



SEAFORD STRIDERS NEWSLETTER

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

Editor: Fawzia Whittuck fawz650@gmail.com

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

Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> April 2019

WELCOME TO NEW STRIDERS

Welcome to our new Striders this month:

New seniors: Debbie Priest, Leanne Chapman, Jan McCord, Phil Magowan, Emma Lloyd and Susan Leppard.

New C25Kers: Claire Sayers, Rachel Byrne, Jessica Clack, Elizabeth Fender, Rick Gough, Amanda Hodge, Marie Hutton, Emma Lloyd, Stephanie Scarborough, Jane Spencer, Tony Swinden, Colette Thompson and Clare Tucknott.

We wish you many hours of happy running!



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 could access their mobile number (So group should be kept to Striders only).

Lancing College 10k – Sunday 7th April – Wendy Woodford

Having only been running a year I have just competed in a handful of races, I entered the Lancing College 10k as I thought it would be a great chance to run somewhere that I wouldn't normally get the chance to see. On booking I was aware that the route was multi terrain and approximately 75% of it was trail, which also appealed to me.

As I suffer with terrible nerves before a race, I have the vague hope that the more races I do the less stress and nerves I will feel, which does seem to be the case but I still have a long way to go before I can take things all in my stride, so to speak!

On arrival we had to park a short distance away, about a 15 minute walk, which allowed a nice leisurely warm up stroll on what was a beautiful sunny albeit cold breezy day. On the way up to the college there were already lots of people and families that had arrived, as there was a junior race before the Senior 10k race. I soon spotted fellow striders, Chris and Chloe Wilmot and Bolly, which eased my nerves a little.

The 10k started at 10 am and waiting at the start line it suddenly seemed that everyone else looked like a super speedy athlete, but all the time in my head I was trying to view this as a fun morning out and tried to remain positive. Before I knew it the race had begun and immediately I found myself trying to run up a pretty steep hill, as I reached the top I eventually managed to catch my breath and then thankfully the course wound its way down a lovely hill, I remember thinking this was more like it! The course then took us around the greenest most cushioned playing fields I have ever seen, then a small section of road, another steep winding track and over fields. The sun was feeling pretty hot by now and I realised yet again my nose would probably end up sunburnt! We ran over fields, down tracks, around the equestrian centre, such a beautiful route yet so hilly.



At every stage of the race I kept looking at my watch, counting down the miles. As we went round the playing fields for a second time I remember feeling so excited and relieved that there was only 2k to go but my goodness it felt like a never ending 2k.

The last bit of the course was up another seemingly never ending hill, up around the back of the college and much to my relief down the very same steep hill that we had started. I just about managed a sprint finish, by my standards anyway. Such a sense of achievement and relief to have finished despite nearly

landing literally right on top of an 8 year old girl who excitedly stepped right out in front of me to give me my medal, which I managed to grab whilst still running. It could have all ended so differently!

I'm so glad I completed this race in such a stunning location, it also served as a reminder of how difficult I find a 10k and not to get carried away and book another half marathon in a hurry!

Paris Marathon 2019 - 3:15:26 - 3,688th – Simon Coppard

We travelled to the beautiful city of Paris. It was also my beautiful wife Jo's birthday, so what better place to celebrate. We visited many tourist areas, the Sacré-Cœur Basilica, which allowed gorgeous views. The Catacombs, Paris Marathon Expo, Holocaust memorial, Notre-Dame Cathedral (before the fire), river Seine, Bois de Boulogne parkrun (met a lovely lady Linda and her husband) then took part in the Paris Marathon, followed by a visit to the Eiffel Tower, Tuileries Garden, Champs Elysees, Arc de Triomphe and more walking than I'd normally do before or after a marathon

Marathon day went well. As usual I arrived in plenty of time. The area was almost abandoned except for and took time to take in 'maillot jaune' where before on those famous



personal and that was fine for me, I was warm the sights and take a photo wearing the Wiggins, Froome and Thomas have stood cobble stones.

