



SEAFORD STRIDERS NEWSLETTER

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

Editor & Press Officer: Hilary Humphreys hilary@hilton-it.co.uk

Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/>

Twitter: <https://twitter.com/seafordstriders>

May 2016

BRIGHTON - FANTASTIC MARATHON DEBUTS by Gareth Hutchinson

In glorious spring sunshine and in what were perfect running conditions, eight Seaford Striders took to the city streets of Brighton to compete in the country's second largest marathon event.

The two stand-out performances for the Striders were by those making their marathon debuts. The phenomenal Joshua Rudd (photo right) attacked the distance showing no fear and crossed the line just over the three hour mark in 3:00:15. This outstanding performance has altered his ranking, placing him No.1 in the country for the U20 age category – Congratulations Josh!



Hot on his heels was Scott Hitchcock (photo left) in 3:05:18. Scott smashed his target time and just missed out on automatic qualification to the London Marathon. Scott's remarkable upward trajectory of form in such a short space of time means that he sure to return and break the three hour barrier.

Further down the field the battles raged. Kevin Ives and Gareth Hutchinson ran the 26.2m together from start to finish, both clocking 3:30:00 dead as they pipped

Phil Robinson to the line (3:30:24). (Photo of all three in relaxed mood, right)

Luke Borland (photo below right) dug deep along the 4 mile 'finishing straight' from Shoreham Power Station to Madeira Drive to bag a very creditable 3:36:38 for his first attempt at the distance.



Seasoned campaigner Richard Honeyman turned on the gas to register another great marathon effort in 4:19:15 and to add to the glut of PB's Steve Thomas completed the set with a 5:25:06. Photos courtesy of Danny Simpson



PADDOCK WOOD HALF by John Kingshott

The Paddock Wood 27th Half Marathon was held on 3rd April, with the race starting at 9.30. Trevor Jones and I got to the advised car park at around 8.15, followed shortly after by Zoe King. We parked up and started the walk down the road to the start line.



(Photo above (from L-R Trevor Jones, Zoe King, Alan Hards and John Kingshott))

The start was based on two race speeds 2-3 hours and 1-2 hours, we or rather I decided to go in the 2-3hr section due to the fact that a week previous I had managed to injure my back, moving some heavy boxes.



Paddock Wood Half 2016©SussexSportPhotography

The race started prompt 9.30 with a steady climb up the hill we had just walked down from the cars, then turning left off the main Maidstone Road, into countryside. It was rumoured that this was a completely flat race, so where did 'them' hills come from?! It was fairly hot, and by the 5 to 7 mile markers runners were dropping out.

I found it hard going, but with Zoe King (previous Strider) sticking with me, and encouraging me like true running buddies do, I made the half way stage. Here I told Zoe to go on alone, and I would continue at my pace, no point in Zoe getting a slow time.

There were water stations on route and sponge stations as well, which were very refreshing. I made the finish line, sadly not my fastest time due to back pains, and no medal due to a mislaid box of medals, also no goody bags due to some of the other runners taking two bags instead of one. Anyway it's not the medal it's the taking part!

Next was the walk back to the cars, which, with tightening muscle's was a killer - we had parked one and a half miles uphill from the start/finish line! I would still recommend this race, but please note there are HILLS!

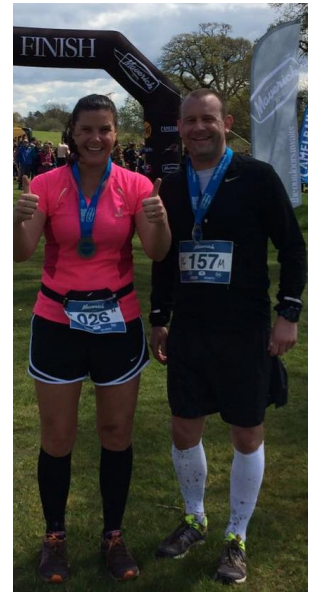
I would like to thank Zoe King for all her support during the race, and Trevor for agreeing to join us. One good note Paddock Wood has since sent me an E mail saying they will post me a medal, and as a goodwill gesture, a wicking running T shirt for the lack of goody bags.

Results: Alan Hards 1:52:05; Richard Honeyman 1:53:05; Trevor Jones 2:20:03; Zoe King 2:37:33 and John Kingshott 2:50:01.

