



SEAFORD STRIDERS NEWSLETTER

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

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Website: <http://www.seafordstriders.org.uk/> **Twitter:** <https://twitter.com/seafordstriders> **JUNE 2014**

VACANCY - CLUB SECRETARY

Zoe King has admirably carried out the task of Club Secretary for the last couple of years - thank you for all your help Zoe. Unfortunately she is moving out of the area, so we are seeking somebody to fill her shoes. The role involves taking, producing and circulating the minutes for approximately five committee meetings per year, which are always held in a pub, and occasional e-mail distribution of notices. Zoe has set up all the systems, so it will all be straightforward. We try to have fun at all times while running the club and that includes the committee. If you would like to help, please speak to Mark Chadd markchadd@o2.co.uk or Zoe King secretaryatseafordstriders@outlook.com

THE "SUSSEX LIVING MARATHON WEEKEND" by Chris Wrathall

With the running season now in full swing, members of Seaford Striders have once again been taking part in races locally and setting personal bests. The "Sussex Living Marathon Weekend" was held over the first of the two May Bank Holidays, with over 1000 runners taking part. The marathon distance is achieved over three events, namely the East Grinstead 10 Mile, Haywards Heath 10 Mile and Burgess Hill 10K.



Claire Keith (photo left, courtesy of Danny Simpson) took on the challenge of all three, starting with 1hr 31mins 02 secs at the mainly offroad and scenic course at East Grinstead. She remarkably set a personal best 1.22.33 just 24 hours later at Haywards Heath, where numbers were boosted as this race forms part of the year-long Sussex Grand Prix. Claire rounded things off nicely with 52.43 at the final event at Burgess Hill.

Haywards Heath 10 Mile - On an undulating course held over trail, road and footpath, a PB for Gareth Hutchinson 1.04.33 saw him head home the irrepressible Paul Heywood 1.05.22 PB and flying Phil Carr 1.05.51. Phil Robinson 1.12.03 PB, Michael Martin 1.12.09 and Pete Weeks 1.17.39 showed their quality along with the ever improving Beth Ruddock 1.19.43 PB.

Bob Ward recorded a highly commendable in his age group 1.21.43, followed closely by Claire Keith 1.22.33 PB, Rob Webber 1.22.54, Robyn Delivett 1.22.51 PB and Alan Hards 1.22.51 PB. Finally Chris Wrathall 1.30.25, Chris Le Beau 1.29.56 PB and Hilary Humphreys 1.31.35 completed the Striders line-up.



(Photo right – First Strider home at Haywards Heath - Gareth Hutchinson, courtesy of Danny Simpson)



A crafty look to his right tells Rob all he needs to know – Robyn was beating him at Haywards Heath!!!

Burgess Hill 10K was held on a similar course in warmer conditions. Paul Heywood (right) joined Claire Keith at this event and flew round in 41.30.



Above photos courtesy of Danny Simpson



Photo above left - Beth Ruddock - ever improving and above right –some of the Striders who competed at Haywards Heath – great signage!!! Above photos courtesy of Tony Humphreys

THREE FORTS MARATHON - 4 MAY

Four Striders also graced the gruelling Worthing Three Forts Marathon. At over 27 miles this is rightly known as "the tough one", taking in Devil's Dyke, Chanctonbury Ring and Cissbury Ring and climbing 3450 feet in the process- equivalent to Snowdon! Many believe this to be even tougher than the famous Beachy Head Marathon.

The organisation and marshalling were universally praised, affording super views and held in calm conditions, Kallum Wright 4.15.22 and Natalie McCreath 4.15.25 posted truly impressive times, whilst Christian Hearn 5.24.23 and Karen Clinton 5.37.39 performed admirably on a testing course. In the half marathon version Natasha Swan recorded 1.46.46 (Photo left at Horsham).



NOMINATIONS WANTED

The Striders have commenced the search for a local charity to be the benefactors of the proceeds from this year's Mince Pie Run. Can you please all give the matter some thought and either add details of your nominated charity to the sheet on the club notice board or alternatively speak to either Linda or Glynis at the club or via email:

jennings.linda1@sky.com or theyoungones13@sky.com.

