



SEAFORD STRIDERS NEWSLETTER

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

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THE THREE FORTS MARATHON

The 4th May saw another Strider's participation in the Three Forts Marathon. Dan Wittenberg did not have the best of races with a last minute change of shoes and general pre-race jittery behaviour resulting in NOT changing the chip with the shoes - so officially he didn't even start...! Definitely a salutary lesson for all of us! Still a creditable 4:42 was recorded by Dan who was running on the back of the SDW50, with 2 complete rest weeks, one week of reasonable mileage and then a taper the week before. Reporting that unlike Beachy Head, which at least had some scenic flats the Three Forts was relentless ups and downs. Still it can't have been too bad as Dan reports he would do it again next year albeit with a chip next time around!

WORTHING 10K by Chris Wrathall



Photo left - A selection of Striders courtesy of Tony Humphreys

The Worthing 10K on 1st June proved to be a 500 runner sell-out and is altogether different from the recently held long distance multi terrain events.

Held on wide roads the course along the seafront is fast and flat and highlights just how effective, or not, those speed training sessions have been.

As the sun broke through accompanied by a light breeze, first to activate the chip timing was Horsham Jogger Neil Boniface in 31mins 38secs. Unsurprisingly the potential for a personal best here is high and the Striders didn't disappoint with 7 of the 11 duly obliging.

Elite class Simon Fletcher finished 2nd in his age group and 16th overall with a PB of 35.47 (Photo right). Dynamic duo Gareth Hutchinson 37.06 PB and Paul Heywood 37.08 PB were neck and neck all race long with Paul misjudging the run-in to the finish line.

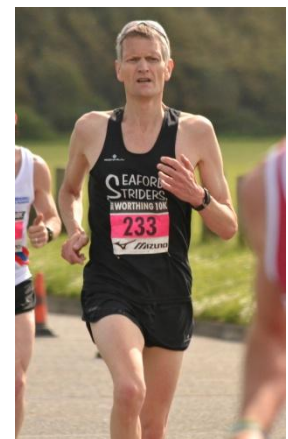




Photo left Paul enjoying his lead over Gareth before losing it on the final stages of the race. Photo courtesy of Tony Humphreys.

Phil Robinson is on the verge of another breakthrough with a 40.15 PB and running a mere 40K less than last week Kallum Wright 42.11 PB.

Adrian Campbell managed 42.34 despite his additional cross training and Claire Keith recorded an impressive 46.35.

Chris Wrathall 47.16 was pleased with a PB and so too Vicki Blaber 48.44 PB but it wasn't quite Robyn Delivetts' day 50.28. Last but by no means least, Hilary Humphreys finished 2nd in her age group with a determined 54.12.

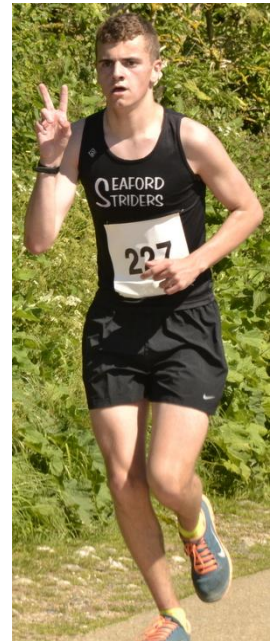
SEAFORD HALF by Chris Wrathall

The ever popular NPS Lions Seaford half marathon took place with 21 adult Striders competing on home territory, whilst the juniors expertly ran a water station.



The monies raised are used for charitable purposes and whilst maintaining an understated feel, the race attracts rave reviews for its wonderful scenery, varied terrain, welcome water stations and enthusiastic marshals.

Starting on the seafront the route heads inland taking in Bishopstone village and is then almost exclusively off-road. A few stiles initially caused bunching in the pack, but the runners soon started to get strung out as they tackled the 5 mile climb to Bo Peep on the South Downs Way. The views are spectacular on this part of the course and the route is shared with just the odd rambler and mountain biker before a welcome but tricky descent into Alfriston. Next is a stretch on a somewhat rutted path along the Cuckmere valley to Exceat before one final climb to South Hill Barn. The end is then literally in sight as the ankle twisting descent of Seaford Head is negotiated after which those having anything left in their legs had the opportunity for a sprint in the final mile along the seafront to the finish.



In a field of 500 a number of runners struggled in the baking heat of a glorious summer's day, which was reflected in finishing times a good 10 minutes slower than normal.

