



SEAFORD STRIDERS NEWSLETTER

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

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March 2015

FOLLOWING THE CLUB AGM

Following the AGM on 25th February, there remain some vacant slots – can I please ask all members to consider whether they can give some of the time to aid the smooth running of their club? The following club members were appointed to the Committee:

Chairman	Vacant	Secretary	Vicki Blaber
Treasurer	Richard Kimber	Membership Secretary	Linda Jennings
Club Captain	Martin Bulger	Men's Captain	Phil Robinson
Women's Captain	Jackie Webber	Junior Leader	Rob Webber
Grand Prix Rep	Phil Robinson	Cross Country Rep	Vacant
Editor and Press Officer	Hilary Humphreys	Social Secretary	Terry Ward
Website	Tom Roper	Social Media Assistant	Tony Humphreys
Kit Organiser	Vacant	Welfare Officer	Jackie Webber
Mince Pie Organiser	Linda Jennings & Richard Honeyman		

CHICHESTER PRIORY 10k by Chris Wrathall



Members of Seaford Striders hit the ground running as the new Sussex Grand Prix season got underway on 8th February 2015. The always popular Chichester 10K starts with a hill before looping around the back of the city and finishing with a welcome final 2K downhill. A large number of spectators saw over 1600 runners revelling in perfect running conditions, none more so than Tony Lambert (Winchester AC) who won comfortably in a time of 30 mins 03.

First Strider home in a high class field was Gareth Hutchinson (photo left) who, building on last year's excellent form, smashed his personal best by 34 secs by recording 36.02. Making nonsense of the theory that marathon training kills speed, the ever reliable Louisa Scola (photo right) also set a PB of 46.20. Photos this race courtesy of Tony Humphreys.



On a day where quality exceeded quantity, it was great to see Chris Le Beau (photo overleaf left) clocking 51:50 and Hilary Humphreys 52:02, both of whom can be satisfied with their performances, as race by race they continue to regain form.



PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask!

Email: hilary@hilton-it.co.uk

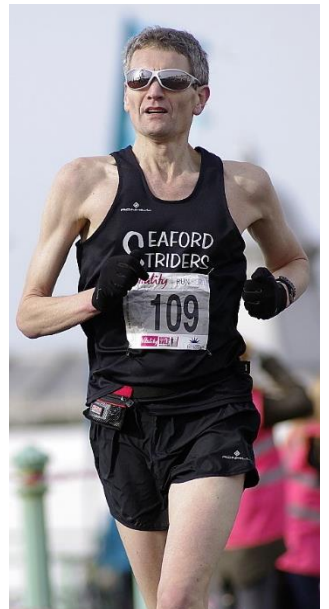
UPCOMING CLUB EVENTS

DATE	DETAILS
<p>19 March From 8pm onwards</p>	<p>Thirsty Club At the Welly</p>

BRIGHTON HALF by Chris Wrathall

Seaford Strider Simon Fletcher (photo right) produced a sublime performance to win his age group in 1hour 18mins 44secs at the 25th staging of the Brighton half marathon. This was all the more impressive considering the quality and size of the field.

Close on 8000 started on Brighton seafront before taking in the Royal Pavilion, turning at Gloucester Place, back down Grand Parade then zig zagging east to Ovingdean then west past the piers as far as Hove Lagoon, before the home stretch back to Madeira Drive. A large crowd cheered serious athletes, enthusiastic club runners, novices and the odd celebrity.



Cliff Evans (photo left) 1.24.58 and Karen Clinton 1.46.18 finished very close to their personal bests but two who succeeded and clearly like a PB beside the seaside, were Josh Rudd 1.26.50 and Anne Flavill 1.59.51. (photo below right) David Hammond 2.24.25 and Martin Harris 2.38.13 rounding off things for the Striders.