THE MAVERICK ORIGINAL SUSSEX 16k by Stacy Hixon

Maverick Original Sussex 8k, 16k or 24k in the picturesque setting of Cowdray Park, Easebourne. So my brother and I decided to run the middle distance 16k – easy or so I thought.... Little did I know what I was in for. It wasn't overly crowded even with people running all the distances heading off at the same time.

The mud was thick wet and cold and it was a bit like skating, which I found really took it out of my legs come the dry parts. The water station had a variety of drinks and food to keep us going, I definitely needed it. The course only had a few inclines but nothing terrible. I did manage to fall over a couple of times and that wasn't even in the muddy parts haha, but we did it "yay!"



I would definitely run it again and recommend this if you like off road running and mud. My time 1 hour 53 mins gave me a position of 42ND female out of 74, making this my second race competed as a Seaford Strider.

LONDON MARATHON REPORT by James Smith

London Marathon is an event that I had always said growing up I would love to do, but with running being a second hobby of mine after motocross, I never thought I would be able to make myself do the training necessary to complete a marathon. I was lucky enough to get a place for London through the club ballet, after failing to make it through the main ballet. There was an added bonus in that my younger sister was also doing London this year - both our first marathons, which made it even more exciting, and a real family event.



Training started for me in January and as Kevin and Gareth would tell you I have a fairly 'relaxed' attitude to my training. I didn't follow a plan but just knew I had to start building up my long run on a weekend, along with running with the club on a Wednesday. Overall training went fairly well and I got up to 20miles on my long run and had been at the club (almost) most Wednesdays. I entered the Hasting Half to gauge how I was running and was chuffed with my PB of 1hrs 27mins so felt happy going into London.

After seeing the amazing times all the Striders put in at Brighton marathon the week before I did however feel a little pressure to keep up the great work. Being my first ever Marathon I had set myself a target of 3hrs 30mins and I just hoped I had put enough training in.

I went up with my Sister on the Friday to the excel centre to pick up our numbers and that's when it all became very real, emotions of excitement and nerves varied throughout the day. It's so well organized, picking up our

numbers was easy, along with plenty of free energy gels, protein bars and even a foam finger for our supporters; we had a great day and felt privileged to be there.

Amazingly snow had been mentioned for the Sunday so I knew I needed to be prepared for it to be a cold start, although I was very relieved it wasn't going to be too hot. I felt fairly relaxed come Sunday morning, although struggled with forcing down some porridge at 6am before getting the 7am train. I started at Blackheath at the blue start but had been put in the 4hr pen. Again the start was very well organized, making it very easy to put your bags in the big lorries, luckily the men's urinals were fairly queue free, although queues for porta loos were madness I feel for you lady's!!

The start time of 10 o'clock came around fairly quickly and before I knew it we were off, everyone had said to me that the start would be very busy and not to panic about my time early on in the race. They weren't wrong it was crazy. The first 2 miles were very busy and hard to get into a rhythm while trying to pass the people in front or getting passed by others.

Once I got into a rhythm I felt okay, I started to relax and take in the already amazing atmosphere and support around the course, reaching the iconic Cutty Sark at around mile 6 was an incredible feeling. The amount of spectator support was awesome, although I tried to remember the advice I had been given - not to get too excited as I still had 20 miles to go. Knowing my family were going to be waiting at mile 9 and then at mile 24 to cheer me on was something to look forward too.

Reaching the half way point and running over Tower Bridge was again another amazing experience, combined with catching up the 3.15 pacers I was feeling good so decided to overtake them and keep up my pace. Possibly ignoring all the advice everyone had given me of not starting too fast. All was going well for the next 6miles, I was defiantly starting to feel that I had been running for over 2hours but I was soaking up the atmosphere and keeping focused on the person in front. Water stations were every mile so there was never a worry about having to go too far without a sip to drink, although using up all my gels by mile 19 may not have been the best of timing.

At the 20 -21 mile mark I hit THE WALL! The thoughts I had going on in my head that I had only ever trained up to 20 and that I had run out of gels, made the next 6 miles the hardest 6 miles I have every run. I'm afraid to say I hit the wall and almost let the wall defeat me, a couple of points having to walk. I allowed myself to walk the short distance of the drink station at mile 22 before running again and repeated this on the last few drink stations; this was the only way I felt I was going to get to the end. My watch had also run out of battery, the 3.15 pacers come pass with ease along with a man dressed in a big multi coloured heart costume all didn't help with the pain.