First across the line was Dan Vaughan (Arena 80) in 1hour 30mins 05secs. First Strider and 5th place overall was the prolific Vanaka Graham 1.34.35 (photo above left) with Harry Strong 16th 1.40.25 setting a personal best and underlying his potential. (We loved the 'Peace and Love' signal from Harry – going well up the concrete road and all set for a PB – congratulations!)

Natasha Swan 1.47.32 always delivers and Gary Lee recorded a cracking 1.47.53. Kallum Wright 1.51.31, Adrian Campbell 1.55.58 and Natalie McCreath 1.58.06 showed their quality and Justin Squires in his first attempt at the distance should be proud with 2.01.49.



Next came great efforts from Beth Ruddock 2.05.44, Louisa Scola 2.09.44, holding off Richard Honeyman 2.09.47, Hannah Stanley 2.15.08, Bob Ward 2.18.54, Josh Rudd 2.19.25 and good to see Nick Parsons back with 2.22.25 – photo right. The club training has obviously paid off for Lorraine Quigley 2.39.34 (photo left)



Trevor Jones photos left and below. Trevor completed in 2.41.12 but only after a bit of trouble with one of the Marshals who tried to pull him over for an infringement! Only joking Trevor – I think you were just after a much needed drink of water!!!



Well done Marmite for leading Ali Batchelor around in 2.45.39.

Zoe King 2.48.00 performed admirably following a 10K race the previous day – photo right showing that even during such a gruelling race Striders can still have fun!

And, congratulations on a PB to John Kingshott 2.54.36 (photo left running alongside Zoe) and welcome back after a long absence to Linda Jennings 3.02.14.



All Seaford Half photos courtesy of Tony Humphreys

SEAFORD STRIDERS JUNIORS

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

Meeting Point

2nd, 9th, 16th and 23rd July

The Salts for fun and frolics and maybe some ice cream

30th July

Bexhill Races therefore **NO** meeting in Seaford

August

NO meetings in Seaford

3rd September

The Salts to start running again

Junior Race Guide for the Summer

Wednesday, 30th July

Bexhill Races – 500m, 1000m or 2000m - registration 5.30pm Races commence 6.40pm Cost £3

www.tlsportsevents.co.uk/bexhill5kruns.html

Saturday, 23rd August

Alfriston Family Fun Runs

Monday, 25th August

Kings Head Canter

Seaford Half Marathon – Well done to all those who volunteered and helped at the water station. Your efforts were very much appreciated, especially as it turned out to be such a hot day.

We hope everyone has a lovely summer and that you all continue to run (carefully) during the summer holidays.

JUNIORS PERFORM WELL AT SOLSTICE RUN



Alessia Manco



George, Howard and Billy Squires



Harry and Josh Stanley



Keziah and Carenza Hards



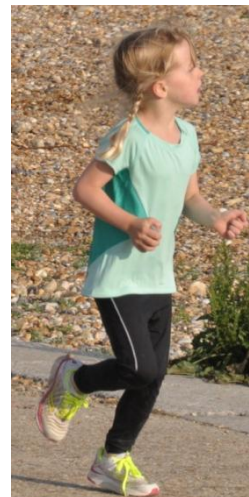
Oscar Morton



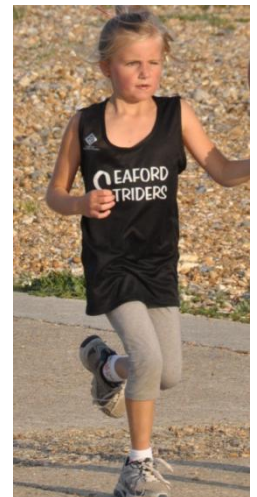
Ethan Dando



James Cairns



Amelia Parsons



Thea Stanley

JUNIOR PERFORMANCE AT THE SOLSTICE RUN by Rob Webber

Well done to all the juniors who took part in the Summer Solstice run, which was 5k starting from the Sailing Club, to just beyond the Martello Tower and back again. There was a very healthy turnout of adults and juniors including some mums and dads, with their offspring.

