

SEAFORD STRIDERS NEWSLETTER

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

Editor: Hilary Humphreys hilary@hilton-it.co.uk **Press Officer:** Chris Wrathall cw26@icloud.com

Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/>

Twitter: <https://twitter.com/seafordstriders>

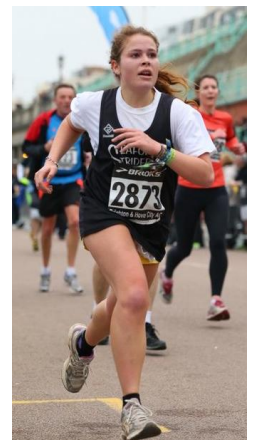
JANUARY 2014

BRIGHTON & HOVE 10K - 17th NOVEMBER

Starting and finishing on Madeira Drive, the Brighton & Hove AC 10K is a fast and flat belt along the seafront attracting 3000 runners from all over the UK. The possibility of being passed by the lead runners twice can be disheartening but this is overcome by the upbeat atmosphere. The winner was Mark Buckingham of Holmfirth Harriers recording 30mins 46secs. At 5 minutes per mile this will surely prove to be the quickest time posted in Sussex this year.

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, superb personal bests were achieved by both the first Strider home - Billy Moakes in 39.23 and the prolific Adam Mansbridge in 39.52.

Photo 287 Lucy Thorne - Courtesy of Sussex Sport Photography



The irrepressible Phil Robinson couldn't quite break the 40 minute barrier but his 40.47 was also a PB. Kallum Wright continues to impress with a 42.11 PB and there were admirable performances from Adrian Campbell in 43.03, Richard Honeyman 45.02 and Claire Keith 45.27.

There were smiles all round with yet more PB's from Vicki Blaber 49.29 and Lucy Thorne 49.43 but Terry Ward misjudged the pace and had to settle for 50.17, still impressive in his age category. Finally, fuelled by a pre-race espresso and overcoming a troublesome knee Tom Roper was pleased with 59.07.

CROWBOROUGH 10K - 1ST DECEMBER

A large turnout of 19 Seaford Striders converged on Crowborough for the final race in the 2013 Sussex Grand Prix calendar. 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. Runners then have the choice of soggy trainers or a brief diversion over a footbridge as they negotiate a ford. 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 for the 2nd lap.

No run of the mill 10K, this one. Although held at one of the highest points in Sussex, a lack of altitude training wouldn't wash for those looking for an excuse, however that twin ascent ensures personal bests can be firmly discounted.



496 Dave Dunstall (3rd in his category)
Photo courtesy of Sussex Sport Photography

Winner of the event was Timmy Gedin of Arena 80 AC in 35mins 49secs. First Strider home was Paul Heywood again showing what a prospect he is with 39.54. The high class Dave Dunstall posted 41.10 and was 3rd overall in his age group and 2nd in his was Colin Hannant, who has run for a number of years with great distinction recording 41.46 in his final race for the club.

Next came the speedy Adam Mansbridge 42.58 and the irrepressible Phil Robinson 44.13 who for the second successive year completed all 20 races. There were commendable performances from Cliff Evans in 45.05 who is destined to improve even more with regular running, Kevin Ives 45.35, Adrian Campbell 46.32 and welcome back Diane Fletcher 47.53.

Richard Honeyman 48.52 had the audacity to overtake Claire Keith 48.54 on the finishing line followed by good showings from Bob Ward 49.03, Alan Hards 50.21 and Lucy Thorne 50.43. Chris Wrathall clocked 52.05 but Terry Ward 55.26, Chris Lebeau 57.20 and Tom Roper 1.04.33 can all point to niggling injuries affecting their times.

In true competitive style Sue Garner, despite carrying a debilitating long-term injury, resulting in her finishing towards the back of the field, duly completed her 8th race, the minimum required under grand prix rules and in doing so scored valuable points for the club.



131 Colin Hannant (2nd in his category)

Photo courtesy of Danny Simpson



Voted one of the UK's top ten races in [Runner's World Magazine](#) this multi-terrain, 500 strong sell-out event, is contested over a challenging course and sees many entrants returning year after year for a bracing pre-Christmas work-out. This well established race, for all abilities aged 17 and over, is a mixture of 4 on and 6 off road miles. It features beautiful countryside scenery on a varied undulating course, which attracts runners from all over the south east.

This year's event, organised by the Striders and sponsored once again by long standing supporter David Jordan Estate Agents, aims to raise funds for both local charities and the club itself. A surprisingly mild day greeted the runners, with the sun breaking through, accompanied by a light breeze. The course was mostly dry underfoot and most runners opted for road shoes.