I kept warm in my usual pre-marathon ritual of McDonald's, which opened at 7. My number 9496 a lovely combination, the weather was looking perfect, sunny if not a bit chilly to start. Crowds started to build up and I entered the pen ready for the start. At Paris they can have up to 60,000 runners today there was just short of 50,000!

The start was incredible, lots of fanfare, and all the runners raising their arms and clapping in unison. It was fantastic and I was super happy. Off we went in waves along the Champs Elysees, what a fantastic way to see the beautiful city of Paris!

During the course you pass through 7 districts and 11 timing points. There were 38 pacers, 3,000 wonderful volunteers and 250,000 expected spectators.



I carried my own gels and stopped to take on water at every water station, which was in bottles and had recycling bin points. For me this was a lot easier as I was able to

take on enough water to keep me hydrated. I set off with an easy pace from the Arc de Triomphe down the Champs-Elysee taking care not to go too fast and pay for it later.

The course is spectacular with many different musicians/bands along the way.

At the finish I collected my medal and was over the moon as I had achieved a great time of 3:15:26, congratulating those around me especially with Yoann who also finished with a good time, it was here I was able to meet up with my beautiful wife Jo.

Absolutely beautiful marathon, despite the massive number of runners, it's a beautiful way to see Paris and all it has to offer. The spectator support was fantastic, a bit thin in the park areas, which was to be expected although it was so scenic you hardly noticed it. It's an undulating but fast course and well worth the visit.



Sandra's take on Brighton 10K

I'm not one to do many event runs but when my daughter asked if I fancied doing the Brighton 10K for the Blind Veterans I thought I'd give it a go.

We arrived very early due to all the road closures on the day. It was very cold and I was reluctant to any sooner than I needed to. event come to life we tried other Striders, but only Ruth and Fawzia.

As we headed down to the tad excited mainly due to



take my hoodie off
As we watched the
to meet up with
managed to find

start line I was a
the sheer volume

of people and it being the biggest race I've ever taken part in.

Stacey stayed with me the whole of the run and made sure I kept my pace steady, and true to her word she did just that. It's hard not to get carried along with the crowds and all the fast runners.

It felt amazing to be running on roads that you'd normally only drive on and as we doubled back on ourselves towards the Level you could hear various bands playing and crowds cheering you on. It was a good feeling coming along the seafront, passing the i360 and seeing faces you know, hearing your name being called and you know then it's not much further.

Running passed the pier towards the finish line I thought how on earth do marathon runners cope (that's not for me!) and before I knew it we'd passed that finish line with lots of cheering, got my medal, lots of goodies and my first ever foil wrap. It did get cold at that point.

Would I do it again? Yes I would. It was a great experience and who knows? Maybe a PB next time.

Couch to 5K – Hilary Humphries and photo by Stacey Jones

As many of you will know – because you came along to help! We had a huge response to the inaugural run with the Seaford Striders Couch to 5K group. We hope that everyone who came along enjoyed themselves and that those new to running, or who haven't run for a long time weren't too stiff in the following days. We would like to emphasise that it will hurt less the fitter you get, so please stick with it and continue to come along! The first session consisted of a five-minute brisk walk, followed by 20 minutes alternating 60 second runs and 90 second walks, we will slowly lengthen the periods of running and lessen those of walking as the weeks go by.

The Striders were delighted so many people came to the first run and would like to extend their thanks to all the Striders who came to act as group leaders and mentors, especially those who previously came through

the 'couch to 5k' programme. Especial thanks go to Michelle Varndell who took our cool-down exercises, and Stacey Jones who took some photos to record the evening. Please come along everyone, as and when you can - we simply couldn't manage without you!

