving at Beacon Academy it was great to see so many familiar faces at what was a bigger race than I anticipated! Fumbling around with safety pins with frozen fingers, time for a quick group photo and it was off to the start. I stood talking with some fellow Striders not really realising how close to the front I was. No time to think about that, let's see if that watch wants to work today, Strava ready?!

And were off! I thought this is great, this is downhill, this is fast. I decided to try and stay with the runners I started off with, no idea on their pace or ability! I think the first 2 km were downhill, then things could only go one way really.



Great support from the marshals and locals, a quick ford crossing and we were climbing, that was a tough hill but I made it up! Back round to near the start and to hear the chants of encouragement and then it was on to lap 2, downhill again! Flying! I said to a guy next to me "I don't normally run this fast, I've just been carried along!" he said he was using the same tactic. Back through the ford and up that hill again! I didn't make it all the way this time, walking was quicker. I started to run next to a lady that looked like Theresa May, I thought "I've got to beat Theresa!!" best step that pace up again. Not far to go now, I could see a few Striders and heard the cheers of encouragement, nearly finished but another hill round the corner! 48.31 official time, happy with that.

A medal, water and a banana, everything you want! We cheered the rest home and the atmosphere was great, all in all a challenging course but a good run. Might try that again next year.

# Mince Pie 10 by Simon Nixon



So with marshalling the last few years I had the opportunity to run the Mince Pie Run and for once the weather was kind, a little wind but it was dry - big plus.

With six Striders in the race we headed to the start line. After a quick briefing from the Race Director we were off.

At every junction and intersection fellow Striders were there cheering and directing the runners on. At mile 2 problems hit, my ankle became sore making it difficult to run and at mile 3 I was willing to give up.

Thanks to the support and encouragement from my fellow Striders I was urged on and I was soon at Saltdean football club. A quick water break and back on with the run. A little climb and it was the return, back to the leisure centre to the finish. Stopping to have a quick chat with the marshals for the last few miles the end was in sight and mustering all I had I sprinted over the finish line.

What I can say is that the Striders spirit is the best. Without their support I would not have got round, so a big thank you to all Striders. I would also say if you can run the route it's tough but definitely worth the effort.



# Marathon Training by Martin Bulger

## Preparing for a marathon

For most beginners, reaching 5km was never going to be enough. The very human qualities that got you running in the first place were eventually always going to ask the question - 'when shall I go further' rather than, 'could I go further?'



Completing a 5 miler and a 10km run or race usually prompts the question - 'what is my limit?' Is it a brick wall? No. it's an unlocked door!



Running a marathon is nothing more than doing a 10km after a 20-mile warm-up. If you do decide to run a marathon, don't do one and then stop. Instead, do two, one road marathon and one off-road, and then decide which one to do next. The demands of each is very different. You may not enjoy a road marathon because of the pounding that your leg muscles take. Whereas, an off-road marathon gives you the green carpet treatment for which your legs will smile.

The longer the race/run the greater the sense of camaraderie. Your training for a marathon in 2019 began the first time you ran and has been preparing you ever since. If it's a Spring marathon then in simple terms make your longest run in December - 10 miles, January - 12 miles, February - 15 miles and March - 17/18 miles. This is only an approximate guide as every runner will prepare differently. Vary your running - a long run, a slow run, a hilly run, a short run, a fast run. Try to make off-road running dominate your training - enter races.

Occasionally, when time allows, run more than once a day - one mile in the morning and three miles in the evening is worth more than doing a four-mile run. Even running on consecutive days is worth more than the combined total. Think positive all the time.

There is no right or wrong method of training. Find what suits you. With three weeks to go before a marathon many runners will begin to ease off gradually. In the final week - run once or perhaps twice but no more. There is nothing to be gained by running fast or long in that final week. On race day as you line up at the start line you need to be totally rested, with no tiredness or stiffness. If your training has gone well, settle into a comfortable steady pace, while at the same time save energy for the final 10km and try to save enough to finish confidently and with a smile!

Do marathons bring out the best in people..... or do people bring out the best in marathons? That's for you to decide.....!

## Mince Pie 10 round up by Terry Ward



How lucky we were with the weather after the violent wind the day before and last year's terrible wind and horizontal rain.

We had increased the number of entrants to 600 this year from the previous 550 and had sold out by 30th October - it's just amazing how popular this race is.

On the day the last signage for the course organised by Pete W. was put in place, Nice Work set up the start line for the chip timing, the goody bags were filled and masses of cakes appeared ready to be sorted by Hilary H. and Sandra S.

Duncan B. and his team of car parking marshals were in action shortly after 9.00 as it's a very tight squeeze getting all the runners' vehicles fitted in to the surrounding industrial estates.

