



SEAFORD STRIDERS NEWSLETTER

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

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Website: <http://www.seafordstriders.org.uk/> **Twitter:** <https://twitter.com/seafordstriders> **July 2015**

2nd ANNUAL PUB RUN- WEDNESDAY, 8th JULY

This is a social run, talking in 5 pubs in and around Seaford. There are opportunities to take short cuts, or you can join en route. **You may need an extra layer as the evening cools and don't forget cash for drinks!**

THE DOWNS TO THE CUCKMERE INN 7.25 – 7.40: Alfriston Road to end of houses, right and left onto footpath to river, right at bottom of hill

CUCKMERE INN TO CINQUE PORTS 8.05 – 8.20: Footpath towards Cuckmere Haven, 2nd footpath on right to Chyngton Farm, Chyngton Way, Chyngton Road, left into Steyne Road, right into Crouch Lane

CINQUE PORTS TO WHITE LION 8.50 – 9.05: Left into East Street, Avondale Road, Blatchington Hill, left into Belgrave Road

WHITE LION TO THE WELLINGTON 9.15 – 9.30: Edinburgh Road, left along seafront, left into The Causeway

THE WELLINGTON TO THE SEVEN SISTERS 9.45 – 10.00: Church Street, right into Clinton Place, left into Broad Street North, Blatchington Road, Sutton Drove, left into Hindover Road

WEALD TRAIL CHALLENGE by Chris Wrathall

The Weald Trail Challenge events had been recommended to me, with one starting from Chiddingly held on the late



May Bank Holiday catching my particular attention. The races are organised by Stuart Mills, multi winner of the Beachy Head Marathon. Bob Ward and I entered the Half with the intention of pacing around a couple of new to running buddies, this being the first attempt at the distance for one and only the second time for the other.

Following both the Vanguard Way and Wealdway, the course is almost exclusively off-road with the variety of undulating paths, fields and woodlands you'd expect in this part of the world. The scenic route certainly didn't disappoint, nor did the food and drink at the checkpoints.

(Photo above courtesy of Tony Humphreys - Bob at Beachy Head Marathon 2014)

Marshals were at a premium with the emphasis being on markers indicating the route. Sadly, it appears some of these were removed by a disgruntled farmer. This resulted in many runners getting lost, which in turned played havoc with distances and finishing times.

The aim for myself and Bob was to get our friends round in under 2hrs 30 but the unwanted detour resulted in 13.9 miles covered in 2hrs 35. Fortunately the magic 13.1m was achieved in 2hrs 27 according to the Garmin, so mission accomplished.

Other Striders in the Half were Natasha Swan 2.07.22 and Karen Clinton looking very comfortable in 2.33.44.

No Striders featured in the Marathon, but 4 runners were mad enough to take on the Ultra - Jake Spooner 5.54.59 with Kallum Wright and Sureyya Kurtay both recording 6.17.48. Sadly Paul Heywood fell victim to a twisted ankle and limped round in an uncharacteristic 6.50.20.

(Photo right courtesy of Colin Mitchell – Chris at Beachy Head Marathon 2014)



LONDON BUPA 10K - 25th May - A Personal Account by Richard Kimber

I'm up early and at Victoria Station before 9am. Walk through to Green Park, 10 minutes to absorb the atmosphere and decide on race gear. Weather cool, dry and overcast with occasional short spells of warm sunshine. So, long sleeve running vest (under Striders), shorts, headband rather than cap. Off to the loos at 9.15. Oh dear, queuing is a total shambles. Just 10 minutes for the baggage drop and down to the start for 10 o'clock. It's a new course this year but start and finish are in the same place. I missed my 70 minute target last year so I'm keen to achieve my "one minute per year" rule and get home in less than 71 minutes. The problem is that recent training suggests that 75 minutes would be more realistic. It's a flat course so I decide to go for an even pace of 7 minute Ks, and hope.



Twelve waves of runners are ready to go. I'm in the 10th wave and get away just after 10.20. Up The Mall to Trafalgar Square, on my right the elite runners are already well past the 8K marker. It's a crowded race and I'm being pushed along a bit quicker than I would like. Check my time at 2K; yes, it's well under 14 minutes. I won't be able to keep this up. Fortunately the crowd is thinning out a bit going up Chancery Lane and I can slow down. Not too much, but enough to get my breathing into a more comfortable rhythm. Where's the 3K marker? I must have missed it. No, there it is. That was a long 1,000 metres.

