



# SEAFORD STRIDERS NEWSLETTER

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

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The end of the decade newsletter 2019!

## As always, a warm welcome to our new Striders:

Tracey Beverley, Simon Croucher, Michelle Dobson, Sophie Phillips, Chris Salmon, Robert Sargeant and Gavin Wright

Happy running!

## Striders Presentation Evening



You are all invited to come along to the Striders Presentation Evening on Saturday, 18<sup>th</sup> January at the Denton Island Bowls Club. If you would like a ticket then let Anneka or Kristy know - any club night, via email, whatsapp or however else you usually reach them. Payment can be made by cash, bank transfer or cheques - all are acceptable (Contact Anneka or Kristy if you need payment details). [annekaredley@gmail.com](mailto:annekaredley@gmail.com); [kristianesherry@gmail.com](mailto:kristianesherry@gmail.com)



## The Brighton 10K, Nov 18th – Julie Taylor

The morning of the Brighton and Hove Athletic Club's Brighton 10K road was beautiful and fresh. It is one of the oldest 10K road races in Brighton and was originally set up in 1984 to help and encourage fitness.... and what a great success.

I prepared my kit the night before; number attached, trainers, kitchen sink and all. Never using an alarm clock, I take myself off to bed at around 10.00 whilst saying goodnight to my son Brandon, wishing him a great evening out in Brighton. Me, being Mum, I said all the boring meaningless stuff – and finally asking "have you got your keys?" Response very loudly YES. Well guess what...hey presto 04.30 a.m. I get a very jolly, apologetic son at the front door trying to text me, saying 'so sorry mum I've forgotten my keys.' I love preparation ;)

The morning of the race I set off early, wandered down to the action, the place is buzzing with runners doing their thing. Whilst standing around watching and listening to all of the high spirits

of the fabulous runners...we get the 15-minute call from the organizer to start heading towards our pens, for whatever reason the panic started to kick in...why? I have no idea.... telling myself get a grip Taylor...phone in hand...what shall I do? Who shall I call? (Ghostbusters?) No. Team Striders (WhatsApp) best thing I ever did...Thank you.

The countdown is now happening and I'm off. It's always a little bit of a tight squeeze to start with but it thins out quite quickly, just really enjoying the run. We started along Marine Parade out to King Alfred, back along the front, to pass the start line (shouted out 'good morning Tom' to Tom who was marshaling - thanks Tom)...and the 1.5 marker to go', which is always a killer! Then on to Black Rock and finally back to the start/finish line. A fab morning with super support along the way.



## Crowborough 10k – Josh Nisbett



On Sunday the 24th of November a whopping 20 Striders took part in Crowborough for the 5k and 10k race, the latter was the final round of the Sussex Grand Prix where all was up for grabs both county and club wise. Crowborough is a two lap course for the 10k and one lap for the 5k. The first half is downhill followed by the second half of each lap being uphill which is no exaggeration. So there is no way averaging your pace on this race, it's a tough one to run. So a massive congratulation to every Strider who ran this one. Correct me if I'm wrong but in his first outing as a Strider Rolando 'Roly' Hutchinson came 3rd in the 5k race in a time of 20:09 and picked up a trophy in the process.

First across the line was Ryan Driscoll of Tonbridge AC in 33:12, followed by two of his teammates who obviously took the team award for the day. First home for the Striders was Nick Farley in 41:52, I followed behind in 41:57, then it was Josh Rudd in 42:10.



Our other team results were as follows; Jeff

Young 42:35, James Marron 43:34, Ray Smith 46:58, Anneka Redley-Cook 48:27, Louisa Scola 50:57, Emilie Tearle 51:18, Natasha Swan 51:36, Chris Wilmot 51:46, Lindsay Tearle 55:09, Rob Tearle 1:00:50, Debbie Plant 1:02:37, Chloe Wilmot 1:03:14, Lauren Morgan 1:05:48, Victoria Maleski 1:14:24, Becky Souissi 1:16:48 and Sharon Plank 1:17:17.





# Beachy Head Marathon – Adam Haverly

I don't think I can start this race report on race day as the prep took months of many long runs across the downs with a head torch on a Sunday night (what was I thinking?!)

Come the Saturday morning, it was the big day. Months of training had led up to this. I felt ready, tired but keen. The atmosphere was great. I chose to do this as my first marathon after starting the Couch 2 5K group 2017. Looking at photos from the 2018 race everyone looked like they were actually enjoying it (or they were tears of pain) so I signed up hoping to enjoy it as much!



