



SEAFORD STRIDERS NEWSLETTER

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

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June 2019

WELCOME TO NEW STRIDERS

Welcome to our new Striders this month: Christina Baldwin, Lauren Chambers, Jane Chant, Karen Feast, Tom Knight, James Marron, Anne-Marie Matthews, Debbie Priest and Hazel Tarrant.

We wish you all many hours of happy running!



WhatsApp – car shares and runs (strictly Striders only)

Loads of you have already signed up but for our new members, a '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 and can be copied into your browser on phone or computer. It is free, but please be aware if you join other people within the group could access your mobile. Here's the link: <https://chat.whatsapp.com/4hGIz6PuskcHJ8IBMwUJzP>



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-2019	this is to be added to our Club GP listing
Seaford	13-Jul-2019	
Eastbourne	27-Jul-2019	
Peacehaven	3-Aug-2019	also in Club GP
Hove Prom	17-Aug-2019	
Seaford	31-Aug-2019	
Hove Park	14-Sep-2019	
Eastbourne	21-Sep-2019	also in Club GP
Peacehaven	5-Oct-2019	
Seaford	9-Nov-2019	also in Club GP
Seaford	7-Dec-2019	
Seaford	21-Dec-2019	

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:
chrisebeau137@btinternet.com

Good luck to one and all!

Lewes 10k Fun Run by Josh Nisbett

We were inspired by our former Chairman and Club Founders' grandson, Harrison, after his performance running the 1 mile race around the Lewes track on Easter Monday.



Seven Striders went on to take part in the Lewes 10k.

Starting and finishing at Lewes athletics track the route runs alongside the Lewes bypass on a country road. It then heads out through the fields to Iford before return to Lewes in one big circular loop. With only a couple of slight inclines that were apparently 'mountains' last year according to Jazzy this route is pretty flat. I'm informed the weather this year was far better than last, the sun was out the whole time.

Being part of the West Sussex Fun Run League this event was fairly relaxed and light hearted. I enjoyed running it leisurely with no intent for a time or position. Running alongside Joe and Jazzy was great fun as usually I don't get to do that in races.

First across the time was Toby Meanwell of Lewes AC in 36:06, but more importantly the first Strider home was Jazz Shiret in 51:54 15 minutes faster than her time last year. Other strider through the line are as follows; Joe Plant 51:56, Josh Nisbett 51:57, Graham Smith 54:52, Amanda Feast 57:01, Emilie Tearle 58:43 and Andy McDonald 1:06:07.

Mid Sussex Marathon Weekend by Josh Nisbett and Tom Roper

The Mid Sussex Marathon Weekend is made up of three races over three days totalling a marathon distance. Held on the first May bank holiday weekend this group of races is in its eighth year, and was my third time running it all. The three Striders who completed the three races were Amanda Feast, 114th overall in an aggregated chip time of 04:15:02, Josh Nesbitt, 9th overall in 03:04:54 and Tom Roper, 211th (out of 233 who finished all three) in 05:25:06.

East Grinstead on the first day had a strong turn out from Linfield Runners, with a team of ten, three of which were in the top 20. In the first mile as everyone was unsure of each other's abilities a tightknit group of ten or so formed. But as soon as the route narrowed through trail paths, pace shone through and the pack split. We were then just running with one or two people around us.

This didn't stop the support of each other as the route double backs a couple of times, as mutual words of encouragement were spoken in passing. The first day was won by Patrick Brown of East London Runners in a time of 59:36 who would also claim the spoils on the second day at Haywards Heath. Myself, Tom and Amanda who had signed up for all three races were joined on the first day by Lauren, Trevor and Julie who put in some great runs and hopefully enjoyed the scenic course too.



Day two at Haywards Heath being an event in our club Grand Prix, attracted more of our runners. We three were joined by, in order of finishing: Josh Rudd, Adam Haverley, Anneka Redley, Bryony Clarke, Jazz Shiret, Natasha Swan, Haydn Cummins and Terry Ward. It's a slightly different course format of two five mile laps in the heart of the town, which somehow manages to provide the vast majority of the route through trail paths again.