After week 9 the group will be encouraged to participate in Seaford Beach parkrun before continuing the programme in 10k course, by which means to fully integrate the participants into joining the Striders on our regular Monday and Wednesday club nights.



the local
a 5k to
we hope

Thank you everyone for your race reports and photos. Apologies for cutting some reports short, the newsletter was too large to send. Please send your race reports for the June newsletter to me at: fawz650@gmail.com Happy running everyone, keep safe and injury free - Fawzia

CLUB EVENTS



Mondays, 13th May & 3rd June

Monthly Training Session

7.30pm – Lewes Track

Wednesday, 19th June – Seaford Sailing Club

Summer Solstice 5k and 2.5k run

Seaford Striders 5K Challenge

As with any running club, Seaford Striders is an interesting mix of high-flyers competing seriously at many different distances and those wishing to take up an activity that will simply generate a pleasing degree of fitness. And everything in between, of course!

To encourage involvement in racing at an easily accessible level, we are introducing a club competition based exclusively on Park Runs during the second half of 2019.

This will be open to all adult club members and will be based on age grading position rather than on run times. This achieves some levelling out of results, as we do anticipate a wide range of ages will

be taking part. The extract below from the Park Run website explains the basic concept of age grading.

All parkrun events use age grading to allow athletes to compare results.

Age grading takes your time and uses the world record time for your sex and age to produce a score (a percentage). This score allows you to compare your personal performance against other people's performances even though they might be a different age and a different sex to you - the higher the score the better the performance.

There will be 12 events in the calendar for this challenge, 6 of them at our local Seaford Park Run and 6 at other locations not too far away.

Points will be awarded based on 50 for first lady and 50 for first man, then 49 for second place, 48 for third etc.

You can run as many as you like, and the final points tally will be made up of the best six results for each individual. Points totals will be published after each event.

For those new to Park Runs, you will need to register in advance and obtain a bar code, which you need to present at the finish of each run, so your result can be recorded. Do please include our club name in your registration, so that your results can be easily picked up. The link below takes you to the Park Run website to register.

<https://www.parkrun.com/register/>

The first run in the calendar is on 29th June, the graduation date for our new group of Couch to 5K runners. The full list of events is shown below. Towards the end of the year, as weather deteriorates (possibly), we will stay close to home!

Our existing Club Grand Prix will continue as it is, with the addition of the 29th June run. So there will be 4 events at which you can score points in two separate club competitions.

Seaford	29-Jun-19	this is to be added to our Club GP listing
Seaford	13-Jul-19	
Eastbourne	27-Jul-19	
Peacehaven	3-Aug-19	also in Club GP
Hove Prom	17-Aug-19	
Seaford	31-Aug-19	
Hove Park	14-Sep-19	
Eastbourne	21-Sep-19	also in Club GP
Peacehaven	5-Oct-19	
Seaford	9-Nov-19	also in Club GP
Seaford	7-Dec-19	
Seaford	21-Dec-19	

An example of the scoring format will be posted on our notice board on a Wednesday in the near future, based on a dummy run at Seaford.

Meantime, if clarification is needed on anything, please contact

chrislebeau137@btinternet.com

Good luck to one and all!

Club Grand Prix Events by Chris Le Beau

Newcomers to Seaford Striders will probably have read about the Club Grand Prix on our website. This is not to be confused with the Sussex Grand Prix, an external organisation set up to encourage competition between running clubs in Sussex. The Sussex GP website has full information on their activity and we do urge members to be involved – we have a proud history of individual and team performance in the SGP.

<http://sussexgrandprix.co.uk/>

By contrast, the Club Grand Prix is an internal event, and is open to all senior members with an interest in some friendly competition with clubmates.

You do not need EA affiliation to take part in the Club Grand Prix, but it is very helpful if, when entering races, you make sure you enter as a Strider, so your performance can easily be picked out from the overall results. If you are new to park runs, you will need to register in advance. It is a simple process and you only have to do it once.

There are 17 races in this year's Club GP calendar. They range from 5K park runs to the scenic Bewl 15 miler; we have some flat fast runs, on-road, off-road and cross-country, something for everybody! And you do not have to do all of them.

A number of the races happen also to be part of the Sussex GP, so it is possible to score in both events at the same time. (EA affiliation is required for participation in the Sussex GP.)

