



SEAFORD STRIDERS NEWSLETTER

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

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FEBRUARY 2014



STRIDERS' EVENING

The Annual Awards Presentation Evening was held on Saturday 25th January 2014 at Seaford Golf Club on Firle Road. This was a new venue for the club, with a new format, which hopefully all guests enjoyed – certainly it was very well attended! (Below proving striders also have fun!)

Thanks on behalf of the club to the hard working efforts of all those involved in making the evening so enjoyable.



It was a privilege to hear from "Look Sussex" about the work of their charity and to witness the club handing over a cheque for £1,700. (Above left – the presentation to "Look Sussex")

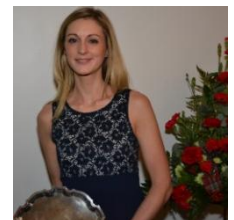


'WEEKUS HORRIBILIS'

Martin described his first week back in the UK since his New Zealand trip as one of the worst in his life. Good to have you with us at the Presentation Evening and I hope your "Life Membership" from the club left you in no doubt at the strength of feeling the club members have for you. Just keep the batteries topped up and you will be fine! I hope your 'Weekus Horribilis' doesn't turn into an 'Annus Horribilis' – one would not be amused! Editor.

AWARDS - SENIORS

Senior Man (Under 40)	1 st	Cliff Evans	2 nd	Adam Mansbridge
Senior Woman (Under 35)	1 st	Claire Keith (photo right)	2 nd	Annie Line
Vet Man (40-49)	1 st	Simon Fletcher	2 nd	Phillip Carr 3 rd Mark Cage
Vet Woman (35-44)	1 st	Rachel Davis		
Super Vet Man (50-59)	1 st	Dave Dunstall	2 nd	Colin Hannant 3 rd Phil Robinson
(photo left - Dave Dunstall)				
Super Vet Woman	1 st	Jackie Webber	2 nd	Zoe King



Ultra Vet Man 1st Bob Ward 2nd Terry Ward 3rd Chris Le Beau
Ultra Vet Woman 1st Sue Garner

Sussex Grand Prix qualifiers but included above:

Adrian Campbell Alan Hards Richard Honeyman Kevin Ives
 Richard Kimber Rob Webber Chris Wrathall

Jo-Jo Gunn Award (Participating in three races over a three day period)

Adrian Campbell Claire Keith Adam Mansbridge Phil Robinson
 Jackie Webber Rob Webber

Dragon Fly Award

Linda Jennings (Photo right upper)

Poser of the Year Senior Lady Claire Keith **Senior Man** Mark Cage

Ladies' Captain's Award Rachel Davis and Zoe King (Photo right)

Mens' Captain's Award Phillip Carr

Club Captain's Trophy (Men) Adam Mansbridge

Club Captain's Award (Women) Jackie Webber

Bill Young Memorial Geoff Gray and Natalie McCreath (Photo below left)



Newcomer Award Terry Ward (near right)
Achiever Award Phil Robinson
Marathon Award Simon Fletcher
Most Courageous Tony Dray
Steve Rowland Cup Rob Webber
Strider of the Year Chris Wrathall (far right)



SEAFORD STRIDERS JUNIORS - Rob and all his helpers wish all the Juniors a Happy New Year



Meeting Time: 5.55pm for 6.00pm start

Seaford striders juniors
 Sponsored by; Puma gardening services

Pickup: 6.45 pm

Until the end of March The Salts

JUNIOR QUIZ

The Seaford Striders' Junior Quiz, which was held at the football club, was sadly only attended by five juniors (outnumbered by six helpers). We had a nice run in not too much rain and then coke and chips to finish. The results of the quiz are as follows: 1st place – Oscar; 2nd place – George and 3rd place – Alfie. Oscar's prize is free membership for the 2014 season and also free entry into any races he takes part in (Seaford Striders will foot the bill). The junior committee all thought this was a brilliant prize and again it was a shame that only five juniors turned up for this event.