There were a number of families taking part and “well done” to the Hards family - Alan, Carol, Keziah and Carenza. The Squires family - Justin, Claire, George, Howard and William; the Stanley family - Josh, Harry and Mum Hannah who ran round with her young daughter Thea. At the beginning of the race, Thea was very apprehensive about her ability to run 5k but she finished with a big smile on her face – congratulations! Also participating was Oscar Morton and his dad as well as Ethan Dando and his dad. On the female side there was Alex Parsons who accompanied daughter Amelia in a very spirited attempt and Laura Manco with her daughter Alessia who must surely take pride of place because out of all the runners, adults and juniors, Alessia was the first female to finish – a fantastic effort – very impressive indeed!

DOWNLAND DASH by Rob Webber

On Saturday 28th June, Jackie and Rob; Martin and Claire; James Cairns and his dad all made the trip to the Downlands School in Hassocks to take part in the 4.8 mile cross country event known as the Downland Dash. Of the six people above only three were foolish enough to participate in the race because when we arrived we were informed that at 9am that morning there had been torrential rain for about half an hour and as a result the course, which goes through a wooded area was very muddy and slippery.



James Cairns

There was a junior race at mid-day, which sadly no junior Striders participated in. The longer race was open to entrants of 14 years and over and James just fell into this category having been 14 in May. Claire is also not long over the qualifying age and as you know I am well above that age so we all qualified! The race is cross country and indeed when we got to the forest it was very, very slippery and muddy and guess who had the wrong trainers on....?! All three of us managed to navigate all the obstacles and at the finish the first strider was junior James in 45.38, second strider was female Claire + 1 in 48.58 and last but not least was Veteran Rob in 49.43.

While talking to James' dad at the end of the race, I discovered that they had come over on the train with their bikes and they were going to cycle back to Seaford. I think James is trying to win the courageous award for the second year running!

Talking of awards I know that some of you have already taken part in races this year and also some of you helped at the half marathon drinks station but can I just remind you all that the only way to be considered for this year's trophies is to take part in as many events as possible. The three upcoming races that you can **ALL** do are as follows:

- Wednesday, 30th July - Bexhill Races
- Saturday, 23rd August - Alfriston Family Fun Runs
- Monday, 25th August - Kings Head Canter

TRAIL HALF MARATHON - HAGEN



It was hot, it was hard, it was beautiful. The Hoehenflug Trailruns (5k/10k/Half Marathon) took place on 8th June 2014 in the tiny village of Hagen close to my hometown in Germany. The scenery is absolutely breathtaking with endless woods, glistening lakes and stunning views from start to finish. Even more breathtaking were the steep hills and the

incredible heat on race day. Exhausted birds plummeted from the skies and the water was boiling in my running bottle. Perfect conditions for a tough trail run!

I entered the Half Marathon because I temporarily lost my mind and forgot how old I am. The course was mainly uphill, uphill or uphill, with very steep bits in between. At the second water station a fellow runner simply melted away and all that was left of him was a sad puddle on the trail. I wanted to cry, but I did not have enough water left in me to even produce a single tear.

Fortunately the last two miles were mainly downhill and one could already see the beer stand next to the finish. After 1:54:36 hours I crossed the finishing line and somehow managed to win my age group. One minute later the ambulance put me on a beer drip. Runner's World rating: Top marks for organisation and the route. Will I do it again? Definitely!

FIRST ANNUAL PUB RUN! - WEDNESDAY 9th JULY

7 pm from The Downs. This is a social run taking in 5 pubs in and around Seaford. There are opportunities to take short cuts if you don't fancy the full 10 mile course, or you can join en route. You may well need an extra layer or layers to put on as the evening cools. Don't forget your cash for drinks. Allowing for 15 minutes at each pub, we should be at the last pub around 10 pm.



After this, Zoe has kindly offered to have us back to her house in Headland Avenue, where we can eat a pre-ordered curry -£10 per head (a selection of dishes will be ordered). Names and money to Terry Ward before/during the run. Bags/change of clothes can be left at Zoe's house before the run if you want to change into warm and dry clothes afterwards.

<http://www.mapmywalk.com/routes/view/457982498>

The Route:

THE DOWNS TO THE CUCKMERE INN 7.25 – 7.40

Alfriston Road to end of houses, right and left (through the kissing gate) onto footpath to river, right at bottom of hill, follow the path to the A259, cross the road to the Cuckmere Inn.

CUCKMERE INN TO CINQUE PORTS 8.05 – 8.20

Footpath towards Cuckmere Haven, 2nd footpath on right to Chyngton Farm, Chyngton Way, Chyngton Road, left into Steyne Road, right into Crouch Lane.

