



SEAFORD STRIDERS NEWSLETTER

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

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August 2019

Welcome to new Striders

Welcome to our new Striders this month: Anna Cave, Liz Corcoran, Victoria Donno, Tabitha Ellwood, Maria Holmes, Steve Humphreys, Karen Turner and Nikki Turnwald



Happy running everyone, we are glad to have you with us!

Seaford Striders Sports Day – 11th August



Don't forget the Seaford Striders Sports Day on Sunday, 11th August at Newhaven Football Club from 1 p.m. There will be old school races, e.g. the egg and spoon race, etc. There will be a BBQ and the bar will be open! There will be an entry fee payable on the door, and all proceeds will be going to charity. Do come along, it's open to all members, family and friends, and it should be fun.

Special Striders 10K event

With your help Seaford Striders would like to organise a special 10k event for our current batch of 5 to 10k'ers. The objective is to give them a flat course for which they don't need to pay or book their place and by holding it ourselves we are seeking to take away any pressure they might ordinarily feel regarding their speed.



The event is scheduled for 9am on Sunday, 1st September. The course will start on the seafront, mid-way between the Martello Tower and Splash point and run along the prom to the Sailing Club, then out along the road, under the railway bridge and up to the A259. From there it will turn left and run along to the nature reserve where there will be a turnaround point and then back to the start point

Like all such events, it needs volunteers to both marshal and run with the 5 to 10k'ers and we hope you will be as generous as ever with your time. Nick Farley has kindly agreed to help with the marshals, so please contact him if you can offer your assistance. Those of you who normally run with this group on a Tuesday evening will hopefully be able to do so during this event. Please contact me to confirm you will be free to do so.



Once we have finished it is hoped you will stay around and cheer in the rest of the group. The Martello Kiosk is close at hand so please bring money for refreshments.

Thanking you in advance.

WhatsApp – car shares and runs (strictly Striders only)



Striders' WhatsApp group is for anyone who wants to get together for a run or car share to an event. It is 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>

Sussex Grand Prix (Race series) – Your club needs you!



Current standings

With 7 of the 12-race series completed, it looks like being a modest year for the Striders team. Participant numbers have been down on 2018. We have seen the requisite 5 male and 5 female for a full scoring team in just 2 of the 7 races (Hastings 5 and Heathfield 10K).

In the individual standings Chris Wilmot and Graham Little have reached the requisite 6 races (and can now concentrate on incrementally obtaining greater points from dropping their lowest score at Hastings half).

Team

Seaford Striders after 5 published and checked race results as a combined woman and men's team are placed in 8th. (Placed 3rd in 2018/9). Open scoring (no age restrictions) first 5 men first 5 women counting scores.

Club	Code	Overall Rank	Hastings Half	Hastings 5	Rye 10	Horsham 10K	Heathfield 10K
Hastings Runners	HASRU	1	3	2	2	15	2
Wadhurst Runners	WADHU	1	2	3	1	4	3
Brighton Phoenix	PHOEN	3	6	9	5	1	1
Hailsham Harriers	HAILS	4	4	4	4	6	5
Crawley Saints and Sinners	CRSAS	5	11	16	3	2	7
Uckfield Runners	UCKFD	6	8	6	7	5	6
Heathfield Runners	HEATH	7	7	7	9	7	4
Seaford Striders	SEAFO	8	9	5	10	8	8
Arena 80 AC	ARENA	9	10	13	6	10	11
Hastings AC	HASAC	9	1	1	16	19	19
Haywards Heath Harriers	HAYHE	11	15	12	8	9	13
Crowborough Runners	CROWB	12	12	10	12	16	9
Horsham Joggers	HOJOG	12	13	16	11	3	16
Lewes AC	LEWES	12	5	14	17	13	11
Eastbourne Rovers AC	EASTB	15	14	8	18	12	15
Brighton & Hove City AC	BHOVE	16	17	11	14	17	10
Henfield Joggers	HENFI	17	16	15	13	14	17
Arunners RC	ARUNR	18	19	16	15	11	18
Burgess Hill Runners	BHILL	19	18	16	18	18	14
Bexhill Runners	BEXRU	20	21	16	18	19	19
Steyning AC	STEYN	20	20	16	18	19	19

Individual Results

After 7 races the provisional highest place Striders are Chris Wilmot in 16th in the Men's and Becky Souissi in the women's There are 7 men in the top 100 and 4 women.