Overall winner for the 3rd time on the trot and setting a course record was Paul Martelletti (Victoria Park Harriers) in 1.05.48 whilst first lady across the line was Julia Davis (Mornington Chasers) in 1.18.23. **Photos this race, courtesy of Danny Simpson**

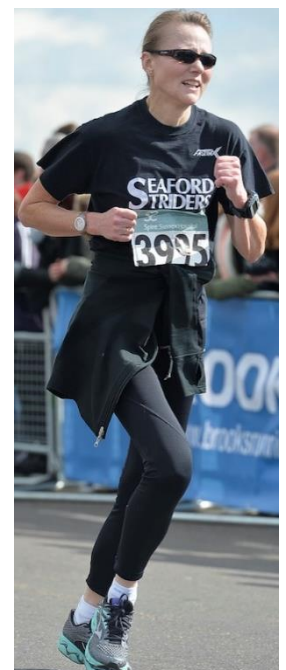
SUBSCRIPTIONS

Subscriptions run from January 1st to December 31st, which means that it is that time again. If you haven't already paid, please try and remember to bring your money with you on a Wednesday evening, where Linda Jennings will be only too pleased to relieve you of it.

Annual membership costs just £16 for an adult, with a reduced rate of £8 for unemployed or retired members. The junior (U16) subscription is also £8.

If you have any queries regarding membership then send Linda an email:

Jennings.Linda1@sky.com



PHYSIOTHERAPY SERVICES

Early in January I pulled a hamstring muscle and as a result I had to “kiss goodbye” to my plans to get “super fit” in time for the new race season. Training has been a real struggle for me and I finally decided I needed outside intervention in the shape of a good physiotherapist. I have had some bad experiences in the past – hence my initial reluctance.



When I asked around for some recommendations I came across another problem – they were fully booked! After many phone calls I came across Dave Peachey, nearby in Seaford and with emergency slots he tells me I should never have to wait longer than a week to get to see him.

Please note: I am not on a retainer and only include this information because I have found Dave’s intervention helpful and thought someone else might do also. Hilary

8 Clinton Lane, Seaford – 894354

Cumulative loads in the knee joint increase at slow-speed

Patellofemoral pain (pain behind the knee-cap), patellar tendinopathy (the tendon below the knee) and iliotibial band syndrome are common knee joint injuries amongst distance runners.

As we reduce running speed we will decrease the amount of load through the front of the knee with each stride. A study by Petersen et al. (J Orthop Sports Phys Ther (2015)) however, considered the fact that by decreasing the running speed we obviously increase the number of strides per minute. The aim of their study was to determine whether the **cumulative** load in the knee at a given running distance is **increased** when running speed is **decreased**.

Without boring you all with the technical jargon, the results of the study found that the **cumulative** load at the knee was significantly greater at slower running speeds (a relative difference of 80%).

This study perhaps highlights a common mis-conception that, if we are suffering with lower limb problems, going for a slow ‘gentle’ run will put less strain through the knee.

Southdowns Physiotherapy clinic is open Monday to Saturday and offers evening appointments in the week. No GP referral is required. No waiting lists. We are registered with all the major insurance companies. For any further information please give us a call.

EASTBOURNE HALF

Whilst the Eastbourne Half is not on the same scale as that held last week in Brighton, it always draws a good entry. This year was no exception with close on 1,400 out to battle the strong winds. The Seaford Striders were out in force with ten runners.



Following the start/finish at Princes Park the route headed west along King Edwards Parade to the Meads and the notable climb up Beachy Head Road. It comes as no surprise to those familiar with the gradient that this is where the conversation ends and the serious lung capacity testing starts.

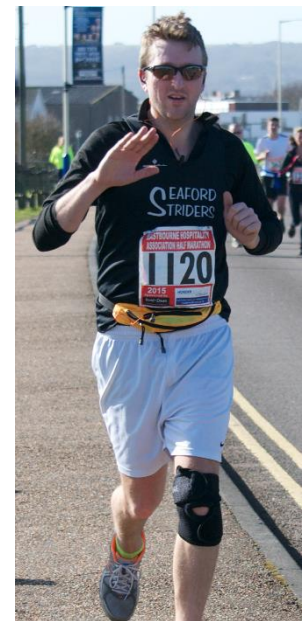
Next it's back to the seafront, utilising the Upper Promenade and along to Sovereign Harbour and the Marina before the final dash into Princes Park.

This year's winner was Darryl Hards (unaffiliated) in 1:57:45 with 1st lady Shona Crombie-Hicks (also unaffiliated) in 1:26:09.

First Strider and 14th overall with a superb performance was Simon Fletcher in 1:22:15 heading home Joshua Rudd (46th) 1:28:48 who was obviously not put off by the strong winds, managing to knock over 4 mins off last years' time.