CINQUE PORTS TO WHITE LION 8.50 – 9.05

Left into East Street, Avondale Road, Blatchington Hill, right into Upper Belgrave Road, left into Lexden Road, footpath ahead to and down Firle Road (golf club), right at Belgrave Road

WHITE LION TO THE WELLINGTON 9.20 – 9.35

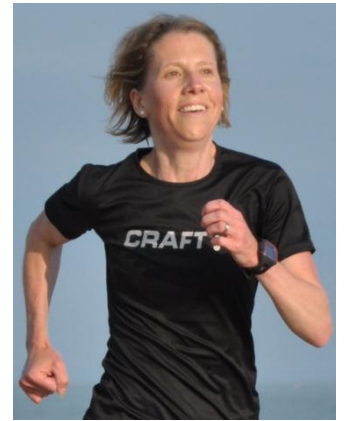
Claremont Road, left along seafront, left into The Causeway

THE WELLINGTON TO THE SEVEN SISTERS 9.45 – 10.00

Church Street, right into Clinton Place, left into Broad Street North, Blatchington Road, Sutton Drive, left into Hindover Road

SUMMER SOLSTICE RUN - 18th JUNE

Seaford Striders, both seniors, juniors and their parents, turned out in force for the 5K Summer Solstice, which was run from the Yacht Club to the Martello Tower and back again. Once back at the Yacht Club came the opportunity to eat, drink and be merry – something at which the Striders excel!



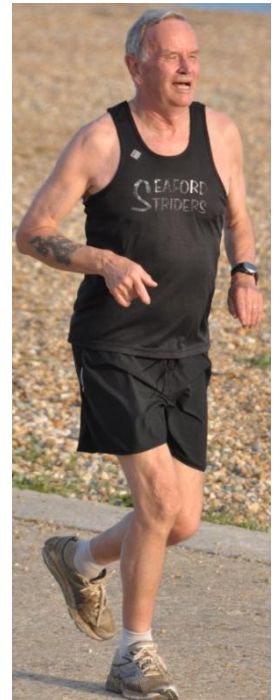
Vicki Blaber



Nick Parsons



Time keepers - Glynis, Linda and Maureen



Tom Roper



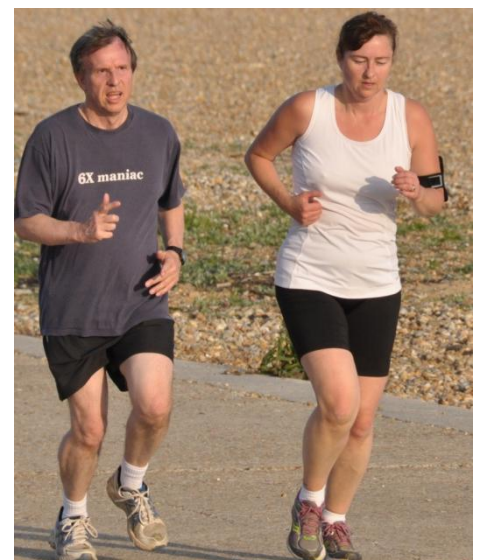
Linda Clifford



Natalie McCreath and Michelle Dobson



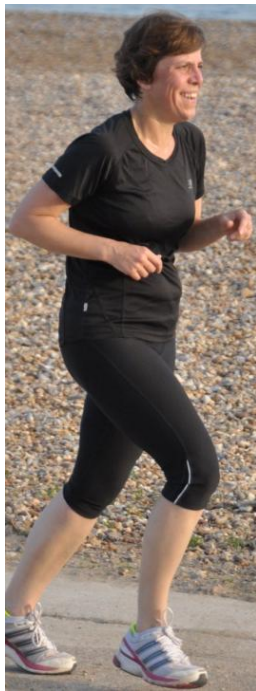
Pete Forster



Trevor Jones and Lorraine Quigley



Claire Squires



Carol Hards



Close-up of the tights – nice legs!



Tom Batts helps John Kingshott show off his fishnet tights!!!

HEATHFIELD 10K - 22th JUNE 2014 by Chris Wrathall

Seaford Striders had a strong presence at the latest event on the Sussex Grand Prix circuit, the Heathfield 10K, which is held on quiet country lanes around the villages of Cross In Hand and Waldron.



A well organised, tough but enjoyable race, the talk on the start line at the local Rugby Club was of the heat and the notable final climb up Back Lane. Starting with a downhill sprint as the runners plummet down towards Waldron, there follows a 4k stretch ending at the lowest part of the route, although you'd never believe it due to the constant undulations.