There is plenty of change anticipated particularly as the quickest runners achieve 6 race results. There are 5 races left starting with Bexhill 5K on 31st July.

	Position Age cat	Position Overall		Position Age cat	Position Overall
Chris Wilmot	5	16			
Graham Little	10	33			
Nick Farley	9	43			
Jeff Young	5	46	Becky Souissi	2	18
Adam Haverly	13	65	Jazz Shiret	8	72
Graham Jones	6	67	Lauren Morgan	9	85
Joshua Rudd	16	83	Victoria Maleski		93

Integrity of the SGP competition and club reputation

The volunteers who run the Sussex Grand Prix on behalf of clubs use the published race results from the organisers website. Therefore if the official race results are not representative of actual performance of that individual the integrity of the competition is compromised.

If due to injury, or for any other reason you are unable to compete in a SGP designated race and want to make your race number available for another Strider please take the following action.

- Contact the race organisers before the race ask to correct the race entry records
- Contact the race organisers (before or soon after race results compiled)
- Advise Matt Franks via What's app messenger group to check provisional results to inform SGP organisers of error (likely that replacement runner will receive zero points if left late)

Competing in the Sussex Grand Prix (SGP) for Seaford Striders

As the SGP take scores from official race organiser website it is important that at registration you make sure Seaford Striders RC is assigned as your running club. Most races only allow this if you are an English athletics affiliated athlete. Membership with affiliation is an option in MemberMojo when you pay your annual club fee.

Good luck in the remaining 5 races, let's strive to get a full team out in each.



Striders conquer Ben Nevis



Graham and family prove that Striders don't just run – they also have fun....! Up in 2:01:37 and down again 1:38:42

Fantastic pics – well done!

Club Grand Prix Events

Just over halfway through the 2019 schedule, Anneka Redley and Jeff Young continue to top the tables, but with several runners not far behind with games in hand (or rather races in hand).

Upcoming events are the Peacehaven Park Run on 3rd August, which will be scored on Age Grading, and the Hellingly 10K (a fabulous rural road race which everyone should have a go at, at least once!) on 8th September. Hellingly is also a Sussex GP race.

Full listings of placings and events can be found on the club website.

Event	Date	Info
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

5K Challenge

This is based entirely on Age Grading, and the first race was the Seaford Park Run on 29th June. This attracted 60 Striders, including 21 Couch to 5K runners for their graduation run.

After 3 events, Caroline Swinden and Jeff Young lead the way, but there is a long way to go, with 9 runs still to be completed. As the best six results will be used to calculate points tally for the end of the year, it is not too late to join in.

The next two runs are, again, Peacehaven on 3rd August, (so 2 sets of points are up for the taking at Peacehaven), and then Hove Prom on 17th August. This is a fast flat course, a real opportunity for a Personal Best followed by a bacon sandwich at the Lawns Café (vegetarian options also available!)

Newcomers to Park Run will need to register in advance, so as to obtain a bar code, which has to be presented at the end of the run.

<https://www.parkrun.org.uk/register/>

Do please include the club name in your registration, to make it easier to find you in the results!

Event	Date	Info
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	

The Phoenix 10K – Tom Roper

The Phoenix 10k, the seventh race in the Sussex Grand Prix series, comes hard on the heels of the Bewl 15 miles, the latter held only four days previously. One might think of an evening 10k in July as a gentle relaxed occasion, but this is a tough race. It takes in parts of the Brighton Marathon course – the feared Road to Hell – and the Hove Prom 10k, with which it shares, roughly speaking, a start and finish position.



It's an out and back, going for 5k along Hove Prom, then out along the road to the power station. Its pleasures are largely olfactory: first, the almost overwhelming stench of barbecues on Hove beach, mingled with the sweet-scented tobacco so popular with the residents of Brighton and Hove. Later, as one approaches the port, this is supplanted by the smells of fish and industrial processes; this is where the sweat begins to flow.

