



SEAFORD STRIDERS NEWSLETTER

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

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BILL YOUNG MEMORIAL RUN - 27 APRIL 2014

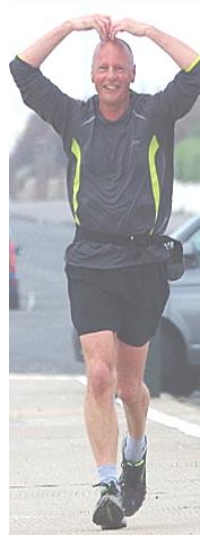


(Photo above - gathering just below Firle Beacon and at the top - photo right, courtesy of Natalie)



Striders past and present took part in the 2014 Bill Young Memorial Run. The annual event was again organised by Glynis Young and Michael "Magic" Martin to honour Bill, a founding member of the club, who died in 2012 after a long battle with prostate cancer.

During a long career as a runner Bill completed 100 marathons and raised thousands of pounds for charity. He was always an inspiration to the club's runners and the many people who had the privilege of knowing him personally.



(Photo left - Pete Weekes & Dave Tunstall and right - Chris Wrathall)

The Memorial Run follows a challenging route from the Martello Tower up to Bo Peep and back to Seaford via Black Cap Farm and Poverty Bottom. Participants can choose to run either the full distance (13.1 miles) or 10k. After a staggered start in three different groups, all runners made their way up to Firle Beacon where they met members of Bill Young's family for a moment of reflection and a brief ceremony to commemorate this extraordinary man and other runners who are no longer with us.

A few blustery showers failed to spoil the third year of the event. Although unable to run, Martin Bulger and Ken Browning yomped their way up to Bo Peep and Adam Mansbridge came off worse in his battle with the Triffid-like brambles. On the downhill section nobody could match Paul Heywood or his enthusiasm and after the run all finishers gathered at the Salts Cafe to receive a memento of the event and basically destroy tea, coffee, cakes and bacon sandwiches. Thanks once again to Danny Simpson, whose photos capture the participants' enjoyment - we know Bill would have thoroughly approved.

South Downs Way 50 Race Report by Geoff Gray

After running several marathons I decided my next challenge would be an Ultra marathon and as I do most of my training on the South Downs the SDW50 seemed the ideal event to choose. I started training for the event in January with Natalie, a friend and our physio Greg, who were also competing in the SDW50. With the volume of rain earlier this year, conditions underfoot were very treacherous, with lots of surface water and mud to contend with. I didn't realise how tough my body would find a run of over 20 miles every Saturday for 3 months on this type of terrain. I also had to get used to running with a Camelbak, which had to hold at least a litre of fluid and a mandatory list of safety items including an emergency blanket, 2 head torches, a whistle, a compass, a map, a hat and a pair gloves. Carrying all these items felt very heavy on my back! My longest training run was 38 miles and although I felt very tired, I felt I could have carried on, so this gave me a lot of confidence. In the last few weeks before the event the rain finally relented and the South Downs started to dry out to the point where a road shoe was suitable to be worn.

In early April I was there at the start, my first objective reached! The race commenced at 9am in Worthing in bright sunshine and warm conditions. My race strategy was to break the course down into 7 sections, the end of each being an aid station. These were at regular intervals on the course and were stocked with sweet and savoury food, water and coke, which were gratefully received by the runners, especially me! The course was very undulating with 8 steep climbs, most of which were located on leaving the aid stations so as you were refuelling you knew it would be tough to start getting the legs moving again, especially up a steep incline!

From the start there was a steady climb of 6 miles where the course picked up the South Downs Way near Chanctonbury Ring. At this point the temperature started to drop and the sun disappeared, making running conditions easier. From Chanctonbury Ring the course followed the South Downs Way for 41 miles via Steyning, Saddlescombe, Ditchling Beacon, Falmer, Southease, Firlle Beacon, Alfriston and Jevington.