The variety of races means the competition is not elitist, everyone stands a chance. In the past two years some of our "Couch-to-5K" enlisters have proved to be high flyers in the Club GP.

Points are allocated race-by-race, 20 to the first lady and to the first man, then 19 for second, and so on. Ongoing points tables are published on the website and are available for viewing on the club notice board on Wednesday evenings.

Your best ten results for the year are totted up to arrive at your total points for the year, so we end the year with one lady winner and one man, recognised with a smart trophy.

For this year we are introducing a different theme, by using – just for three of the parkruns in the schedule – age grading rather than position to calculate points.

So, if you are not already doing so, do please take the opportunity to test yourself in race conditions and support some local park runs, and, of course, have fun in the process!

Any queries on the procedure, feel free to ask chrislebeau137@btinternet.com

COMMITTEE MEETINGS

The next Striders Committee Meeting will take place on at the White Lion Hotel on the Tuesday, 2nd July. 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.

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



[892473](tel:01323892473)
venue)

Residential lettings in Brighton

[Tel: 01273 672999](tel:01273672999)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)



Intersport

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)

- sportswear suppliers



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 – see separate list at the end of the races pages

22 April – 19 June		21 June – 8 September	
May 05	Three Forts Challenge Marathon & Half	Jun 21	Robertsbridge Midsummer 10K & 5K
May05	Haywards Haywards Heath 10 miles (Marathon Wknd)Heath 10miles (Marathon wkend)		Downhill Dash - Hassocks 5 miler & Junior races Saturday
May 06	Burgess Hill 10K (Marathon Wknd)		Boxgrove 5K
May 06	Barcombe 10K & 6K		Bates Green Gallop 3.78 mile laps – as many as you want!
May 11	Dark Star 7K (Partridge Green)	Jun 23	David Lloyd Clubs Worthing Ultra/Marathon & Relay
May 11	Brighton Run2Music 5k, 10k & Half Marathon	Jun 23	Heathfield Mid Summer 10K SGP
		Jun 24 - Jun 30	Marathon Madness – 1 every day for 7 days
May 11	Arun River Marathon	Jun 26	Bexhill 5K Race Series 2& Junior races Wednesday
May 11	Eastbourne Trackstar Marathon		Maverick Inov-8 Original East Sussex 5k, 15K 7 23K
May 12	Seaford Lions Half Marathon	Jun 30	Martello Half Marathon Seaford
May 12	Portslade Hedgehoppers 5 miler	Jul 3	Roundhill Romp 6 miler & Junior races Steyning Wednesday
May 12	Hastings 5 miler Sussex Grand Prix	Jul 4	Eastbourne Junior Twilight Runs
May 12	Gatwick Half Marathon & 5K	Jul 5	The 14 th Rye Summer Classic Series 10K Race one
May 15	Goodwood 5 miler & Junior races Wednesday	Jul 6	St Lawrence Fair Fun Run
May 16	The Out of the Blue Battle 10K & 5K	Jul 7	Bewl 15 Mile Sussex Grand Prix
May 18	Children with Cancer 10K, 5K & Junior races Polegate		Brighton Phoenix 10K Sussex Grand Prix
	Firle & Laughton Fun Run 5K & Junior races	Jul 14	Beat the Tide
May 18		Jul 14	Hornets' Stinger 10K & Junior races Brighton
May 19	Bognor Prom 10K	Jul 17	The Eastbourne Golden Mile & 5K
May 19	Heroes Run 10K, 5K & Junior races	Jul 19	Run 530 Brighton
May 22	The Run Wisborough 10K & 5K	Jul 21	Brighton TrailBlazer
May 22	Beach Run 5 miler & Junior races Wednesday Littlehampton	Jul 21	Brighton TrailBlazer
May 26	Rye 10 miles Sussex Grand Prix	Jul 27	Lunar Tic Night Marathon
May 26	East Hoathly Fun Run 5K & Junior races	Jul 28	Henfield Seven Stiles 4 miler & Junior races
May 29	Bexhill 5K Race Series 1 & Junior races Wednesday	Jul 31	Bexhill 5K Series 3 Sussex Grand Prix
May 30	Cowdray 5K and 10K Midhurst	Aug 1	Eastbourne Junior Twilight Runs
May 31	Rye Harbour - Relay with a difference!	Aug 2	The 14 th Rye Summer Classic Series 10K Race Two
Jun 01	Worthing 5K	Aug 7	Highdown Hike 3.5 miler & Junior races, Durrington Wednesday
Jun 02	Horsham 10K. Sussex Grand Prix	Aug 10	13 The Hardway
Jun 02	Focus 10K Borde Hill Garden	Aug 10	Twilight Chase. Rye
Jun 02	Worthing 10K	Aug 10	Downland Challenge
		Aug 11	South Coast Run 5K, 10K, Half Marathon. Seaford
		Aug 17	Decoy Dash 10K
		Aug 25	Windlesham Whip. WSFRL
		Aug 26	King's Head Canter 5K