Other strong performances were given by Cliff Evans (65th) in 1:30:48; Vanaka Graham (71st) 1:31:43; Phil Robinson (136th) 1:37:20 (photo above right) and Peter Weeks (336th) 1:46:49 (photo above left).

Louisa Scola was the first lady Strider home finishing 360th overall in an excellent time of 1:48:11, she should be pleased with her performance as she knocked a full two minutes off last years' time. Luke Borland (photo right) finished for the men's team in 1:55:16 and Hilary Humphreys 2:13:11. Photos this race courtesy of Tony Humphreys



GET KALE IN YOUR LIFE!



Curly kale is a nutritional powerhouse packed with antioxidants such as vitamin C, beta-carotene, kaempferol and quercetin. Kale is also an ideal source of omega-3 fatty acids, with one cup providing roughly 5% of the RDA.

Omega-3 rich vegetables like kale will help prevent or manage inflammation.

Kale is nutritious, healthy, and delicious. One cup of kale has only 35 calories, boasts an impressive 5 grams of fibre, and no fat. It can help lower cholesterol and support a healthy, cardiovascular system.

Source: <http://www.healwithfood.org/health-benefits/kale-superfood.php#ixzz3QEVERlwh>

The above article was taken from the quarterly newsletter produced by Tempo, the specialist running shop in Susans Road, Eastbourne. The edition includes:

- An interview with James Baker, a local runner who has won over 600 races!
- Results from the Cross Country events
- Tips on preparing and running the half marathon distance
- Information on the inner chimp!

To read the full edition follow the link: <http://temponewsletter.weebly.com/>

RACE RESULTS

Race results can be found by following the links from the

Seaford Striders Website: www.seafordstriders.org.uk/results.html



YOUR 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. Email: hilary@hilton-it.co.uk

UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

March - May 2015	
8 Mar	Henfield 9 Miler
8 Mar	Blackstock Farm, Hellingly 5M ESSCCL
11 Mar	Chichester City Centre Road Races (2)
15 Mar	The "Moyleman" Lewes Marathon
21 Mar	Endurance life East Dean 10K, Half M & Ultra
22 Mar	Hastings Half SGP
25 Mar	Chichester City Centre Road Races (3)
29 Mar	Brighton Chicken Run, Hove Park 5K, 1M, 500M
29 Mar	Christ's Hospital Mel's Milers 10K
4 April	Friston Forest 10M & 5M
4 April	Sussex Road Relays Christ's Hospital
6 April	Lewes Easter 10K WSFRL
11 April	Brighton Mini Mile Races
12 April	Brighton Marathon and 10K
18 April	Crawley A.I.M. 6 & 12 hour Track Race
18 April	Sussex Trail Run, Cowdray Estate, Midhurst
19 April	Hartfield 10K and Fun Runs
26 April	London Marathon
30 April	Haywards Heath Harriers Open T&F
2 May	East Grinstead 10M (Mid Sussex Marathon Wknd)
3 May	Haywards Heath 10M SGP (Marathon Wknd)
3 May	Worthing Three Forts Marathon
4 May	Barcombe 10k & 6k Charity Run
4 May	Rusper Village May Day Race
4 May	Burgess Hill 10K (Mid Sussex Marathon Wknd)
10 May	Gaby Hardwicke Atlantic Challenge Marathon, Half & Quarter - Teams & Individuals
10 May	The Eastbourne Run Together Run
10 May	Portslade Hedgehopper 5m WSFRL
10 May	Hastings 5M SGP
16 May	Arun Marathon Littlehampton Marina
17 May	Brighton Heroes vs Villains Run, kids 500m dash, youth mile, adult 5k and adult 10k
17 May	Bognor Prom 10K
17 May	Horsham 10K SGP
20 May	Beach Run 5 Miles WSFRL Littlehampton
23 May	Rockabilly Rye 5M
23 May	Votwo Trail Run 24 hour Pippingford Park, Nutley
24 May	Rye 10M SGP
24 May	Weald Half Marathon, Marathon & 50k Ultra
27 May	Trundle Hill 10K WSFRL Lavant Village Hall
30 May	Petworth Park Discovery Run

