



# SEAFORD STRIDERS NEWSLETTER

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

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**November 2014**

## JOG SHOP JOG by Chris Wrathall



Members of Seaford Striders have been racking up the miles recently.

The Jog Shop Jog is a scenic gem of a 20 mile race which starts and finishes at Brighton marina, taking in some aptly named features of the Sussex Downs.

After climbing the "North Face" near Rodmell there is a welcome water station marshalled by the Seaford Striders; before following the "Yellow Brick Road" to a high point with impressive views near Lewes.

The infamous "Big W" marks the halfway point of the race where the steep descent and ascent of Kingston is tackled twice before the respite of the flat grassland of "Death Valley". Finally the "Snake" zig-zags uphill again before the descent back into Brighton. This year Saltdean Vale threw up an unexpected hazard, where a flood resulted in some very soggy trainers.



Striders stalwarts Phil Robinson (photo above left) finished in just over the 3 hour mark, with Natasha Swan 3hrs 14mins and Natalie McCreath (photo above right) pacing a friend 3hrs 20mins. All photos on this page courtesy of Chris Wrathall.

**Seaford Striders marshal the Jog Shop Jog Water Station**



# DOWNSLINK ULTRA by Kallum Wright

If you could use the term 'quick' to describe an ultra-course then the 38 mile Downslink Ultra would be a good fit. This point to point race along the route of two former railway lines from darkest Surrey to Shoreham commenced on a freezing, mist covered morning. Running under tree cover for most of the first 10 miles the sun eventually broke through to provide perfect weather for the day, with the expected rain staying at bay.

Unfortunately, it was at an early point that my racing came to a painful halt and I watched concerned faces pass me by. I had managed to twinge my knee coming down from the North Downs about 4 miles in. It was feeling a bit sore as I stopped to refill my water at the first check point. Then it completely seized up and I couldn't run or even bend my leg without pain. Once I got my leg moving again I could run but couldn't stop, so I was quite a sight running on the spot at check points.

I was determined to finish and putting the pain aside I managed to complete the course in 6 hours 30 minutes exactly, to gain 37th place overall, with a fantastic stretch along the river and the promise of tea and veggie chili at the end to spur me on.



## SUNDAY CROSS COUNTRY LEAGUE FIXTURES

| Date        | Venue                        | Description   |
|-------------|------------------------------|---|
| 02 Nov 2014 | Whitbread Hollow, Eastbourne | 3 laps undulating usually dry underfoot. Suitable for spikes.   |
| 14 Dec 2014 | New Place Farm, Framfield    | 1 lap, undulating suitable for spikes. Can be very muddy.   |
| 28 Dec 2014 | Firle Beacon                 | 1 lap, hilly suitable for spikes. Not usually muddy.  |
| 11 Jan 2015 | Pett Village Hall, Pett      | 1 lap course: fields and woods. Likely to be muddy. Suitable for spikes.  |
| 01 Feb 2015 | Ashdown Forest               | 2 lap course woodland trails. Likely to be muddy. Suitable for spikes.  |
| 08 Mar 2015 | Blackstock Farm, Hellingly   | 2 lap course. Can be very muddy. Suitable for spikes. <b><u>Refreshments and Season Awards Presentation afterwards.</u></b> |

**Note** Firle and Pett may swap dates \*

**Start Time:** 11am. Race distance: about 5 miles. Entry fee payable on the day £3 affiliated, £5 non-affiliated.

**Please note** there will only be one junior race this season which will be held at the final event at Blackstock Farm on 8th March 2015. The age category is from 8 to 16 on race day. This event will start at 10.30am and is about 1.5 to 2 miles in distance. More details can be found on their website: <http://www.eastsussexcrosscountry.co.uk/>

# ROYAL PARKS HALF MARATHON by Anne Flavill



The race started at 9:00am, so a very early start made even earlier than originally planned thanks to engineering work on the train line to London!

It was a lovely morning with some hazy sunshine and light breezes, and about 16,000 runners, including some celebrities, were ready for the staggered start. I was starting with the blue wave (an estimated finish time of 2:00 – 2:15 minutes) and it took about 17 minutes to cross the start line. Apart from a few pinch points the course didn't feel too congested.

The race started and finished in Hyde Park and followed a flat course that went past many famous landmarks including Buckingham Palace, Houses of Parliament, Westminster Abbey, London Eye, Trafalgar Square and Admiralty Arch. It also went through St James' Park, Green Park and then miles 6 – 13.1 were round Hyde Park and Kensington Gardens.