Full marks then, to the Striders who tackled this on 10th July. Simon Coppard was first Strider home in 38:55, followed by Adam Haverley in 45:28. Then came Scott Hitchcock in 46:24, Graham Jones in 48:36, Anneka Redley, first Strider lady in 48:36, and Chris Wilmot in 49:38.

Just outside the 60-minute barrier came Lauren Morgan (1:01:34), Graham Little (1:02:14), Julie Taylor and Tom Roper (both in 1:03:21) performances which suggest that sub 60 10ks cannot be far away.

All times are chip times. Overall, Paul Navesey of Crawley AC was first in 31:00, while the first lady was Elspeth Turner of Horsham Blue Star Harriers, in 37:24.

There is another SGP evening race at the end of July, the Bexhill 5k; do enter and experience summer evening racing by the sea.

Run 530 Brighton, 5k – Wendy Woodford

Run 530 are experimental events to promote an active lifestyle with the combination of daily physical activity and a balanced lifestyle and to increase the wellness of people in the town they live and work.

I was duped into participating in this event on Friday, 19th July, by a work colleague and the minute I got out of bed at 4.30 am on the day of the event I decided that I was never signing up for this again, it's so early! However, a couple of days beforehand my 15-year-old son Jack surprised me and said he wanted to join me.



After I got over the initial shock of getting up so early for a reason other than going on holiday, I started to enjoy the experience. The drive into Brighton took literally 10 – 15 minutes at the most and I parked for free on the street, neither of these things have ever happened to me before.

The run started at New Road outside the Theatre Royal, as soon as I got there it felt so relaxed and like a fun event. At 5.30 am we found ourselves winding our way up North Street, around the corner into Ship Street then out to the Seafront where we went as far as Hove Lawns before turning around and coming back along the front and through the town back to the starting point. I kept thinking it must have been a shock if you weren't expecting 750 runners to come past you in bright yellow t-shirts at such an ungodly hour.

All in all, it was a great event, very well organised with a t-shirt, medal, fruit and yogurt drinks all of which helped! I was also so proud of my son; it was the furthest he had ever run and annoyingly he seemed to do it with ease. We were back home by 6.45 am to get showered, dressed and start our day at work and school.

When I got to work it was actually a really nice feeling to know that I had started my day off in such a positive healthy way and despite my original feelings I would consider it again next year but maybe it could start at 8.30 am.

Thank you, Tom, Wendy, Matthew, Chris and Hilary for your contributions and photos to this month's newsletter. Please send in your race reports for the next newsletter, they make interesting reading for everyone. You can send them to me at:

fawz50@gmail.com

CLUB EVENTS

<p style="text-align: center;">Thursday, 1st August</p> <p style="text-align: center;"><u>Thirsty Thursday</u></p>	<p style="text-align: center;">The Old Boot Seaford High Street From 7.30pm</p>
 <p style="text-align: center;"><u>Mondays, 5th Aug & 2nd Sept</u></p>	<p style="text-align: center;">Monthly Training Session 7.30pm – Lewes Track</p>
<p style="text-align: center;">Sunday, 11th August</p> <p style="text-align: center;"><u>Seaford Striders Sports Day.</u></p>	<p style="text-align: center;">Newhaven Football Field from 1pm</p>

COMMITTEE MEETING

Advanced notice that the next Striders Committee Meeting will take place at the White Lion Hotel on Tuesday, 1st October 2019. 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.

CLUB KIT



Sapphire Blue*



Jet Black*†

Club Kit has historically been the black with white writing but in 2019 the decision was made to add the Sapphire Blue with black writing. Either of these colours can be worn for running in Sussex Grand Prix races.

All new members will receive a voucher to exchange in InterSport, Seaford for either a free vest or tee-shirt, which is part of their first year's membership deal.



Electric Yellow

Electric yellow is the club colour for juniors. This colour can also be purchased by the seniors for wearing on club nights, together with a range of other colours, which can all be purchased from InterSport, Seaford.

Short sleeved tee-shirts are £12 and long-sleeved are available in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue for £15. Vests are also available in a range of colours for £11.