Becky S. briefed all the marshals and ensured they were going to be in the correct place (or else she said there would be trouble!).

As the runners began to arrive they had the opportunity to place their baggage in safe storage and gradually the hall began to fill up with the runners, many of whom were in fancy dress (but none of whom outshone Rob).

The First Aid team and SERV were briefed along with the race Adjudicator and eventually the 10 minute warning was given for the runners to begin assembling at the start outside the front of the Leisure Centre. After briefing the runners they were set on their way with a countdown from 5 on Nick's (MC) speaker and then the air horn. Everything then went quiet but this wouldn't last.

Nice Work moved their timing equipment to the finish behind the Leisure Centre. The water station and medal table (for the lovely Christmassy medals, thanks Debbie) were set up and then the phone call came from Richard H. at mile 9 that the first runner was through and going really strongly. So it was back to action stations.

Sure enough the first runner, James Baker of Chichester Runners, crossed the line in a new course record of 55.14, nearly five and a half minutes ahead of the next finisher! As more and more runners finished, the hall began to fill up again and the cake stall was doing a roaring trade making more money than the raffle last year so no doubt there will be a call next year for more baking.

Presentations were made to the first five male and female finishers along with the team with the most runners (Orpington Road Runners who had arrived in a coach and were off to Brighton afterwards for their Christmas night out)

There were 493 finishers the last of whom limped in just under the two and three quarter hour mark and then it was time to clear up.

Results were;

1st male James Baker 55.14 Chichester 1st female Tara Shanahan 1.06.42 Arena AC2nd male Darryl Hards 1.02.35 Phoenix 2nd female Sue Fry 1.08.50 Hailsham Harriers3rd male Michael Caffyn 1.02.57 Run 3rd female Catherine Bounds 1.10.09 Ditto

Academy Worthing

Striders taking part were;

Jeff Young 1.07.3, Tracy Pragnell 1.39.39, Holly Miller 1.44.18, Hilary Ward 1.50.59 and Simon Nixon 1.54.33

Thanks go to the Mince Pie Committee members who have been working hard for many months and to everyone else who marshalled or helped on the day. Please find to follow just a few photos of our amazing volunteers.







# Club Kit - Michelle Varndell

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. therefore intend to place a colour order on our supplier just **once** a month.



We



Any colour requirements should be made known to Michelle by the 4<sup>th</sup> of the month and **payment will need to be made at the time of ordering.** 4<sup>th</sup> 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](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**

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](mailto:simps.01976@gmail.com)

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

## Club Events



### Monthly Training Session

Monday 7<sup>th</sup> January      track night      7.30pm Lewes



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

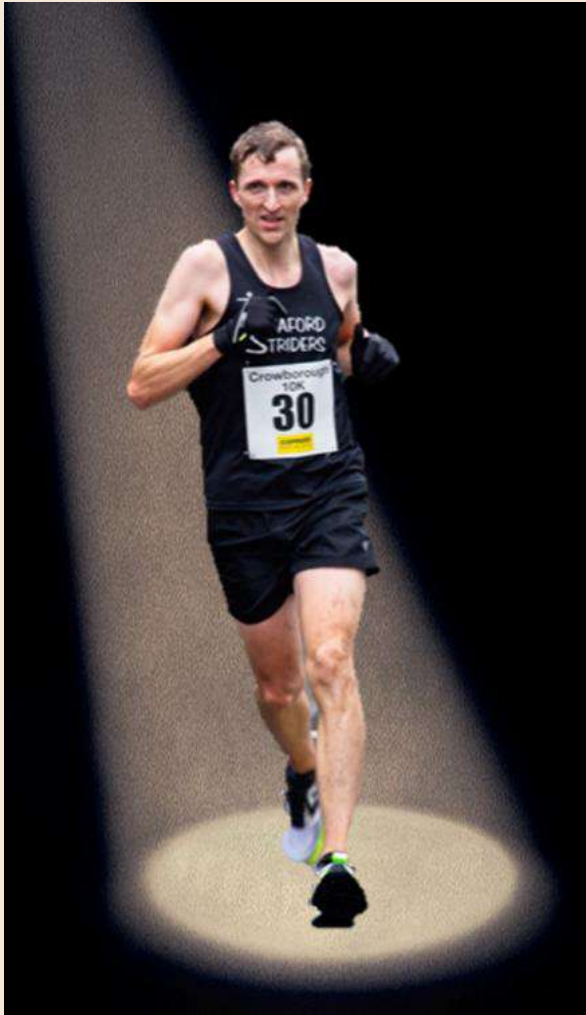


## Committee Meetings

The next Striders Committee Meeting will take place on at the White Lion Hotel on the 15<sup>th</sup> 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](mailto:secretary@seafordstriders.org.uk) if you would like to attend.