With a lot of the front runners from East Grinstead doing all three days, at the start line of day two we all swapped our thoughts from day one before heading off. Due to acquiring two blood blisters from the day before and a very tight calf muscle, I wasn't in the thick of it and was left chasing the others I had been running with yesterday the whole way round. Still, once I did eventually cross the finish line I was greeted by the guys from day one who all congratulated me and each other. As mentioned earlier Patrick Brown won again, in one hour exactly. I came home in 20th, seven places back from day one

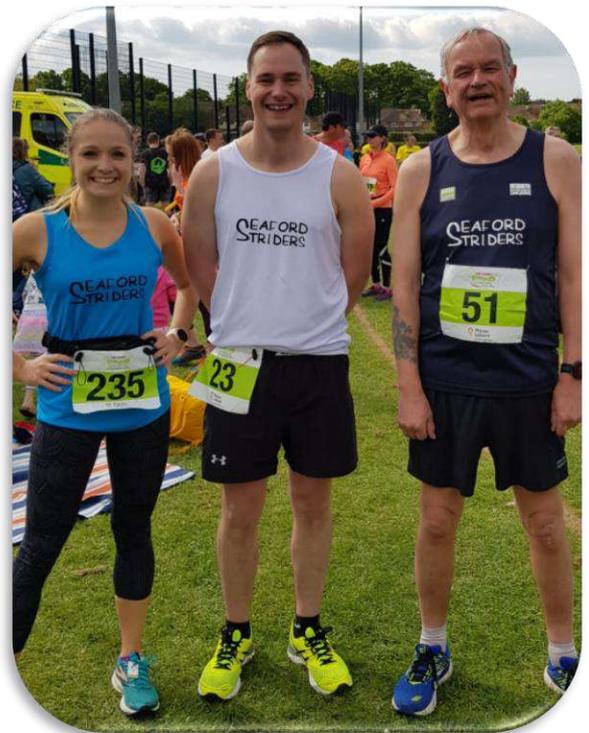


The weather finally showed up for the final day in Burgess Hill. Although not quite as hot as last year's 27°C, the sun was shining on our final run, this time just a 10k to contend with. Not being at 100% I set off with the intention of running an easy first half and to see how I felt for the second.

The format for the final day was another two-lap course, this time around fields. The difference here was you had to run a kilometre or so to the fields first, as it started and finished at a nearby academy (school/college in old money). My first lap felt good and by then the front ten runners were well gone. I dug a little deeper the second lap and to my surprise I managed to pass three of four people. As I exited the fields and headed back to the academy I heard the PA system announcing the first runner in. This time a different runner from Arena 80, Timmy

Gedin in 35:55, Patrick came 3rd in bare feet! Once again, we were joined by another group of Striders for the last day and in finishing order; Josh N, Louisa, Graham, Amanda, Debbie and Tom.

Over the weekend our cumulative marathon times and places are as follows; Josh Nisbett 3:04:54 (9th), Amanda Feast 4:15:02 (114th) and Tom Roper 5:25:06 (211th). We also each came home with some exciting new bling!



Junior Striders Gathering Pace



Pic cap: A trio of our volunteer coaches 'modelling' the weekly trophies given out to the younger section of the junior Striders.

The junior section of the Striders has grown (literally) over the past nine months.

Our next generation of runners meet every Wednesday at 6pm at the Downs Leisure Centre to be put through their paces and regularly attracts more than 50 young people.

The 6-9 years-old group use the Astroturf pitch, hence their nickname 'The Astros' and coaching is led by Wendy Reed and Jerry Lyons with regular support from Simon Homer, Lisa John and Nick Farley, as well as some mums and dads.

For the love of running

The 'Astros' focus is on getting the kids to enjoy running and being physically active. Each week three trophies, provided by the club, are handed out at the end of the session.

These are for Boy of the Week, Girl of the Week and Junior Strider of the Week. The three things that put the kids in the running (see what we did there?) for the trophies are good listening, supporting team-mates and trying your hardest.

Since Wendy introduced the idea the level of friendly competition and effort among the Astros has really rocketed.

Wendy said: "Thanks to the support of Rob, Hillary and the committee we've been able to buy the trophies and plenty of equipment which have all gone towards making the sessions more enjoyable and popular."

Stepping up

Across from the Astros Simon Nixon leads the 10 years-old and above group.

The emphasis here is to get the older kids to run longer distances and introduces them to road running.

We're always looking for more volunteers for this group to enable us to take the older Juniors out on the road.

If you want to volunteer across either group contact:

Wendy@learndevelopenjoy.com for the 6-9-year-old group or Simps.01976@gmail.com for the 10 years and above group

Race Reports:

Thank you everyone for your race reports and photos. Please send your race reports for the July newsletter to me at: fawz650@gmail.com Happy running everyone, keep safe and injury free - Fawzia

CLUB EVENTS



Mondays, 3rd June & 1st July

Wednesday, 19th June – Seaford Sailing Club

Monthly Training Session

7.30pm – Lewes Track

Summer Solstice 5k and 2.5k run

For both adults & juniors

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.

