

# SEAFORD STRIDERS NEWSLETTER

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

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December 2016

## PRESENTATION EVENING - Saturday, 28<sup>th</sup> January

Striders Presentation Evening at Seaford Head Golf Club on Saturday 28th January. This is an opportunity for members and their friends and family to get together and have a fun evening.

We also present trophies to both junior and senior members in recognition of achievements over the previous twelve months. Together with this we also present a cheque from the proceeds of the 'Mince Pie 10 Mile Race', to our chosen charity, this year 'Sussex Search and Rescue'. Tickets £13 per head (£5 for 18s and under) includes buffet, disco and loads of dancing. More details in due course but please book the date in your diary.



## NEW YEAR FUN RUN

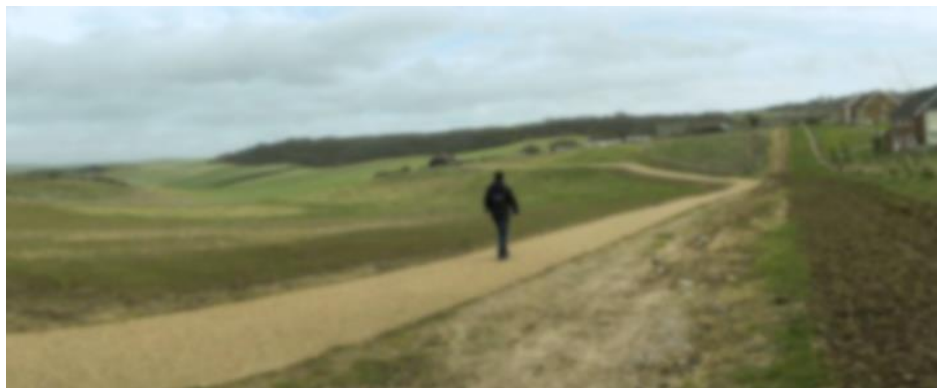


As usual the Seaford Striders will be commencing the New Year as they mean to go on, by participating in a New Year's Day Run, commencing at 11.00am.

We will run from the Mareello Tower to the Sailing Club and back again – **fancy dress welcome!**

## PEACEHAVEN PARK RUN - 5K RESOLUTION RUN - 2<sup>nd</sup> January

Many of you are aware that fundraising is currently underway to bring Park Runs to Peacehaven. Funding has been requested from Barclays Bank and an application has reached the finals of the Aviva Community funding competition.



(Photo – Race Location: The Big Park, Piddinghoe Avenue, Peacehaven)

Seaford Striders have been requested to support the Peacehaven 'Resolution Run', by helping to steward this event, which is planned for Monday 2<sup>nd</sup> January starting at 10.00am. Half a dozen people with experience in helping at races are needed – if you can assist, please contact: [ian@sussexcommunity.org.uk](mailto:ian@sussexcommunity.org.uk)

Alternatively, Striders may themselves wish to run – should you wish to do so then please note that this is a fund-raising event and is open to all ages and abilities. There are limited places, so please book your spot via Eventbrite. You will need to bring your ticket and £2 to swap for a race number and medal! For further information follow the link: <https://www.eventbrite.co.uk/e/resolution-run-tickets-29214861437>



## CLUB KIT

As a result of sponsorship from Inter Sport we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities. A number of members have requested adult versions of the tee-shirts recently supplied to our junior runners - the colour required is Electric Yellow!

Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.



To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport 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.



## HANDING IN OF CLUB TROPHIES

Urgent request – please note all club trophies are now due for returning and must be handed in to Martin, on a Wednesday evening. Alternatively email Martin direct: [mandsbulger@uwclub.net](mailto:mandsbulger@uwclub.net)





## Snape Wood

The 2016-17 East Sussex Cross Country League kicked off in October at Snape Wood. Only three Striders participated but with Josh Rudd

(photo left) coming in 3<sup>rd</sup> in a time of 32:00, the team of Striders and Run Wednesdays were assured of a few points. Dave Dunstall did well, achieving a notable time of 36:29 and Tom Roper finished in 57:05.

(Photo right L-R Dave Dunstall & Tom Roper)



## WARREN HILL XC - by Tom Roper

The second event in the East Sussex Cross Country League 2016-17 season, the Warren Hill race, is the closest to Seaford. It takes place just outside Eastbourne, on the downs inland from Beachy Head and this year was held on 13 November.