Seeing lots of Striders at the start set a positive mood for the challenge ahead, everyone seemed excited but nervous. Making our way to the start line I was pleased to see people dressed as nuns in a group – serious stuff! The clock struck 9 a.m. and we were off, runners, walkers and dogs. This was Charlie's first marathon too; little did he know how many miles lay ahead.



The first few miles were obviously hilly but enjoyable, the rain was on pause and spirits were high. As the first aid station came into view I had to do a double take, there were all sorts of treats to keep runners going!

The miles carried on ticking by, around the halfway point at Alfriston I walked up most of the hills. Seeing the Striders water station at High and Over was a massive boost. More Mars Bars and some treats for Charlie, and we were on our way again.



Working our way through Friston Forest I threw the dog into a water trough to cool off. More Striders support at Cuckmere Haven - I knew what was coming though.

The Seven Sisters – fantastic views, punishing hills, the end is getting near though. Up and down for several more miles battling a side wind. The miles were getting more and more difficult at this stage. I saw my wife and daughter just after Birling Gap, a real boost. The final push was hard, but I knew we could do it, all that training was worth it. Just before the finish I saw Tim – I bet he finished hours ago!

Down the final hill and through the finish, 26.2 miles-ish - my first marathon completed. I felt elated, and the dog was still pulling! Medals for all and a hot meal in the staff canteen. Excellent. I bought a pint, which I had promised myself and that was one of the hardest pints to drink ever!

Tim Dymott 03:38:44; Simon Coppard 04:26:34; Joe Plant 04:30:07; Alan Browne 04:32:49; Jeff Young 04:33:46; Amanda Feast 04:33:46; Bryony Clarke 04:42:31; Louisa Scola 04:44:36; Tim Knight 04:54:26; Emilie Tearle 04:56:12; Jazz Shiret 05:22:31; Wendy Reed 05:28:21; Sarah Simcock 05:32:34; Lindsay Tearle 05:38:18; Tracy Pragnell 06:29:30; Holly Miller 06:29:30; Lauren Morgan 07:03:19; Steph Woodward 07:08:04; Simon Nixon 07:42:12; Helen Cox 07:42:13; Lisa John 07:42:13

## Good Wood Marathon 8th December – Amanda Feast

At first, the prospect of running laps around a car-racing track did not sound like my idea of a fun marathon, but after the undulations of Beachy Head in October I was ready to try a flatter course!

RunThrough UK organize a series of events on the same day at Good Wood from a 5k up to a full marathon distance, so everyone can run around the course, completing their distance at their own pace. I loved this as it meant runners were constantly overtaking one another and spurring each other on.



I ran the marathon, 11 laps (and a bit) around the course, which sounds like a lot but I quite enjoyed it as a way to break down the distance into manageable chunks. Someone I ran with even had 11 knots on a piece of string, undoing one at each lap to help him count down to the finish, which I thought was a fab idea. The live music every lap also helped give runners a boost while they ran round and round (and round) the track. The Christmas songs on steel drums were a particular favourite of mine.

Kirsty Sherry also took on a Good Wood challenge that day, running an incredibly impressive 1:44:01 half marathon. I finished in 3:39:59, which I was over the moon with. Zingy also ran the marathon and finished in a brilliant 4:52.

This marathon was the first of my 12 in 12 challenge – where I hope to run 12 marathons in 12 months to raise money for the Martlets Hospice.

## Peacehaven parkrun – Richard Honeyman - 14 December 2019

Being an advocate of 'parkruns' including Seaford and Peacehaven I was pleased to hear that our very own Dame Kelly Holmes – double Olympic Champion at Athens in 2004 was present at Peacehaven on what was a cold blustery winter's morning. After being introduced, Kelly said a few words stating how much she liked the concept of 'parkun' no matter what your ability is – even if you run, jog or walk round. She said she isn't paid as one of the 'parkrun' ambassadors either, but I sensed it was her way of giving something back.

After setting everyone off she soon overtook others and myself and started the new winter route, which is essentially a 'P', i.e. a lap round the sports pitches that encloses the playground and in the opposite direction to previously, then eastwards as normal until near the turn where you run down the dip and up again – anyway that does not happen now - you do a U-turn

round a bollard back towards the start line. Essentially you run this 3 times although just before the end of the last lap you cross over the route into the finish area that was used before. That bit is well marshalled otherwise you might get a collision. The beauty of this route is that it is all on a track – no grass involved.