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 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



CLUB GRAND PRIX EVENTS

Event	Date	Info
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

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

02 June – 07 August		10 August – 01 January 2020	
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
Jun 05	Felpham 5 Beach Race (N.B. Wednesday)	Aug 11	South Coast Run 5K, 10K, Half Marathon. Seaford
Jun 09	Weald Challenge 50 K & Half Trail Race	Aug 17	Decoy Dash 10K
Jun 09	Mud Monsters 20K, 10K & 5K E Grinstead	Aug 25	Windlesham Whip. WSFRL
Jun 16	Hove Park 5k & Junior races	Aug 26	King's Head Canter 5K
Jun 16	The Madehurst South Downs 10k & 5K	Sep 01	Fittleworth 5 miler & Junior races
Jun 19	Centurion Country 5, Lavant	Sep 01	The BBB10K
Jun 21	Robertsbridge Midsummer 10K & 5K	Sep 06	The 14 th Rye Summer Classic Series 5K Race Three
Jun 22	Downhill Dash - Hassocks 5 miler & Junior races Saturday	Sep 08	Hellingly 10K Sussex Grand Prix
Jun 22	Boxgrove 5K	Sep 08	K9 Challenge. Brighton
Jun 23	Bates Green Gallop 3.78 mile laps – as many as you want!	Sep 14	Rewell Wood Running Festival
Jun 23	David Lloyd Clubs Worthing Ultra/Marathon & Relay	Sept 18	Worthing 4 miler & Wednesday
Jun 23	Heathfield Mid Summer 10K SGP	Sep 22	Tilgate Forest, Crawley 5 miler & Junior races
Jun 24 - Jun 30	Marathon Madness – 1 every day for 7 days	Sept 25	Worthing 4 miler & Junior races Wednesday
Jun 26	Bexhill 5K Race Series 2& Junior races Wednesday	Sep 29	TEMPO 10K, Eastbourne
	Maverick Inov-8 Original East Sussex 5k, 15K 7 23K	Sep 29	Barns Green Half Marathon & 10K
Jun 30	Martello Half Marathon Seaford	Oct 06	Lewes Downland 10 mile Sussex Grand Prix
Jul 3	Roundhill Romp 6 miler & Junior races Wednesday	Oct 06	Chichester Half Marathon, 10 miler & Relay
Jul 4	Eastbourne Junior Twilight Runs	Oct 06	Lewes Downland 5 mile
Jul 5	The 14 th Rye Summer Classic Series 10K Race one	Oct 13	Great Walstead 8K & Junior races Lindfield
Jul 6	St Lawrence Fair Fun Run	Oct 20	Hove Prom 10K. Sussex Grand Prix
Jul 7	Bewl 15 Mile Sussex Grand Prix	Oct 20	Worthing Seafront 10K
	Brighton Phoenix 10K Sussex Grand Prix	Oct 20	Great Bottom 5, Nr. Arundel
Jul 14	Beat the Tide	Oct 26	Beachy Head Marathon & 10K
Jul 14	Hornets' Stinger 10K & Junior races Brighton	Oct 27	Steepdown Challenge 5 miler & Junior races , Lancing
Jul 17	The Eastbourne Golden Mile & 5K	Nov 03	Gunpowder Trot 4.5 miler & Junior races , Horsham
Jul 19	Run 530 Brighton	Nov 09	Poppy Half Marathon
Jul 21	Brighton TrailBlazer	Nov 10	Rewel 5 nr Arundel
Jul 27	Lunar Tic Night Marathon	Nov 17	Brighton 10K
Jul 28	Henfield Seven Stiles 4 miler & Junior races	Nov 23	Winter Chase. Rye
Jul 31	Bexhill 5K Series 3 Sussex Grand Prix	Nov 24	Crowborough 10K. TBC. Sussex Grand Prix
Aug 1	Eastbourne Junior Twilight Runs	Dec 08	Mince Pie 10 miler, Peacehaven
Aug 2	The 14 th Rye Summer Classic Series 10K Race Two	Jan 01	Hangover 5 miler & Junior races Worthing.
Aug 7	Highdown Hike 3.5 miler & Junior races , Durrington Wednesday		