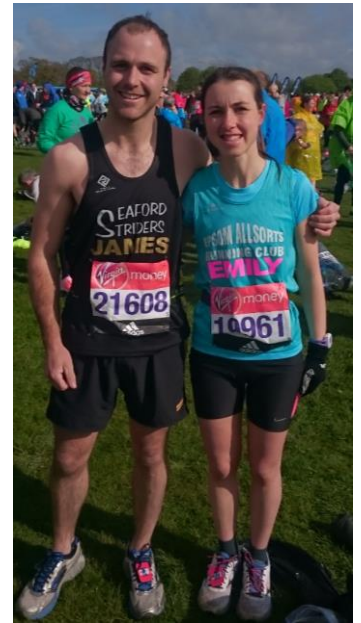


One thing that took me by surprise in the last three miles was my legs cramping up. I had never experienced that on any runs before and I'm not keen on experiencing it again anytime soon.

Hitting mile 24 and seeing my family cheering me on, just after Blackwall Tunnel, was a great feeling and gave me the final push to the end. (If

you were watching the marathon live on BBC some of you may have even seen my mum being interviewed by Colin Jackson holding her 'go for it James' and 'go for it Emily' sign up. Her 5 minutes of fame)

The dreams of a sprint finish along the Mall, getting that finishers photo with my arms in the air smiling, were not quite achieved. Instead I finished knackered, cramped up but with a time of 3hours 22 min 58 secs. It was the hugest feeling



of relief, followed by the emotions of real achievement and also some slight disappointment over my efforts on the last 6 miles, but being able to say that I had just completed the London marathon was the best feeling ever.



My sister had on the other hand run an amazing race. She had done really well with her training and kept to her race plan perfectly, coming in with a time of 3hrs 43 mins; achieving a good for age time which she was over the moon with. I was very proud of her. She did however make the mistake of drinking very little the whole race and within 10 mins of finishing the race felt like she had the worse hangover ever. Another lesson learnt.

The whole experience of the marathon was a weekend I shall never forget and even though when I finished I vowed never to do another marathon again, I am now already thinking of entering the ballet for next year and using all the valuable lessons I learnt from my first ever marathon to strive for that sub 3.15. More training/better training and a better race strategy are only some of the big lessons I learnt, on what was an incredible day and one that I would highly recommend you all do at least once!

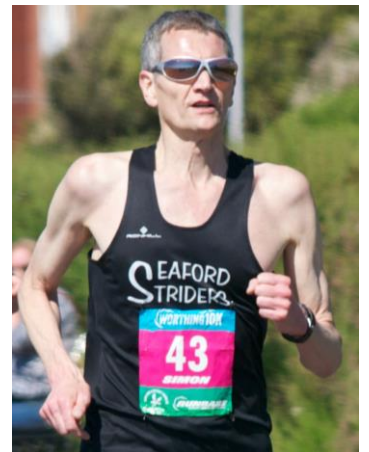
LONDON MARATHON - FULL RESULTS

Five Seaford Striders were fortunate enough to be among the more than 39,000 participants in the massively oversubscribed 36th Virgin Money London Marathon, which saw the Kenyan Eliud Kipchoge returned to win the London Marathon for the second consecutive year in a time of 2:03:05.

The attention for the Striders was once again resting firmly on Simon Fletcher, who put in another personal best time of 2:44:56, crossing the line in 549th place overall and only



11th in his age group, which is a fantastic achievement amid such an elite field. (Photo right Simon running at Worthing)



Other Striders who were also having a good day were Phil Carr, 3:18:17 and James Smith 3:22:58, who was lucky enough to win the club ballot for the place. The first and only female representing the Striders was Beth Ruddock (photo left at Beachy) who put in an outstanding performance, crossing the line in 3:55:15. Beth was followed to the line by Dave Dunstall, who would have been disappointed to be off form in 4:01:56. On an unforgettable day in one of the world's most prominent marathons, all five can be justifiably proud of their efforts.

