



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>

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1967 BOSTON MARATHON



Kathrine Switzer entered the 1967 Boston Marathon as K.V. Switzer, thereby withholding the fact that she was a woman. The photo shows a race official trying to stop Kathrine, who was aided in her bid to escape by her coach Arnie and also by her boyfriend Tom, who joined in the melee – they escaped the official's clutches and the rest is history. To read more, follow the link: <http://kathrineswitzer.com/about-kathrine/1967-boston-marathon-the-real-story/>

THE BEWL 15 MILER - 5th JULY



Unique for its 15 mile distance the Bewl 15 miler is one of the most demanding races in the Gran Prix. Its scenic route is basically a clockwise lap of the reservoir incorporating 3 notable hills and is superbly organised with numerous water stations and efficient marshals.

The first mile is downhill on rutted fields before a mixture of testing undulating paths, sometimes adjacent

to the water and testing forays into the surrounding hills on country lanes. The route finishes with a mile long uphill slog.

The winner was Ben Cole (Tonbridge) in 1hour 29mins 54secs in a field of close on 700 runners.

First for the Striders and 14th overall was the superb Simon Fletcher in 1.37.18 followed by the flying Scott Hitchcock who had his first time out at this distance and came home in a cracking time of 1:50:58. Phil Robinson 1.56.35 and Claire Keith who is having a wonderful year recording 2.11.43. Alan Hards was the last Strider home but didn't disappoint with 2:23:26.

THE BRIGHTON PHOENIX 10K - 15th July

Seaford Striders recently participated in Wednesday evening's Brighton Phoenix 10K. A lovely summers evening should make for ideal running conditions, unfortunately the night was rather hot and humid.



The route is a fast out and back starting on the promenade at Hove lawns, going to the lagoon and returning after the delights of Shoreham docks.

Finn McNally (Phoenix) triumphed in 31 mins 01 secs, while elite class runners for the Striders were Simon Fletcher (photo left) whose 36.12 secured a superb 1st place in his age group and Gareth Hutchinson whose 37.01 also saw him come in comfortably within the sub 40 minute category.



Not hanging around either was Phil Robinson 41:41, Pete Weeks 45.42 and Scott Hitchcock 47:27. Flying as far as the ladies was concerned Sue Garner (photo left) 50:00, quite rightly secured first in her age group and still improving following protracted injury, Jackie Webber 51:26.

Exhibiting consistent pace Chris Le Beau 54:01 and Tom Roper 1:01:06 showed great determination in the heat. (Photos courtesy of Tony Humphreys – Simon at Worthing and Sue at Hastings)

“TEAM LILY-MAE” AT THE LONDON 10K

John Kingshott along with his son Kevin and a group of friends, joined a team of 250 in support of the Chartwell Cancer Trust, when along with nearly 14,000 runners they ran the London 10K. Collectively they raised a magnificent sum of £16,000, which will enable the Trust to support many more children and their families who are suffering from cancer.

John and his family and friends were running in memory of John's granddaughter, 3 year old Lily-Mae, who sadly lost her battle with a very rare liver and lung cancer on 25th July 2014. The Chartwell Cancer Trust provided magnificent support for Lily Mae and her family during a very long and harrowing period. “Team Lily-Mae” want to raise as much money as possible to thank the Chartwell Cancer Trust and to enable them to continue to provide support for similar families. From this year's race John has currently raised £481 but “Team Lily-Mae” are hoping to push their collective total into the thousands. If you would like to offer your support, please go to:



www.virginmoneygiving.com/JohnKingshott.

Photo above - “Team Lily-Mae” – John Kingshott is second from the left and son Kevin is extreme right

A RACE WITH A DIFFERENCE - Bexhill to Hastings



If you want to run “a race with a difference”, the opportunity exists to register to run on the NEW Link Road between Bexhill and Hastings (BHLR), just before it is open to traffic. The Bexhill to Hastings Link Road 10K will take place on Sunday, 20th September 2015.