HASTINGS 5 MILE RACE - 13 MAY by Chris Wrathall

Over 300 runners gathered for the 6th event in the Sussex Grand Prix, the Hastings Runners 5 Mile Keith Chandler Memorial Race where proceeds are donated to St. Michael's Hospice. The rain in the air and strong wind gave the race that authentic seaside experience but failed to dampen the enthusiasm of those present. On the face of it, a straightforward out and back route along the seafront incorporating Hastings and St Leonards would appear run of the mill, but this race is always held in a pleasant atmosphere.

Being a shorter distance than most of the Grand Prix races, there is a temptation to adopt the head down, pin the ears back approach but most end up regretting this in the final stages. The tactics usually employed are to go out quickly without making the classic mistake of too much too soon and attempt to maintain that pace. The fast and flat course saw Max Thomas (Hastings AC) win in a time of 26mins 21secs.

Headline grabbers for the Striders were Simon Fletcher, under 6 minutes per mile clocking 29.38 and a personal best for Paul Heywood 30.23. Next came Pete Weeks who's in a rich vein of form 36.34 and Claire Keith 38.24.



You could have thrown a blanket over Robyn Delivett 38.54 PB, Diane Fletcher 38.56, Vicki Blaber 39.05 and Terry Ward 39.14, with Diane (Photo left at Horsham) not allowing the small matter of a nail through her trainers to slow her down. Finally, a solid performance from Chris Le Beau 42.38 saw him improve on last years' time.

Photos courtesy of Tony Humphreys



Seaford striders juniors
Sponsored by; Puma gardening services

SEAFORD STRIDERS JUNIORS

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

Meeting Point

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)

HORSHAM 10K - 18 May - Junior Report

The Stanley family were out in force at the Horsham 1.2K junior event, with Harry, Joshua and Thea all running exceptionally well in their age groups. Not only did Harry and Joshua win their individual age group categories they also finished first and second respectively in the race itself. They recorded the following times: Joshua Stanley 1st place in u12, 3rd overall 4.31; Harry Stanley 1st place in u10, 2nd overall 4.25 and Thea Stanley 5.47.



Photo 558 – Harry and 557 – Joshua



Photo 509 – Thea battling all the way to the line



The Stanley family above and left with their medals and awards, joined by a few of the seniors.
(Photos on this page courtesy of Tony Humphreys)

HORSHAM 10K - 18 May 2014 by Chris Wrathall



Seaford Striders' latest participation in the Sussex Grand Prix was across the border at the Horsham 10K. Starting at Horsham Rugby Club, this enjoyable race takes in a circuit of the hallowed turf followed by 2 laps of a route on road, lane and bridleway. This meant the pleasure of the energy sapping hill back to the Club could be savoured twice and it certainly proved testing the second time around.

Held on the hottest day of the year so far, the light breeze and dappled shade around the course was much appreciated by the 500 runners in attendance. Local runner Neil Boniface of Horsham Joggers triumphed in 32mins 44secs in the dazzling sunshine.



First of 15 Striders present and back in full flow was Simon Fletcher 37.17 (Photo above left) with Paul Heywood posting a speedy 38.35. Next came the ever reliable triple of Phil Robinson 42.46, Natasha Swan 42.58 and Adrian Campbell in Ironman training 43.37. (Photo above right)

Not only did Adrian run this race but he also cycled home again. A good move as it turned out because he beat those of us in cars – in horrendous traffic it took most of us two and a half hours to complete that journey!



And now back to Horsham - there was strength in the middle order with Richard Honeyman 48.03, Alan Hards 48.23, (Photo left) Claire Keith 48.51, Rob Webber 48.55, Diane Fletcher 49.18, Bob Ward 49.25 and Hannah Stanley 49.43 (Photo right) whose children starred in the 1.2K Junior event.

Chris Wrathall (Photo below right) failed to crack the 50 with 50.25, Chris Le Beau 53.42 (Photo below left), Terry Ward 54.34 and Hilary Humphreys 56.12 put in determined performances in very warm conditions.