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

MID SUSSEX MARATHON WK-END by Claire Keith

Burgess Hill 10 Miler -

The feast of running at the Mid-Sussex Marathon Weekend which comprised of the East Grinstead off-road 10 miler, the Haywards Heath 10 miler and the Burgess Hill 10km was held over the May Day bank holiday weekend. Runners could chose to run one, two or all three races, held on consecutive days and totalling a marathon distance.

This year's East Grinstead 10 miler attracted just two Striders - Josh Nisbett, running his first race as a Strider, and Claire Keith, returning to running after a five month break. The day was cool and sunny, and the course was muddy and hilly. Out of the 238 runners, Josh crossed the finishing line in 68th position, recording a good time of 1hr 27m 34secs. Just a few paces behind, and in 69th place was Claire in an identical chip time.



(Photo courtesy of Bob Hitchcock - line up L-R Josh Rudd; Scott Hitchcock, Chris Le Beau; Josh Nisbett and Claire Keith)

Haywards Heath 10 Miler -

The slightly weary-legged pair, were joined by three other Striders, Josh Rudd, Scott Hitchcock and Chris Le Beau, for Sunday's event in Haywards Heath. The sun was shining brightly on the two-lap course which takes in Victoria Park but is predominantly a road race, and is part of the Sussex Grand Prix. The ever-fast Josh Rudd sped round finishing in a PB time of 1hr 3m 30secs and 15th out of the 406 runners taking part. Not far behind was Scott, blowing kisses to his Gran (Happy 85th Birthday to you) who waiting at the finish line and had come to watch her first running event. Scott crossed the line in another PB of 1hr 7m 29secs and 38th overall. Managing to knock several minutes off their previous day's times, Claire in 135th place clocked 1hr 21m 49secs and Josh Nisbett in 165th place clocked 1hr 24m 19secs. Finishing the line-up was Chris in a very respectable 1hr 32m 51secs and placing him 240th in the field.



(Photo courtesy of Bob Hitchcock – Scott with Sister, Gran & Mum)

Burgess Hill 10K -

Then on day three, as we come to expect with the British Bank holidays, the sun disappeared and was replaced with the cold, wind and rain. This didn't deter Josh and Claire from completing the final part of the race triple. The 2-lap course ran through wet, muddy fields, heading up and down the hills before heading back for a final leg-sapping lap round the final field to the finish line. Josh powered up the final hill and round the field to achieve a great 53 mins exactly (105th out of 365 runners) and a total marathon time of 3hr 44m 53secs. Claire, hindered by a frustrating shoe-lace malfunction, crossed the line in 53m 30secs (110th), pleased with her total marathon time of 3hr 42m 53secs. Their final positions for the overall marathon are yet to be published.



UPCOMING CLUB EVENTS

Monday, 9th May
Monday 6th June

Monthly Training Session
7.30pm – Lewes Track

Verily, Ye Battle & Villages Lions Club, (with Eric de Hardwick M.B.E as race director), are honoured to be part of ye 950th Battle of Hastings Celebrations by being summoned by '1066 Country' to organise this special running event for Sunday 16 October 2016

1066 Way to Battle

Good Morrow! Follow in the footsteps of William the Conqueror!

This will be a race upon foot, from Pevensey Castle (commencing at 9am of the morning), to Battle Abbey, following ye well known '1066 Way Footpath'. A distance of approximately 17 miles. Ye minimum age for participation is 17 years on ye morning of the event.

Note ye well - Ye Event will doubtless be most popular and so is limited to 1066 participants!

This will be a well organised event, as part of ye multitude of 950th Celebration Events, and a unique opportunity to follow almost 950 years to ye original day ye route that lead to ye Battle of Hastings in 1066.

All finishers will receive a Very Special Minted Brass to commemorate the Occasion.
"This opportunity will not happen again in our lifetime".

All monies raised from The Event will be used by Battle Lions Club for The Community.

God Save King William and have mercy on all who stand in his way!

[Participate Now](#)



*"Hail brother!
Have you
joined the 1066
Way to
Battle?"*

[Participate Now](#)

Sunday 16 October 2016
Commencing at 9am
Pevensey to Battle

[webversion](#)

**1066
Country**

Sponsored by



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

May – 8 th July 2016	
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 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
4 July	Sussex Vets League, Lewes
6 July	Steyning Roundhill Romp, WSFRL
8 July	Rye Summer Classic – 10K

10 th July 2016 - onwards	
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
16 Oct	1066 Way to Battle approx. 17M
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