



SEAFORD STRIDERS NEWSLETTER

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

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EASTBOURNE HALF - by Richard Honeyman

On a beautiful late winters morning eight Striders travelled the short distance to Princes Park, Eastbourne for this annual half marathon event. Whilst being predominantly seafront based, this is still a challenging course, including as



it does the notable climb at the 3 miles stage, up Beachy Head Road. It also includes a seemingly endless, stamina sapping, tour around Sovereign Harbour, (9-11 miles) making this a race that tests even the most seasoned of runners.

Scott, Phil, Joshua and Luke above and right with the addition of Anna (L) and Beth.

The first two runners for the Striders had both competed in the Brighton Half Marathon only a week before and were Joshua Rudd in a much improved course PB of 1:24:34 (17th place overall); followed by Scott Hitchcock placed 53rd in 1:29:44, taking nearly 16 mins off his personal best. Close on his heels was Luke Borland in 1:33:33, who also achieved a PB, being over 6 mins faster than his previous best.

Other runners who always deliver and who certainly didn't disappoint on the day were Phil Robinson 1:38:19 and three of the club's leading females, Beth Ruddock

1:44:49; Anna Norman 1:49:52 (PB by 5 mins) and Lisa Skinner 1:52.00. Closing for the Striders and certainly not hanging around was Richard Honeyman in 2:02:52, who like several of the runners listed is currently in marathon training and using this distance as a training event. Photos courtesy of Bob Hitchcock.



CLUB KIT

We do still have a few of the new club T-Shirts for sale at £10 each but I am happy to collate orders at any time. I do need to place orders in batches to save money and keep stock levels to a minimum. There are also a limited number of club vests and hoodies. Together with these we have old stock, which has been massively reduced to clear. Please see stock list on the club website for further details <http://www.seafordstriders.org.uk/Newsite/colours-and-kit/>.

Alternatively, contact me direct hilary@hilton-it.co.uk

HASTINGS 1/2 MARATHON by Kevin Ives (Photo below at Lewes)

950 years ago William the Conqueror and his Norman-French army came to these shores and defeated the Saxon King Harold, beginning the Norman conquest of England. The Battle of



Hastings in 1066 is one of the most famous dates in our Country's long history.



In this anniversary year of the famous battle, twelve Striders bravely undertook the journey from Seaford to contest the 32nd Hastings Half Marathon. Heavily outnumbered by 3,000 runners of all abilities and nationalities, the Striders with their superior tactics and team spirit rose to the challenge and succeeded in posting some fantastic times, with many being PBs.

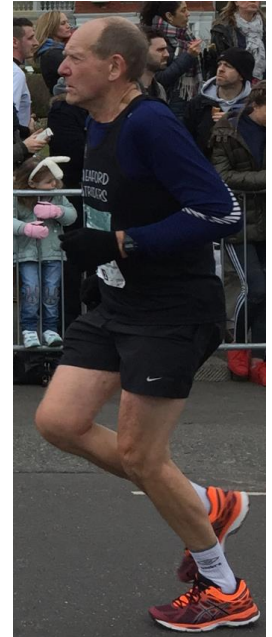
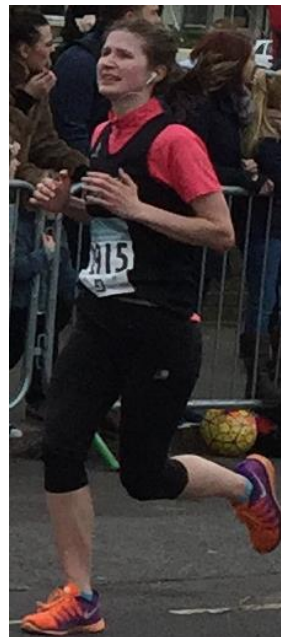
(Photo from L-R Josh Rudd, Scott Hitchcock, Beth Ruddock and James Smith with Phil Robinson at the back)



The cool temperature and light north easterly wind provided favourable weather conditions around this challenging course. Starting at the western end of the seafront the determined runners followed an undulating route that includes a tough 2 mile climb up Queensway, a 3 mile steady run eastwards along the Ridge, a fast 2 mile descent back to the eastern end of the seafront, and a surprisingly long 2 mile promenade section back to the finish. As always the fantastic crowd support was out in force and provided the necessary boost at the right times.