(Photos on this page courtesy of Tony Humphreys)

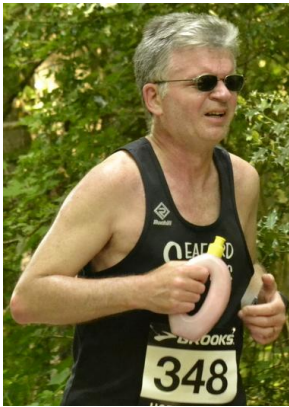


FARAH by Richard Kimber

Scaredy-cat Farah has ducked a confrontation with the powerful Striders duo of Richard Honeyman and Richard Kimber at Sunday's London 10K. Farah, reigning British Road Race Champion, has refused to defend his title in the face of such serious competition. Farah's management team emphatically denied that the withdrawal had anything to do with the weather forecast (15C and an 8mph wind from the South West) and are spinning the story that he has recently returned from a family holiday, and has only just started jogging. However, Richard Kimber mused that it seemed odd that Farah's withdrawal was delayed until after Richard had purchased his train ticket to the London event. "This is good news" said Richard, "now; only 7,999 competitors will have to fall over to give me a chance of some prize money".



LATEST - LONDON 10K RACE WRITE-UP



At the BUPA London 10K, rumours that the inclusion of powerful Striders duo Richard Honeyman and Richard Kimber prompted Mo Farah's withdrawal have still to be substantiated. On a warm day in the capital the rain held off and the race finished in brilliant sunshine. Featuring the Mall, the City and St James's Park, the flat course, enthusiastic crowd support and roadside bands inevitably resulted in fast finishing times. In a field of 12,000 Andy Vernon (Aldershot & Farnham) triumphed in 29.33. Richard Honeyman (photo left at Horsham) recorded a creditable 45.52 and Richard Kimber finished high in his age group with 1.10.03.

MARSHALS WANTED

The first of the four yearly runs that the Striders help marshal takes place on Sunday, 8 June. If you are able to marshal at this event then please make contact with either Linda or Glynis at the club or via email: jennings.linda1@sky.com or theyoungones13@sky.com.



TOUR DE STRIDERS by Chris Wrathall



Although well known that hydration and nutrition are vital elements in middle and long distance running, the ideal combination has yet to be found. The magnificent seven, comprising six Striders and good mate Gary Hatcher travelled to Germany and following extensive research into the subject, have concluded the answer is Wheat Beer, Schnapps and Bratwurst.

Expertly organised by Michael Martin, the intrepid group took the opportunity to indulge in some cross training by firstly mountain biking in the stunning Bavarian Alps. Geoff came a cropper

twice and Chris somehow managed to fall off whilst stationary. A gruelling hike was next on the agenda, whilst Adrian and the Gary's tackled a monumental 5000ft climb, again on the bikes.

Despite having calf muscles tight enough to play a tune on, the Traunstein half marathon rounded things off nicely, with Phil Carr 1.29.24 leading home Adrian Campbell 1.39.02, Michael Martin 1.40.35, Gary Lee 1.40.40, Gary Hatcher 1.42.53, Geoff Gray 1.42.58 and Chris Wrathall 1.53.42.

50K WEALD CHALLENGE ULTRA - 25 MAY by Natalie McCreath



Sunday 25th May 2014 was the inaugural Weald Challenge organised by the brilliant ultra runner Stuart Mills. A Half Marathon, Full Marathon and Ultra Marathon all starting and finishing in the village of Chiddingly; with a total race limit of 400 it was a sell out.

Having decided that 2014 was to be the year of the ultra, following the South Downs Way 50 miler in April and The Three Forts Ultra Marathon in early May I decided to sign up for the 50 km challenge. Numbers were collected on the day with excellent facilities at the local school.