Enthusiastic marshals dispensing good cheer were on hand to ensure things ran smoothly, with plenty of water stations provided. A medal, goody bag and of course a quickly demolished mince pie greeted the finishers and a pre and post race massage was available, along with an opportunity to buy sports clothing, footwear and equipment from local specialists InterSport.

Whilst most members of the club were busy marshalling this, their host event, a few Striders were allowed out to run for good behaviour during the year and received some "special words of encouragement" along the way. Paul Heywood starred again finishing 10th overall in 1.07.11. Adam Mansbridge finished off a successful season with 1.14.43 and Kallum Wright impressed with 1.18.09. Ladies captain Jackie Webber still feeling the effects of the recent Beachy Head marathon posted a creditable 1.33.59.



Pic - 481 Adam Mansbridge
Photo courtesy of Sussex Sport Photography

The club wishes to thank all those who helped ensure those taking part had an enjoyable run and for enabling a substantial sum to be raised for the 2013 charity, Look Sussex. For more information please visit their website at www.looksussex.org.uk.



Photo **282 Paul Heywood** courtesy of Sussex Sport Photography

Darryl Hards triumphed in perfect running conditions with a superb 57.04, only 30 seconds outside the course record, with Andrew Mynott of Saffron Striders RC 59.28 in 2nd and Kevin Tourle 3rd in 61:07. 1st Lady was Emma Richards (Hailsham Harriers) 1.12.05, 2nd Michaela Floyd 1.13.30 and 3rd Mandy Regenass (Lingfield RC) 1.15.19.



Pic - 42 Kallum Wright

Pic - 429 Jackie Webber
Photo courtesy of Danny Simpson



Festive Runners
Photo courtesy of Danny Simpson

Thanks to Adrian Campbell
completing one of the most important tasks of the day



This is what Marshalling does to you
NURSE!!!



Thanks to all our Marshals

SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start

Pickup: 6.45 pm



Seaford striders juniors
Sponsored by; Puma gardening services

18 December, 6 pm

Special "Lights" Christmas Run meeting
in the Foyer at the Downs Leisure Centre

1 January, 11am

Martello Tower - New Year's Day Run – come
join the seniors for this one

January onwards –
until end of March

The Salts



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 Years Day Run, commencing at 11 am. Striders, both seniors and juniors, will run from the Martello Tower to the Sailing Club and back again.

Fancy dress welcome!!!

THE THIRSTY CLUB

The Thirsty Club achieved a PB when it met at the Wellington on Thursday, 12th December, when 22 Striders were in attendance and that is without counting Rachel's bump or Martin's spiritual presence!



AGM

Following the recent AGM the only change to the committee is the welcome addition of Terry Ward who has risen to the challenge and will be taking over as Social Secretary from January 2014. He will be replacing the "almost irreplaceable" Geoff and Natalie and heartfelt thanks are extended on behalf of the Striders to Geoff and Natalie for their excellent hard work.

GRAND PRIX PRESENTATION EVENING

This event will be held at its usual venue – the Jack and Jill Pub, Brighton Road, Clayton on Friday, 7 February 2014. More details to follow but in the meantime do get the date firmly fixed in your diary. www.thejackandjillinn.co.uk/

STRIDERS' PRESENTATION EVENING

This year's Awards Presentation Evening is being held on Saturday 25th January 2014 at Seaford Golf Club on Firle Road. This is a new venue and has a new format! Doors open at 7pm for a 7.30pm prompt start for the Presentations and finishes at 11.30pm.

There is a cold buffet, disco and a licensed bar. Tickets are priced at £12 for adults and £5 for children up to the age of 18. To purchase your tickets please see Zoe King or Rob Webber at the club on Wednesday evenings or if you are unable to make the club please either text or e-mail Zoe, her contact details are as follows: Mobile (07591 023950) or email (secretary@seafordstriders.org.uk) Please see the enclosed flyer



Awards Presentation
Flier 250114.pdf

UPCOMING CLUB EVENTS

| DATE | DETAILS |
|---|--|
| Wednesday, 1 January 2014 | New Year's Day Fun Run 11am at the Martello Tower |
| Saturday, 25 January 2014 @ 7.00 pm for 7.30pm | Presentation evening at Seaford Golf Club, Firle Road. See notice above for further details. |
| An as yet undisclosed Thursday in January | Thirsty Thursday Club Time and venue TBC. All welcome – honest! |