The race was won by Robert Mbithi in 1:04:51. The first lady home was Lenah Jerotich finishing in 1:16:51. First Strider home was Josh Rudd in 19th place overall with a superb PB time of 1:21:01. Scott Hitchcock improved on his recent Brighton Half time with another PB time of 1:26:22

(68th). Club London Marathon ballot winner, James Smith finished in 86th place with a PB time of 1:27:36. Next came an in-form Luke Borland in another PB time of 1:31:38; Phil Robinson 1:36:34; Kevin Ives 1:37:55.



First Striders lady Beth Ruddock (photo above left) finished with an impressive PB time of 1:42:20, a 2 minute improvement on last year's result. Anna Norman (photo 1st right) finished in 1:50:13; Richard Honeyman 1:56:01; Terry Ward (photo far right) 1:57:02; David Hammond 2:41:23; and Ken Browning proving that age is not a bar to running in 3:25:29. The Striders all returned home victorious! Photos courtesy of Bob Hitchcock.



UPCOMING CLUB EVENTS

DATE	DETAILS
Monday, 4th April	Monthly Training Session - 7.30pm – Lewes Track
Monday, 9th May	

THE MOYLEMAN - youtube link



Thanks to Chris Wrathall for sending this youtube link to a quadcopter's view of the runners taking part in The Moyleman Marathon, which took place on Sunday, 13th



March. It also shows off our beautiful countryside in the Lewes area of East Sussex. Absolutely stunning! If you are interested then follow the link: https://www.youtube.com/watch?v=wFs_5I4kaHQ...

LEWES 10K RACE REPORT by Scott Hitchcock



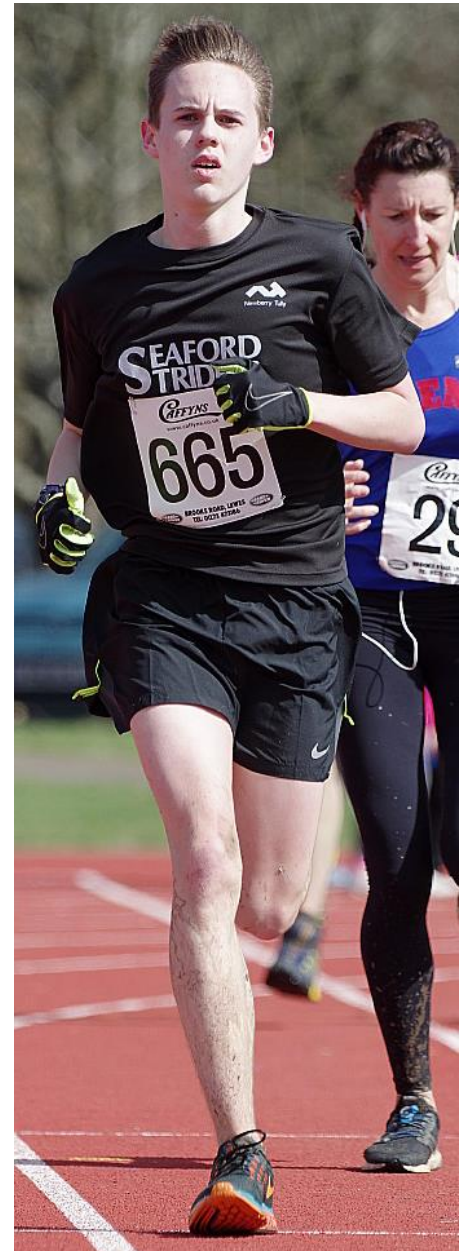
The 10K race started on the running track then it was straight out onto the footpath onto Hams Lane before continuing on public footpaths for a mile, which were sheltered from the weather conditions. The course then changed onto private farm land where there was a tremendous amount of head wind slowing every one of us down for a good few miles.

The next part of the course was through the small village with a few small hills to tackle with good support from local

people. Then it was onto very boggy fields, which left a nice amount of mud to take home with us. This was the toughest part of the course as we had cross winds and a lot of mud to get through.