After some readings and a minute's silence, it being Remembrance Sunday, we set off. The route takes runners through the car park and on a long descent, until we saw Birling Gap and Belle Tout not far away. A herd of kamikaze sheep decided they were going to stampede across our path, but without injury to sheep or runners. At the bottom, I expected mud, after heavy rain the day before, but apart from the odd puddle, it was reasonably firm underfoot. Then, after running along the bottom, at about the three mile point we turned and started the long climb back to the road. Then we ran on the road for a short distance, and then tackled a short uphill to the finish.

Points were again on the table, this time thanks to Darryl Hards. Darryl has signed up to Stiders as his second club and crossed the line in 2<sup>nd</sup> place in a cracking time of 26:42. Dave Dunstall was also quick out of the blocks achieving a cracking 31:48 and was followed home by Luke Borland in 33:03. Taking the honours as the only female Strider, Claire Keith crossed the line in 37:17. Last but never least was Peter Weeks 37:49 and Tom Roper 49:15.



## KEN BROWNING 27<sup>th</sup> July 1943 - 1<sup>st</sup> November 2016

Ken joined Seaford Striders about 18 months after its foundation and was a member up until his death on 1<sup>st</sup> November and was a regular at the Eastbourne and Hastings half marathons.

# CROWBOROUGH 10K - by Chris le Beau



All experienced runners know what to expect when a race course is described as 'undulating' and the Crowborough 10K is a fine example. Despite the tough course this is a highly popular event, being the final race in the Sussex Grand Prix calendar. With the addition of a couple of new members, Seaford Striders entered a team of 18 runners, who made the journey to pit their fitness against the rolling landscape.

This was the 30<sup>th</sup> anniversary of the race, organised in customary efficiency by Crowborough Runners. This year the weather was kind, very fresh but dry and with no sign of the recent winds brought by Storm Angus.

The first two and a half kilometres inspire confidence, downhill all the way, which of course means some uphill will be coming. It comes with a vengeance. Before tackling the 65 metre climb up Palesgate Lane there is a small stream to cross, so runners have to choose between wet feet by running through the ford, or extra distance, with a diversion of a few metres over a footbridge.

After some much appreciated downhill, a second loop again includes the Palesgate Lane climb after 8 kilometres. The 9K marker is very welcome, followed by some speedy downhill, and then a sting in the tail with an incline to the finish line.

But, no pain, no gain! The finishers all enjoyed rising to the challenge and some excellent times were recorded with Josh Rudd storming home in 12<sup>th</sup> place in 37:26, and Scott Hitchcock taking 28<sup>th</sup> in 40:03. Close on their heels Luke Borland finished in 41:38, and Dave Dunstall in an impressive 41:51 and recording 2<sup>nd</sup> place in his age group.

Phil Robinson made a welcome return after several months' absence from the Grand Prix calendar, chalking up 45:06, followed by first lady Strider Natasha Swann, coming home in strongly in 46:31.

Joe Plant, who is one of Striders' most promising youngsters, recorded an notable time of 47:34, making him third in his age group. Joe was followed by Pete Weeks in 48:59, Joshua Nisbett 48:55 and Terry Ward 53:08,

Wearing the Striders kit for the first time was second lady Strider Aneka Redley who showed great promise recording a finish time of 55:19. Close on her heels was Richard Honeyman 56:01 and Chris Le Beau 57:32.

Next came a trio of females, led by the ever-improving Carlie Watts who timed at 56:52. Emma Goodwin, another lady running her first race as a Strider, recorded a 10-minute improvement over her last 10K race and achieved a PB time of 59:35. Hilary Humphreys crossed the line with Emma and enjoyed her first race after nearly 18 months of injuries. Trevor Jones finished in 59:37 and Tom Roper, club stalwart come rain or shine, completed the field in 1:04:13.

Prizes were presented by Mara Yamauchi, Britain's top lady marathon finisher in the 2008 Olympics. Smart commemorative T-shirts and fine quality homemade cakes completed a highly positive day.

# CLUB EVENTS



	<u>Mondays, 5<sup>th</sup> Dec &amp; 9<sup>th</sup> January</u>	<u>Monthly Training Session</u> 7.30pm – Lewes Track
	<u>Sunday, 1<sup>st</sup> January</u>	<u>New Year's Fun Run</u> 11am at the Martello Tower
	<u>Saturday, 28<sup>th</sup> January 2017</u>	<u>Presentation Evening</u> Seaford Head Golf Club

## KIT ORDER FORM



**(PLEASE PRINT FORM CLEARLY)**

Name ..... Contact Tel No.....

Tee-Shirt .....£10 each (short) £13 each (long)

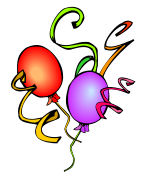
State whether Long or Short Sleeved required .....

