



SEAFORD STRIDERS NEWSLETTER

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

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November 2015

LEWES 10 Miler - 4th October



The Lewes Downland 10 miler is a Grand Prix rarity, being totally off-road. The race is held on chalk paths and through fields in the rolling countryside around the County town. The start/finish is in the meadow at Landport Bottom near the old Lewes race course and begins with a climb of over 2 miles as the route heads west, along the South Downs Way, over Plumpton Plain then south, climbing Waterpit Hill. The rollercoaster run continues with a welcome descent into Ashcombe Bottom but is followed by a vicious 1 mile climb out again at the 7 mile stage.

Held on a beautiful, unseasonably warm, sunny day, this tough course challenged the fourteen Seaford Striders present. They were however keen to post good times as the competition draws to a close, non-more so than Gareth Hutchinson (photo near right),



who was the first Strider home in a sizzling 1:07:42 giving him 13th



overall and first in his age category. Also out to impress was Scott Hitchcock (photo left) in an equally impressive 1:12:59; Dave Dunstall (photo above far right) 1:14:57 just managing to hold off fellow Strider Phil Robinson 1:15:05.

The main pack of Striders all gave a very solid performance and came in fairly closely together Luke Borland 1:20:35; Kevin Ives 1:22:11; Christian Morton 1:26:18; Peter Weeks 1:28:14; Natasha Swan 1:28:40; Anna Norman 1:33:11 and Karan Clinton 1:39:40.



(Photos above, courtesy of Tony Humphreys, from L-R Luke Borland, Kevin Ives, Christian Morton and Peter Weeks)

The race held some poignant moments for both Jackie Webber 1:41:21 and Rob Webber 1:49:20 this being the last race they will run for the club ahead of their forthcoming move to Bude in Cornwall. They received hearty applause from the runners who had already finished and the whole club unites in wishing them good luck for their future - they will be sorely missed! Tom Roper 2:07:59 was the last of the Striders but they can all be proud of their efforts in a tough but enjoyable race.



Photo above, Jackie Webber waves a sad good-bye to Striders

CROSS COUNTRY LEAGUE

Tom Roper has kindly agreed to act as Co-ordinator for the East Sussex Sunday Cross Country League. The fixtures have been agreed as follow:

- Sun 22nd November - Snape Wood, Wadhurst**
- Sun 13th December - New Place Farm nr Uckfield**
- Sun 17th January - Ashdown Forest**
- Sun 31st January - Firle Beacon**
- Sun 21st February - Pett**

There are junior races of about 2K at each venue for those aged 8-16. Runners can turn up on the day and register.

BRIGHT10 - 18th October by Gareth Hutchinson



Seaford Striders took part in the inaugural Bright10 – Brighton & Hove 10 Mile race. This brand new event was put on by the people behind the Brighton Marathon and they delivered the same fantastic big city marathon organisation. The race was won by the Ugandan Ben Siwa in an incredibly fast 47:04 and the first female was Lenah Jerotich from Kenya in 55:58.

The route along the closed roads of the seafront allowed the near 1800 competitors to soak up all the city sights including the Pier, Brighton Wheel and the new i360 observation platform. The Striders certainly gained inspiration from running past the statue of local legend Steve Ovett as they all clocked PBs on this fast and flat course.



In ideal race conditions it is memorable that the first Strider to cross the line was the ever reliable Simon Fletcher (photo above left). Simon came home 20th overall in a blistering time of 58 minutes and 13 seconds, making him yet again first in his age group and giving him a new PB over the 10 mile distance.

Three other Striders who achieved PBs were Gareth Hutchinson (photo above right) in 1:01:28; Phil Robinson (photo left) 1:09:11 and Jacob Miles 1:12:07. Georgia Ungoed the only female Strider in the race also excelled, completing her first race for the club in a very respectable time of 1:25:09. (Photos courtesy of Tony Humphreys)

BEACHY HEAD MARATHON - 24th October



One of the country's biggest and arguably toughest off road events, the Beachy Head marathon took place at the weekend. The countryside of the South Downs National Park hosted nearly 1500 runners, joggers and walkers. For most of the participants this is not so much a race but more an experience and with 4900 feet to ascend along the way this is not a course for marathon PBs; commencing with a ridiculous hill right at the start by Bede's School, where crampons would appear more appropriate than trainers. The route then follows a continuous 20 minute climb before heading inland, crossing the A259 and after negotiating a treacherous flint and chalk descent, drops into Jevington where a welcome drinks/food station awaits.