Black club hoodies, either with a full-length zip or without a zip can also be purchased for £16.50 – available in all sizes from juniors through to seniors.



Airforce Blue



Arctic White*†



Ash



Baby Pink



Bottle Green



Burgundy



Charcoal



Desert Sand



Electric Green



Electric Orange



To order, please call in to see Nick or Ollie at InterSport Seaford or Tel: 01323 898516

Please note a 10% discount is available to Striders who purchase other items of 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.

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)



Extensions, ground work, etc.
Tel: [01273 959343](tel:01273959343)

Residential lettings in Brighton
Tel: [01273 672999](tel:01273672999)



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

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

27July - September		October – May 2020	
Jul 27	Lunar Tic Night Marathon	Oct 6	Chichester Half Marathon, 10 miler & Relay
Jul 28	Henfield Seven Stiles 4 mile & Junior race	Oct 6	Lewes Downland 5 mile
Jul 31	Bexhill 5K Series 3 Sussex Grand Prix	Oct 6	Lewes Downland 10 mile Sussex Grand Prix
Aug 1	Eastbourne Junior Twilight Runs	Oct 13	RISE 8K Undercliff Women's race
Aug 2	The 14 th Rye Summer Classic 10K Race 2	Oct 13	Great Walstead 8K & Junior race Lindfield
Aug 7	Highdown Hike 3.5 miler & Junior race Durrington Wednesday	Oct 20	Hove Prom 10K. Sussex Grand Prix
Aug 10	13 The Hardway	Oct 20	Worthing Seafront 10K
Aug 10	Twilight Chase. Rye	Oct 20	Great Bottom 5, Nr. Arundel
Aug 10	Downland Challenge	Oct 26	Beachy Head Marathon & 10K
Aug 11	South Coast Run 5K, 10K, Half. Seaford	Oct 27	Steepdown 5 miler & Junior race , Lancing
Aug 14	Goodwood 5 mile & Junior race	Oct 27	Crawley K2 10K
Aug 17	Decoy Dash 10K	Nov 3	Beckley 10K
Aug 18	Henfield Half	Nov 3	Gunpowder Trot 4.5 miler & Junior races , Horsham
Aug 25	Newick 10K	Nov 9	Poppy Half Marathon, Bexhill
Aug 25	Windlesham Whip. WSFRL	Nov 10	Rewel 5 nr Arundel
Aug 26	King's Head Canter 5K	Nov 17	Brighton 10K
Sep 1	Fittleworth 5 miler & Junior race	Nov 23	Winter Chase. Rye
Sep 1	The BBB10K	Nov 24	Crowborough 10K. TBC. Sussex Grand Prix
Sep 6	14 th Rye Summer Classic Series 5K Race 3	Dec 7	Worthing Women's Xmas Cracker 5K & 10K
Sep 7	Arlingly Village fun run Juniors with adult	Dec 8	Mince Pie 10 miler, Peacehaven
Sep 8	Hellingly 10K Sussex Grand Prix	Dec 21	Hastings Xmas Pudding 5mile & Junior race
Sep 8	K9 Challenge. Brighton	Jan 1	Hangover 5 miler & Junior race Worthing.
Sept 8	Rye Ancient Trail 15K & 30K	Feb 2	Chichester 10K
Sept 8	Littlehampton 5 & 10K – Chestnut Tree Hse	Feb 23	Brighton Half Marathon
Sep 14	Rewell Wood Running Festival	Mar 15	Moyleman Marathon, Lewes
Sep 15	Rother Valley 10K	Apr 18	Brighton Mini Mile
Sep 22	Tilgate Forest, Crawley 5 mile & Junior race	Apr 19	Brighton Marathon, 10K & Bike Ride
Sept 28	Alfriston 10K & 1K & 5K fun runs	Apr 26	London Marathon
Sep 29	TEMPO 10K, Eastbourne	May 2	East Grinstead 10 mile (Marathon Wknd)
Sep 29	Barns Green Half Marathon & 10K	May 3	Haywards Hth 10 mile (Marathon Wknd)
Sep 29	East Grinstead 10K	May 4	Burgess Hill (Marathon Wknd)
		May 10	Gatwick Half & 5K