AWARDS - JUNIORS

Jo-Jo Gunn Award Harry Strong
Poser of the Year Harry Strong (photo left)
Best Junior Boy George, Howard, William Squires (photo right)



- Newcomer Award** Annie Line (photo far right)
- Best Junior Improver** Joe and Luke Rickards (photo right)
- Special Merit Award** Oskar Morton; Harry & Joshua Stanley
- Most Courageous** James Cairnes



JUNIOR 2013 ROUND UP

Congratulations to Annie Line who is overall top points scorer in the County! Her highlights in 10K's include a first place at Heathfield and an impressive 53.56 at Lewes.
(photo left – Oskar Morton)

Harry Strong clocked a memorable 1.42.08 at the Seaford Half and was the 1st Strider (19.27) at both the Kings Head Canter and the Alfriston senior race. He got in at under 20 mins at the Bexhill 5K and tied with Kyle Lawrie at the Seaford 4 mile TT. Harry's first Grand Prix race was at the Newick 10K, recording 42.51.

Ben Martin won the Alfriston 1.6K with 5.32, Luke Rickards 6.34, Jo Rickards 6.47 (Rickards photo left) and not far behind Amy Fletcher 7.10. Joey Morris won with a Usain Bolt like 1.43 at the Bexhill 500m.

The Phoenix Athletics junior races were held in Preston Park in very windy conditions and the results were as follows: U13 boys 1.6K George Squires 13th 7:23; U11 boys 1.6K Howard Squires 28th 7:48; U9 boys 800M William Squires 9th 3:40. James Cairnes who only recently turned 13, gave a very courageous performance, continuing undaunted against boys who were much older in the U17 race and is very deserving of his "courageous" award.



(James photo right)



There was a good turnout at the Brighton Mini Marathon. Results were George Squires 6.27, Howard Squires 7.12, Joshua Stanley 7.18, Harry Stanley 7.18, Keziah Hards 7.44, Kajsa McMullen 8.14, Carensa Hards 8.31 and William Squires 8.37.

Finally there was a bleep test for the juniors held at the Salts. Well done to all who took part and the top 3 were - 1st George Squires, 2nd Luke Rickards, 3rd Oliver Funnell.

(Joshua and Harry Stanley photo above),

NEW YEARS DAY RUN



A few brave Striders make sure that the near 30 year tradition goes unbroken for another year!

There were a few brave souls who turned out in the wind and rain for the New Year 3 mile run along the prom and a few brave souls who turned out to cheer them on. Special mention must go to James Cairnes our youngest entrant – well done and you deserve your award for this alone!



WHO'S WHO ON THE COMMITTEE

Name: **Zoe King**
 Post held: **(Honorary) Secretary**
 Where is your favourite place to go in Seaford? **Cliffs along Seaford Head**
 Apart from running, what is your favourite hobby?
Reading and Cake Decorating
 Running – what is your favourite run? **Bo Peep and Friston Forest**
 And, what is your favourite race? **Bedgebury Pinetum 10k Trailblazer**
 What book are you reading?
The Book of the Dead by Douglas Preston and Lincoln Child
 What is your favourite film?
**Three films:
 Love Actually; R.E.D and P.A.U.L**
 What is your favourite song or piece of music? **Depending on mood:
 Bad mood - Nirvana; Running mood - Insomnia (Monster Mix) by Faithless; Relaxing mood - the album A Posteriori by Enigma**
 Which person living or dead do you most admire? **Sorry – no-one especially!**
 How do you relax? **Read and listen to music**
 What would your motto be? **“Come on, get out there and don't be such a lazy cow!”**



UPCOMING RACES

DATE	DETAILS
Sunday, 9 February 2014	Chichester 10K – FULL
Sunday, 16 February 2014	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 2014	Hastings Half Marathon www.hastings-half.co.uk

EAST SUSSEX CROSS COUNTRY LEAGUE

DATE	DETAILS
Sunday, 23 February 2014	Blackstock Farm, Hellingly (new venue)

UPCOMING CLUB EVENTS

DATE	DETAILS
Thursday, 20 February	Thirsty Thursday Club at the Wellington time TBC. All welcome
Thursday, 20 March Rob's Birthday	Thirsty Thursday Club at the Wellington time TBC. All welcome to come and help Rob celebrate his birthday and put a smile on his face!!!



OUT OF THE ORDINARY EVENTS

For those of you who fancy competing in something slightly out of the ordinary you should check out the following website: <http://brightonsports.co.uk/events> where you can sign up for "The Tandem Five Miler" (teams of two); "The Brighton Marina Open Water Swim" (either a 2Km or 500m open swim); "The Good Good Friday Run" (a FREE 12km run with a difference); "The Weakest Link" (a four member run relay) and finally "The Brighton Beach Aquathlon" (a swim, run, swim event).

