



SEAFORD STRIDERS NEWSLETTER

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

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APRIL 2014



BILL YOUNG MEMORIAL RUN - 27 APRIL 2014

The Bill Young Memorial Run is a "Friendship Run" and not a "competition". The photos above are from last year's event and you are invited to join the fun in this year's event on Sunday, 27 April, starting from the Martello Tower. You have a choice of distance – either 21K, 11K or 10K and with a staggered start the three groups will arrive at approx. 9:30am on top of Firle Beacon, where all runners and Bill's family will have a one-minute-silence together to remember Bill. Strollers (10k time of 50-70 mins) start at 8.15 am. Trotters (10k time of 45-60 mins) start at 8.30am and the Whippets (10k time of sub 45 mins) start at 8.45am.

At 9:35am the run will continue back to Seaford via Black Cap Farm, Norton and Bishopstone. There are no start numbers, no marshals and no way markings. All you need to do is follow our lead runners and enjoy! Participants can either run the whole distance (21k), or the first leg up to Firle Beacon (10k), or just the second leg (11k). Please make sure you organise your own transport to and from Firle Beacon if you only want to run one leg.

After the run we will all meet at the Salt's Café, where coffee, tea and a hot snack will be provided. The entry fee is £6, including water at Bo Peep, drinks and snack at the Salt's, a lovely memento and an icy wind on top of the Downs!

Please note that the closing date for entries is Sunday, 20 April. See Glynis Young or Michael Martin to enter.

CONGRATULATIONS

Congratulations from all the Seaford Striders to Phil and Bosin Robinson on the birth of their son Vincent.



MARSHALLING - MARK CHADD

Any of us who have ever entered an event know that without the help and dedication of the marshals there would be no event and therefore no opportunity for us to indulge in our hobby. Marshals are a vital part of any event, not only from an organisational and safety point of view but often with words of encouragement that may help us through a 'tough spot'.

Seaford Striders have traditionally helped marshal at a number of events during the year. For this the club receives healthy donations, which go a long way to helping with the clubs running costs and help keep membership fees at the very low level they are. This obviously benefits all members.

Newer members may not be aware that the clubs constitution states that all members should help marshal at a least one event per year, which in practice is about 2-3 hours, so not a lot. The idea obviously is that the club and all its members benefit from the marshalling income and therefore it is not unreasonable that all members should play their part in helping to marshal. The irony is that marshalling is actually good fun, as there is usually a great spirit and camaraderie and as the saying goes 'you receive by giving'.

So please keep a look out for the publicised Striders marshalling events and come along and help your club, other runners and have a laugh at the same time. If you don't, your next year's membership will attract a £10 levy but we don't really want to do that, it is not in the spirit of Seaford Striders!

RACES MARSHALLED BY THE STRIDERS:

Seaford Half Marathon	-	8 June 2014
Jog Shop 20	-	October 2014 (date to be confirmed)
Beachy Head Marathon	-	25 October 2014
Mince Pie	-	7 December 2014

FOOTSTEPS 5K - WEDNESDAY, 30 APRIL 2014

On Wednesday 30th April, there will be a Footsteps 5k run. This will be from the Martello Tower to the Sailing Club and back again. There will be light refreshments afterwards at the Downs for a nominal charge (to be notified). All those interested, please inform Glynis Young. Email: theyoungones13@sky.com

HASTINGS HALF MARATHON - 23 APRIL 2014

Nineteen Seaford Striders took part in 30th staging of the Hastings half marathon, a perennial favourite which also features a 2.5K race for 11-16 year olds.

Voted one of the best in the country, it attracts up to 5000 runners varying from International and Elite standard, to dedicated Club and enthusiastic Fun runners and in its history has raised hundreds of thousands of pounds for charity. Always well supported, some resting Striders were amongst a high number of spectators along the route giving much needed encouragement.