## Spotlight on a (committee member) Strider



This month's Strider spotlight is shining brightly upon committee member, Luke. Luke is our Cross Country Rep. Luke is a huge fan of cross country however, is also an amazing runner on the road too.

How long have you been a Strider?

5 years.

What's the best thing about being a Strider?

Everyone is always so pleased to see each other on a Wednesday night. Summer runs on the hills.

Where did you grow up?

Little Common.

What would be your dream holiday?

Anna and I went trekking Peru in the summer, that was very cool. I would like to try and visit all 7 continents (I have 3 left) - Antarctica - to see the penguins (like on the Dynasties episode). Failing that, I love skiing. Somewhere, very cold a very, very steep.

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

Maggie Thatcher, Alan Turing, my granddad (see claim to fame), Milton Friedman.

What was the last text you sent?

Someone asked me what the plural of "anus" was...I replied...(no seriously).

What's your claim to fame?

My granddad wrote/performed loads of the music for children's tv on the BBC in the 50's,60's and 70's. (Crackerjack, Lennie the Lion, Basil Brush).

Are you scared of anything?

Heights, cliff edges and planes...

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

Fishing net, computer with internet and solar panel for energy, saucepan

# The Downland Devil by Tom Roper



This December I went back to the hills above Lancing for a second attempt at the Downland Devil, organised by the Run Academy Worthing, or RAW as they like to be known. Chris Wrattall and I ran it for the Striders in 2017. This year Chris decided he'd prefer the warmth of the shores of the Indian Ocean to the chilly drizzle of the downs, so I was the only Strider.

It's a tough nine-mile race. It starts at Coombes Farm with a hard ascent that seems endless, which we tackled in driving rain and wind. Then we descended a long hill, knowing that on the way back on this frying-pan-shaped race, we'd have to go up it. Then the race undulates its way along farm tracks, until reaching another nearly vertical climb under some pylons and then performing a circuit of the downs overlooking Sompting and Worthing.

I tried to tempt other Striders to join me, promising them views. And if the weather had been clear, the views would have been excellent, southwards over the Adur, westwards to Worthing and eastwards to Devil's Dyke. But today there was low cloud, wetness, and little to be seen. True, by the time the first hour of the race had passed, the weather did brighten a little. And after Beachy Head, a nine mile run seems not much further than a parkrun, so I kept my spirits up. On the return trip, I kept up a steady slow pace over the lumps and bumps of the chalk tracks, and the cattle grids, carefully placed to break your rhythm. The final hill saps the legs and the will, but in the end I reached the top, then it's a fast downhill to the finish.



I finished in 2:05:08, a minute or so faster than last year. I wasn't last, and I didn't fall over, so I hope I upheld the good name of the club.

Come and join me next year!

## Welcome to our new Striders!

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



**Senior Members:** Tom Lorkin, Harry Lennard, Matt Smith





## 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)

## Mince Pie - the Re-Run & Christmas Day parkrun



What an amazing turnout for the inaugural Mince Pie Re-Run.



We are required as members to make ourselves available to marshal at least once a year. The main drive for Striders is the Mince Pie. It is our race after all! This being the case most marshals had yet to ever run or even walk the route. Up until now that is.

With men's co-captain Nick organising via our WhatsApp group and emails being sent to all, the date and time were decided - Saturday 22<sup>nd</sup> December @ 9:00am.

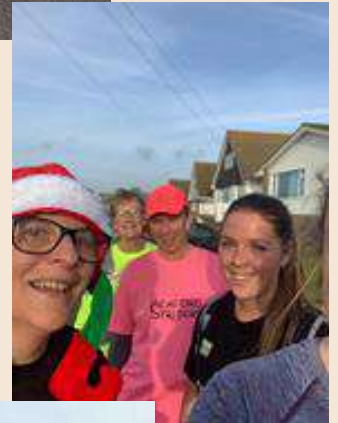
Set off by Chairman Rob, 25 (or thereabouts) Striders completed the very challenging 10 mile route. There were hills, copious amounts of mud and the odd alpaca or two dotted around the route.

All runners were greeted at the finish line by Chairman Rob who surprised everyone by giving each member their very own Mince Pie medal.

It was just an amazing way to spend the morning and most of us met in the café in the park after finishing for a well earned slice of cake and a cuppa, donning our medals proudly.

This was the first Mince Pie Re-Run, I am absolutely certain it will not be the last.

See you there next year!



And...last but my no means least, I've added a few pics of the Christmas Day parkrun at Peacehaven. This too was just amazing. The Strider dogs without doubt, stole the show!





# 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)



# 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](http://sussexraces.co.uk), [eastsyssexcrosscountry.co.uk](http://eastsyssexcrosscountry.co.uk), [findarace.com](http://findarace.com)

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