Going over Holborn Viaduct with a swing around the BT Telecom Centre, past St Paul's Tube Station and 4K is in sight. Time check; still on the fast side, but closer to an even pace. A left turn into King Street brings a cold head wind, but soon it's a right turn and I'm heading for the City – my stamping ground of 50 years ago - but there's no time to stop and stare at all the new buildings. Round the Bank of England, on to Bank Station and it's 5K. Still ahead of the 35 minute target, but definitely slowing down, and tiring. But it's beginning to look as if I will finish under 75 minutes.

Ahead is a man on crutches. How did he get there? Can I be beaten by a guy with 1 leg? I pick up the pace a little, go past with a "well done" and hear a "thank you" behind me. Now I have a new challenge; to keep going. If I slow down I might be overtaken by the man on crutches.

I'm at the water station in Holborn so I know I've missed the 6K sign. Too much looking down, Richard. "Keep your head up, boy". I'm in Fleet Street now and 7K is coming up. I'm over the 49 minutes, but not seriously so. However,

it's not the reward I was looking for after my efforts in the last 2K. There's very little in the tank and I'm running on sheer determination. It's a straight road and there's a lot of support from the crowd. I just have to keep going so whatever the time is at the end I know I will have run as best I can.

The sun has come out and I'm starting to sweat but breathing is easier and 8K is coming up. Can I manage a bit of a spurt, to finish under 72 minutes? Time check at 8K shows I'm less than a minute over an even paced 56 minutes. I decide to go for it. Just as I'm gathering myself, two ladies from Hastings come past suggesting that "Seaford" is slacking. I'm too long in the tooth to chase after them, but it makes the decision to push on a bit easier.

It's "downhill" into Whitehall and I'm putting more effort in, but I'm tired and I don't know if I am running any quicker. I'm going past runners, but I can't keep it up. I have to slow down, and now they are coming past me. I try to console myself. I gave it my best shot. Past the 9K marker and Big Ben is behind me. Come on. One last effort up Birdcage Walk. I'm going past people again, but I have to slow down at a crossing point. Can I get going again? Only just. I can see the "200 metres to go" marker, but my legs are heavy and I have to slow again. Turn the corner and I can see the finish. Keep going! I ran 69 minutes and 53 seconds. Andy Vernon, Commonwealth Games silver medallist finished in 28 minutes and 38 seconds. He was 1st. I was 9,885th. We are equally happy.

SEAFORD HALF - 7th June

For many years the Newhaven, Peacehaven and Seaford (NPS) Lions have, with the help of the Seaford Striders Running Club, organised the ever popular Seaford half marathon.

The monies raised are used for charitable purposes and whilst maintaining an understated feel, this race attracts rave reviews for its wonderful scenery, varied terrain, welcome water stations and enthusiastic marshals.

This year's event took place on Sunday, 6 June with five adult Striders competing on home territory; whilst the juniors, together with their mums and dads expertly ran the Bishopstone Water Station. Yet more Striders took up their marshalling duties by manning the very busy road junction across the A259.



Starting on the seafront the mainly off road route around Seaford takes in some spectacular views over the Weald from the South Downs, as well as the beautiful downland village of Alfriston, the Cuckmere Valley and the coast.

First across the line was James Wright (unattached) in 1 hour 26mins 19secs. First Strider and 9th place overall was Joshua Rudd 1:34:32 who smashed last years' time by nearly 45 mins. Billy Moakes was hard on his heels in 12th position 1:38:09. Next came great efforts from Tony Cross (photo above right) 1:48:12, followed by Karen Clinton, who always delivers and recorded 2:13:22.

(Photo Tony Cross, above right at Lewes Downland 2014 courtesy of Tony Humphreys) and above left Karen Clinton, courtesy of Trevor Jones.

