

# SEAFORD STRIDERS NEWSLETTER

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

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## AGM - SITUATIONS VACANT

I have had a number of compliments over the last year about the quality of the newsletter and have always said that most of the credit must go to our Press Officer, Chris Wrathall. Well I understand Chris has decided not to stand for re-election so unless someone comes forward to take over this post the quality of the newsletter will go downhill quickly. We have all benefitted from the quality of Chris's reporting – I do hope there is a replacement waiting in the wings....!

Most of you will know that sadly Mark Chadd has decided not to stand as Chairman at the AGM. The club has profited from Mark's tactful and perceptive chairmanship but life must go on. Whoever takes over will have a different style and will make the role their own – please give the position some thought – would you be prepared to stand?

The post of Cross Country Representative is also vacant – if cross country running interests you then please consider taking over as our representative.

## MINCE PIE RACE by Chris Wrathall

Seaford Striders are delighted to announce that the 500 runner limit has been reached and their annually organised race, the "Mince Pie" is once again a sell-out. This popular multi-terrain event is contested over a challenging 10 mile course and raises funds for the club itself and for charity – this year's charity will be the Chartwell Cancer Trust.

Now all we need are the Marshals to ensure this race is its usual success. Can you spare some time on Sunday, 7<sup>th</sup> December? 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)



## LONDON BRITISH 10K RACE by John Kingshott

Michael Douglas, a Trustee of the Chartwell Cancer Trust has bought nearly 1000 places in the London British 10k run on Sunday 12<sup>th</sup> July 2015. These places are available to anyone who can pledge to raise £200 minimum for the charity. Michael has asked me to forward this opportunity to the members of Seaford Striders.

As most of you know this Trust helped lessen the financial worries my daughter and son in law would otherwise have faced, while spending ten months by the bedside of my sadly missed granddaughter, Lily-Mae. The charity continues to help others who have been put in this same position



Chartwell Cancer Trust is a small organisation with a very big heart, and Michael intends with your help to raise their profile and really put them on the map. So if you fancy a day in London running along some of the same route as the Olympic athletes please don't hesitate - sign up today! All entrants will receive a proper wicking running vest with your name on it, and any message required on the back. i.e. 'Running for Lily-Mae', a goody bag and a medal similar to the attached photo.

You can find further details on the Chartwell website [www.chartwellcancertrust.co.uk](http://www.chartwellcancertrust.co.uk) I will be there in memory of Lily-Mae and I hope you will join me.

## SUNDAY CROSS COUNTRY LEAGUE FIXTURES

Date	Venue	Description
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	Pickham Farm, 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 are junior races at all the remaining races commencing at 10.30am. The age category is from 8 to 16 on race day and is about 1.5 to 2 miles in distance. More details can be found on their website: <http://www.eastsussexcrosscountry.co.uk/>

## WHITBREAD HOLLOW 5 MILE CROSS COUNTRY

On 2 November three members of the Striders took on the undulating three lap course, which constitutes the Whitbread Hollow Cross



(Both photos courtesy of Di Fletcher)



Country Race. In ideal running conditions and in a field of nearly 250 runners Paul Heywood (photo left) finished 27<sup>th</sup> in a cracking time of 33:35 and was followed by Kallum Wright (photo right) in a time of 38:13 and Natalie McCreath) 39:04.

# A20 PATHS 'N' DOWNS MARATHON by Natalie McCreath

Sitting on the sofa having just eaten a cake one Sunday evening I noticed that some friends had posted on Facebook that they were taking part in the A20 Paths 'n' Downs Marathon the following Sunday and there was a spare seat in the car for anyone wanting to take part. Guilt took over and before I knew it I had submitted my entry online and had committed myself to running another marathon! Crazy really considering just three weeks ago, whilst navigating the Seven Sisters towards the end of The Beachy Head Marathon I had said never again!

The race started and finished on the A20 at Hollingbourne near Maidstone. The HQ was at a local hotel providing adequate parking and good pre-race facilities. 9am and the fairly small field of 142 runners set off, in what I would describe as perfect weather conditions for running (cool and dry). Initially, we were in almost single file to begin with, along a narrow footpath on a main road, before turning onto country lanes. The first hill was fairly steep and I felt somewhat deflated when a fair few runners went past, however I seemed to get into a good pace when it flattened out. (Natalie photo right)



The race website describes the course as undulating - I would not disagree. It was a somewhat lonely race from 10 miles onwards with runners being quite stretched out giving no one to spar off. The traffic back along the A20 was a welcome distraction as this part seemed to drag. The race was well sign posted, well marshalled and there were great feed stations every three miles – all adding to a well organised event.