8am and off we went with the route following the Weald Way all the way up to the summit of the Ashdown Forest before turning and running back along The Vanguard Way. A mixture of bridleways, footpaths (some very muddy) more stiles and gates than miles, steps, a railway track and some country roads led to an interesting scenic course. The sun was shining from early on in the race. There were 5 checkpoints with much needed drinks, snacks and energy gels all marshalled by friendly volunteers giving lots of encouragement. The course was excellently marked with arrows, tape and paint. I was surprised by how muddy it was at times, there were some steep descents where I wished I had been wearing off road shoes rather than my new white trainers! I was fortunate enough to be able to run at various times with fellow Strider Kallum Wright (we seem to be making a habit of this having done the same now in the last three events!). He was able to give me pointers on the course having done a recce the week before.



At 18.5 miles I was told I was third lady so decided to see if I could hang in there. I spent the next 13 miles waiting to be overtaken but it didn't happen. I was delighted to finish in 5 hours 25 minutes and yes 3rd Lady! Free tea and coffee and homemade cakes by Mrs Mills went down a treat and took my mind off my aching legs. I would definitely recommend this event - it was good value, well organised and most certainly as suggested by the title 'a challenge'!

Official finish times: Natalie McCreath 5.25.05 & 27th out of 84 finishers, ensured her 3rd place Lady for the event (see photo left) and Kallum Wright 5.36.13 & 36th finisher as both excelled in a superbly organised race.

Photo above left - Natalie at the end of Bill's run (courtesy of Danny Simpson)

Natasha Swan competed in the half marathon and came 16th out of 164 in 1.49.02 & 2nd Lady

RYE 10 MILER - 25 MAY by Chris Wrathall

The term "undulating" is frequently used in race descriptions and nowhere is it more apt than when applied to the Rye 10 miler. The start and finish is actually in Peasmarsch with the route initially heading west towards Broad Oak & Beckley. Again superbly organised with plenty of enthusiastic marshals, the race takes place through lovely countryside on quiet twisting country lanes.

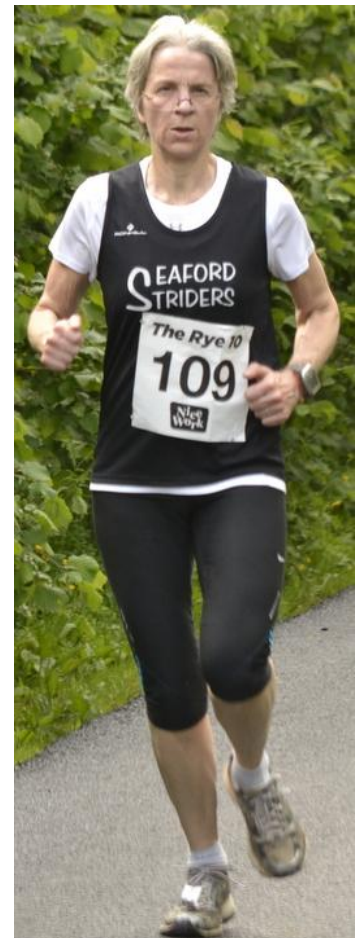


Photo above right – being late for someone's birthday gave wings to Paul Heywood!



There's a telling hill at the 8 mile point but it's no monster. A real bonus is the downhill finish which is as rare as hen's teeth. The low-key feel of the race is perhaps best exemplified by those faster runners having already finished cheering home their slower club mates. Bryan Camfield (Horsham Joggers) won in 1hr 00mins 02secs.

For the Striders, Paul Heywood notched a superb personal best 1.05.21 and to his delight so too Phil Robinson (photo left) 1.11.47 with those hill sessions clearly paying off. Adrian Campbell's admirable 1.15.06 was followed by another PB for the ever improving Louisa Scola (photo right) 1.24.56. Chris Wrathall (photo below) 1.26.55, Rob Webber 1.29.24, Chris Le Beau 1.30.13 and Hilary Humphreys 1.35.34 delivered creditable times on a memorable course.



Runners Photos on this page courtesy of Tony Humphreys

LONDON BRITISH 10K - 13 JULY by John Kingshott

I am running the London British 10k event on July 13th to help the Chartwell Cancer Trust, who is helping finance my two and a half year old granddaughter, who since October 2013 has been in hospital undergoing major liver/lung cancer surgery.