Kelly was brilliant and in fact it is a bit surreal when you run one way and see her the other side in the opposite direction – she along with the likes of Jo Pavey and Paula Radcliffe are legends and I have the highest regards for these top athletes. To her credit she completed in under 20 minutes in 19:50 even though she said she has retired 14 years ago and is not that good.

Afterwards she ran round several times encouraging other slower runners/joggers and walkers including high 5s as appropriate – this included myself. Kelly also took part in plenty of photos opportunities either for individuals' or groups like Run Pals.

All in all a great morning for a popular athlete and I would like to thank Run Pals and Peacehaven 'parkrun' for organising this.

## MINCE PIE 10 miler – Terry Ward

Although the wind was very strong, especially on top of the downs, the sun shone for our race, which made it almost ideal for running. The same number of 600 entrants was again the limit this year and had sold out by mid 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 into place by Josh N. 'Nice Work' set up the start line for the chip timing, the goody bags were filled and the cakes began arriving brought in by members and friends ready to be sorted by Donna H. and her girls.

Duncan B. and his team of car parking marshals, some of whom were from Seaford Bonfire Society, 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, for some it was their first time, and ensured they were going to be in the correct place.

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. Rob probably had the most difficult fancy dress, as his Father Christmas outfit was plastic and soon turned into a sauna. Lucky he wasn't running!



The First Aid team and SERV (who help control the traffic with their bikes) were briefed along with the Race Adjudicator and the welcome and 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 wasn't going to last.

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



runners (Orpington Road Runners who had arrived in a coach and were off to Brighton afterwards for their Christmas night out).

There were 497 finishers, which is a record number. Results were: 1st male Michael Caffyn 1:02:12 Run Academy Worthing; 2nd male Thomas Caffyn 1:02:21 Run Academy Worthing; 3rd male Ross Brocklehurst 1:02:34 Hailsham Harriers

1st female Alissa Ellis 1:07:34 Hailsham Harriers; 2nd female Jade Elphick 1:08:12 Unattached 3rd female Tara Shanahan 1:10:13 Arena 80 AC

A big thank you to the Mince Pie Committee members who have been working hard for many months to ensure everything went smoothly on the day and to everyone else who marshalled or helped. Photos courtesy of Tony Humphreys and Richard Honeyman

## Club Grand Prix update

The Cross Country at Framfield on 15th December finally determined our men's' winner this year. Although Jeff Young finished that event ahead of Nick Farley, it was Nick who triumphed. His 18 points on the day replaced his previous lowest of 17, so he pulled away and won the competition by two points. Well done Nick, and to Aneka who did not need to run the XC event to win the ladies' competition.

We will be finalising the 2020 Club GP schedule early in the new year, but meantime can inform you of the opening events for the purpose of advance planning...

15th February 2020 Seaford Park Run (based on age grading)

8th March 2020 Cross Country at Pett

29th March 2020 Hastings Half Marathon (also in Sussex Grand Prix)

The 2020 listing will be made up of a variety of distances for a variety of abilities, so everyone is encouraged to have a go!

## 5K Challenge

Louisa had a storming run at the Seaford Park Run on 7th December, as a result of which she is the ladies' winner of the 5K challenge, even before the final event on 21st December. Also, at the top of the mens' table, Jeff Young cannot now be caught. So, well done to Louisa and to Jeff, both very consistent on age grading over the past 6 months.

The 7th December Park Run was notable, in that the first 3 were all Striders – Jeff Young, Dave Dunstall and James Marron. Amanda Feast finished 10th overall, a piece of light relief compared to marathon training!

## Club Events

**Striders Club Presentation Evening**

**Denton Island Bowls Club**



**6<sup>th</sup> and 20<sup>th</sup> January/3<sup>rd</sup> & 17<sup>th</sup> February**

**Saturday 18<sup>th</sup> January  
7pm-1am**

**£15 adults £5 under 18yrs**

**Twice monthly Training  
Sessions – 1<sup>st</sup> & 3<sup>rd</sup>  
Mondays at  
7.30pm – Lewes Track**

## Club Kit

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 £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. 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.