Support for the race was good, especially in Hyde Park, and on a lovely sunny autumn morning the buildings and the parks looked at their best, so it was great event to run. I have done the race a number of times and I have always enjoyed it. I have achieved a PB for the last 2 years which has made the experience even better!

I completed the course in 2.02.23, next year I am hoping I might be lucky enough to get another place, and if I do, that I shall manage to complete the course in under 2 hours.

Entry is via a ballot in February, or a charity place. This year I had a charity place running for G.O.S.H, and my Company is matching every £1 I raise. If you would like to support this great cause, the link to my fundraising page is below!

[www.virginmoneygiving.com/AnneFlavill](http://www.virginmoneygiving.com/AnneFlavill)

# BEACHY HEAD MARATHON by Chris Wrathall

One of the country's biggest and arguably toughest off road marathons, the Beachy Head took place at the weekend. The countryside of the South Downs National Park hosted 1750 runners, joggers and walkers and with the event selling out each year there was also a 10K organised for those missing out on the biggie.

In order to prepare for the immense physical challenge of the full marathon, training will have commenced way back in early summer and dietary intake requirements honed on numerous runs.

Some truly elite runners were present but for most this is not so much a race but more an experience and with 4900 feet to ascend along the way, 30 minutes can easily be added to any personal best times.

The course has a ridiculous hill right at the start at Bede's School where crampons are more appropriate than trainers and following a continuous 20 minute climb it heads inland, crosses the A259 and after negotiating a treacherous flint and chalk descent eventually drops into Jevington where a welcome drinks/feed station awaits. After climbing out of Jevington it's into the by now muddy but still lovely Friston Forest, past the Long Man of Wilmington and on to Alfriston village. Then comes a long drag up to Bo Peep which can really sap the energy but spirits are lifted by the spectacular views along this exposed section.



(Paul Heywood above right, photo courtesy of Tony Humphreys)



Here the route turns reassuringly towards the sea and perhaps for the first time thoughts of the finish but it's only half way and there follows a deceptively long stretch to High & Over. There's another stunning view this time across the Cuckmere on the exhilarating plunge into Littlington and another life-saving drinks/feed station.

Back we go into Friston Forest and tackle two sets of wickedly steep wooden steps whereupon your quadriceps start screaming in protest. All of a sudden Cuckmere Haven appears in all its glory but caution must be exercised on a steep descent before crossing the A259 once again.

The Seven Sisters are reached after 20 miles. It's said that you can train

for 20, but the last 6.2 are in your head. There is no marathon in the country with a tougher final 6.2. Seven Sisters? The general consensus is at least nine! You run out of superlatives describing this final stretch of coastline exemplified by the iconic Belle Tout lighthouse and Beachy Head, about the same time as energy levels begin to plummet and leg muscles suddenly start doing strange things.



Whilst you may be forgiven for thinking this is mass torture the sense of achievement on finishing the event is overwhelming and we are privileged to have such a stunning route on our doorstep.

In perfect running conditions winner Stephan Wenk (Maidstone Harriers) came home in a remarkable 2hrs 55mins 38secs with first lady Jo Singer (Victoria Park) 3.32.42. 21 Seaford Striders took on the challenge and Paul Heywood was first for the club and 44th overall in a cracking 3.37.59. (Mind you those checking out the results on-line could be forgiven for being concerned at noting that Paul is actually recorded as finishing in a time of 6:59:25.00. Cheers Paul – I was really concerned about you mate – next time don't go giving your chip to your mum – mind you she recorded a fantastic time.....! Ed.)



Always impressive Phil Carr (photo left) 3.40.19 and Geoff Gray (photo above right) 3.44.28 thanks to the physio both finished comfortably inside the top 100. (Both photos courtesy of Danny Simpson).

Dave Dunstall picked up an injury en-route but still clocked 4.15.45 and Natalie Dawson just 2 weeks after the Jog Shop 20 miler a superb 4.17.31.

Equalling last years time to the second, Kallum Wright 4.35.43 headed home a determined Louisa Scola 4.41.53 and Gary Lee making a comeback with 4.43.42.

