



# SEAFORD STRIDERS NEWSLETTER

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

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Sept 2016

## WANTED GROUND SHEET for POP-UP SHELTER



Does anyone possess a groundsheet – approx 6' x 6', which the Striders could use in their pop-up shelter? This will help keep members kit dry during the autumn and winter races? If you do please let Scott or any committee member know. Many thanks.

## HENFIELD HALF - by Martin Bulger



This is an ideal race for anyone preparing for an autumn marathon. Most of the off-road course is along a disused railway and the riverbank path of the Adur.

It was a cloudy and windy day, and following overnight rain there were muddy areas to negotiate. Sustenance from blackberries along the route could have made up for the fact that there were only two drink stations. There were a few 'hilly' bits to slow your pace (only 15 broke 1½ hours) but it still has the potential for a PB.

Simon Fletcher was first home for the Striders in a time of 1:22:30 despite nursing a back pain, and was placed 4<sup>th</sup> overall. Next to finish was Natasha Swan in 2:00:20 followed by Richard Honeyman in 2:05:00



## ARUNDEL 10K by Stacy Hixon

9am start time for the Arundel 10k run. Thinking it would be perfect to spend the day in Arundel with the family this was not the case due to the great British weather.

We were not even 5mins into the run when the heavens opened up on us but seemed to clear up fairly quickly.

The run is mainly uphill for the first 5k then downhill which is always a fav of mine, but I did forgot about the hill at the 7k mark!! Time lost due to having to walk up the hill that wasnt overly steep and walked until the 8k mark which was then all downhill and back through the castle grounds and up to the high street to finish. Unfortunately I suffered a bad stitch when i started to run again at 8k and couldn't push hard enough for the last 2k so I was a little gutted with my time of 1hr 3mins.

# NEWICK 10K by Luke Borland



A relatively small field of just 192 crossed the finish line at a hot and humid Newick 10k, providing an excellent opportunity to pick up those vital SGP points for Seaford Striders. A strong field of ten club runners took full advantage. Not before the new Striders' tent was put to full use during the pre-race downpour.

Simon Fletcher was first home (9th overall, 37:54), followed by Scott Hitchcock (13th, 39:41). Other notable runs included Dave Dunstall (27th, 41:50) and Luke Borland (28th, 42:00). The 10 seconds between them at the finish a fine return for their teamwork in the second half of the race. Claire Keith achieved a PB with 44:16 and 53rd place and was rewarded as first senior lady overall.

Natasha Swann (48:55), Richard Honeyman (51:23), Terry Ward (52:08), Chris Le Beau (55:22) and Tom Roper (1:02:54) all ran superbly.



How many Striders can fit into our new pop-up tent? Quite a few it would appear!

This is the pop-up tent, which is in need of a groundsheet – do you have one that you don't use and which you would be happy to donate to the club?

If so please contact Scott or any committee member – many thanks.





# KING'S HEAD CANTER by Tom Roper

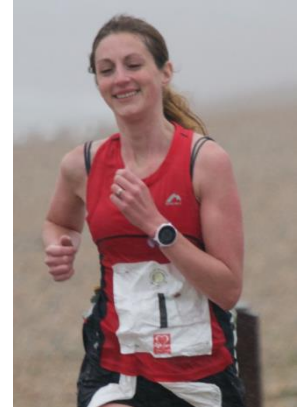


It's easy to underestimate the King's Head Canter. It's a bank holiday Monday 5k, along pretty country lanes from one village pub to another, and runners exchange their race number for a pint of beer at the end. However, it does attract a highly competitive field and Seaford Striders runners put in strong performances.

The race begins in Chiddingly, outside the Six Bells, one of the few pubs that can claim Picasso as a regular. Runners assembled for the start in bright sunshine, a contrast to the wet conditions of 2014 and 2015. The route then goes along country lanes for 5k, finishing outside the King's Head in East Hoathly, where the 1648 micro-brewery, named after the year in which Charles I was executed, brews and sells its beers.

The first of 242 finishers was Howard Bristow (Brighton and Hove AC) in 15:27, seven seconds off the course record. The winning woman was Rebecca Moore (Chichester Runners AC) who finished in the in

17:12, just two seconds slower than the women's course record of 17:10.



Scott Hitchcock was first Strider home, in 45<sup>th</sup> place overall and a time of 19:04, closely followed by Luke Borland in 19:17. Claire Keith was first Striders lady in an impressive 21:07, (also beating her husband Dean). Terry Ward finished in 27:10 and Tom Roper was the last Strider home in 29:51. All enjoyed their free pint at the end.

All four Striders had also run the previous day's Newick Will Page 10k, and Tom Roper also completed Bevendean Down parkrun on Saturday, to make a Bank Holiday treble.

## HELLINGLY 10K - Advanced Warning!!!!

Just to let all runners know that former Striders Rob and Jackie Webber intend running the Hellingly 10K on Sunday, 11<sup>th</sup> September and look forward to seeing as many of you as possible. They will also be coming along to club night on Monday 12<sup>th</sup> September – maybe even be seen later for a recovery drink in a nearby hostelry.

## CLUB EVENTS



**Monday 5<sup>th</sup> September**

**Monthly Training Session**

**7.30pm – Lewes Track**



**Monday 3<sup>rd</sup> October**

**Monthly Training Session**

**7.30pm – Lewes Track**

## CLUB KIT

The club has now changed supplier for its kit – we will receive sponsorship from Inter Sport and carry their logo on all items. Prices have remained the same but there will be greater flexibility on ordering and I will shortly be offering a range of colours for tee-shirts (both long and short sleeves) for wearing on club nights. Long and short tee shirts in black for races will also be available – in time for winter. Further information to follow.