UPCOMING CLUB EVENTS



DATE	DETAILS
Wednesday, 8 th July – 7.00pm	Pub Run Starting from the Downs Leisure Centre



TEMPO 10K - 11th October 2015

The Tempo 10 K is organised by the Tempo Specialist Running Shop in Susans Road, Eastbourne. It will be held on 11th October, start time of 9.30am. The race limit is 200 entries and there will be no race entries on the day. Two local charities will be the beneficiaries: RNLI of Eastbourne and the Special Olympics of Eastbourne. Entry is £12 and closing date for entries in 3rd October. Wes Mechen, co-owner of Tempo has asked me to pass on his invitation to the Striders to join him for this event. If you would like to enter the race, entry forms can be downloaded from the following link: <http://www.temposhop.co.uk/docs/Tempo-10K-Entry-form-October-11th-2015.pdf>

To read the full edition of the Tempo newsletter, click on the link below:

<http://temponewsletter.weebly.com/tempo-newsletter/june-edition-tempo-newsletter>

WORTHING 10K

Six Striders headed west on the same day as the Seaford Half, to compete alongside over 1,600 other runners in the Worthing 10K, another fundraising event, with the main beneficiary being St Barnabas House Hospice.

This is an improved out and back course, which starts on Worthing seafront and travels to and from Goring. Being so straight and flat this race is fast but the heat and very little in the way of a breeze was a factor, which sadly caught out some runners.



First to activate the chip timing was Haywards Heath Harrier, Chris Smith in 30mins 52secs. The first female over the line was Emma Macready of Worthing & District Harriers 35:57.

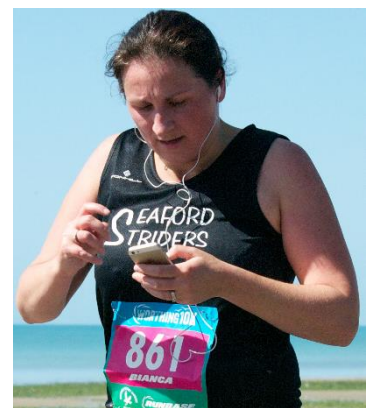
The first two Striders home always deliver and they certainly didn't disappoint with Simon Fletcher finishing 2nd in his age group and 12th overall in 35:45; followed by Phil Robinson 40:55.

(Photos Simon Fletcher, above left and Phil Robinson, right,)



Simon and Phil were followed by Claire Keith in an inspirational time of 46:35 and underlying her return to top form. It was good to see Jackie Webber returning from injury 52:58. Also giving their all was Chris LeBeau 52:30 and Hilary Humphreys 56:14. The performance of the day was however reserved for Bianca Buss in her first ever race and clearly showing her potential finishing in a time of 56:26.

(Bianca right looking for uplifting music – looks like texting!)



Photos from left to right – Claire Keith, Chris LeBeau and Jackie Webber. (All photos courtesy of Tony Humphreys)

JOHN'S PAGE!

BEDGEBURY HALF MARATHON - by John Kingshott

This is my first time at Bedgebury and I set out from Seaford 6.30 am Saturday morning, leaving the nice lady inside my Sat Nav. to guide me. She took me on a scenic route, down little country lanes, just wide enough to drive a skateboard down, but after just over the hour I was parking in the venue car park, without a scratch.

Also for the first time was the need to provide I.D. to prove who I am! This done I was sent to various tables to collect my number and chip, on to the next table for wrist band and Bandana, then to the last table to collect a "T" shirt. There are a lot of trade stands, including ones selling Bacon Butties, Sausage Casserole, Pasta, drinks, etc.

8.30am and we were greeted by the event organiser who invited us to do some silly warm up dancing, then we were led to the start "pens" 9.00am dead on the dot, the first (and faster runners) are released, from then on every one minute intervals the rest of us were corralled out. The first thing I saw was the uphill, good start (I think) from there commences what turns out to be an interesting Half marathon.



This race is like the Seaford Half, but with trees, and mighty big ones at that. At 11.00 the 10k runners were released on their own route, which intersects near our 9 mile mark, so all I saw were these fresh faced runners, running like it's a Sunday afternoon stroll.

Only one thing to moan about was that there were only three water stations en route, but everything was well manned (and staffed). The last sting in the tail was the uphill climb to the finish, but all in all most enjoyable (I keep telling myself that). It's a must do for all of you who like Half Marathons. P.S. the goody bag is overflowing!

John finished in a very creditable time of 2:39:56 – well done! Ed.