2014 RACE DATES

Please note some are subject to confirmation and more to follow

| January – June 2014 | |
|---------------------|---|
| 1 Jan | Worthing Hangover 5 |
| 4 & 5 Jan | Sussex XC Championship |
| 12 Jan | Pett XC |
| 18 Jan | Sussex XC Championship |
| 26 Jan | Worthing Lido 4 Miles |
| 26 Jan | The Dark Star River Marathon 28.2M Ultra Shoreham |
| 2 Feb | Southwater Valentines 3.8M |
| 2 Feb | Wadhurst Snape Wood XC |
| 9 Feb | Chichester 10K SGP |
| 16 Feb | Brighton Half - FULL |
| 23 Feb | Hellingly XC |
| 26 Feb | Henfield 9 Miles |
| 1 Mar | Bexhill XC |
| 2 Mar | Steyning Stinger Half & Marathon |
| 2 Mar | Eastbourne Half SGP |
| 9 Mar | Worthing 20M SGP |
| 23 Mar | Hastings Half SGP |
| 30 Mar | Christ's Hospital Mel's Milers 10K |
| 5 Apr | South Downs Way 50M |
| 5 Apr | Brighton Mini Mile |
| 6 Apr | Brighton Marathon |
| 13 Apr | London Marathon |
| 21 Apr | Lewes Easter 10K |
| 3 May | East Grinstead 10M |
| 4 May | Worthing Three Forts Half & Marathon |
| 4 May | Haywards Heath 10M SGP |
| 5 May | Burgess Hill 10K |
| 11 May | Hastings 5M SGP |
| 18 May | Horsham 10K SGP |
| 18 May | Brighton Heroes 10K |
| 25 May | Rye 10M SGP |
| 25 May | Weald Half, Marathon & 50K |
| 31 May | Rye Tillingham Valley 10K |
| 4 June | Worthing 10K SGP |
| 8 June | Hove Park 5K & Juniors |
| ?? June | Seaford Half |
| 22 June | Heathfield 10K SGP |

| July – December 2014 | |
|----------------------|-------------------------------|
| 6 July | Bewl 15M SGP |
| 16 July | Phoenix 10K SGP |
| ?? 30 July | Bexhill 5K SGP |
| 2 Aug | Friston Forest 5M & 10M |
| 24 Aug | Newick 10K SGP |
| ?? 7 Sept | Hellingly 10K SGP |
| 21 Sept | Hove Prom 10K SGP |
| ?? Sept | New Forest Half & Marathon |
| ?? Sept | Tonbridge Half |
| 28 Sept | Barns Green Half SGP |
| 5 Oct | Lewes Downland 10M SGP |
| ?? Oct | Jog Shop 20 |
| ?? Oct | Chichester Half |
| 25 Oct | Beachy Head Marathon |
| ?? Nov | Bexhill Poppy Half |
| 16 Nov | Brighton 10K SGP |
| ?? 30 Nov | Crowborough 10K SGP |
| ?? Dec | Mince Pie 10M |

PARTICIPATION IN RACES

If you do participate in some of the more unusual races, either in the above list 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

CLUB NIGHTS

Not many club nights left this year and in case you are unsure here is a reminder:


Wednesday, 18th December

Monday, 23rd and 30th December

UPCOMING RACES

| DATE | DETAILS |
|------------------------------|---|
| Wednesday, 1 January 2014 | Worthing Hanover 5 http://www.goring-roadrunners.org.uk/wp-content/uploads/2013/10/Hangover-5-Entry-Form-2014.pdf |
| Sunday, 26 January | Worthing Lido 4 Miles http://www.worthingharriers.com/lido-4.php |
| Sunday, 26 January 2014 | The Dark Star River Marathon 28.2M Ultra, Shoreham http://southernrunningguide.com/race_listings.php/26/01/2014/the_dark_star_river_marathon |
| Sunday, 2 February 2014 | Valentine's Run at Southwarer, 3.8 miles http://www.westsussexfunrunleague.org.uk/resources/2014+Entry+form+Valentines.pdf |
| Sunday, 9 February 2014 | Chichester 10K http://www.chichester10krace.org.uk/10k_Road_Race/Home.html |
| Sunday, 16 February | Brighton ½ Marathon – FULL |
| Sunday, 26 February 2014 | Henfield 9 Miles http://www.seafordstriders.org.uk/Link%20Pages/Race%20Calendar/february.html |
| Sunday, 23 March | Hastings Half Marathon www.hastings-half.co.uk |

EAST SUSSEX CROSS COUNTRY LEAGUE

| DATE | DETAILS |
|--|--|
| Sunday, 22 December 2013 Entry on the day Juniors 10.30am Seniors 11.00am | New Place Farm, Framfield (new venue)  ESSCCL 221213 Newplace Farm.pdf |
| Sunday, 12 January 2014 | Pett Village Hall, Pett |
| Sunday, 2 February 2014 | Snape Wood, Wadhurst |
| Sunday, 23 February 2014 | Blackstock Farm, Hellingly (new venue) |

RESULTS

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

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