STRIDERS' 2013 ROUND-UP - by Chris Wrathall

2013 saw Striders in action over a variety of distances around the country and Europe and locally finishing 4th overall in the Sussex Grand Prix with personal bests being set too numerous to mention.

We finished 4th place overall again for the second year running. Like last year, it came down to the last race with the men still challenging for 3rd. Two of our guys were completing their 8th race, with two doing the same for another club. The only difference was last year it was Horsham Joggers and this year it was Wadhurst Runners. Alas, the outcome was the same and we didn't quite make it.

In the Sussex Grand Prix competition the Men's Vet team title was claimed once again thanks to the magnificent efforts of Simon Fletcher, Phil Carr, Dave Dunstall, Colin Hannant and Mark Cage with Men's Captain Phil Robinson narrowly missing out.



Top man Simon Fletcher (photo left) finished 6th place overall in the Men's competition and was 3rd V2. Colin Hannant finished 2nd V4 and Dave Dunstall 3rd V3. A special mention is due for the remarkable Phil Robinson who once again competed in all 20 races. Thanks also to Phil for all the Sussex Grand Prix info.

(Phil photo right)



Top Woman Claire Keith was 17th in the Women's competition, with Rachel Davis 3rd V1. Sue Garner successfully defended her V7 title after a memorable performance at the Crowborough 10K. In true competitive style and despite carrying a debilitating long-term injury resulting in her finishing towards the back of the field, Sue duly completed her 8th race; the minimum required under SGP rules and scored valuable points for the club.



Triumphant winners of their respective age groups were Diane Fletcher and Natasha Swan at the Henfield 9 Miler, Simon Fletcher and Terry Ward at Hellingly, Michael Martin at the Sussex Half, Junior Annie Line at Heathfield, Ladies Captain Jackie Webber at Thorpeness in Suffolk and the inspirational Sue Garner at the Hastings 5 Miler. (photo left – Diane Fletcher – 1st woman vet at New Forest Half Marathon 2012)

Also notable for going under 90 minutes in half marathons were Dave Dunstall, Phil Carr, Paul Heywood, Cliff Evans, Dan Wittenberg, Vanaka Graham and Geoff Gray. Dave, Phil, Paul, Cliff and Dan recorded equally impressive sub 40 minute 10K's along with Billy Moakes, Adam Mansbridge and Mark Cage.

Simon Fletcher started the year in a hurry recording 35.52 (that's under 6 minutes per mile) at the Chichester 10K and 1.18.31 at the Brighton Half. Quickly to follow was surely the performance of the year, a 2.53.39 stunner at the Brighton Marathon finishing 27th in a field of 10,000. Simon also finished 2nd in the Seaford Half.

Dave Dunstall had a great season but his most meaningful race was when he raised much needed funds for Pancreatic Cancer at the London Marathon. His time of 3.19.26 was bettered only by flying Phil Carr 3.07.07.



(Phil photo above)

Jacob Miles and Diane Fletcher all finished well inside 4 hours and Anne Flavills' 4.46.26 was admirable considering her limited training.



Sheer quality best describes those who took part in the Worthing 20 Miler. The race consisted of 4 laps on a flat road course and is perfect for judging consistency and endurance in preparation for taking part in one of the traditional spring marathons. In a field of nearly 500, special praise goes to Cliff Evans, first Strider home finishing in 21st place in a time of 2.14.51, averaging under 7 minute miles. (photo left – Cliff Evans – at Worthing but this time in the 10k)

At the 20 miler, Adam Mansbridge recorded 2.29.33 in his first attempt at this distance and along with the ever consistent Phil Robinson 2.31.06 and Diane Fletcher 2.32.45 came home within 4 minutes of each other and all within the top 100. Diane's was the performance of the day, knocking 9 minutes off her PB and in doing so is the fastest ever female Strider on the course.

The Brighton Marathon saw sub 4 hour finishes from Mark Cage, Natalie McCreath, Geoff Gray, Adam Mansbridge, Richard Honeyman and Becky Breen. Others who shone were Julie Fowler, Janyce Danielczyk, Claire Jenkins and Karen Clinton.