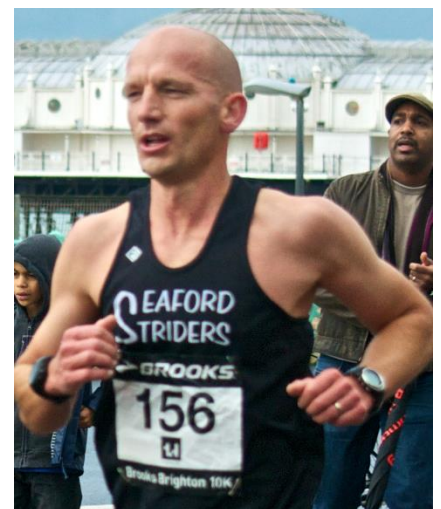
If I'm honest, I never felt overly comfortable (it could be the track session I did three days before - probably not the best idea in hindsight); so I was delighted when I managed a quick last mile to finish the marathon number 16 (yes Geoff I've caught you up!) in my third best time of 3.33 38, overall position 22 and 4th lady.

Whilst running I was thinking 'definitely no more marathons' however when that medal was placed over my head, those thoughts were gone and I'm already looking forward to The Moyleman Marathon in March with Mr Wrathall! Of note, for anyone not fancying the full marathon there is also a half starting an hour later.

# BROOKS BRIGHTON 10K RACE by Chris Wrathall



Seaford Striders were prominent at the Brooks Brighton 10K, a fast and flat belt along the seafront attracting 3200 runners from all over the UK. Starting and finishing on Madeira Drive the route heads east towards the Marina for 1.5K before turning back on itself, passing the Brighton and West Piers and Peace Statue, before turning once more at the King Alfred Leisure Centre for the sprint home. The possibility of being passed by the lead runners twice can be disheartening but



this is overcome by the upbeat atmosphere.





The winner was Paul Whittaker (Southend AC) in 30mins 41secs equivalent to 5 mins per mile.



This was the penultimate race in the Sussex Grand Prix, so the Striders present were keen to register fast times and they didn't disappoint. In perfect cool running conditions some superb personal bests were achieved including a magnificent 35.34 from 1st Strider home Simon Fletcher (1508), to finish 2nd in his age category. All the more remarkable given the size and strength of the field. (Photo top left)

Gareth Hutchinson (photo top right) 37.22 and Paul Heywood 37.47 continued their year-long friendly rivalry and the irrepressible Phil Robinson (photo left) once again nearly broke the 40 minute barrier with 40.41.

Kallum Wright (photo left) 44.03 and Pete Weeks 45.34 both continue to impress. They were followed by a trio of personal bests from Louisa Scola 46.50, Alan Hards 46.47 and Karen Clinton 47.47.

Beth Ruddock (1169) 47.51, Rob Webber 47.53 and Richard Honeyman 48.00 didn't exactly hang about either and good to see Hilary Humphreys 50.39 constantly improving. Also on the up, Tom Roper was pleased with 57.12 despite starting too quickly, fuelled by a pre-race espresso.

All photos from this race courtesy of Tony Humphreys



## BEXHILL POPPY HALF MARATHON

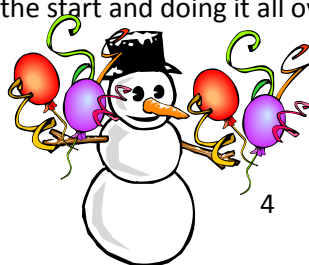
The now firmly established Bexhill Poppy Half Marathon was held on Remembrance Sunday and consisted of four laps along the seafront including Polegrove Park. Striders sole representative Lorraine Quigley proved her recent training has paid off with a characteristically determined 2.15.03. Photo right courtesy of Tony Humphreys.



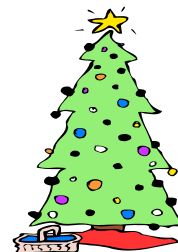
## CROWBOROUGH 10K by Chris Wrathall

Fourteen Seaford Striders converged on Crowborough for the final race in the 2014 Sussex Grand Prix calendar, the 2 lap 10K. Silky smooth organisation and plenty of

enthusiastic marshals were again a feature as close on 400 runners initially plunged downhill from the start/finish near Beacon Community College. There's a choice of soggy trainers for those choosing to cross the ford, which despite the recent downpours wasn't too troublesome; or a brief diversion over a footbridge for those wishing to keep their feet dry! The race is defined by this and the challenging climb up Palesgate Lane, which lives long in the memory before returning to the start and doing it all over again.



