



SEAFORD STRIDERS NEWSLETTER

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

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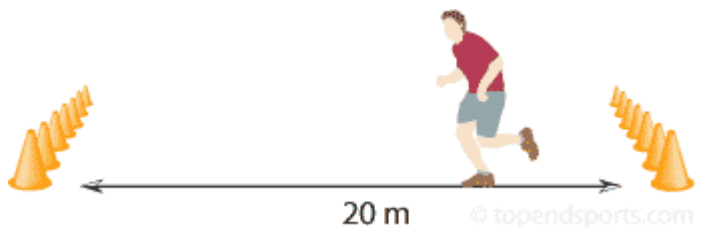
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AUGUST 2014

THE BEEP TEST!

Many thanks to Chris Wrathall for arranging a Beep Test for Striders and for supplying the willing participants listed below with their results. Another session has been scheduled for 3rd Sept and in the event of adverse weather, the 10th Sept.



For those, like me, who haven't previously encountered the Beep Test, it involves running continuously between two points that are 20m apart. These runs are synchronized with a pre-recorded CD, which plays beeps at set intervals. As the test proceeds, the interval between each successive beep decreases, forcing the athlete to increase their speed over the course of the test, until it is impossible to keep in sync.

Most did better on the 2nd attempt, not really surprising as we all had an idea of what to expect.

Luke Borland 8/7 & 7/8

Robyn Delivett 6/4 & 6/8

Rob Webber 5/2 & 4/3

Zoe King 4/1 & 4/4

Hilary Humphreys 3/3 & 3/7

Tom Roper 2/6 & 2/6 with a wonky knee!

Beth Ruddock 8/0 & 7/1

Hannah Stanley 6/1 & 6/8

Hannah Fletcher 4/6 & 4/5

Linda Clifford 3/7 & 3/8

John Kingshott 2/8 & 3/3

BEWL WATER by Chris Wrathall

On 6th July 2014 eight Seaford Striders took on one of the most demanding races of the Sussex Grand Prix at Bewl Water near Wadhurst on the Kent/Sussex border. Unique for its 15 mile distance the scenic route is basically a clockwise lap of the reservoir incorporating three notable hills and is superbly organised

with numerous water stations and efficient marshals.

The first mile is downhill on rutted fields before a mixture of testing undulating paths, sometimes adjacent to the water and testing forays into the surrounding hills on country lanes. The route finishes with a mile long uphill slog.

The winner was Julian Rendall (Tonbridge) in 1hour 30mins 02secs in a field of close on 700 runners. First for the Striders and 40th overall was the superb Paul Heywood (photo above right) in 1.42.28 followed by flying Phil Robinson 1.54.05 and Natalie McCreath (photo left) having a wonderfully consistent year recording 2.06.27.



There were admirable times from proven performers Vicki Blaber 2.18.06 and Alan Hards 2.18.28 who were evenly matched along with Richard Honeyman 2.24.28, Claire Keith 2.25.29 and Louisa Scola 2.25.10. After completing the race, re-fuelling was a priority and the legendary homemade cakes didn't disappoint.

SEAFORD SOUTH COAST 5K

Bowl had been on the agenda for Seaford Strider John Kingshott, but he decided to save himself for next weekend's British 10K in London. Just to keep his running legs fully toned John competed in the Seaford South Coast 5K, which he competed in a time of 32:43. A good time considering John was struggling with back pain.

John will be running along with his son and 10 friends to aid the Chartwell Cancer Trust which is helping his 3 year old granddaughter, Lily Mae, who is undergoing surgery after being diagnosed with with a very rare liver and lung cancer. The journey to recovery is still a very long one and her parents have been at her side living in a hospital room at the Royal Marsden.



The Chartwell Cancer Trust is helping to support Lily Mae and her parents during these harrowing times and if you would like to add your support, please go to www.virginmoneygiving.com/JohnKingshott.

Photo Left – The Team - Kevin, Mark Kingshott, John Kingshott, Christian, and Carla

Photos below - Lily Mae who is being supported by Chartwell Cancer Trust





BRITISH 10K by John Kingshott

First things first I would like to thank all you Striders/Friends that sponsored me for this race, which will be the most important race of my life because of what it stands for, this being the charity supporting my granddaughter Lily-Mae. Secondly do I qualify for a triple PB? As in this is the first time I've ever run in London, 1st location PB. First time I've run the London British 10k, 2nd course PB. And my fastest 10k in 1:07:45, Time PB.

The day of the race started at 4.30 am, having lined up my kit the previous evening all I had to do was tuck into my pre-race breakfast, banana on toast, and a mug of tea. Then at 5.15 wait for my son to collect me along with the others in "our" team to drive to the station to catch the train to London Bridge station. Now the last time I was on a train it had smoke coming out of the chimney! When we get to London Bridge a short hop on the Clapping Junction train and we were there.

Ten minute walk to the bag drop, then to find the Chartwell Cancer Trust representative who we were running for. We were given our race gilets and numbers, a couple of team photos were taken before we were on our way to the start line 20 minutes away, good warm up distance. This is the first ever race of this size I've done, and I was amazed of the sheer volume of runners. I've seen these crowds on TV, but now I was part of it.