The last 5k is an uphill slog, with the brutal final kilometre guaranteeing to empty anything left in the tank and being payback for the initial downhill at the start. After conquering the hill, the race ends with an agonising lap of the Rugby pitch made bearable by encouragement from faster finishing teammates and perhaps thoughts of the bar at the finish. Heat was a major factor with runners criss-crossing the lanes to take advantage of any shade.

In a field of 250 runners the winner was Matt Bradford of Lewes AC in 35 mins 08 secs. First for the Striders and clearly relishing the hills was current overall leader of the Grand Prix Paul Heywood in a cracking 39.04 (photo left courtesy of Colin Hannant), heading home Phil Robinson with a course best 43.57.

Good to see Cliff Evans back with 48.40 and the always impressive Pete Weeks 49.36 whilst 1st Lady Beth Ruddock 50.25 pipped the fast finishing Diane Fletcher 50.28



running for Lewes!!

They were followed by Alan Hards determined 51.10. Chris Wrathall 52.34, Rob Webber 52.45 and Claire Keith, sadly picking up a leg strain 53.54 were nip and tuck in the early stages.

Finally Terry Ward recorded 59.02 in the punishing conditions and Tom Roper, still nursing injury returned with a gritty 1.05.03.

(Photo left Beth and Diane courtesy of Colin Hannant). Good to see Beth's recent secret training is paying off! Beth was spotted with Louisa Scola at the Eastbourne Park Run. At least they were down as Striders - unlike Richard Honeyman,

WOMENS CAPTAIN by Jackie Webber

What a great run by our ladies again at Heathfield. What a challenge that was! There were great performances by Beth, Di and Clare. Beth and Di really put each other under pressure, all the way to the end and the final hill. What a great run girls! Fantastic Clare, you just keep on going, really hot wasn't it? Bless you and keep on smiling. ☺ Good luck at Bewl water. ☺



LONDON BRITISH 10K - 13th 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 it 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

Spot the difference!!!



Name:	Chris Wrathall
Post held:	Press Officer
Where is your favourite place to go in Seaford?	The Seafront & anywhere that serves Harveys or Guinness
Apart from running, what is your favourite hobby?	Mountain Biking
Running – what is your favourite run?	The Cliffs & “Bills Run” - we are spoilt for choice.
And, what is your favourite race?	Beachy Head
What book are you reading?	Brian Moore (Rugby) - “Beware of the Dog”
What is your favourite film?	“One Flew Over The Cuckoo’s Nest”
What is your favourite song or piece of music?	So many. The Beatles “Abbey Road”. Currently partial to a bit of Gil Scott-Heron.
Which person living or dead do you most admire?	My Dad
How do you relax?	Dog walking & listening to music
What would your motto be?	Treat others as you’d wish to be treated

UPCOMING CLUB EVENTS

DATE	DETAILS
An as yet unspecified date in July	<p>Thirsty Club 8pm at the Welly</p>
<p>Wednesday 9 July</p> 	<p>Pub Run – 5 pubs and approx 15K</p> <p><u>NOT</u> 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

STINGING NETTLES

One of the hazards of running, especially at this time of year is getting stung by the common Stinging Nettle (*Urtica dioica*). We all know about the stinging sensation caused as a result of coming in contact with the fine hairs on the leaves and stems – BUT did you know that the crushed leaves of the Broad-leaved Plantain (*Plantago major*) relieves the pain instantly? These crushed leaves also has the ability to heal other small cuts, making this plant one well worth remembering.

Broad-leaved Plantain (*Plantago major*)



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 RACES

Sussex Grand Prix (SGP) events are marked in red

July – August 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 10 mile)
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
6 August	Herstmonceux Relays (Hailsham Harriers)
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
23 August	Alfriston Water Meadows Fun Runs (Adult & Junior)
24 August	Newick 10K SGP
24 August	Arundel Castle 10K
24 August	Hove Hornets Stinger WSFRL
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 Half
28 September	The Big Bexhill 10K
5 October	Lewes Downland 10M SGP
5 October	Downslink Ultra 38M
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
26 October	Alf Shrubb 5M Slinfold
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

2015 - JUST THE FIRST FEW TO DECLARE!

February – April 2015	
8 Feb	Chichester 10K SGP
22 March	Hastings Half SGP
12 April	Brighton Marathon
26 April	London Marathon

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