# A big thank you to all the contributors:

you, to Adam, Julie, Josh, Amanda, Richard and Terry for your reports and photo contributions to this month's newsletter. Also to Chris LeBeau for keeping the Club GP and 5K challenge up to date. Please send in your contributions for the next newsletter as early as possible, and good luck with all the races to me at: [fawz650@gmail.com](mailto:fawz650@gmail.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)

**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)



# 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

January – May 2020		June – December 2020	
Jan 1	Hangover 5 miler & <b>Junior race</b> Worthing.	Jun 7	Worthing 10K
Jan 4	Sussex Senior XC Champs	<b>Jun 14</b>	<b>Hove Park Junior races</b>
Jan 18	Sussex Masters XC Champs	June 14	Weald Trail 50K Ultra & Half Marathon
<b>Jan 26</b>	<b>Heathfield Park, ESSXCL &amp; Junior race</b>	Jun 20/21	Race to the King – 53 mile to Winchester
Feb 2	Southcoast 50	<u>Jun 20</u>	<u>Downland Dash &amp; Junior race</u>
Feb 2	Chichester 10K	Jun 21	Bates Green Gallop
Feb 8	Sussex XC, Bexhill	Jun 21	Madehurst, Arundel South Downs 10K, 5K
Feb 9	Worthing 10k & Half	<b>Jun 21</b>	<b>Heathfield 10K</b>
Feb 9	Eastbourne 5 miler	Jun 24	Beach Run & <b>Junior race</b>
<b>Feb 16</b>	<b>Bodiam, ESSXCL &amp; Junior race</b>	Jun 26	Robertsbridge 19K & 5K
Feb 16	Run Your Heart Out 8K, Crawley & <b>Junior race</b>	June 28	Eastbourne 10k
Feb 16	Glattig Beacon Five, Arundel	July 1	Roundhill Romp & <b>Junior race</b>
Feb 23	Brighton Half Marathon	<b>July 5</b>	<b>Bowl 15 Miler</b>
Feb 23	Gunpowder 8K Run, Battle	July 12	Hornets Stinger & <b>Junior race</b>
Mar 1	Witterings Beach 10K & 5K	July 12	Martello Half Marathon (Seaford)
Mar 1	Eastbourne Half	<b>July 15</b>	<b>Brighton Phoenix 10K</b>
Mar 1	Steyning Stinger Marathon & Half	July 17	Rye Harbour Ekiden Relay
<b>Mar 8</b>	<b>Pett, ESSXCL Race 6 &amp; Junior race</b>	July 26	Seven Stiles & <b>Junior race</b>
Mar 15	Moyleman Marathon, Lewes	<b>July 26</b>	<b>Bexhill 5K Date TBC</b>
Mar 29	Hastings Half	Aug 5	Highdown_Hike_& <b>Junior race</b>
Apr 4	South Downs Way 50	Aug 23	Windlesham House 4 & <b>Junior race</b>
Apr 13	Lewes Easter Monday Races & <b>Junior race</b>	Sep 6	Fittleworth 5 & <b>Junior race</b>
<b>Apr 18</b>	<b>Brighton Mini Mile</b>	Sep 12	Rewell Wood Running Festival
Apr 19	Brighton Marathon, 10K & Bike Ride	Sep 13	Tilgate Forest & <b>Junior race</b>
Apr 26	London Marathon	<b>Sep 13</b>	<b>Hellingly 10K Date TBC</b>
Apr 26	Bluebell Run 10M & 10K, Angmering	Sept 27	Barns Green Half & 10k
May 2	Dark Star 7 with Run, Brighton	<b>Oct 4</b>	<b>Lewes 10 miler &amp; 5 miler</b>
<b>May 3</b>	<b>Rye 10 miler &amp; 5 miler</b>	Oct 11	Great Walstead 5 & <b>Junior race</b>
May 3	Run Wisborough 5K & 10K	<b>Oct 18</b>	<b>Hove Prom 10k</b>
May 9	Eastbourne Trackstar Marathon & Half	Oct 18	Great Bottom Five, Arundel
May 10	Run Gatwick Half & 5K	<b>Oct 24</b>	<b>Beachy Head Marathon, Half &amp; 10k</b>
May 10	Hedgehoppers 5	Oct 25	Steepdown Challenge & <b>Junior race</b>
<b>May 17</b>	<b>Horsham 10K</b>	Nov 8	Gunpowder Trot & <b>Junior race</b>
May 17	Heroes Run, Brighton	Nov 22	Rewell Wood Five
May 17	Bognor Prom 10K	<b>Nov 22</b>	<b>Crowborough 10K Date TBC</b>
May 17	Hastings 5 miler	Dec 6	Downland Devil 9
May 20	Trundle View & <b>Junior race</b>		
May 23	East Grinstead 10 mile (Marathon Wknd)		
<b>May 24</b>	<b>East Hoathly Family Runs 5k &amp; 1K</b>		
<b>May 24</b>	<b>Haywards Hth 10 mile</b> (Marathon Wknd)		
May 25	Burgess Hill 10K (Marathon Wknd)		