After climbing out of Jevington it's into the lovely Friston Forest, past the Long Man of Wilmington and on to Alfriston village. Then comes a long drag up to Bo Peep, which can really sap the energy but spirits are lifted by the spectacular views along this exposed section. Here the route turns reassuringly towards the sea and perhaps for the first time thoughts of the finish but it's only half way and there follows a deceptively long stretch to High & Over, where there is extra cheer for home runners in the form of a road crossing and water station manned by the Seaford Striders. (Photo overleaf, showing some of them at work, photo courtesy of Stephen Humphreys)

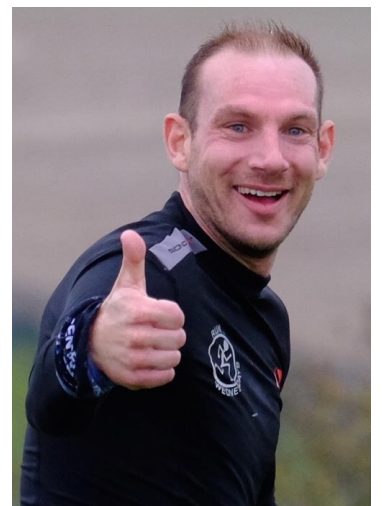


Then it is on to another stunning view, this time across the Cuckmere and the exhilarating plunge into Littlington and another lifesaving drinks/food station. Back into Friston Forest and two sets of wickedly steep wooden steps whereupon your quadriceps start screaming in protest. All of a sudden Cuckmere Haven appears in all its glory but caution must be exercised on a steep descent before crossing the A259 once again.

The Seven Sisters are reached after 20 miles. It's said that you can train for 20, but the last 6.2 are in your head. There is no marathon in the country with a tougher final 6.2. Seven Sisters? The general consensus is at least nine. You run out of superlatives describing this final stretch of coastline exemplified by the iconic Belle Tout lighthouse and Beachy Head; about the same time as energy levels begin to plummet and leg muscles suddenly start doing strange things.

Whilst you may be forgiven for thinking this is mass torture, the sense of achievement on finishing the event is overwhelming and we are privileged to have such a stunning route on our doorstep.

In perfect running conditions winner Stuart Mills (Uckfield Runners) took an early lead and stayed there, coming home in 3hrs 08mins 05secs, with first lady Sarah Swinhoe (London Heathside) finishing in 3:23:44.



Eight Seaford Striders took on the challenge and Paul Heywood (photo above right, courtesy of Chris Wrathall) was once again first for the club in a very speedy time of 3:56:16. He was followed by Daniel Wittenberg in 4:28:37. First female Strider was Lisa Skinner in 4:31:51 and hot on her heels were Claire Keith 4:32:41; Matt Eade 4:33:07 and Beth Ruddock (photo left, courtesy of Chris Wrathall) 4:38:58. Sadly Kallum Wright took a tumble and after first aid, recorded 4:56:17, much slower than he would otherwise have expected.

Sadly Jacob Miles also picked up an injury being unable to finish and Chris Wrathall had to pull out prior to the race due to a recent illness – club members really sympathise with these last three runners who had all put in hours of training and had justifiably been looking forward to achieving fast times at this event.

A RUNNER'S HEPTATHLON



What is exceptional about the above race is that for Claire Keith (photo left, courtesy of Chris Wrathall), in completing the BHM, she completed a Runner's Heptathlon, in that she ran seven races on seven consecutive weekends. Her heptathlon began with the New Forest Marathon (3:52:58) and continued with the Hove Prom 10km (45:01); Barns Green Half Marathon (1:44:53 – CPB); Bournemouth Marathon (3:41:52 - CPB); Chichester Half Marathon (1:46:04); Warren Hill XC (37:03 - CPB) and finally Beachy Head Marathon (4:32:41 - CPB). These seven races totalled 116 miles and were completed in 17 hours at an average pace of just under 7mph – an exceptional achievement!