Lily Mae left my house one Sunday early in October, full of joy and looking forward to Christmas. Twelve hours later she was being rushed to hospital with what was thought to be appendix pains. It was in fact a cancer tumour on her liver that had exploded. Liver cancer in a child this young is VERY rare, only six known cases in Britain. Because of the tumour exploding it spread to her lungs. Since October she has had four major operations, during the last one they removed ten tumours from her lungs. Lily Mae is still in hospital and will be for as long as its takes. Her parents have been by her side all this time. I have a money giving site for the London 10k and I am very thankful to those of you who have already donated. If any of you would still like to give, please do so: www.virginmoneygiving.com/JohnKingshott

WHO'S WHO ON THE COMMITTEE



Name: Linda Jennings (Photo left in the mud and during a 'clean' race!
Post held: Membership Secretary/ Mince Pie 10 Organiser
Where is your favourite place to go in Seaford? Seaford Head and the beach below Hope Gap
Apart from running, what is your favourite hobby? I have several – cross stitch embroidery. Patchwork, knitting, wood carving, Family history, gardening and archaeology.
What is your favourite run? Anywhere along the top of the Downs between Windover and Rodmell.
What is your favourite race? Anything off-road (as in photo) like” The Grizzly” or 3 Forts, Chanctonbury, Neolithic, Beachy Head or Steyning Stinger marathons.

What book are you reading? Nothing special at the moment, but my favourites are historical novels, in particular any by Jane Austin, the Bronte sisters or Winston Graham.

What is your favourite film? Don't know. I haven't been to the cinema for around 30 years and I don't have time to watch many DVD's.

What is your favourite song or piece of music? 60's or 70's music as that is what I grew up with, plus anything by Simon & Garfunkel: OMD: Queen: Status Quo: Meat Loaf: Boyzone: Dire Straits.

Which person living or dead do you most admire? My Paternal Grandmother - She was blind and a very kind, gentle person who never thought ill of anyone and as far as I know she was never cross with anyone either.

How do you relax? Running, gardening, mountain-biking, any form of handcraft or simply watching TV, Sudoku puzzles, reading - I don't like to sit around doing nothing even when watching TV.

What would your motto be? Treat others as you would like them to treat you.



CONGRATULATIONS

Congratulations from all the Seaford Striders to Rachel and Simon on the birth of their son **Winston Thomas Hampson Hope**, who was born on Wednesday, 7 May, weighing in at 9.2lbs.

UPCOMING CLUB EVENTS

DATE	DETAILS
An as yet unspecified date in June	Thirsty Club 8pm at the Welly
 <p>Wednesday 9 July</p>	<p>Pub Run – 5 pubs and approx 15K</p> <p>NOT a race and you don't have to drink in each pub!!</p>

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

June – August 2014	
1 June	Worthing 10K SGP
1 June	Brighton Tandem 5M
8 June	Hove Park 5K & Juniors WSFRL
8 June	Seaford Half Marshals required
14 June	Ashdown Forest Fun Run 10K
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
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
25 August	Shoreham River Festival 10K
31 August	Horsham Blue Star

September – December 2014	
5 September	Rye 5K Summer Classic
6/7 September	Brighton Longman 35M, 65M, 100M
7 September	Battle BBB 10K
7 September	Fittleworth 5 WSFRL
7 September	Chestnut Tree Coastal 10K
14 September	Hellingly 10K SGP
14 September	Firle Half, 10K & 5K
21 September	Hove Prom 10K SGP
21 September	East Grinstead 10K
28 September	Barns Green Half SGP
28 September	Tonbridge
28 September	The Big Bexhill 10K
5 October	Lewes Downland 10M SGP
12 October	Jog Shop 20 Marshals required
12 October	Hickstead Gallop WSFRL
12 October	Chichester Half
?? 19 October	Warren Hill XC 5M
19 October	Steepdown Challenge WSFRL
25 October	Beachy Head Marathon Marshals required
2 November	Beckley 10K
8 November	Bexhill Poppy Half
16 November	Brighton 10K SGP
30 November	Crowborough 10K SGP
7 December	Mince Pie 10M Marshals required
20 December	Ashburnham Place Xmas Pudding 5M, 2M & 1M

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

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