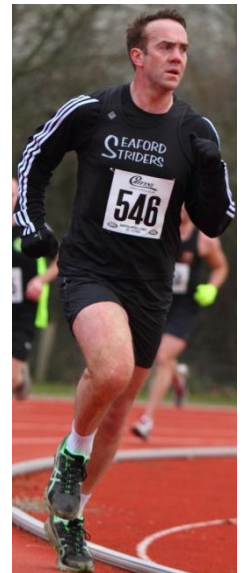
In what was a pale imitation of spring, few present will forget the arctic temperature and wind chill factor at the Hastings Half and the snowstorm at the Salts training session, but the long drawn-out winter finally ended on 28th April when 40 Striders took part in the Bill Young Memorial Half Marathon and 10K run. Superbly organised by Glynis Young and Michael Martin, it was obviously Bill who prevailed upon the weather gods to produce a warm sunny day and the big fella was fondly

remembered at the gathering on Firle Beacon.

The "Sussex Living Marathon Weekend" was held over the Spring Bank Holiday with the marathon distance achieved over 3 events namely the East Grinstead 10 Mile, Haywards Heath



10 Mile where Phil Carr (Phil photo left) recorded a blistering 1.05.39 and the Burgess Hill 10K. The weekend turned into a three way battle between Adam Mansbridge, Phil Robinson and Adrian Campbell. Adam prevailed overall but after a dead-heat at East Grinstead, Phil pipped Adrian by 1 whole second over the 3 races. (Adrian photo right)



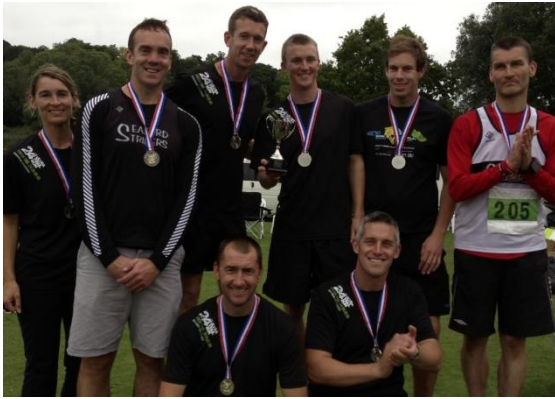
On a club evening members of the Juniors section combined with the Adults to mark the summer solstice. There was a choice of either a 3K or 5K belt along the seafront from Splash Point and some of the Adults actually managed to keep up with the Juniors! The speedy work-out was enjoyed by all the participants, who reflecting the clubs' ages and abilities, ranged from 8 to 69 years young.

In baking temperatures Simon Fletcher recorded 1.41.01 at the Bewl Water 15 Miler along with Rachel Davis in a determined 2.59.18. On a gorgeous summers evening at the Bexhill 5K Simon Fletcher clocked 17.29 with Mark Cage, Harry Strong, Dave Dunstall, Cliff Evans and Phil Robinson all sub 20 mins.

The stunning scenery of Fussen in Bavaria, Germany saw 3 Striders take on the marathon distance. Geoff Gray recorded a remarkable 3hrs 01 minute with Phil Carr and Adrian Campbell coping admirably despite the heat, altitude, lack of sleep and decidedly dodgy meatballs! Michael Martin and Chris Wrathall wimped out and settled for the half marathon. (Geoff, Adrian & Phil above)



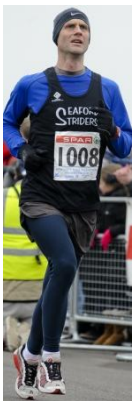
Claire Keith took on a full marathon, half, full and half again in successive weekends (the pick being 3hrs 51mins at Bournemouth) to raise money for the Evelina and Guys & St Thomas Children's Hospitals.



Past and present Striders combined to triumph in the 24 hour relay race held at the beautiful location of Ashburnham Place. The aim was to complete as many laps as possible of the 2.1 mile course in 24 hours with only one member of the team on the course at any one time. Held entirely within the grounds, the course featured both solid walking tracks with a couple of challenging hills thrown in for good measure. The tracks were slightly muddy in places however the weather stayed dry throughout the event though as night fell the mist made visibility very poor at times despite wearing head torches. The lead changed several times in what proved to be an extremely tight

fought contest with Rye Runners in the 6 to 8 team member category but the Striders triumphed, completing 89 laps (187 miles) in just under 24 hours beating their rivals by just 5 minutes. The victorious team members were Natalie McCreath, Adrian Campbell, Greg Funnell, Matt Eade, Ryan Stewart, Geoff Gray, Gary Hatcher and Gary Lee.