To enter the BHLR 10K follow the link: [Enter the Bexhill to Hastings Link Road 10K](#)

The archaeological investigations carried out in advance of the construction of the BHLR have revealed evidence for occupation of this landscape over ten thousand years since the end of the last Ice Age. More than 200 lithic artefact scatter sites, comprising in the region of 500,000 struck flints were identified and excavated. There is evidence for at least one structure as well as pits and hearths showing how hunter-gatherers lived in the area for over six thousand years as the climate and environment changed. The investigations have also revealed important evidence for Neolithic and Bronze Age settlement and later farming, Romano-British occupation from the 1st Century AD, including iron working sites and evidence for Saxon settlement and farming from the 6th Century AD at Upper Wilting Farm. More recently the landscape witnessed the coming of the railways and the Battle of Britain.

The distance will allow runners to fully appreciate the immense time people have lived in and influenced this landscape and how the archaeology of the BHLR has revealed the evidence for this fascinating story. To discover more, follow the link: <http://www.hastings-half.co.uk/shopimages/pdfs/Bexhill%20Hastings%20Link%20Road%20Archaeology%20Summary%20for%20Ursula%202014.pdf>

TAPERING - What is it and how does it work?

Tapering can be defined as reducing the training workload ahead of a race. Research has shown that effective tapering can lead to a significant improvement in performance. The benefits of tapering include:

- More glycogen in the leg muscles
- Increased density of red blood cells
- Increased blood plasma
- Increased enzyme activity in leg muscles.

There are additional benefits to the neural system, with a rested nervous system, the body can control the rested muscles better at faster paced speed during a race.

What to do:

If your total mileage is less than 50 miles a week and your event is less than one hour then:

- Taper for 7 to 10 days
- Reduce the total mileage by 80%
- Training intensities high interval sessions(90% VO2 max)
- Reduce frequency of training by 20%

If your total mileage is greater than 50 miles a week and your event is greater than one hour:

- Taper for 14 to 20 days otherwise use the same strategy.

Source: Brian Mac, Sports Coach.

The article above entitled "Tapering" is reproduced courtesy of Tempo running shop, Eastbourne. To read the full edition of the Tempo newsletter, click on the link below: <http://www.temposhop.co.uk/tempo-newsletter.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

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

NOTE: Bexhill 5km has been postponed from Wednesday, 29th July until Sunday, 8th November 2015

August - September 2015	
2 Aug	Brighton Trailblazer Run
2 Aug	Harting Trail 10 miler, South Harting
5 Aug	Highbown Hike 4.5 m WSFRL Durrington
5 Aug	Herstmonceux Relays
13 Aug	Sussex AA 10km Track
14 Aug	Rye Summer Classic Series 10 km
16 Aug	Tilgate Forest 5 mile WSFRL Crawley
20 Aug	Beat the Tide 10km, Worthing
23 Aug	Hove Hornets Stinger 9.5km WSFRL
23 Aug	Henfield Half Marathon
29 Aug	Alfriston Watermeadows Fun Runs
29 Aug	Endure 24 Down South, Pippingford Park
30 Aug	Newick 10km SGP
30 Aug	Arundel Castle 10 km
31 Aug	Tom Lintern Open Medal Mtg
31 Aug	Kings Head Canter, East Hoathly
5 Sept	Heart of Sussex 5.5 mile charity race
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
20 Sept	Bexhill to Hastings Link Road 10km
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
4 Oct	Heron Way 10km Trail Run, Horsham
4 Oct	RISE 8km Undercliff Run, Saltdean (N.B.Women Only)
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon, Heathfield
11 Oct	Hickstead Gallop 8km WSFRL
11 Oct	Tempo 10K, Eastbourne
11 Oct	Mud Monsters, East Grinstead
11 Oct	Jog Shop Jog, 20 miler
18 Oct	Bright 10
18 Oct	Steepdown Challenge 5 mile WSFRL
18 Oct	Worthing Seafront 10km
24 Oct	Beachy Head Marathon
25 Oct	K2 Crawley 10 km
1 Nov	Foxtrot 5 WSFRL
7 Nov	Poppy Half - Bexhill
8 Nov	Bexhill 5km SGP
15 Nov	Brighton 10 km (date tbc)
29 Nov	Crowborough 10km SGP
6 Dec	Mince Pie 10 Miler
6 Dec	Downland Devil 9M
19 Dec	Brighton City Race
2016	
28 Feb	Vitality Brighton Half
13 Mar	The Moyleman Marathon, Lewes
20 Mar	Hastings Half Marathon
20 Mar	Brighton Chicken Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon
17 April	Brighton BM 10K
15 May	Starfish Marathon & Races