Strong to the finish Lucy Thorne marked her marathon debut with a perfectly paced 4.47.01 (photo right courtesy of Tony Humphreys)



Lucy led the way for Chris Wrathall 4.50.57, (photo right courtesy of Colin Mitchell – take more water with it next time!!! Ed.), Paul Garwood 5.01.45 (photo 776 - bottom left) and Bob Ward (photo 2133 – bottom right) 5.02.49. Both photos courtesy of Tony Humphreys.

Despite limited training Hannah Stanley recorded 5.13.54 and digging deep Karen Clinton 5.17.25 with Richard Honeyman 5.28.20 still recovering from the Berlin version.

Another marathon first timer deserving praise was Hannah Fletcher 5.30.37 (photo below left courtesy of Luigi Sepede), followed by Claire Jenkins 5.53.58. Finally Nick Parsons 6.38.22, Sue Garner 7.17.26, Chris Le Beau 7.17.27 and Becky Sier 7.59.13 chose to walk the distance.

Vicki Blaber opted for the 10K, recording a commendable 54.55.



# UPCOMING CLUB EVENTS

| DATE                                   | DETAILS  |
|--|--|
| Thursday, 6 <sup>th</sup> November     | Extraordinary Special Thirsty Club<br>8.00pm at the Seven Sisters – the Harvey's Pub<br><b><u>N.B. Change of Venue – one night only!</u></b> |
| Saturday, 22 <sup>nd</sup> November    | <b><u>Pre-Christmas Meal at The White Lion Pub</u></b><br><b><u>£15 for two courses</u></b>  |
| Saturday 31 <sup>st</sup> January 2015 | Annual Presentation Evening<br>Seaford Golf Club, Firle Road   |

## PRE-CHRISTMAS DINNER

The Striders will be holding a Pre-Christmas Dinner at the White Lion Pub on Saturday, 22<sup>nd</sup> November, commencing at 7.30pm. The two course meal cost £15 and Striders are invited to bring their partners for what is sure to be an enjoyable event. Please contact Terry at the club or by email to book your place. [terry.ward.532@btinternet.com](mailto:terry.ward.532@btinternet.com)

## MINCE PIE RACE - 7<sup>th</sup> December 2014

This year's Mince Pie event will take place on 7<sup>th</sup> December, if you intend entering then best be quick – the limit has nearly been reached: <https://www.runbritain.com/race/the-mince-pie-ten-mile-the-mince-pie-ten-mile/entry> Further race details, including a postal entry option are available on our website: [www.seafordstriders.org.uk/mincepie.html](http://www.seafordstriders.org.uk/mincepie.html)

## MARSHALS WANTED - could it be you?

Can you spare some time to Marshal for the Mince Pie Run on Sunday, 7<sup>th</sup> December? This run is organised by the Striders and brings much needed funds to the club and this in turn helps to keep the club fees low.

Marshals will need to assemble at the Peacehaven Leisure Centre in time for a briefing at 9.30am. If you are able to help or need further information, please contact Linda Jennings [jennings.linda1@sky.com](mailto:jennings.linda1@sky.com)



## STRIDERS' PRESENTATION EVENING

Tickets will shortly be going on sale for the Presentation Evening on 31<sup>st</sup> January 2015. Following the success of last year's event we will again be returning to the Seaford Gold Club on Firle Road. The dress code will be smart casual and the cost of the evening will be subsidised by the club. Please see the club notice board for further information.

## PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask!

**Email:** [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

# RAFFLE PRIZES WANTED

Glynis is now collecting prizes for the forthcoming Mince Pie Run, which is scheduled for 7<sup>th</sup> December. Please bring anything suitable along to club night, where Glynis will be only too happy to relieve you of your offerings. Don't forget also that Marshals will be required, so please put the date in your diary.



# SEAFORD STRIDERS JUNIORS



Meeting Time: 5.55pm for 6.00pm start Pickup: 6.45 pm

Sponsored by; Puma gardening services

## Meeting Point

November

At The Salts

3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> December

The Downs Leisure Centre for Christmas Lights Run

24<sup>th</sup> and 31<sup>st</sup> December

**NO RUNNING!**

Tuesday 30<sup>th</sup> Dec at 10am

Junior Quiz – Seaford Town Football Club

Thursday 1<sup>st</sup> Jan at 11am

Martello Tower – New Year's Day Run

**Volunteers**

**Urgently required – please contact Rob to offer your assistance**

# JUNIOR QUIZ

This year's Junior Quiz will be held on Tuesday 30<sup>th</sup> December. Please meet at 10am at Seaford Town Football Club Hut for a run. We will return to the club hut to start the quiz at 11am. Please bring £1 with you for coke/lemonade/cold drink and chips. Hint = revise 'Who's Who on the Committee' for some answers!!