I felt OK during the first half of the event, however I started to struggle just past the



halfway point at Falmer. I did wonder whether I would make it to the finish, particularly as at this point the mist came down and the temperature dropped still further. However I started to feel a bit better and by the time I reached the 34 mile point at Southease, barring a nasty injury I knew I would make it to the finish, even if I had to crawl! I then felt much stronger and as I reached Bo Peep the mist started to clear, the temperature rose and the sunshine returned. After the mile climb out of Jevington (what a relief when you reach the top knowing there are no more climbs!), there was only 3 miles to go where the course left the South Downs Way, dropping down into Willingdon and then on into Eastbourne, before finishing at the Sports Park. It was a fantastic feeling as I reached the Sports Park, one I will never forget, especially as there were many people there I knew. One lap of the running track and I reached the finish line with a huge smile on my face in a time of 8.17.31, yes, I had done it! Natalie finished in a time of 9.30.40, going through most of the same emotions I had experienced. Another nice feeling was taking the Camelbak off



as it had seemed to feel heavier the longer the event went on, despite it actually getting lighter!

We had lots of support on the day, in particular from Nicki and Tim Brenchley who handed us supplies and encouragement at several points on the course and from Gary Hatcher and his family. We also had lots of support before and on the day from Greg, who due to illness could not compete but had been with us on most of our training

runs and had given us plenty of physio sessions to ensure we made it to the start line and were able to complete it. We were extremely lucky with the weather staying dry and the temperature feeling comfortable for most of the day.

We could not fault the race at all. It was so well organised with more than enough aid stations stocked with ample food, drink and helpers. There was lots of support on the course and it was well marked. They even had marshals out on the South Downs, in the pitch dark and in the pouring rain to guide home some of the late finishers. There was a nice large medal, good quality t-shirt and free hot food and drinks at the finish for runners and spectators.

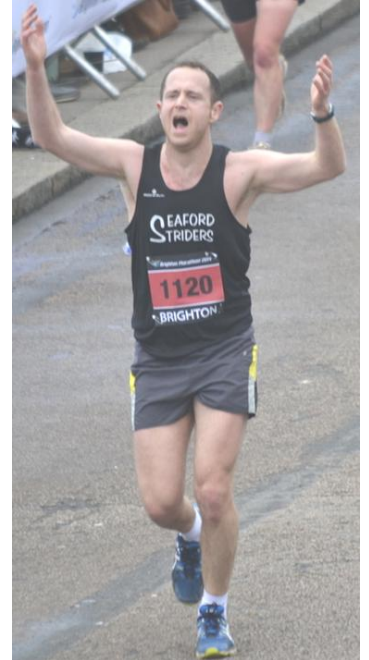
If anyone is thinking of trying an Ultra marathon I would fully recommend them to choose this event, you will not be disappointed, unless you don't like hills!

BRIGHTON MARATHON - 6 APRIL

10,000 runners lined up at the Brighton marathon which is now one of the highest profile in the country and the official starter was none other than Paula Radcliffe, the women's world record holder for the marathon, 20K & 10K.

In favourable conditions with just a side wind to contend with, Kenyan William Cherbor setting a new course record and winning the men's race in 2hours 09mins 25secs despite a troublesome shoelace and Alice Milgo triumphing in the women's race in 2.35.33.

Elite class times were recorded by the first three Striders home with Vanaka Graham 3.03.03, Paul Heywood 3.12.13 and Billy Moakes (poser photo right) 3.13.12 all achieving significant personal bests.



Admirable times too from Jacob Miles 3.22.24, Cliff Evans 3.25.04, Kevin Ives (photo left) 3.27.27 another impressive PB, Phil Robinson 3.36.21 and Richard Honeyman 3.47.22.

Vicki Blaber 3.55.01 (photo below) smashed her PB by a whopping 25 mins, a reward for her intense training followed by marathon debutant Joshua Rudd 4.09.53.



Finding the cool conditions to her liking, experienced runner Anne Flavill was rightly delighted with a PB by 22 mins of 4.24.32 and close behind was Becky Breen 4.24.42 and Christian Hearn 4.33.23.

Other Ladies who shone were Janyce Danielczyk and Julie Fowler 4.39.02 and

Paula Tiller 5.43.49 in her first attempt at the distance.



LONDON MARATHON - 13 APRIL

Photo right - Gareth Hutchinson running at Worthing (courtesy of Sussex Sports Photography)

Five Seaford Striders were fortunate enough to be among 36000 participants in the massively oversubscribed 34th Virgin Money London Marathon. Due to the sheer volume, there are staggered starts from 3 different locations which converge after 3 miles and the Mo Farah factor and glorious sunshine clearly boosted the crowd to record levels as they lined the streets of the capital.

Conditions were perfect at the start but as the race progressed the temperatures rose which had an

adverse effect on finishing times. Kenyans Wilson Kipsang and Edna Kiplagat won the Mens and Womens race in 2.04.27 and 2.20.21 respectively.