9.35am and we were off, trying to remember everything all you runners had told me: nice steady start, set your own pace, forget the other runners. Nuts!! My son is in front of me, can't be having that! Anyway he disappeared, so I settled down to my own pace, took in the sights, and generally enjoyed the atmosphere, all the spectators shouting my name (only because it was on the front of my vest) made it feel personal, then "BANG" some supercharged female runner cut in front of me and "T" boned me into a wheelie bin, I have got the bruises to proof it, this broke my pace but she was too fast to trip over (only joking).

10k seems a long way when you see so many runners going in all directions, mostly the opposite of me, because of the doubling back of the route. Anyway the finish line eventually came into sight and I found the energy to do my usual sprint to the finish. Done it!! I will give it another go next year.



Photo above – Mark and John Kingshott

PHOENIX 10K by Chris Wrathall



Seaford Striders saw action at the Brighton Phoenix 10K on 16 July. The route is a fast out and back starting on the promenade at Hove lawns, through the billowing smoke from numerous seafront barbecues to the lagoon and returning after the delights of Shoreham docks.

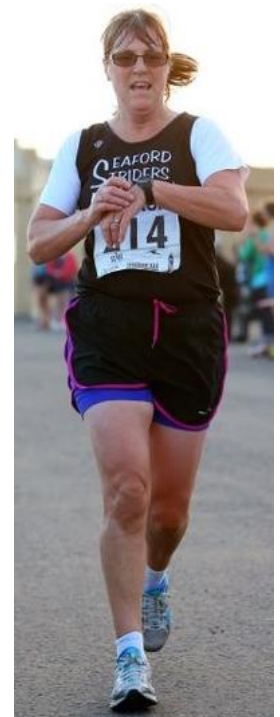
On a lovely summers evening with a light westerly breeze Ben Tickner (Phoenix) triumphed in 30 mins 05 secs whilst headline grabber for the Striders was Simon Fletcher (photo left) whose 35.54 secured a superb 1st place in his age group.

Going under 40 mins is elite class and this was achieved comfortably by Gareth Hutchinson (photo right) 37.33 followed by Pete Weeks whose 45.43 was a perfect example of consistent pace running. Richard Honeyman recorded 46.57 and Chris Wrathall (photo below – great smile!) a personal best 46.59 (must be all that marathon training!) Kallum Wright 47.16 showed he's well and truly on the mend from a broken metatarsal and Robyn Delivett 49.29 and hot on her heels Vicki Blaber 49.37 both impressed.



Good to see the returning Jackie Webber (photo right) 50.53 all smiles after being beset by injury problems, whilst Terry Ward 54.05, Chris Le Beau 54.19 and Hilary Humphreys 56.55 showed great determination in the heat.

Also on the comeback trail is Tom Roper (photo far left courtesy of Sussex Sport Photography) and hopefully 58.50 signals a welcome return to form.



19th July 2014 - The day for Extreme Challenges!

THE CHILTERN 50K ULTRA CHALLENGE - by Karen Clinton

Only very stupid people would run their proper first endurance ultra in this heat. I went off to the Chilterns near High Wycombe on Saturday to run 50km. Very, very tough – I don't want to see another stile, bush of stingers or mud puddle for quite some time.

Organised by the Extreme Energy group, the "Chiltern 50Km Challenge" was first class. Run on National Trails and Footpaths with excellent markings in the form of signposts or post discs and also comprehensively marked with signs and confidence tape. In addition, I was supplied with a map, designed to help on any tricky sections, to provide information on any route changes and to indicate where the checkpoints were. The event was supported by a course manager to maintain event safety and a fully qualified medical crew were in attendance.



Karen running in Firlie Half Marathon - Photo courtesy of Raw Energy Pursuits

I felt VERY well looked after and it was well worth the £48 entry fee. I completed the event in a time of 7.56.50. Event photos: <https://www.flickr.com/photos/xnrg/14672108326/>

UK BOLTON IRONMAN by Adrian Campbell

After months of training, and boring all my friends on Facebook with updates from Strava! I successfully completed the UK Bolton Ironman on Sunday 19th July.

I envisaged that overall swimming 2.4 miles, cycling 112 miles and running a marathon would take me about 14-15 hours. However on the day I was pleased to finish in 12 hours 59 minutes and 27 seconds to be precise.

Believe it or not I enjoyed the whole event and the crowd support was amazing.

I do not plan do another full ironman as the training schedule was a big commitment. However I might be tempted to do some half Ironmans as well as returning to running with the Striders!



SPORTS MASSAGE

Sean Allen, who lives in Seaford and is currently training to be a Sports and Remedial Massage Therapist at the London School of Sports Massage, is looking for experience to contribute to his log of practice, which is required to graduate the course. To this end, for a contribution towards his expenses, Sean is prepared to travel to your home and give you a sports massage. Sean is a keen runner/triathlete and is well over half way through his course.

Please contact Sean for further details and to see what opportunities are possible. Tel: 07813805993.

