



SEAFORD STRIDERS NEWSLETTER

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

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WEDNESDAY, 25th FEBRUARY - CLUB AGM

The Club's AGM will be held on 25th February 2015 and will commence at 8.00pm to allow members to go for their usual run, should they so wish. The following vacancies have been declared:

Chairman
Cross Country Rep
Press Officer
Social Media Assistant
Kit Rep

To continue to function as a successful club we need participation from you – our members! Please show your support by being in attendance at this meeting. Secondly, can you please give some thought to whether you have some available free time and whether you would be prepared to join the friendly members of the committee –meetings are not very frequent and they are always friendly.

BAND OF BROTHERS

The Band of Brothers is a Seaford based group of four guys, **including our very own Tom Batts**, who present a lively and varied mix of music. They perform a selection of folk, gospel, country, blues and classic rock/pop including instrumental and A-cappella numbers. They combine a unique blend of voices making for really entertaining sessions with something for everyone.



Roger, Tom, Mike and Mark began singing together for a trip to Albania in 2010 in support of a local church there, which reaches out to the underprivileged. Since returning they have performed live in a number of local venues before a wide range of audiences. For added variety, Rosemary often sings a few of the songs.

For more information, telephone: Roger on 01323 891158 or Tom on 01323 891501 or access our Facebook page; www.facebook.com/bandbrothersfolk

Next Pub Gig: Saturday 21st Feb from 8.00pm: Hampden Arms Pub (which has just won Sussex pub of the year), South Highton

SUNDAY CROSS COUNTRY LEAGUE FIXTURES

Date	Venue	Description
08 Mar 2015	Blackstock Farm, Hellingly	2 lap course. Can be very muddy. Suitable for spikes. Refreshments and Season Awards Presentation afterwards.

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/>

SEAFORD SCENE - Martin Bulger

As most of you know, I write a monthly article entitled 'Running Commentary' in the local magazine - Seaford Scene. Some Striders have already contributed to the magazine as guest writers. So, if anyone would like to 'say something' - why they run, or detailing a favourite run or race; in fact anything about running that might interest beginners, regulars or fanatics, please send it to me as an email or give me a hard copy. Something in the region of 300 - 400 words would suffice. Email:

mandsbulger@uwclub.net



STRIDERS' PRESENTATION EVENING



The Annual Presentation Evening was held on 31st January 2015 and was much enjoyed by everyone, seniors and juniors alike. Thanks from all Striders to Terry Ward for all his hard work in ensuring such a successful evening.

Photo left – cheque presentation to the Chartwell Cancer Trust for £1,750.00 as a result of profits made from the Mince Pie Race – once again, many thanks to everyone who volunteered as a Marshal, or helped in any other capacity – your hard work made this donation possible.



AWARDS - SENIORS

Senior Man (Under 40) 1st Paul Heywood (photo above right) 2nd Kallum Wright

Senior Woman (Under 35) 1st Claire Keith (photo below left with Harrison)

Vet Man (40-49) 1st Gareth Hutchinson 2nd Phillip Carr 3rd Adrian Campbell

Vet Woman (35-44) 1st Beth Ruddock (photo below middle) 2nd Vicki Blaber



Super Vet Man (50-59)

1st Simon Fletcher } combined

2nd Phil Robinson } photo

3rd Chris Wrathall } right

Super Vet Woman

1st Louisa Scola (photo overleaf)





- Ultra Vet Man** 1st Peter Weeks 2nd Chris Le Beau 3rd Terry Ward
- Ultra Vet Woman** 1st Hilary Humphreys
- Jo-Jo Gunn Award (Participating in three races over a three day period)**
Jackie Webber; Claire Keith; Paul Heywood; Tom Roper
(joint photo right)
- Dragon Fly Award** Tom Roper
- Poser of the Year: Senior Lady** Claire Keith
Senior Man Paul Heywood
- Ladies' Captain's Award** Louisa Scola
- Men's Captain's Award** Simon Fletcher (photo left)
- Club Captain's Trophy (Men)** Paul Heywood
- Club Captain's Award (Women)** Beth Ruddock
- Bill Young Memorial** Tony and Hilary Humphreys
- Newcomer Award (Men)** Peter Weeks **(Women)** Hannah Stanley (joint photo below)
- Achiever Award** Lucy Thorne
- Marathon Award** Natalie McCreath
- Steve Rowland Cup** Hilary Humphreys
- Strider of the Year** Peter Weeks