First for the Striders once again was Phil Carr in 3.00.16 with Gareth Hutchinson close by in 3.00.49 followed by Dave Dunstall 3.15.35. Striders club members regularly benefit from Gareths' training sessions and he proved their effectiveness by smashing his personal best by 13 mins.

It's testament to their competitive spirit that there was disappointment in not achieving the holy grail of long distance running, a sub-3 hour marathon, but Phil and Dave have done this in the past and their times are once again improving. With friendly rivalry, this awesome trio will be back next year to put things right.

Following her early season Ultra marathon exploits, Karen Clinton posted 4.07.31, and Alan Hards 4.28.03 marked a successful return to the marathon distance after injury. Both posted times just a couple of minutes outside their personal bests and on an unforgettable day in one of the world's most prominent marathons, all five can be justifiably proud of their efforts.

LADIES' SECRETARY - Jackie Webber

Apologies to all the ladies for my non attendance at the training evenings – I am suffering with a lower back problem at the moment but all being well, I will be back soon. Well done to all the ladies who have so far participated in races. Participation in the Grand Prix races is very important to the club, as it means we collect those all important points for the end of year totals – well done all of you. All the best and keep running!



SEAFORD STRIDERS JUNIORS



Seaford striders juniors
sponsored by; Puma gardening services

Meeting Time: 5.55pm for 6.00pm start Pickup: 6.45 pm

Meeting Point

7 & 14 May	Tide Mills
21 & 28 May	Bishopstone
4 June	Bishopstone
8 June (Sunday)	8.30 am Meet at Bishopstone to help with Seaford Striders Juniors Drinks Station
11, 18 & 25 June	Golden Galleon (Cuckmere Inn)

LEWES EASTER MONDAY RACES

A fantastic number of Juniors turned up on Easter Monday to take part in the three races. In the first race – the Toddler Trot which was twice around the Lewes track we had two participants – Amelia Parsons (photo below left) and Christina Manco.

(Some of the many juniors and seniors who participated)





The second race was the 1 mile – which was four times around the track and the juniors taking part were Thea Stanley, (photo right) Amy Harrison, Luke Rickards, Joe Rickards (who sadly didn't finish because he ripped his hamstring) Sam Harrison, and Ben.

The final junior race was the two mile event, which commenced on the track and then went out around the priory before finishing back on the track. The participants were Josh Stanley, Harry Stanley, William Squires, Howard Squires, George Squires, James Cairns, Oscar Morton (this was his first race for Seaford Striders – it was also free for him because he won this year's junior quiz); Ethan Dando, Alessia Manco, Careenza Hards, Keziah Hards.

Rob apologies for anyone missing from this list and also for not listing the finishing times but sadly the race organisers have not recorded them all.



Rob thought you might like to know which of the junior helpers took part in the 10k race: Phil Carr (marathon man!); Hannah Stanley; big tall Pete; Rob Webber; Chris (pace yourself) Waffles all ran. Oscar's dad (Christian) took part in his first ever 10k and finished in well under an hour but behind Rob!

Another mum was Laura Manco who hasn't done a 10k for a number of years and

finished in just over an hour, which she was very pleased about.



Seaford Striders' juniors would like to congratulate Mr Hards (Alan) who did the London Marathon (check times) Finally on a personal note Rob would like to say to Mrs Magic beat you! Beat you! Beat you!

(Photo right - Ethan Dando, courtesy of Danny Simpson)

LEWES EASTER MONDAY 10K

The Lewes Races held on Easter Monday can be enjoyed by both adult and junior alike and reflecting the club's membership, a marvellous turnout of over 30 Seaford Striders of all ages were in attendance.

(Photo below - the start of the 10k - photo courtesy of Tony Humphreys) -





(Photo left - Kirsty and Michael Martin, photo courtesy of Danny Simpson)

With races varying from an 800m trot for the toddlers, 1 and 2 milers for the juniors and a 10K for those over 15 years of age, the feeling is of a true family event.

The relatively flat but enjoyable 10K starts at Lewes Athletics Club running track, heading south to Iford and back over a variety of concrete paths, farm tracks and open fields.

Temperatures soon rose as the sun broke through for the

near 700 strong field, with the course holding up well following the previous days deluge. The smart ones chose the direct approach and ploughed straight through the boggy sections whilst those trying to carefully negotiate their way lost time and ended up with in at least one soggy foot.