Email: s5119@talktalk.net

SEAFORD STRIDERS JUNIORS

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

Meeting Point

August

Holidays NO meetings

3rd September

The Salts to start running again

Junior Race Guide for the Summer

Saturday, 23rd August

Alfriston Family Fun Runs

Monday, 25th August

Kings Head Canter

JUNIORS PERFORMED WELL AT BEXHILL - CONGRATULATIONS!!!!



Rob is away on holiday so for a write up on this event and for those yet to come, please see the next edition.

JUNIORS BEEP TEST

1st Girl - Thea Stanley Level 4/2
Equal 1st Harry & Luke 7/7
3rd Josh Stanley 6/5

BEXHILL 5K by Chris Wrathall



The 2 lap Bexhill seafront 5K was held on yet another glorious summers evening marred only by a noticeable westerly wind and the sight and faint smell of Eastbourne pier alight. Because of the short distance, 5K races tend to be about making a quick start and endeavouring to maintain it to the finish.

The Striders fielded an impressive 14 of the 325 runners and it's pleasing to report the majority got the tactics spot-on judging by the age group triumphs and personal bests recorded.

First to send the electronic chip timing into overdrive was Max Thomas (Hastings AC) in a time of 15mins 17secs. First in his age group and top Strider was Simon Fletcher 17.34 closely followed by a scorching PB from Gareth Hutchinson 17.58. Paul Heywood (photo left) joined in with a PB of 18.33 and Dave Dunstall (photo right) recorded a none too shabby 19.24. Chris Wrathall 22.34 was only able to pip Beth Ruddock (photo below left) 22.40 due to her recently interrupted training schedule.



Striders' strength in depth was again highlighted by Terry Ward 23.29 holding off Rob Webber (with a rarely seen smile – right) 23.38 and Vicki Blaber set a PB 23.52 with more to come. Claire Keith +1 should be happy with 24.07 and Jackie Webber is on the way up with 25.09.

Shrugging off bruised ribs, there was an excellent 1st in her age group from Hilary Humphreys 26.43 and Tom Roper can thank those new trainers for 27.33. Finally Chris Le Beau battled to 29.08 with the heat not to his liking.



PARK-RUNS

For inexperienced runners 5K is an ideal distance to tackle and the "Park-run" is a 5K event held every Saturday morning at venues nationwide with the nearest being Shinewater Park, Eastbourne and Hove Park, Brighton. These welcome runners of all ages and abilities and are the perfect opportunity for anyone wishing to compare themselves to those listed above.

Participation is free; however you must register online in advance to receive your barcode, which you must bring to each run. All runs in commence at 9am. For further details see www.parkrun.org.uk/eastbourne/ and <http://www.parkrun.org.uk/brighton/>

FIRST ANNUAL PUB RUN! - WEDNESDAY 9th JULY

The heat was up and the drinks went down a treat! Everyone who participated enjoyed themselves immensely and declared the event a great success. It was a fun event, which hopefully will become an annual event.



WHO'S WHO ON THE COMMITTEE

Name:

Jackie Webber

Post held:

Ladies' Captain

Where is your favourite place to go in Seaford?

The view from Seaford Head cottages over looking the Cuckmere and the Seven Sisters

Apart from running, what is your favourite hobby?

Running

What is your favourite run?

Through the forest – very peaceful!

And, what is your favourite race?

Bexhill 5K with a fish & chip supper

to finish

What book are you reading?

Not at the moment but like those that I can put down easily and pick up again

What is your favourite film?

Love Actually, Bridget Jones and Notting Hill

What is your favourite song or piece of music?

Rod Stewart 'Have I told you lately' and Moonlight Sonata

Which person living or dead do you most admire?

My mum and dad – most special people in my life. My mum's strength and smile. My dad through all his illnesses and positive attitude through it all.

How do you relax?

Listening to Smooth UK radio, whilst cooking

What would your motto be?

Live, love and be happy, whatever and whoever you meet on your walk through life. Read 'Go Placidly amidst the noise and haste' – it is really quite meaningful



Go placidly amidst the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story. From *The Desiderata of Happiness* by Max Ehrmann. Full poem:

<http://en.wikipedia.org/wiki/Desiderata>

RACE RESULTS

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

YOUR RACES

If you have participated in any races outside of the Grand Prix ones please, please consider writing a short piece for the newsletter. Even better if you can include a few photos – it helps to give other members a flavour of what is out there.

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

August – September 2014	
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
5 Sept	Rye 5K Summer Classic
6 Sept	Plumpton 10M XC
6/7 Sept	Brighton Longman 35M, 65M, 100M
7 Sept	Battle BBB 10K
7 Sept	Fittleworth 5 WSFRL
7 Sept	Chestnut Tree Coastal 10K
14 Sept	Hellingly 10K SGP
14 Sept	Firle Half, 10K & 5K
21 Sept	Hove Prom 10K SGP
21 Sept	East Grinstead 10K
28 Sept	Barns Green Half SGP
28 Sept	Tonbridge Half
28 Sept	The Big Bexhill 10K

October – December 2014	
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 Shrubbs 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
1 March	Eastbourne Half SGP
22 March	Hastings Half SGP
29 March	Brighton Chicken Run, Hove Park 5K, 1M, 500M

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