From the start on the seafront the route turns north up Queensway for a lung busting 5 mile climb. There is little respite on turning eastwards along the Ridge due to its undulations. Finally there is a fast 2.5 mile descent to Rock-A-Nore and the same distance, inevitably into a head wind, back along the seafront to the finish. Curiously, although the first part of the course is notoriously tough, personal bests are not uncommon.

Flying Phil Carr (**photo right**) is hitting the sort of form to claim top Strider spot with a superb top 50 finish, clocking 1hr 23mins 58secs followed by Simon Fletcher recovering from injury with 1.26.28 placing him in the top 100.

Jacob Miles' excellent 1.29.18 saw him head home Adam Mansbridge who with a little help from experienced pacer Rob Chrystie smashed his personal best by clocking 1.29.19.

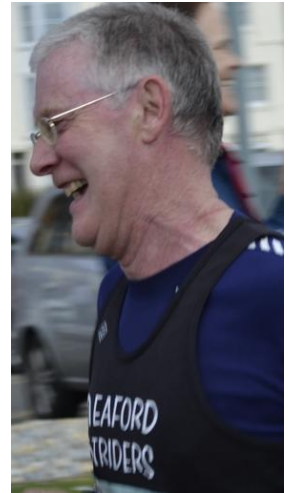
New dad Phil Robinson 1.34.48 and Natasha Swan 1.39.15 gave their customary high class performances. Then came the impressive Jenson Evans (plus pushchair) and dad Cliff 1.42.09 and welcome back to Gary Lee 1.43.18.

Great efforts too from Richard Honeyman 1.44.33, Diane Fletcher 1.46.04, Bob Ward 1.47.42, Louisa Scola 1.50.34, Rob Webber 1.54.49, Becky Breen 1.56.10 and Anne Flavill 2.04.32.

A trio of personal bests followed so congratulations go to Liz Lorkin in her first race for the club recording 2.12.53, Paula Tiller 2.15.53 and Louise Keogh 2.20.11. Ken Brownings' determined 3.03.44 completed the list of participating Striders.

Photos from left to right Louisa Scola, Rob Webber and Bob Ward – enjoying themselves at the Hastings Half Marathon!

Photos courtesy of Tony Humphreys



ENDURANCE LIFE MARATHON - 22 APRIL 2014

Photo above left - Paul Heywood (courtesy of Danny Simpson)

On the previous day Paul Heywood took part in the Endurance-Life marathon, one of the coastal trail series of events held around the country. The route takes in the South Downs Way around Eastbourne, Seven Sisters, East Dean and Friston and is similar to the iconic Beachy Head marathon.

In typical style Paul finished a magnificent 12th out of 500, clocking 4hrs 10mins on the challenging course. Here's hoping his legs recover in time for the Brighton marathon in a fortnight.

SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start

Pickup: 6.45 pm

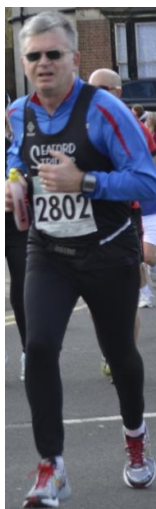


Seaford striders juniors
Sponsored by; Puma gardening services

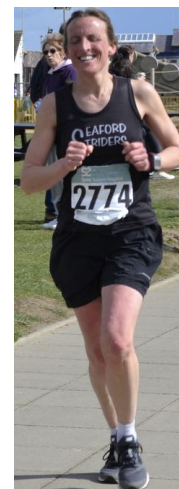
Meeting Point

19 & 26 March	The Salts
2, 9, 16 & 23 April	The Barn
30 April	Tide Mills
7 & 14 May	Tide Mills
21 & 28 May	Bishopstone
4 June	Bishopstone

CRANLEIGH 21 MILER - 16 APRIL 2014



Richard Honeyman and Natasha Swan featured in a perfect marathon dress rehearsal, the Cranleigh 21miler in Surrey. recording 2.54.52 and 2.57.54 respectively. Both finished comfortably in the top half of a field of 500 as they prepare for the classic 26.2 mile distance.



