



# SEAFORD STRIDERS NEWSLETTER

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

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## HEADPHONE USAGE DURING RACES



Effective 1<sup>st</sup> April the UKA have ratified their proposal to impose a ban on the use of headphones while runners compete in an affiliated event. The rule does mean that the race organiser and



referee have the right to disqualify users but the rule is subject to an exemption should the race organiser and the referee agree to dispense with this rule for a specific race.

Note: any appeal against this rule must be directed to the race referee as appropriate, whose decisions are final. More details can be obtained via the UKA website.

The SGP is proud of the fact that our nominated races are expected to comply with the UKA rules and we look to the organisers of our races as well as the runners to observe this rule as safety must be a prime consideration.

## BROOKS SUSSEX XC CHAMPSIONSHIPS by Gareth Hutchinson

Seaford Striders took part in the mudfest that was the recent Sussex Cross Country Championships on Bexhill Down at the week-end. Weeks of heavy rain and hundreds of pairs of spiked shoes meant that in horse racing terms the going could only be described as 'heavy'.



The 12k men's race took in 4 long laps of the Park and was won in an incredibly fast time by Finn McNally from Brighton Phoenix in 38 min 22 secs. The Striders fielded a full team for the event and first to plough his way through the mud was Gareth Hutchinson in 50<sup>th</sup> position in 49.39. Contributing to an 8<sup>th</sup> place team finish were Phil Robinson 72<sup>nd</sup> (53.01), Luke Borland 78<sup>th</sup> (54.23), Kevin Ives 91<sup>st</sup> (61.13), Peter Weeks 94<sup>th</sup> (62.42) and Tom Roper 98<sup>th</sup>.

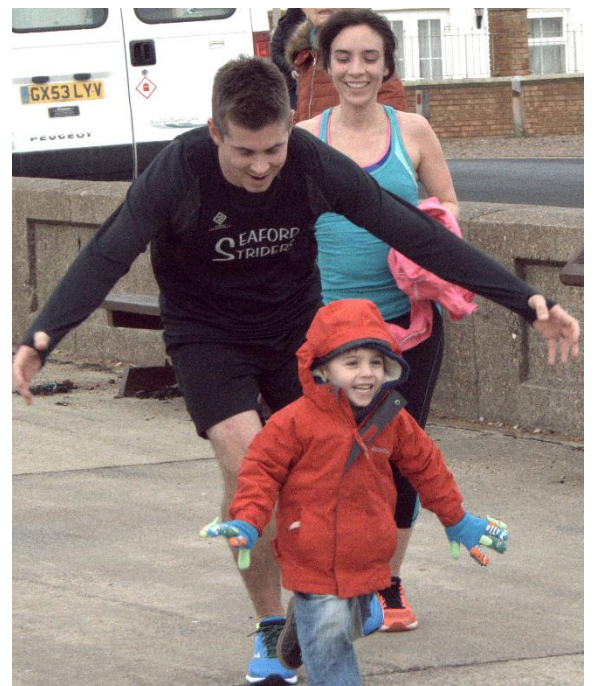
One lady from the club also braved the conditions. Anna Norman completed her 6.4k course, which had been freshly churned up by the men's race, with a fantastic sprint finish to the line. Her efforts were rewarded with a 41<sup>st</sup> place. These races feature some of the best runners in the county and the ladies race was won by Grace Baker from Hastings, fresh from her junior team silver performance in the European Cross Country Championships in Hyères, France.



# NEW YEAR'S DAY FUN RUN



The three mile run from the Martello Tower to the Sailing Club and back has been a Seaford Striders tradition for nearly 30 years and is always well attended. This year, braving windy conditions, but enjoying a brief respite from the rain, both adult and junior members welcomed in the New Year with a seafront run, which helped shake off some of the excesses of the festive season.





# FRAMFIELD XC REPORT by Luke Borland



Seaford Striders combined with the Run Wednesdays Club to finish 10th in the team event at the Framfield Cross Country at New Place farm. Experienced campaigner Phil Robinson (photo right) opted for spikes following the relentless rain in the build up to the race and was rewarded as the first Strider home in 47th place with a time of 36.07.



Other Striders were not so wise, Luke Borland (photo left) was the second Strider home in 37.51 having enjoyed two full body mud baths mid-way round. Peter Weeks continued his assault on the M65 category coming first in a time of 41.20. Anna Norman once again gained a top ten finish in the senior ladies (45.42) and the

ever present Tom Roper again did the Striders proud in 55 minutes dead.



Following the race, the Striders took team bonding to a whole new level, sharing a cold water shower behind a barn thanks to a suitably located hose pipe.