Claire is raising funds for the Chartwell Cancer Trust, in memory of Lily Mae, the three year old granddaughter of club member John, who sadly lost her 10 month battle against a very rare liver and lung cancer. The Chartwell Cancer Trust supported Lily-Mae's family throughout her illness.

With work sponsorship, Claire is now close to raising £1000 and if you would like to donate to this very worthwhile charity, please go to: <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=CRKeith>

MINCE PIE - 6th December - Marshals Required

This event is organised by the club, with approximately half of the revenue raised going to charity and the rest going into club funds, which helps to keep membership fees at the very low level they are. This obviously benefits all members.

Can you spare some time to Marshal for the Mince Pie Run on Sunday, 6th December? Please put the date in your diary and add your name to the list on the notice board at club nights or alternatively, contact Linda Jennings directly by email: jennings.linda1@sky.com



RAFFLE PRIZES WANTED

Linda is now collecting prizes for the forthcoming Mince Pie Run. Please bring anything suitable along to club night, where Linda will be only too happy to relieve you of your offerings.



PARTICIPATION IN RACES

If you participate in some of the more unusual races, either in the list overleaf or elsewhere, can I please ask you to submit a write up and a photo of yourself to go in the newsletter? This gives other runners a “flavour” of races they may otherwise not have considered. “Thank you” for your contributions and please keep the articles coming

Email: hilary@hilton-it.co.uk

N.B. The Junior Section is separate from this newsletter.



FUTURE RACES

Sussex Grand Prix Race results can be found by following the links from the Seaford Striders Website:
<http://www.seafordstriders.org.uk/Newsite/results/>

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

Sussex XC League are marked in turquoise

East Sussex XC League marked in orange

November – January 2016	
1 Nov	Beckley 10K
1 Nov	Foxtrot 5 WSFRL
7 Nov	Poppy Half - Bexhill
7 Nov	Bexhill 5K SGP – NOTE Saturday
15 Nov	Run Together, Eastbourne 2.5K, 5K & 10K
15 Nov	Brighton 10 km
21 Nov	Sussex XC League, Plumpton
22 Nov	ESXCL, Snape Wood, Wadhurst
29 Nov	Crowborough 10km SGP
5 Dec	Sussex XC League, Lancing
5 Dec	Christmas Cracker Chase 5K & 10K, Worthing – Women Only
6 Dec	Mince Pie 10 Miler
6 Dec	Downland Devil 9M
13 Dec	ESXCL, New Place, Framfield
19 Dec	Christmas Pudding Dash, Ashburnham Place, Battle
19 Dec	Brighton City Race
2016	
9 Jan	Sussex Sen XC Champs
17 Jan	Ashdown Forest
23 Jan	Sussex Master XC Champs
31 Jan	Dark Star River Marathon, Shoreham
31 Jan	Firle Beacon

February 2016 - onwards	
13 Feb	Sussex XC League, Hickstead
14 Feb	Worthing Half Marathon
21 Feb	ESXCL, Pett
28 Feb	Vitality Brighton Half
28 Feb	Vitality Brighton Junior 1 mile races
6 Mar	Eastbourne Half Marathon
13 Mar	The Moyleman Marathon, Lewes
13 Mar	Sussex Half Marathon, Lancing College
20 Mar	Hastings Half Marathon
20 Mar	Brighton Chicken Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon
17 April	Brighton BM 10K
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
15 May	Starfish Marathon & Half
29 May	High Weald Challenge, 50K Ultra & Half Marathon
4 June	South Downs Trail Challenge
5 June	Worthing 10K
12 June	Hove Park 5K & Junior Races
18 June	South Downs Marathon, Half & 5K
18 June	South Downs Relay Marathon
18 Sept	Hove Prom 10K
16 Oct	Bright10