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No run of the mill 10K, this one. Held at one of the highest points in Sussex, that twin ascent ensures personal bests can be firmly discounted. Winner of the event was Kevin Rojas (Brighton AC) in 33mins dead. First Strider home was Gareth Hutchinson 39.02 heading home Paul Heywood 39.35. Next came Phil Carr (photo above left) 41.26, Phil



Robinson 44.33, Kallum Wright 45.35, Natalie McCreath 47.26 and Pete Weeks (poser photo above right) 48.06.

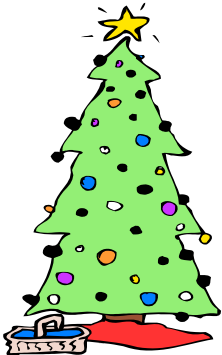
The training has certainly paid off recently for the ever improving Ryan Walker (photo left) 49.42 and there were good showings by Alan Hards (photo right) 50.38 pipping Beth Ruddock 50.41 and Rob Webber (photo below left) 52.48. Congratulations to Hilary Humphreys with perhaps the performance of the day, finishing 1st in her category in 56 mins dead. Tom Roper (photo below) rounded things off nicely with a 1.02.36 course PB.



Simon Fletcher had a mixed day, dropping out halfway due to a painful stitch, but later discovering he'd finished 10th overall in the County in the season long 'Harvey Curtis Sussex Road Race Challenge', a competition held within the Sussex Grand Prix.

All photos from this race courtesy of Tony Humphreys

## SANDOWN PARK 10K RACE



Elsewhere, James Smith is always a good bet for posting a fast time and in heavy going he galloped around the Sandown Park 10K in 40.56 finishing 13th out of approx 300.

Pic - (359) James Smith at Sandown Park

Courtesy of Sussex Sport Photography



## 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

Seaford striders juniors  
Sponsored by; Puma gardening services

## Meeting Point

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

Wednesday, 7<sup>th</sup> Jan

The Salts

**Volunteers**

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

## JUNIOR RACES

**Note** Firle and Pett may swap dates

14 <sup>th</sup> Dec 2014	New Place Farm, Framfield	Can be very muddy.
28 <sup>th</sup> Dec 2014	Firle Beacon	Not usually muddy.
11 <sup>th</sup> Jan 2015	Pickham Farm, Pett	Likely to be muddy.
1 <sup>st</sup> Feb 2015	Ashdown Forest	Likely to be muddy.
8 <sup>th</sup> Mar 2015	Blackstock Farm, Hellingly	Can be very muddy. <b>Refreshments and Season Awards Presentation afterwards.</b>

**N.B. previous newsletter only gave Blackstock Farm as having a junior race but they all do so please attend**

**Start Time: 10.30am** prior to adult races which commence at 11am. The age category is from 8 to 16 on race day and is about 1.5 to 2 miles in distance. More details can be found on their website:

<http://www.eastsussexcrosscountry.co.uk/>

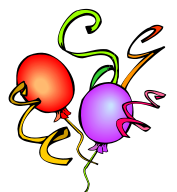
## JUNIOR QUIZ

This year's Junior Quiz will be held on Tuesday 30<sup>th</sup> December – 10am at the Club House, Seaford Town Football Club. £1 to include chips and a drink. Please check out "Who's Who on the Committee" in the November issue of this newspaper" The one about Rob!



## MINCE PIE RUN - JUNIOR VOLUNTEERS NEEDED

We need your help to assist in the hall at the Peacehaven Leisure Centre during the Mince Pie Race on Sunday, 7<sup>th</sup> December. This event brings in funds for the club so please ask your parents to bring you along to help – THEY CAN HELP TOO! If you are able to help or need further information, please contact Linda Jennings [jennings.linda1@sky.com](mailto:jennings.linda1@sky.com)





# 4 MILE TIME TRIAL

On Wednesday, 10<sup>th</sup> December, Martin Bulger will be organising a 4 mile time trial. This is an excellent opportunity to test your running ability, so do come along and give this event your support.

# WINTER SOLSTICE RUN



On Wednesday, 17<sup>th</sup> December, Terry Ward will be organising a Winter Solstice Run. Like the highly successful “pub run” pubs will be included in this run but so too will other venues where Christmassy delights such as mince pies and Gluhwein will be available.