MASSAGE FROM A FELLOW STRIDER



John Kingshott a fellow Seaford Strider, has now joined forces with Haven Therapies based in the Barbers in Saxon Lane, Seaford. He is a fully qualified Masseur with 16 years' experience and can offer treatments ranging from Swedish Massage, Sports related Deep Tissue Massage and Indian Head Massage.

He has worked alongside Osteopaths, and was the in-house therapist for the world champion dance troupe Eclipse, based at Studio 54 in Peacehaven, and works with Sussex Sports Massage at field events and running events across the South. He is available appointment only, Friday evenings and Saturdays. Give him a call, or pop into Haven

HEATHFIELD 10K - 21st June

The Heathfield 10K is held on quiet country lanes around the villages of Cross In Hand and Waldron. It is a well organised, tough but enjoyable race, which starts with a downhill sprint as the runners plummet down towards Waldron, there follows a 4k stretch ending at the lowest part of the route, although you'd never believe it due to the constant undulations.



The last 5k is an uphill slog, with the brutal final kilometre guaranteed to empty anything left in the tank and payback for the initial downhill at the start. After conquering the hill, the race ends with an agonising lap of the Rugby pitch made bearable by encouragement from faster finishing teammates and perhaps thoughts of the bar at the finish. Heat was a major factor with runners criss-crossing the lanes to take advantage of any shade.

In a field of over 200 runners the winner was Paul Tomlinson of Haywards Heath Harriers in 36 mins 13 secs.

First for the Striders and clearly refreshed after his break in sunnier climes was Scott Hitchcock (photo left) in a cracking 42:59. Always impressive Natasha Swan 47:51 (photo right), with Peter Weeks 49:28 managing to hold off Claire Keith

49:48 and Alan Hards 51:02. Finally Robert Webber recorded 55:08 and Jackie Webber 57:47 in the punishing conditions. Both photos courtesy of Tony Humphreys.



SOLSTICE RUN

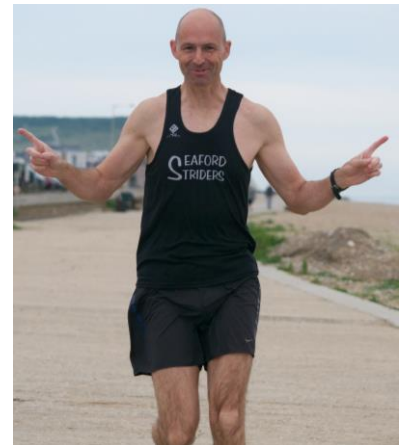
Position	Time	Name	Position	Time	Name
1 st	17:44	Gareth Hutchinson	17 th	25:04	John Gillespie
2 nd	18:13	Joshua Rudd	18 th	25:56	Tom Batts
3 rd	18:46	Billy Moakes	19 th	26:29	William Squires
4 th	18:53	Scott Hitchcock	20 th	26:31	Justin Squires
5 th	19:33	Alfie Preece	21 st	26:53	Trevor Jones
6 th	21:19	Luke Borland	22 nd	27.15	Stephen Humphreys
7 th	21:38	Joe Rickard	23 rd	27.17	Maddy Quinn
8 th	22:42	Christian Morton	24 th	27.19	Harry Quinn
9 th	22:47	Anna Norman	25 th	29.39	Tyler Derby
10 th	23:19	Joe Plant	26 th	27.50	Hilary Humphreys
11 th	23:25	Pete Weeks	27 th	28.20	Andy McDonald
12 th	23:41	Rob Webber	28 th	28.36	Ben Pumphrey
13 th	23:45	Chris Wrathall	29 th	29.45	Tom Roper
14 th	24:21	Howard Squires	30 th	30.50	Olivia Lyons
15 th	24:32	Oscar Morton	31 st	31.13	John Kingshott
16 th	24:49	Jackie Webber	32 nd	32.50	Harry Kinsella
19:47 Phil Robinson (late start)					

Striders turned out in force to celebrate the summer solstice with a run from the Sailing Club, along the seafront to just past the Martello Tower and back. We were lucky to have a lovely evening, which was ideal for running. Two cones positioned beyond the fishermen's boats was the turning point and by the return to the Sailing Club, approximately 5k had been run.