Photos Left – Richard Honeyman and Right – Natasha Swan running at the Hastings Half Marathon.
Photos courtesy of Tony Humphreys

4-mile time trial – Wed. 27 November 2013	
Josh Rudd	23:20
Kyle Lawrie	25:00
Vanaka Graham	25:01
Callum Wright	25:32
Ashley Dann	27:56
Bob Ward	29:28
Rob Webber	30:22
Robyn Delivett	30:26
Louisa Scola	30:39
Jackie Webber	30:57
George Squires	31:23
Justin Squires	31:30
Ali Batchelor	31:38
Dawn Woodgate	33:25
Noel Daniels	36:04
John Kingshott	39:08
Linda	39:16
Keziah	39:26
Briony Lawrie	43:40
Trevor Jones	43:40
Karenza	45:28
Carol Hards	45:36

4-mile time trial – Wednesday 12 March 2014	
Matthew Eade	22:19
Josh Rudd	22:38
Gareth Hutchinson	23:45
Billy Moakes	24:04
James Smith	24:42
Callum Wright	25:38
Peter	28:54
Louisa Scola	29:20
Robyn Delivett	29:47
Terry Ward	29:48
Chris Wrathall	29:58
Justin Squires	29:58
George Squires	30:24
Hannah Stanley	30:49
Harry Stanley	30:49
Vicky Blaber	30:55
Jackie Webber	31:45
George Stanley	33:12
Hilary Humphreys	33:13
Rob Webber	33:17
Tom Batts	33:25
Michelle Dobson	33:54
Zoe King	34:56
Briony Lawrie	37:37
Paula	37:40
John Kingshott	38:45
Trevor Jones	39:10
Richard Kimber	41:43
Dan Kerry	42:07

WHO'S WHO ON THE COMMITTEE

Name: Richard Kimber

Post held: Treasurer

Where is your favourite place to go in Seaford?

Seaford Head

Apart from running, what is your favourite hobby? Reading / Sudoku

What is your favourite run? Up the down at the back of Saltdean, downhill to Rottingdean, up to windmill, across to Ovingdean, back track to St Dunstans, over cliffs to return to Saltdean.

And, what is your favourite race? Bluebell Run at Angmering – as photo right

What book are you reading? The story of Edgar Sawtelle

What is your favourite film? High Noon / The Hunt for Red October / Dr Zhivago

What is your favourite song or piece of music? Anything by the early Beatles

Which person living or dead do you most admire? Captain Cook

How do you relax? Lie in the shade on a white sand beach, anywhere in the world where sea and sky are blue and the air is warm.

What would your motto be? Do as you would be done by



Raw Energy Pursuits Bluebell Run 2013

UPCOMING CLUB EVENTS

DATE	DETAILS
Saturday, 26 April	Skittles Evening, The Royal Oak, Barcombe (2 course cold buffet approx £11 per head)
Sunday, 27 April (closing date for entries – 20 April)	Bill Young Memorial Run - 21K and 10K Starting from the Martello Tower
Wednesday 30 April	Bill's Fun Run 5K
Wednesday 9 July 	Pub Run – 5 pubs and approx 15K <u>NOT</u> a race and you don't have to drink in each pub!!!