# UPCOMING CLUB EVENTS



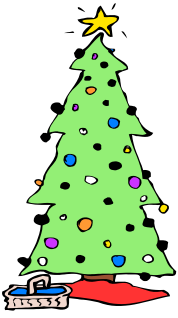
DATE	DETAILS
10 <sup>th</sup> December	4 mile Time Trial
17 <sup>th</sup> December	Winter Solstice Run (like the pub run only different!)
Wednesday, 1 <sup>st</sup> January 2015	New Year's Day Fun Run 11am at the Martello Tower
Saturday 31 <sup>st</sup> January 2015	Annual Presentation Evening Seaford Golf Club, Firle Road



# WHO'S WHO ON THE COMMITTEE

**Name:** Terry Ward  
**Post held:** Social Secretary  
**Where is your favourite place to go in Seaford?**  
 My patio for the view of the sea and across to Newhaven  
**Apart from running, what is your favourite hobby?** Caravanning  
**What is your favourite run?** Through Bishopstone and Norton and round the back of Denton (For the wonderful views)  
**What is your favourite race?** Hellingly 10k  
**What book are you reading?** To Hull and Back (Tom Chesshyre)  
**What is your favourite film?** Untouchable  
**What is your favourite song or piece of music?**  
 Stairway to Heaven by Led Zeppelin  
**Which person living or dead would you most like to meet?** Admiral Lord Horatio Nelson  
**How do you relax?** By sleeping  
**What would your motto be?** Keep trying





## NEW YEARS DAY RUN

As usual the Seaford Striders will be commencing the New Year as they mean to go on, by participating in a New Year's Day Run, commencing at 11 am.

We will run from the Martello Tower to the Sailing Club and back again – **fancy dress welcome!!!**



## 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 be returning to the Seaford Gold Club on Firle Road. The dress code is to be smart casual and the full facilities of the club house bar etc will be available, including a full buffet. Ticket prices are subsidised by the club

and are £12 per adult and £5 per junior. Please put the date in your diary and come along and socialise with your fellow Striders. Please see the club notice board for further information.



## HANDING IN OF CLUB TROPHIES

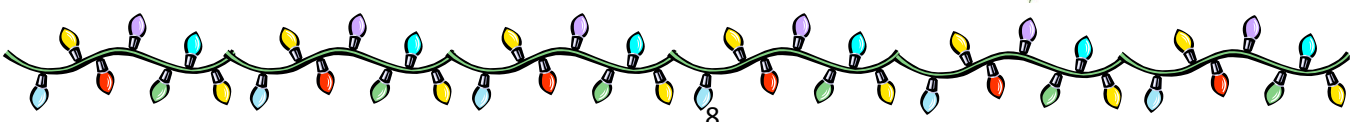
Urgent request – please note all club trophies are now due for returning and must be handed in to Glynis, at a club night.

## RACE RESULTS

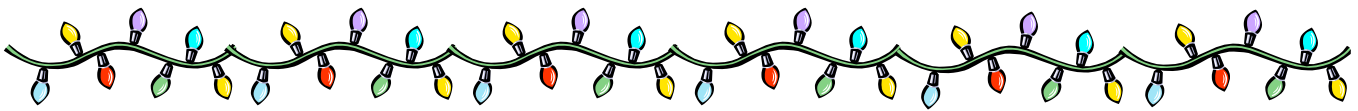
Race results can be found by following the links from the Seaford Striders Website: [www.seafordstriders.org.uk/results.html](http://www.seafordstriders.org.uk/results.html)

## YOUR PARTICIPATION IN RACES

If you do participate in some of the more unusual races, either in the list below 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](mailto:hilary@hilton-it.co.uk)







# UPCOMING RACES Sussex Grand Prix (SGP) events are marked in red

December - March 2015	
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
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
15 March	The "Moyleman" Lewes Marathon
<b>15 March</b>	<b>Worthing 20M SGP</b>
21 March	Endurance life 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

April - October 2015	
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
<b>10 May</b>	<b>Hastings 5M SGP</b>
10 May	Bexhill Starfish Endurance 5m x 6 hours!
10 May	Portslade Hedgehopper 5m
<b>17 May</b>	<b>Horsham 10K SGP</b>
23 May	Votwo Trail Run 24 hour
<b>24 May</b>	<b>Rye 10M SGP</b>
24 May	Weald Half Marathon & Ultra
30 May	Rockabilly Rye 5M
<b>7 June</b>	<b>Worthing 10K SGP</b>
<b>5 July</b>	<b>Bewl 15M SGP</b>
<b>15 July</b>	<b>Phoenix 10K SGP</b> <b>N.B. Wednesday</b>
<b>13 Sept</b>	<b>Hove Prom 10K SGP</b>
<b>4 Oct</b>	<b>Lewes Downland 10M SGP</b>

## THE END!

That's all for now folks but before I sign off, I would like to take this opportunity to thank you for your support, especially from Chris Wrathall, who supplies most of the copy. I would also like to wish you all the very best for the festive season and a very happy and healthy New Year.

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)