Thanks to Ian, the Sailing Club Commodore and Tom Roper, we were able to enjoy a drink in the clubhouse after the race. There were 33 runners in all, although unfortunately, Phil Robinson arrived late, due to the hold up and therefore his time is shown separately. It was great to see so many juniors running; an encouraging sign for the future.



Above – the start of the Solstice run, showing Gareth out in front - a position he maintained throughout.



All photos courtesy of Tony Humphreys

Photos above from left to right Joshua Rudd (2nd overall); Joe Rickard (1st junior & 7th overall) Anna Norman (9th); Madeline Quinn (1st junior female & 23rd overall) and Phil Robinson, who unfortunately arrived late but still had time to pose before running an excellent 19:47, which would have given him 6th place.

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

That’s all for now folks as far as the senior section is concerned. Please see overleaf for an up-to-date list of forthcoming races. “Thank you” for your contributions. Please keep the articles coming by email to: hilary@hilton-it.co.uk

N.B. The Junior Section is separate from this newsletter.



Race results can be found by following the links from the Seaford Striders Website:

www.seafordstriders.org.uk/results.html

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

July - September 2015	
1 July	Roundhill Romp 6 mile WSFRL Steyning
4 July	St Lawrence Fair Fun Run, Hurstpierpoint
5 July	South Coast Half Marathon, 10 km & 5 km
5 July	Bewl 15M SGP
8 July	Vets T&F Lewes
10 July	Rye Summer Classic Series 10 km
12 July	Brighton Beach Aquathlon swim-run-swim
15 July	Phoenix 10km SGP N.B. Wednesday
15 July	Crawley AC Open T&F
25 July	LUNAR-TIC Marathon, Shoreham N.B. 8pm start
26 July	Seven Stiles 4 mile WSFRL Henfield
29 July	Bexhill 5km SGP N.B. Wednesday
29 July	Vets T&F Lewes
2 Aug	Brighton Trailblazer Run
5 Aug	Highdown Hike 4.5 m WSFRL Durrington
5 Aug	Herstmonceux Relays
7 Aug	British Ultrafest 48/24/12/6 hour races, Crawley
14 Aug	Rye Summer Classic Series 10 km
16 Aug	Tilgate Forest 5 mile WSFRL Crawley
23 Aug	Hove Hornets Stinger 9.5km WSFRL
23 Aug	Henfield Half Marathon
29 Aug	Alfriston Village Fun Runs
30 Aug	Newick 10km SGP
30 Aug	Arundel Castle 10 km
31 Aug	Tom Lintern Open Medal Mtg
31 Aug	Kings Head Canter
5 Sept	Heart of Sussex XC
6 Sept	Fittleworth 5 mile WSFRL
6 Sept	Chestnut Tree Hse - Littlehampton 10K
6 Sept	BBB 10K - Battle
11 Sept	Rye Summer Classic Series 10 km
13 Sept	Hellingly 10km
13 Sept	Firle Half Marathon, 10km Trail Run & 5km Fun Run
19 Sept	Valley Challenge, Chichester
20 Sept	Bexhill Big 10km
20 Sept	Hove Prom 10km SGP
27 Sept	East Grinstead 10km
27 Sept	High Weald Challenge 50 km, Ultra, Marathon & Half
27 Sept	Barns Green Half SGP

October - December 2015 & beyond	
3/4 Oct	24hr Ultra & 50 mile night run, Ashburnham Place, Battle
4 Oct	Lewes Downland 10M SGP
4 Oct	Alf Shrubbs Memorial 5
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon, Heathfield
11 Oct	Hickstead Gallop 8km WSFRL
11 Oct	Tempo 10K, Eastbourne
18 Oct	Bright 10
18 Oct	Steepdown Challenge 5 mile WSFRL
18 Oct	Worthing Seafront 10k
24 Oct	Beachy Head Marathon
25 Oct	K2 Crawley 10 km
1 Nov	Foxtrot 5 WSFRL
7 Nov	Poppy Half - Bexhill
15 Nov	Brighton 10 km (date tbc)
29 Nov	Crowborough 10km SGP (TBC)
6 Dec	Mince Pie
6 Dec	Downland Devil 9M
19 Dec	Brighton City Race
2016	
28 Feb	Vitality Brighton Half
13 Mar	The Moyleman Marathon, Lewes
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon
17 April	Brighton BM 10K