(Photos from left to right, Peter Weeks, Anna Norman and Tom Roper) All race photos courtesy of ESSCC website)

# ASHDOWN FOREST XC REPORT by Anna Norman

The redoubtable Pete Weeks has handed the baton on for this week's write up of the Sunday cross country league. Fingers crossed this lives up to his sterling reporting standards!

Sunday 17th January offered interesting conditions for the five Seaford Striders who braved the freezing cold, snowy conditions to trample, skid and squelch just under five miles round a very muddy and partially



frozen Ashdown Forest in the fourth race of the league. Despite the chill the scenery was beautiful, with the snow adding



something special which made for a very pleasant run - even with that bitterly icy stream part way round! (Photo above of Anna and left of Luke, courtesy of <http://www.eastsussexcrosscountry.co.uk>)

A few snowmen had even come along to join the spectators in watching the race. I managed to take a tumble (mud treatments are all the rage, right?!), but all runners finished well.





<http://www.eastsussexcrosscountry.co.uk>

Luke Borland came in first, followed by Phil Robinson, Pete Weeks (helping other Striders get to the finish), Anna Norman and Tom Roper. Mention and thanks should also go to Pat Weeks who braved the cold to watch the Striders run.

There are still two races left in the East Sussex Cross Country timetable and you can sign up on the day. If anyone fancies taking part in something that isn't too competitive, it is well worth coming to the last one at Pett's Wood in February. See

[www.eastsussexcrosscountry.co.uk](http://www.eastsussexcrosscountry.co.uk) (Photo left of the team, courtesy of Luke)

(Photo right of Phil, courtesy of



**Finishing Times:** Luke Borland 35:55; Phil Robinson 36:16; Peter Weeks 40:54; Anna Norman 44:12 and Tom Roper 61:00

## FIRLE BEACON XC REPORT by Phil Robinson



Surely the photos left of Luke Borland, Phil Robinson, Peter Weeks and Anna Norman say it all – grey and misty, with plenty of mud! Still to turn out and run the morning after the Presentation Evening is laudable in itself – well done! (Ed.)

When the going gets tough the tough get going. That was certainly the case when a group of Seaford Striders took to the hills around Firle Beacon at the

weekend. This is a 5 mile race with spectacular views over the surrounding countryside up on the South Downs. Or at least there should have been views! The weather was atrocious and on arriving in the car park it was hard to see anything much because of thick mist. You were also met with rain driving horizontally due to fierce winds, almost jet-washing the vehicle. But all of this didn't deter the Sussex runners, as over 200 converged on this high spot on the Downs.

The race starts further downhill at Black Cap Farm and everyone sheltered in or around the cow sheds, to the surprise and interest of the cows themselves. When the race started and everyone sped away downhill it must have been an odd sight as they all immediately disappeared into the murky mist. It's a tough route to run because once down in the valley the route then takes a sharp left turn before winding 3 miles uphill all the way back to the top of the Downs to Bo Peep Bostal, with the final mile across the ridge back. It was all made much tougher by having water-logged and muddy fields to climb through, almost sucking your running shoes off your feet at times.

The conditions must have been a walk in the park, however, for race leader Scott Richardson from Crowborough who won the cross country event in an impressive time of 32:15. Beating the trail for the Seaford Striders at a much improved pace was Luke Borland, the first of us home in 39.20 (36<sup>th</sup> overall). He was followed home by Phil Robinson

reaching the finish in 40:57 (57<sup>th</sup>). Stalwart Peter Weeks finished strongly in 46:31 (119<sup>th</sup>) and rounding up the team scores was Anna Norman in another impressive time of 47:52 (134<sup>th</sup>), putting her in good contention among the other senior women category runners. (Photo below shows the start of the race, with Pete taking center stage.



## CROSS COUNTRY LEAGUE

The last remaining fixture for the East Sussex Sunday Cross Country League will be held on **Sunday, 21<sup>st</sup> February at Pett**. There will be a junior race of about 2K at this event for those aged 8-16. Runners can turn up on the day and register. <http://www.eastsussexcrosscountry.co.uk>



## AGM - Wednesday, 24<sup>th</sup> February at 8.00 pm

The date for the AGM has been set for Wednesday, 24th February commencing at 8.00pm at the Downs Leisure Centre. This means that you will still have time for a quick run should you wish to do so.

There are a number of vacancies on the committee, so if you would like to play a more active role in the running of your club, please put your name forward. If you want further information, please speak to a member of the committee. Whether you want to join the committee or just want to know what is going on, please do come along and show your support for the club by being in attendance. Take part in the decision making process.

## NEW STRIDERS T-SHIRTS

The producer of our new wicking T-shirts has promised delivery in time for our AGM so if you have ordered one, can you please turn up on the day to collect.

A group photo will be taken in order to publicise our new strip and gain publicity for Newberry Tully who have sponsored our new tops, as a result they are cheaper than they would otherwise have been and will cost £10 each.