June – December 2015	
7 June	Worthing 10K SGP
14 June	Hove Park 5k - Arena 80 WSFRL
21 June	Heathfield 10K SGP
24 June	Bexhill 5k
27 June	Ladies Only Midnight Walk, St Barnabas Hospice, Worthing
27 June	Downland Community 5mile WSFRL Hassocks
1 July	Roundhill Romp 6 miles WSFRL Steyning
5 July	South Coast Half Marathon, 10k & 5k
5 July	Bewl 15M SGP
10 July	Rye Summer Classic Series 10K
15 July	Phoenix 10K SGP N.B. Wednesday
26 July	Seven Stiles 4mile WSFRL Henfield
29 July?	Bexhill 5K SGP N.B. Wednesday (date tbc)
5 Aug	Highdown Hike 4.5m WSFRL Durrington
14 Aug	Rye Summer Classic Series 10K
16 Aug	Tilgate Forest 5mile WSFRL Crawley
23 Aug	Brighton Rugby Football Club 9.5km WSFRL
23 Aug	Henfield Half Marathon
23 Aug?	Newick 10K SGP (date tbc)
30 Aug	Arundel Castle 10k
6 Sept	Fittleworth Five mile WSFRL
11 Sept	Rye Summer Classic Series 10K
13 Sept	Hellingly 10K
20 Sept	Bexhill Big 10k
20 Sept	Hove Prom 10K SGP
20 Sept	High Weald Challenge 50k, Ultra, Marathon & Half
27 Sept?	Barns Green Half SGP (date tbc)
3 & 4 Oct	24hr Ultra & 50 mile night run
4 Oct?	Lewes Downland 10M SGP (date tbc)
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon
11 Oct	Hickstead Gallop 8km WSFRL
18 Oct	Bright 10
18 Oct	Steepdown Challenge 5mile WSFRL
25 Oct	K2 Crawley 10k
7 Nov	Poppy Half
15 Nov ?	Brighton 10K (date tbc)
29 Nov	Crowborough 10K SGP
19 Dec	Brighton City Race

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

That's all for now folks for the senior section but before I sign off, I would like to take this opportunity to thank you for your support– please keep the articles coming – anything running related. Email: hilary@hilton-it.co.uk

SEAFORD STRIDERS JUNIORS - March 2015



Meeting Time: 5.55pm for 6.00pm start Pickup: 6.45 pm

Seaford striders juniors
Sponsored by; Puma gardening services

Meeting Point

March

The Salts Car Park, Richmond Road

Volunteers

Always welcome – please contact Rob
to offer your assistance

EASTBOURNE JUNIOR RACES

There were two junior races, which were held after the start of the Eastbourne Half Marathon on Sunday 1st March.

The results were as follows: Bartek Seta Leyland came first in the junior race, with a time of two minutes and 37 seconds, while Daniel Carr was first across the line in the under-16s race, in four minutes and 37 seconds.



FUTURE RACES

BLACKSTOCK FARM, HELLINGLY - 8th March 2015

Start Time: 10.30am prior to adult races which commence at 11am. The age category is from 8 to 16 on race day and is about 1.5 to 2 miles in distance. Can be very muddy. **Refreshments and Season Awards Presentation afterwards.** More details can be found on their website: <http://www.eastsussexcrosscountry.co.uk/>

HASTINGS MINI-RUN - 22nd March 2015



Start Time: 10.45am. This event is for young runners between 11 and 16 years of age. The length of the course is approximately 2.5 km and it takes place along the seafront. All finishers will receive a medal. To enter on-line follow the link: <http://www.hastings-half.co.uk/shopimages/pdfs/Mini%20Run%20Info.pdf>

LEWES EASTER MONDAY FUN-RUN - 6th April 2015

Start Time: 10.30am. The 10K Fun Run, plus the 1-mile and 2-mile events and the 800m Toddler's Trot take place on Easter Monday. The Toddler's Trot is two laps around the track. The 1-mile juniors race starts on the track, takes a half-mile detour out through the Priory School grounds and Ham Lane, and finishes back on the track. The 2-mile event starts from the running track, leaves the track area, and then finishes back at the running track. Those aged 15 and over can enter the 10k race. To enter on-line follow the link: <http://www.lewesac.co.uk/easterfunrun>

DON'T FORGET: Please send any running related items – with your school or club to me for printing in this newsletter. Email: hilary@hilton-it.co.uk