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

UPCOMING CLUB EVENTS

DATE	DETAILS
25 th February 2015	Club AGM
TBC	Thirsty Club To switch to a Tuesday

SUBSCRIPTIONS

Subscriptions run from January 1st to December 31st, which means that it is that time again – your annual subscription to the Seaford Striders are due. Please try and remember to bring your money with you on a Wednesday evening, where Linda Jennings will be only too pleased to relieve you of it.



Annual membership costs just £16 for an adult, with a reduced rate of £8 for unemployed or retired members. The junior (U16) subscription is also £8.

If you have any queries regarding membership then send Linda an email: Jennings.Linda1@sky.com



TEMPO RUNNING SHOP

Tempo is a specialist running shop run by Wes Mechen and Faye



McClelland. (Simon do you remember Wes? He was the guy who sadly pipped you at the post during the Mince Pie Race.) Faye McClelland is an international paratriathlete and four times World Champion. She is hoping to achieve success in the Rio Olympics 2016. Wes can sadly not claim to be World Champion but is hoping to qualify for GB age group triathlon in 2015.



Wes and Faye initially started their competitive running journey with Phoenix Athletics club and it was through this club that they developed their love of running and training. Through meeting Faye, Wes began training with Bodyworks XTC (Eastbourne) at the weekends during the summer of 2013 and one weekend he left his running shoes behind in Brighton. This moment of forgetfulness planted the seed in his mind for developing a running shop in Eastbourne. It took six months of planning and liaising with the running brands before Tempo opened its doors in January 2014.

The shop in Susans Road, Eastbourne, has been open one year now and Tempo has also held its inaugural 10k race on the Eastbourne seafront. Wes and Faye have loved making so many new friends and following runners journeys throughout the year.

The Tempo running shop aims to improve the running experience of runners of all abilities by providing customers with



the opportunity to have their technique/ gait analysed and to test out running shoes on the in-store treadmill. The shoes are carefully selected based on testing, reviews and personal experience. Staff can provide advice and guidance on training along with hand-outs/information that can be taken away with any purchase free of charge. Together with this, Striders will be given 10% discount on their purchases.

Wes and Faye also produce an on-line newsletter every three months or so. If you are interested you can follow the enclosed link:

<http://temponewsletter.weebly.com/>

RACE RESULTS

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



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

January - May 2015	
8 Feb	Chichester 10K SGP
14 Feb	Bexhill SXC
15 Feb	Southwater Valentines Run WSFRL
22 Feb	Brighton Half
25 Feb	Chichester City Centre Road Races (1)
1 Mar	Eastbourne Half SGP
1 Mar	Steyning Stinger Marathon & Half
8 Mar	Henfield 9 Miler
8 Mar	Blackstock Farm, Hellingly 5M ESSCCL
11 Mar	Chichester City Centre Road Races (2)
15 Mar	The "Moyleman" Lewes Marathon
21 Mar	Endurance life East Dean 10K, Half M & Ultra
22 Mar	Hastings Half SGP
25 Mar	Chichester City Centre Road Races (3)
29 Mar	Brighton Chicken Run, Hove Park 5K, 1M, 500M
29 Mar	Christ's Hospital Mel's Milers 10K
4 April	Friston Forest 10M & 5M
4 April	Sussex Road Relays Christ's Hospital
6 April	Lewes Easter 10K WSFRL
11 April	Brighton Mini Mile Races
12 April	Brighton Marathon and 10K
18 April	Crawley A.I.M. 6 & 12 hour Track Race
18 April	Sussex Trail Run, Cowdray Estate, Midhurst
19 April	Hartfield 10K and Fun Runs
26 April	London Marathon
30 April	Haywards Heath Harriers Open T&F
2 May	East Grinstead 10M (Mid Sussex Marathon Wknd)
3 May	Haywards Heath 10M SGP (Marathon Wknd)
3 May	Worthing Three Forts Marathon
4 May	Barcombe 10k & 6k Charity Run
4 May	Rusper Village May Day Race
4 May	Burgess Hill 10K (Mid Sussex Marathon Wknd)
10 May	Gaby Hardwicke Atlantic Challenge Marathon, Half & Quarter - Teams & Individuals
10 May	The Eastbourne Run Together Run
10 May	Portslade Hedgehopper 5m WSFRL
10 May	Hastings 5M SGP
16 May	Arun Marathon Littlehampton Marina
17 May	Brighton Heroes vs Villains Run, kids 500m dash, youth mile, adult 5k and adult 10k
17 May	Bognor Prom 10K
17 May	Horsham 10K SGP
20 May	Beach Run 5 Miles WSFRL Littlehampton
23 May	Rockabilly Rye 5M
23 May	Votwo Trail Run 24 hour Pippingford Park, Nutley
24 May	Rye 10M SGP
24 May	Weald Half Marathon, Marathon & 50k Ultra
27 May	Trundle Hill 10K WSFRL Lavant Village Hall
30 May	Petworth Park Discovery Run

June – December 2015	
7 June	Worthing 10K SGP
14 June	Hove Park 5k - Arena 80 WSFRL
21 June	Heathfield 10K SGP
24 June	Bexhill 5k
27 June	Ladies Only Midnight Walk, St Barnabas Hospice, Worthing
27 June	Downland Community 5mile WSFRL Hassocks
1 July	Roundhill Romp 6 miles WSFRL Steyning
5 July	South Coast Half Marathon, 10k & 5k
5 July	Bewl 15M SGP
10 July	Rye Summer Classic Series 10K
15 July	Phoenix 10K SGP N.B. Wednesday
26 July	Seven Stiles 4mile WSFRL Henfield
29 July?	Bexhill 5K SGP N.B. Wednesday (date tbc)
5 Aug	Highdown Hike 4.5m WSFRL Durrington
14 Aug	Rye Summer Classic Series 10K
16 Aug	Tilgate Forest 5mile WSFRL Crawley
23 Aug	Brighton Rugby Football Club 9.5km WSFRL
23 Aug	Henfield Half Marathon
23 Aug ?	Newick 10K SGP (date tbc)
30 Aug	Arundel Castle 10k
6 Sept	Fittleworth Five mile WSFRL
11 Sept	Rye Summer Classic Series 10K
13 Sept	Hellingly 10K
20 Sept	Bexhill Big 10k
20 Sept	Hove Prom 10K SGP
20 Sept	High Weald Challenge 50k, Ultra, Marathon & Half
27 Sept?	Barns Green Half SGP (date tbc)
3 & 4 Oct	24hr Ultra & 50 mile night run
4 Oct ?	Lewes Downland 10M SGP (date tbc)
11 Oct	Chichester Half
11 Oct	Sussex Marathon & Half Marathon
11 Oct	Hickstead Gallop 8km WSFRL
18 Oct	Bright 10
18 Oct	Steepdown Challenge 5mile WSFRL
25 Oct	K2 Crawley 10k
7 Nov	Poppy Half
15 Nov ?	Brighton 10K (date tbc)
29 Nov	Crowborough 10K SGP
19 Dec	Brighton City Race

Entry details for most of the above races can be found by following the link: <http://www.sussexraces.co.uk/>

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 Chris Wrathall – he will be greatly missed when he stands down from the post of Press Officer at the AGM.

Now for your turn – have your say in the next or subsequent editions – politely of course! Email: hilary@hilton-it.co.uk