“Thank you” for all your contributions to this issue - please keep the articles coming.

Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)



# STRIDERS' PRESENTATION EVENING

The Striders have a motto "We don't only run, we also have fun" and they certainly lived up to their motto on Saturday when they gathered at the Seaford Head Golf Club for their annual presentation evening.

One of the main purposes of the evening was to present a charity cheque, using money raised from our annual Mince Pie Race. This last event was particularly successful and a cheque for £2,000 was presented to Darren, on behalf of SERV Sussex. For more information about this charity, please visit: [www.servsussex.org.uk](http://www.servsussex.org.uk)

SERV Sussex has already tweeted the following message to the Striders:



**SERV\_Sussex** @SERV\_Sussex Jan 30

A great day for SERV\_Sussex today, with a cheque for £2,000 from [@seafordstriders](https://twitter.com/seafordstriders) and £500 raised at the [@Arndale Centre](https://twitter.com/Arndale_Centre) - thank you so much

The other event of the evening was the awards themselves. Firstly the Club Grand Prix winners:

1st Senior Lady Claire Keith  
2nd Senior Lady Anna Norman

1st Super vet Lady Jackie Webber

1st Ultra vet Lady Hilary Humphreys

1st Senior Man Scott Hitchcock (Photos above L-R Claire Keith, Jackie Webber, Christian Morton & Scott Hitchcock)  
2nd Senior Man Luke Borland

1st Vet Man Gareth Hutchinson  
2nd Vet Man Christian Morton

1st Super vet Man Simon Fletcher  
2nd Super vet Man Phil Robinson  
3rd Super vet Man Rob Webber

1st Ultra vet Man Peter Weeks (Photos above L-R, Phil Robinson, Rob Webber, Pete Weeks & Chris le Beau)  
2nd Ultra vet Man Chris le Beau  
3rd Ultra vet Man Tom Roper

## Senior Club Awards

Steve Rowland Cup Linda Jennings & Richard Kimber

Captain's Trophy Simon Fletcher

Captain's Award Hilary Humphreys

Bill Young Memorial Chairman's Award Tom Roper

Marathon Award Gareth Hutchinson

Achiever Award Bianca Buss

Poser Award Scott Hitchcock

Men's Captain Award Scott Hitchcock

Ladies Captain Award Claire Keith

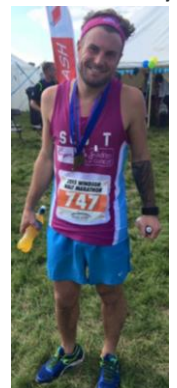
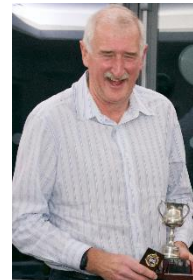
Newcomer Award (M) Luke Borland

Newcomer Award (L) Anna Norman

Dragonfly Award Bob Hitchcock

(Photos above [top] L-R, Linda Jennings & Richard Kimber, Pete Weeks & as 'poser' Scott Hitchcock, fund-raising with style!)

(Photos above (bottom) L-R Bob Hitchcock and Vicki Blaber)



Jojo Gunn Award (below L), presented by Rob Webber (L) to Jackie Webber, Christian Morton, Luke Borland, Phil Robinson & Anna Norman,



Award of Merit  
Striders Strider

Terry Ward, Phil Robinson, Stephen Humphreys, Vicki Blaber  
Peter Weeks



Above 'Memento Photo presented from the Striders to Jackie & Rob Webber



## TRAINING SESSIONS AT LEWES TRACK

Striders have now “enjoyed” two very successful training events at the Lewes Track. With attendance increasing thus far, these events could become a permanent fixture in our calendar. After a general warm up, we split into separate pace groups, although you are free to “do your own thing” should you prefer to do so.

The club is paying for the hire of the track and will continue to do so, while the demand for these sessions remains high. We remain indebted to Peter Weeks for leading our training – “thank-you Pete!”



The next session will be held on Monday 7<sup>th</sup> March and continue on the first Monday of the month with the exception being May Bank Holiday. Sessions will commence at 7.30pm and last for one hour. The Leisure Centre can be used for showers, changing, etc. Do come along and make these sessions a useful edition to your training regime.