Jun 05	Felpham 5 nr. Bognor Regis	Sep 01	Fittleworth 5 miler & Junior races
Jun 09	Weald Challenge 50 K & Half Trail Race	Sep 01	The BBB10K
Jun 09	Mud Monsters 20K, 10K & 5K East Grinstead	Sep 06	The 14 th Rye Summer Classic Series 5K Race Three
Jun 16	Hove Park 5k & Junior races	Sep 08	Hellingly 10K Sussex Grand Prix
Jun 16	The Madehurst South Downs 10k & 5K	Sep 08	K9 Challenge. Brighton
Jun 19	Centurion Country 5, Lavant		

14 September – 27 October		3 November – 1 January 2020	
Sep 14	Rewell Wood Running Festival	Nov 03	Gunpowder Trot 4.5 miler & Junior races , Horsham
Sept 18	Worthing 4 miler & Wednesday	Nov 09	Poppy Half Marathon
Sep 22	Tilgate Forest, Crawley 5 miler & Junior races	Nov 10	Rewel 5 nr Arundel
Sept 25	Worthing 4 miler & Junior races Wednesday	Nov 17	Brighton 10K
Sep 29	TEMPO 10K, Eastbourne	Nov 23	Winter Chase. Rye
Sep 29	Barns Green Half Marathon & 10K	Nov 24	Crowborough 10K. TBC. Sussex Grand Prix
Oct 06	Lewes Downland 10 mile Sussex Grand Prix	Dec 08	Mince Pie 10 miler, Peacehaven
Oct 06	Chichester Half Marathon, 10 miler & Relay	Jan 01	Hangover 5 miler & Junior races Worthing.
Oct 06	Lewes Downland 5 mile		
Oct 13	Great Walstead 8K & Junior races Lindfield		
Oct 20	Hove Prom 10K. Sussex Grand Prix		
Oct 20	Worthing Seafront 10K		
Oct 20	Great Bottom 5, Nr. Arundel		
Oct 26	Beachy Head Marathon & 10K		
Oct 27	Steepdown Challenge 5 miler & Junior races , Lancing		

CLUB GRAND PRIX EVENTS

Event	Date	Info
Haywards Heath 10M	5-May-19	
Hastings 5M	12-May-19	Also Sussex GP event
Seaford Beach parkrun	15-Jun-19	
Heathfield 10K	23-Jun-19	Also Sussex GP event
Bewl 15	7-Jul-19	Also Sussex GP event
Peacehaven parkrun	3-Aug-19	
Hellingly 10K	8-Sep-19	Also Sussex GP event
Eastbourne parkrun	21-Sep-19	
Lewes 10M	6-Oct-19	Also Sussex GP event
Hove Prom 10K	20-Oct-19	Also Sussex GP event
Seaford Beach parkrun	9-Nov-19	
Crowborough 10K	24-Nov-19	
Warren Hill XC	15-Dec-19	TBC