SKITTLES EVENING - SATURDAY 26 APRIL, 7.30pm

AT THE ROYAL OAK, HIGH STREET, BARCOMBE, BN8 5BA



2 COURSE COLD BUFFET WITH USE OF THE SKITTLES ALLEY
£11 PER HEAD

NAMES AND £5 DEPOSIT TO TERRY WARD OR MARK CHADD
BY WEDNESDAY 23rd APRIL WITH THE BALANCE ON THE NIGHT



UPCOMING RACES

Please note some are subject to confirmation and more to follow **Sussex Grand Prix (SGP) events are marked in red.**

April – June 2014	
5 April	South Downs Way 50M
5 April	Brighton Mini Mile
6 April	Brighton Marathon + 10K
12 April	Sussex Championships Christ's Hospital
13 April	London Marathon
13 April	Brighton Chicken Run (Hove) 500M & 5K
13 April	Hartfield Fun Runs 10K, 5.6K & 2K
13 April	Haywards Heath Bunny Run 2.5K
18 April	Brighton Marina 4.15pm 12K - FREE
21 April	Lewes Easter 10K, 2M, 1M, Toddler Trot WSFRL
27 April	Bill's Run – Half & 10K
27 April	Angmering Bluebell 10M & 10K
27 April	Partridge Green 10K
30 April	Striders' – Bill's Run 5K
3 May	East Grinstead 10M
4 May	Worthing Three Forts Half & Marathon
4 May	Haywards Heath 10M SGP
5 May	Burgess Hill 10K
5 May	Rusper May Day 4M & Junior
5 May	Barcombe 10K and 5K
11 May	Hastings 5M SGP
11 May	Portslade Hedgehoppers 5 M WSFRL
18 May	Horsham 10K SGP
18 May	Brighton Heroes 10K
18 May	Bognor Prom 10K
21 May	Petworth Park 10K
24 May	Rye Tillingham Valley 10K
25 May	Rye 10M SGP
25 May	Weald Challenge Trail 50K, Marathon & Half
26 May	Lindfield Village 10K
1 June	Worthing 10K SGP
1 June	Brighton Tandem 5M
8 June	Hove Park 5K & Juniors WSFRL
8 June	Seaford Half
15 June	Haywards Heath Downland 30M
18 June	Striders Midsummer 5K – Seaford Seafont
22 June	Heathfield 10K SGP
25 June	Brighton Marina Weakest Link Relay 5K
28 June	Downland Dash Hassocks WSFRL

July – December 2014	
2 July	Roundhill Romp Steyning WSFRL
6 July	Bewl 15M SGP
6 July	South Coast Half
9 July	Striders Pub Run – 5 pubs (approx 15K)
11 July	Rye 10K Summer Classic
13 July	Uckfield Lions 10K
16 July	Phoenix 10K SGP
16 July	Beach Run Littlehampton WSFRL
26 July	Trailwalker South Downs 100K
27 July	Brighton Trailbrazer 10K
27 July	Seven Stiles Henfield WSFRL
30 July	Bexhill 5K SGP
2 August	Friston Forest 5M & 10M
6 August	Highdown Hike Durrington WSFRL
8 August	Rye 10K Summer Classic
16 August	Durrington Trail Track Marathon (106 laps on grass)
17 August	Tilgate Forest Crawley WSFRL
17 August	Henfield Half
24 August	Newick 10K SGP
24 August	Arundel Castle 10K
25 August	Kings Head Canter 5K
31 August	Horsham Blue Star
5 September	Rye 5K Summer Classic
7 September	Fittleworth 5 WSFRL
7 September	Chestnut Tree Coastal 10K
7 September	Brighton Longman 35M
14 September	Hellingly 10K SGP
14 September	Firle Half, 10K & 5K
21 September	Hove Prom 10K SGP
28 September	Barns Green Half SGP
28 September	Tonbridge
5 October	Lewes Downland 10M SGP
12 October	Hickstead Gallop WSFRL
12 October	Chichester Half
19 October	Steepdown Challenge WSFRL
?? October	Jog Shop 20
25 October	Beachy Head Marathon
2 November	Beckley 10K
8 November	Bexhill Poppy Half
16 November	Brighton 10K SGP
30 November	Crowborough 10K SGP
7 December	Mince Pie 10M
20 December	Ashburnham Place Xmas Pudding 5M, 2M & 1M

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