## UPCOMING CLUB EVENTS

DATE	DETAILS
Wednesday, 24 <sup>th</sup> February	Striders' AGM – 8.00pm - Downs Leisure Centre
Monday, 7 <sup>th</sup> March	Monthly Training Session - 7.30pm – Lewes Track



# 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

February – 8 <sup>th</sup> June 2016	
7 Feb	Henfield 9 Miles
7 Feb	Chichester 10K
13 Feb	Sussex XC League, Hickstead
14 Feb	Worthing Half Marathon
21 Feb	ESXCL, Pett
21 Feb	Hampton Court Half
28 Feb	Vitality Brighton Half & Junior races
28 Feb	Run the Streets Kingston Half & 10K
6 Mar	Eastbourne Half Marathon
6 Mar	Steyning Stinger Half + Marathon
6 Mar	Frosty Aquathlon (swim/run)
13 Mar	The Moyleman Marathon, Lewes
13 Mar	Sussex Half Marathon, Lancing College
13 Mar	Stanwick Lakes Spring Run Half, 10K & 5K
20 Mar	Hastings Half Marathon
20 Mar	Brighton Chicken Run
28 Mar	Lewes Easter Monday Races
28 Mar	River Thames Half
3 Apr	Mel's Milers 10K
3 Apr	Paddock Wood Half
9 Apr	Sussex Road Relays, Christ's Hospital
9 Apr	Compton Downland Challenge 20M
10 Apr	Hartfield 10K & Fun Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon & BM 10K
17 Apr	Fuller's Thames Towpath 10, Chiswick
23 Apr	Maverick Original 24K - Midhurst
23 Apr	Harrold Pit Run 5K, Bedfordshire
30 Apr	East Grinstead 10M (Mid Sussex M. Wknd)
1 May	Haywards Hth 10M (Mid Sussex M. Wknd)
1 May	3 Forts Marathon & Half
2 May	Burgess Hill 10K (Mid Sussex M. Wknd)
2 May	Barcombe 10K & 6K
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
8 May	Hastings 5M
b8 May	Portslade Hedgehoppers 5 WSFRL
8 May	Seaford Half (new date)
12 May	Out of the Blue – Battle 10K
15 May	Horsham 10K
15 May	Starfish Marathon & Half + Team Marathon
15 May	Get Fit Boot Camp, Nutbourne Vineyards
15 May	Bognor 10K
18 May	Trundle Hill Run, Chichester, WSFRL
25 May	Bexhill Charity 5K
28 May	Rockabilly 5 - Peasmarsh
29 May	Rye 10M
29 May	High Weald Challenge, 50K Ultra & Half
4 June	South Downs Trail Challenge
5 June	Worthing 10K

12 <sup>th</sup> June 2016 - onwards	
5 June	Horsham 5K Race for Life
8 June	Beach Run, Littlehampton, WSFRL
12 June	Hove Park 5K & Junior Races, WSFRL
12 June	Hastings 5K & 10K Race for Life
18 June	South Downs Marathon, Half & 5K
18 June	South Downs Relay Marathon
19 June	Eastbourne 5K & 10K Race for Life
19 June	Worthing Seafront 5K Race for Life
25 June	Burgess Hill Downland Dash, WSFRL
25 June	Race to the King – Ultra - Slindon
26 June	Heathfield 10K
26 June	Crawley 5K & 10K Race for Life
29 June	Bexhill Charity 5K
2 July	Brighton 5K & 10K Race for Life
3 July	Pretty Muddy 10K Race for Life, Stanmer Pk
3 July	Bewl 15M
6 July	Steyning Roundhill Romp, WSFRL
8 July	Rye Summer Classic – 10K
10 July	South Coast Half, 10K, 5K & Fun Run, Seaford
13 July	Phoenix 10K (Wednesday)
23/24 July	Payne Games, Friston Forest
24 July	Henfield Seven Stiles, WSFRL
27 July	Bexhill 5K
3 Aug	Worthing Highdown Hike, WSFRL
12 Aug	Rye Summer Classic Race 2 - 10K
21 Aug	Hove Hornets Stinger, WSFRL
21 Aug	Henfield Half
28 Aug	Will Page 10K, Newick (date tbc)
29 Aug	Kings Head Canter 5K
4 Sept	Fittleworth Flyers 5, WSFRL
9 Sept	Rye Summer Classic Race 3 – 5K
11 Sept	Hellingly 10K
11 Sept	Crawley Tilgate Forest, WSFRL
18 Sept	Hove Prom 10K
25 Sept	BIG 10M & Platinum Open Mile Junior Race
25 Sept	High Weald Challenge Trail Races 50K & Half
25 Sept	Barns Green Half
25 Sept	Get Fit Boot Camp, Nutbourne Vineyards
25 Sept	Sussex Trail Half
2 Oct	Sussex Marathon & Half
2 Oct	Lewes Downland 10M
9 Oct	Hickstead Gallop WSFRL
16 Oct	Bright10
23 Oct	K2 Crawley 10K
30 Oct	Lancing Steepdown Challenge, WSFRL
6 Nov	The Adder 10M & Friston Forest 5 charity run
12 Nov	Poppy Half, 10K & Junior Races, Bexhill
27 Nov	Crowborough 10K
Dec tbc	Mince Pie 10M