# VOLUNTEERS

Volunteers urgently required to assist with juniors. Meeting at the Salts for the next two months from 5.55pm until 6.45pm this fits in well with Seniors Club Nights. You don't have to attend every week – just volunteer for what you can manage..... Please! Telephone Rob on 01323 897518.

# YOUR RACES

If you have participated in any races outside of the Grand Prix ones please, please consider writing a short piece for the newsletter. Even better if you can include a few photos – it helps to give other members a flavour of what is out there.



# WHO'S WHO ON THE COMMITTEE

Name: Rob Webber

Post held: Junior Co-ordinator (sponsored by Puma Gardening Services)

Where is your favourite place to go in Seaford? The Welly

What is your favourite hobby? Running

Running – what is your favourite route? The Winter Route

And, what is your favourite race? Hastings Half

What book are you reading? Don't get time to read a book

What is your favourite film? Star Wars episode 4

What is your favourite song or piece of music? Maggie May by Rod Stewart

Which person living or dead would you most like to meet? Rod Stewart, Usain Bolt and Sir Bobby Charlton

How do you relax? Running

What would your motto be? "Pace yourself" and "Overtake the one in front"



Seaford striders juniors  
Sponsored by; Puma gardening services

## RACE RESULTS

Race results can be found by following the links from the Seaford Striders Website: [www.seafordstriders.org.uk/results.html](http://www.seafordstriders.org.uk/results.html)

## UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

| November - January 2015 |  |
|-------------------------|--|
| 2 Nov                   | Beckley 10K                              |
| 2 Nov                   | Whitbread Hollow 5M ESCCL                |
| 8 Nov                   | Bexhill Poppy Half                       |
| <b>16 Nov</b>           | <b>Brighton 10K SGP</b>                  |
| 22 Nov                  | Plumpton SXC                             |
| 22 Nov                  | Meads Festive 5K                         |
| 23 Nov                  | Bexhill Starfish Endurance 5M x 6 hours! |
| <b>30 Nov</b>           | <b>Crowborough 10K SGP</b>               |
| 6 Dec                   | Lancing SXC                              |
| 7 Dec                   | Mince Pie 10M <b>Marshals required</b>   |
| 14 Dec                  | Framfield 5M ESCCL                       |
| 20 Dec                  | Ashburnham Place Xmas Pudding 5M, 2M, 1M |
| 28 Dec                  | Firle Beacon 5M ESCCL                    |
| 4 Jan                   | Apres Longman Trail 10M & 10K            |
| 11 Jan                  | Pett Village 5M ESCCL                    |
| 25 Jan                  | Shoreham Dark Star Marathon              |
| 25 Jan                  | Worthing Lido 4M                         |
|                         |  |
|                         |  |
|                         |  |
|                         |  |

| February – May 2015 |  |
|---------------------|--|
| 1 Feb               | Ashdown Forest ESCCL                           |
| <b>8 Feb</b>        | <b>Chichester 10K SGP</b>                      |
| 14 Feb              | Bexhill SXC                                    |
| 22 Feb              | Brighton Half                                  |
| <b>1 March</b>      | <b>Eastbourne Half SGP</b>                     |
| 1 March             | Steyning Stinger Marathon & Half               |
| 8 March             | Hellingly 5M ESCCL                             |
| 21 March            | Endurancelife East Dean 10K, ½ Marathon. Ultra |
| <b>22 March</b>     | <b>Hastings Half SGP</b>                       |
| 29 March            | Brighton Chicken Run, Hove Park 5K, 1M, 500M   |
| 4 April             | Friston Forest 10M & 5M                        |
| 12 April            | Brighton Marathon & 10K                        |
| 26 April            | London Marathon                                |
| 2 May               | East Grinstead 10M                             |
| <b>3 May</b>        | <b>Haywards Heath 10M SGP</b>                  |
| 3 May               | Worthing Three Forts Marathon                  |
| 4 May               | Burgess Hill 10K                               |
| 23 May              | Votwo Trail Run 24 hour                        |
| 30 May              | Rockabilly Rye 5M                              |
| <b>31 May</b>       | <b>Rye 10M SGP</b>                             |

That's all for now folks.....! Now for your turn – have your say in the next or subsequent editions – politely of course!

Email: [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)