The last part of the course was to leave the fields onto footpaths heading back to the track for a 300 metre finish, where there was great support from spectators cheering everyone over the finish line.

Joe Plant (photo right) aged 15 raced his first ever 10K race in a fantastic time of 52:21:00 (unofficial). He defiantly didn't let his nerves get the better of him, with a strong and fast finish to his race, which left his family standing by proud and overwhelmed with their son's great performance.



Joe enjoyed his first 10K and he handled the conditions of the course brilliantly.

Scott Hitchcock (photo below left) led the way in a time of 42:26:28 (unofficial) beating his last years' time by 4 minutes. He was joined in the race by the only other Strider Natasha Swan, (photo below right) who certainly wasn't hanging around, finishing in a time of 49:47 (unofficial).

Scott provided the celebratory Easter Eggs! Photos courtesy of Bob Hitchcock and Danny Simpson.



BLIND VETERANS

Just over thirty people will accompany three blind veterans and their pilots on tandems the one hundred and fifty miles to the French capital. Starting from the Blind Veterans building in Ovingdean on 12th May and finishing under the Eiffel tower in Paris on 15th May. If you feel energetic and fancy a trip to Paris there are just two places left so be quick and contact Rachel on 01273 391455 or email rachel.chitty@blindveterans.org.uk Alternatively if you would like to sponsor these hardy souls you can go to www.justgiving.com/cyclebeyondteam



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

April – 12 th June 2016	
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
20 Apr	Worthing Rowing Club's Splashpoint 5K
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	Portslade Hedgehoppers 5 WSFRL
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
8 May	Hastings 5M
8 May	Wisborough 10K
8 May	Seaford Half (new date)
11 May	Sussex Vets League, Eastbourne
12 May	Out of the Blue – Battle 10K
14 May	Arun River Marathon, Littlehampton
14 May	Sussex Vets League, Withdean Stadium
15 May	Sussex Vets League, Withdean Stadium
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
5 June	Horsham 5K Race for Life
5 June	Ashdown Fun Run 5K, Chelwood Gate
8 June	Beach Run, Littlehampton, WSFRL
12 June	Hove Park 5K & Junior Races, WSFRL
12 June	Hastings 5K & 10K Race for Life
12 June	Seaford Rotary Half
18 June	South Downs Marathon, Half & 5K, Slindon
18 June	South Downs Relay Marathon, Slindon
19 June	Eastbourne 5K & 10K Race for Life
19 June	Worthing Seaford 5K Race for Life
25 June	Burgess Hill Downland Dash, WSFRL
25 June	Race to the King – Ultra - Slindon

18 th June 2016 - onwards	
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
4 July	Sussex Vets League, Lewes
6 July	Steyning Roundhill Romp, WSFRL
8 July	Rye Summer Classic – 10K
10 July	Uckfield Lions 10K
10 July	South Coast Half, 10K, 5K & Fun Run, Seaford
13 July	Phoenix 10K (Wednesday)
13 July	Mid Summer 5, Lavant, Nr Chichester
20 July	Beat the Tide 10K, Worthing
23/24 July	Payne Games, Friston Forest
23 July	Luna-tic Night Marathon, Shoreham
24 July	Henfield Seven Stiles, WSFRL
25 July	Sussex Vets League, Lewes
27 July	Bexhill 5K (Wednesday)
31 July	Brighton Trailblazer
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
10/11 Sep	We Run They Run, Rye 5.28M to Ultra (laps)
11 Sept	Chestnut Tree House 10K, Littlehampton
11 Sept	Hellingly 10K
11 Sept	Crawley Tilgate Forest, WSFRL
18 Sept	Hove Prom 10K
25 Sept	High Weald Challenge Trail Races 50K & Half
25 Sept	BIG 10M & Platinum Open Mile Junior Race
25 Sept	Get Fit Boot Camp, Nutbourne Vineyards
25 Sept	Barns Green Half + 10K
2 Oct	Sussex Marathon & Half
2 Oct	Downslink Ultra 38M, Guildford - Shoreham
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	Beckley 10K
6 Nov	The Adder 10M & Friston Forest 5 charity run
12 Nov	Poppy Half, 10K & Junior Races, Bexhill
27 Nov	Crowborough 10K
4 Dec tbc	Mince Pie 10M