Seasoned marathon runners Geoff Gray and Natalie McCreath completed the spectacular Lake Garda Marathon, but it was father Ian who stole the show by claiming first place in his age group, with all three finishing together in 3.56.49 in what was a truly magnificent family effort.



For many, the Beachy Head Marathon is a favourite and 12 Seaford Striders took up the challenge with Vanaka Graham first for the club and 72nd overall in a cracking 3.52.41. **(Photo left – Vanaka at Hastings)**. Mark Cage 83rd in 3.54.56 and Phil Robinson finished just outside the top 100 with a superb 4.04.35. Jacob Miles 4.12.08 pipped Dan Wittenberg and Adam Mansbridge who have both been plagued by injuries this season but still recorded an admirable 4.13.45 and 4.34.52 respectively. Sandwiched in between was Adrian Campbell posting a none too shabby 4.27.49 after his exploits in the recent Jog Shop 20 Miler. Following closely was talented newcomer Kallum Wright 4.35.43, a gritty performance by Dawn Woodgate 5.07.42, Becky Breen digging deep to defy sickness with 5.11.46 and finally Jackie Webber 5.19.09 and Anne Flavill 5.24.56 completing an impressive showing by the Striders.

Other marathon achievers were Adrian Campbell 3.27.19 at Edinburgh, Richard Honeyman 3.45 at Venice, Karen Clinton returning to where it all started 4.27 at Athens and Natasha Swan 4.25.15 at Steyning and 4.32.58 at Worthing 3 Forts. Phil Robinson, Adam Mansbridge and Jacob Miles all recorded times just over 4 hours at New Forest.

At the Great North half marathon Adrian Campbell finished in 1.34.16 with Robyn Delivett **(photo right)**



1.48.23 and at Tonbridge Natasha Swan 1.40.23 Richard Kimber 2.26.12 and John Kingshott 2.35.00 on a challenging course.

Whilst most members of the club were busy marshalling their host event the Mince Pie 10 Miler, a few Striders were allowed out to run. 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 **(photo left)** 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.



And finally just days before Christmas at the Portsmouth Marathon Paul Heywood recorded 3.22.13, Dan Wittenberg 4.01.42 and Kallum Wright 4.21.41, all superb efforts especially considering the high winds. Commiserations go to Adam Mansbridge who had to withdraw at the last minute due to injury.



Looking forwards to 2014, although sad to see Colin Hannant and Mark Cage move on to pastures new, talented newcomers Paul Heywood and Kallum Wright will feature strongly in the Grand Prix. Billy Moakes and Joshua Rudd are amongst a number improving with every race. There are also promising signs that the Women's team will once again come to the fore. The New Year should also see a welcome return to fitness from Gareth Hutchinson, Sue Garner, Diane Fletcher and Ian Walker and all at the club would like to wish Tony Dray the very best during his current illness.

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. www.thejackandjillinn.co.uk/

2014 RACE DATES Please note some are subject to confirmation and more to follow

January – May 2014	
2 February	Southwater Valentines 3.5M
2 February	Wadhurst Snape Wood XC
9 February	Chichester 10K SGP
16 February	Brighton Half
23 February	Hellingly XC
1 March	Bexhill XC
2 March	Steyning Stinger Half & Marathon
2 March	Eastbourne Half SGP
9 March	Worthing 20M SGP
23 March	Hastings Half SGP
30 March	Christ's Hospital Mel's Milers 10K
5 April	South Downs Way 50M
5 April	Brighton Mini Mile
6 April	Brighton Marathon
13 April	London Marathon
21 April	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

June – December 2014	
4 June	Worthing 10K SGP
8 June	Hove Park 5K & Juniors
?? June	Seaford Half
22 June	Heathfield 10K SGP
6 July	Bewl 15M SGP
16 July	Phoenix 10K SGP
?? 30 July	Bexhill 5K SGP
2 August	Friston Forest 5M & 10M
24 August	Newick 10K SGP
?? 7 September	Hellingly 10K SGP
21 September	Hove Prom 10K SGP
?? September	New Forest Half & Marathon
?? September	Tonbridge Half
28 September	Barns Green Half SGP
5 October	Lewes Downland 10M SGP
?? October	Jog Shop 20
?? October	Chichester Half
25 October	Beachy Head Marathon
?? November	Bexhill Poppy Half
16 November	Brighton 10K SGP
?? 30 November	Crowborough 10K SGP
?? December	Mince Pie 10M

Sussex Grand Prix (SGP) events are marked in red above.

RESULTS

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

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