Not to be left out and following sponsorship from the Brighton Accommodation Agency (thanks Dan) and also Newbury Tully, the juniors will shortly receive free club vests – bright yellow, for wearing on Wednesday evenings.

# 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

Junior Races marked in purple

| September – 16 October 2016 |                                                     |
|-----------------------------|-----------------------------------------------------|
| 3 Sept                      | <u>Striders 30th Anniversary 2.5 &amp; 5K Races</u> |
| 4 Sept                      | Fittleworth Flyers 5, WSFRL                         |
| 4 Sept                      | BBB 10K, Battle                                     |
| 9 Sept                      | Rye Summer Classic Race 3 – 5K                      |
| 10/11 Sep                   | We Run They Run, Rye 5.28M to Ultra (laps)          |
| 11 Sept                     | Ardingly Fun Run 5M + <b>kids races (trail)</b>     |
| 11 Sept                     | Chestnut Tree House 10K, Littlehampton              |
| 11 Sept                     | <b>Hellingly 10K</b>                                |
| 11 Sept                     | Crawley Tilgate Forest, WSFRL                       |
| 17 Sept                     | Valley Challenge, 8.2M, Nr Chichester               |
| 18 Sept                     | <b>Hove Prom 10K</b>                                |
| 18 Sept                     | Felpham 5, Beach Race                               |
| 24 Sept                     | Zeus Dogstacle South, East Grinstead                |
| 25 Sept                     | High Weald Challenge Trail Races 50K & ½            |
| 25 Sept                     | BIG 10M & Platinum Open Mile Junior Race            |
| 25 Sept                     | Get Fit Boot Camp, Nutbourne Vineyards              |
| 25 Sept                     | <b>Barns Green Half + 10K</b>                       |
| 25 Sept                     | East Grinstead 10K                                  |
| 2 Oct                       | <u>Jog Shop Jog</u>                                 |
| 2 Oct                       | Alf Shrubbs 5, Slinfold, Nr Horsham                 |
| 2 Oct                       | Sussex Marathon & Half, Heathfield                  |
| 2 Oct                       | Downslink Ultra 38M, Guildford - Shoreham           |
| 2 Oct                       | <b>Lewes Downland 10M</b>                           |
| 8/9 Oct                     | Mud Monsters Run 5K 10K 20K 35K East Grinstead      |
| 9 Oct                       | Rise 8K Run for Women, Brighton                     |
| 9 Oct                       | Heron Way 10K & <b>Fun Run</b> , Nr Horsham         |
| 9 Oct                       | Hickstead Gallop WSFRL                              |
| 9 Oct                       | Tempo 10K, Eastbourne                               |
| 9 Oct                       | Children on the Edge Chichester Half                |
| 16 Oct                      | Worthing Seafront 10K                               |
| 16 Oct                      | Bright10                                            |
| 16 Oct                      | 1066 Way to Battle approx. 17M                      |

| 23 October 2016 - onwards |                                                                      |
|---------------------------|----------------------------------------------------------------------|
| 23 Oct                    | K2 Crawley 10K                                                       |
| 23 Oct                    | Run Forest Run, 10K, 5K & <b>Kids races</b> , Stanmer Park, Brighton |
| 29 Oct                    | Beachy Head Marathon & 10K                                           |
| 30 Oct                    | Lancing Steepdown Challenge, WSFRL                                   |
| 30 Oct                    | K2 Crawley 10K                                                       |
| 6 Nov                     | Gunpowder Trot, Horsham                                              |
| 6 Nov                     | Beckley 10K                                                          |
| 6 Nov                     | The Adder 10M & Friston Forest 5 charity run                         |
| 10 Nov                    | Teenage Cancer Trust Night of Miles, Eastbourne                      |
| 12 Nov                    | Poppy Half, 10K & <b>Junior Races</b> , Bexhill                      |
| 20 Nov                    | Brighton 10K                                                         |
| 26 Nov                    | Brighton Muddy MoRun 10K                                             |
| 27 Nov                    | <b>Crowborough 10K</b>                                               |
| 3 Dec                     | Mouth to Mouth Marathon, Shoreham                                    |
| 4 Dec                     | Downland Devil 9                                                     |
| 4 Dec tbc                 | <u>Mince Pie 10M</u>                                                 |
| 11 Dec                    | Christmas Pudding Dash, Battle                                       |
|                           | <b>2017</b>                                                          |
| 5 Feb                     | Chichester 10K – new course, Goodwood                                |
| 19 Feb                    | Alex Hall Memorial 5K, Bexhill                                       |
| 26 Feb                    | Vitality Brighton Half                                               |
| 19 Mar                    | <b>Hastings Half Marathon</b>                                        |
| 8 April                   | <b>Mini Mile Races</b>                                               |
| 9 April                   | Brighton Marathon + BM 10K                                           |
|                           |                                                                      |
| 16 April                  | Brighton Chicken Run                                                 |
| 29 Apr                    | East Grinstead 10M (Marathon Wkend)                                  |
| 30 Apr                    | Haywards Heath 10M (Marathon Wkend)                                  |
| 1 May                     | Burgess Hill 10K (Marathon Wkend)                                    |
| 7 May                     | Run Wisborough 5K & 10K                                              |