Colour ..... Size (XS, S, M, L, XL, XXL).....

Vest .....£10 each (Black only) ..... Size.....

Hoodie .....£17.50 each (Black only) ..... Size.....

Please return to Hilary Humphreys on Club nights or email to [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)



## YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well if for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to go in the newsletter. Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

That's all for now folks as far as the senior section is concerned, also see separate junior section.



# FUTURE RACES

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

Junior welcome with seniors or special children's races - marked in purple

January – 14 May 2017	
1 Jan	Striders' New Year's Fun Run, Seaford
1 Jan	Hangover 5, Goring by Sea
2 Jan	Resolution 5K Fun Run, Peacehaven
2 Jan	Winchelsea Chase
7 Jan	Sussex XC Champs, Bexhill
15 Jan	King Standing XC, Ashdown Forest, <b>ESXCL</b>
21 Jan	Sussex Masters XC Champs, Lancing
28 Jan	South of England XC Champs, Parliament Hill
29 Jan	Dark Star River Marathon, Shoreham
5 Feb	Chichester 10K – new course, Goodwood
11 Feb	Sussex XC League, Race 4, Hickstead
12 Feb	Heathfield Park XC, <b>ESXCL</b>
19 Feb	Alex Hall Memorial 5K, Bexhill
25 Feb	ECCA National XC Champs, Nottingham
26 Feb	Brighton Half, <b>Youth 1 mile races</b>
26 Feb	Vitality Brighton Half
1 Mar	Chichester Corp Challenge, Road Races (1)
5 Mar	Eastbourne Half
5 Mar	Steyning Stinger Marathon & Half
12 Mar	Moyleman off-road Marathon, Lewes
12 Mar	Pett XC, Hastings <b>ESXCL</b>
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon
25 Mar	Jog Shop Jog 20M
26 Mar	SEAA 12 Stage Road Relay, Gravesend
29 Mar	Chichester Corp Challenge (3)
1 Apr	Sussex Road Relays, Christ's Hospital
8 Apr	Mini Mile Races
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
17 Apr	Lewes Easter Monday Races
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend)
30 Apr	Three Forts Challenge
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Hedgehoppers 5, Portslade
7 May	Hastings 5 M
7 May	Run Wisborough 5K & 10K
14 May	Eastbourne Trackstar Marathon
14 May	Arun River Marathon
14 May	Nutbourne Vineyard XC 5K, 10K, 15K & 20K

17 May 2017 onwards	
17 May	Trundle Hill Run, Chichester
21 May	Horsham 10K
28 May	Mud Monster Run, East Grinstead
28 May	Weald Challenge 50K Ultra & Half Marathon
28 May	Rye 10M
29 May	Friston Forest 5 & Adder 10 mile
31 May	Bexhill 5K & <b>Kids Youth mile</b>
4 June	Worthing 10K
5 June	Worthing 10K (Date TBC)
11 June	Hove Park Fun Run 5K & <b>Children's Races</b>
24 June	Downland Dash
24 June	Race to the King Ultra Marathon
26 June	Heathfield Mid Summer 10K (Date TBC)
28 Jun	Bexhill 5K <b>Kids Youth mile</b>
2 July	Bewl 15M
5 July	Roundhill Romp, Steyning
11 July	Beat the Tide 10K
12 July	Phoenix 10K
12 July	Beach Run, Arun
16 July	Eastbourne Golden Mile & 5K
23 July	Seven Stiles, Henfield
26 July	Bexhill 5K & <b>Kids Youth Mile</b>
27 July	Bexhill 5K (Date TBC)
2 Aug	Highdown Hike, Worthing
9 Aug	Windlesham House 4, Worthing
13 Aug	East Sussex Ultra
20 Aug	Hornets Stinger, Hove
28 Aug	Will Page 10K (Date TBC *** See below)
3 Sept	Fittleworth 5
10 Sept	Hellingly 10K
17 Sept	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
24 Sept	Tilgate Forest
24 Sept	Barns Green 1/2
1 Oct	Lewes Downland 10M
1 Oct	Alf Shrubbs 5 XC
8 Oct	Hickstead Gallop
8 Oct	Sussex Marathon & Half
15 Oct	Bright 10
29 Oct	Hove Prom 10K
29 Oct	Steepdown Challenge, Lancing
5 Nov	Gunpowder Trot, Horsham
11 Nov	Poppy Half Marathon + 10K & 5K
27 Nov	Crowborough 10K (Date TBC)

N.B. The inclusion of the Will Page 10K in the Sussex Grand Prix fixture list is conditional until further notice