The race was won by James Baker (Chichester Runners) in 34mins 05secs going well under 6 mins per mile. First across the line for the Striders and clearly now recovered from his marathon debut was Josh Rudd in 39.33, whilst Simon Fletcher is on his way back with 40.08 just headed home the prolific Phil Carr 40.28 and Paul Heywood 40.42, all four finishing in the top 50.

Phil Robinson 43.12, Kallum Wright 46.46 and Peter Weeks 46.41 (photo right) in his first race for the club really impressed. Others who dug deep were Bob Ward 50.28, first lady Beth Ruddock 51.06, Hannah Stanley 51.20, Claire Keith 52.01 and Rob Webber 52.49. Michael Martin 53.44 wisely finished behind wife Kirsty 53.43 with Robyn Delivett 54.05, Chris Wrathall 54.23, Hilary Humphreys 58.04 and Michelle Dobson 59.37 completing the Striders results on the day.



SKITTLES EVENING - 26 APRIL

Many thanks to Terry Ward for organising what turned out to be a real fun evening – I don't reckon it helped with my running on the Sunday morning but what the heck – it was worth it. It was great fun with excellent food laid on – an experience that is well worth repeating.



VOLUNTEERS WANTED

I am a mature student at the University of Brighton studying MSc sports science, and need some volunteer runners to test. You don't need to change your routine as I will travel to where you usually train, and the testing will be done during one of your regular interval sessions. I am looking for competitive runners, male and female, aged 30 and over, currently racing fit, and regular participants in interval / rep or hill run training.

The testing consists of wearing one of the university's heart rate monitors during the training session, and stopping briefly at the end of each interval for a pulse oximeter to be clipped on to a finger - no extra work or pain.

Please contact sally.eastall@gmail.com Tel. 01323 482110 for more information or you are willing to participate.

Footnote: I initially thought I wasn't what Sally was looking for i.e. too old, not fast enough, etc., etc. Well I was wrong – she wants a complete mix. It wasn't onerous and you get a print out of your results. I know a number of runners from the club have already volunteered but Sally needs more so please help.

WHO'S WHO ON THE COMMITTEE

Name: Martin Bulger (Photo having just finished 160th and final marathon) ably supported by Lucas (grandson - David's son)

Post held: Club Captain

Where is your favourite place to go in Seaford? The Seven Sisters Pub!

Apart from running, what is your favourite hobby? Designing and making things in wood

What is your favourite run? From home to Bo Peep car park via Cradle Hill, then turn left (west) to Blackcap Farm car park, through the farm to Norton, Bishopstone Village, Grand Avenue and home

And, what is your favourite race? New Forest marathon

What book are you reading? 'The Ghosts of Gondwana' – it's not about ghosts but the evolution of the flora and fauna of New Zealand

What is your favourite film? 'The Wrong Trousers' – Wallace and Gromit

What is your favourite song or piece of music? 'On Wings of Song' by Mendelssohn, sung by Barbara Bonney

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

How do you relax? Listening to music, gardening, spending time in coffee/teashops

What would your motto be? Think positive, do your best, enjoy life.



OTHER NEWS

Another runner with a quest to run marathons is Karen Clinton – she ran Paris on 6 April in 4:05 and London on 13 April in 4:07 – cracking results. A quick sum up from Karen: *"words cannot express how tired my legs feel!"*

UPCOMING CLUB EVENTS

DATE	DETAILS
Wednesday 30 April	Bill's Fun Run 5K
Thursday, 1 May	Thirsty Club 8pm at the Welly
Thursday, 22 May	Thirsty Club 8pm at the Welly
 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!!

ANGMERING BLUEBELL 10K - 27 APRIL

Three Striders were lured to Angmering to participate in the scenic 10K. Our roving (raving?) reporter on scene, Zoe King reports that the event was very popular, with plenty of mud and a very impressive display of Bluebells.

Times on the day - Zoe King 1.04.57, Trevor Jones 1.05.28 & Richard Kimber 1.16.17. Photos below courtesy of Raw Energy Pursuits.



RACE RESULTS

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



UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

May – July 2014	
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 Seafront
22 June	Heathfield 10K SGP
25 June	Brighton Marina Weakest Link Relay 5K
28 June	Downland Dash Hassocks WSFRL
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

August – December 2014	
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

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