



SEAFORD STRIDERS NEWSLETTER

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

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Club Grand Prix 2017

7 May	5M	Hastings	SGP	http://www.hastingsrunners.org.uk/hastings-runners-5-mile-2017/
13 May	5K	Preston Park	Park Run	NOTE CHANGE www.parkrun.org.uk/prestonpark/
29 May	5M	Friston Forest	Trail run	https://www.entrycentral.com/festival/225
10 Jun	5K	Hove Park	Park Run	http://www.parkrun.org.uk/brighton/
1 July	5K	Peacehaven	Park Run	to be confirmed
16 July	5K	Eastbourne	Seafront	http://www.nice-work.org.uk/events.php?id=273
10 Sept	10K	Hellingly	SGP	http://www.hellingly10k.co.uk/
1 Oct	10M	Lewes	SGP	http://www.lewesac.co.uk/downlandruns
29 Oct	10K	Hove prom	SGP	http://arena80.co.uk/hove-prom-10k-race/
Oct-Nov	XC	Eastbourne or Firle	XC	to be confirmed
3 Dec	10K	Crowborough	SGP	http://www.crowboroughrunners.org.uk/

CLUB GRAND PRIX 2017 – LADIES RESULTS THUS FAR

	XC Pett	Hastings Half Marathon	Eastbourne Park run	TOTAL
	12-Mar-17	19-Mar-17	1-Apr-17	
CLAIRE KEITH	20	20		40
HILARY HUMPHREYS		18	19	37
EMILY EATON			20	20
VICKI BLABER		19		19
EMMA GOODWIN		17		17

CLUB GRAND PRIX 2017 – MEN'S RESULTS THUS FAR

	XC Pett	Hastings Half Marathon	Eastbourne Park run	TOTAL
	12-Mar-17	19-Mar-17	1-Apr-17	
DAVE DUNSTALL	19	16		35
LUKE BORLAND	18	17		35
BEN SHORER		13	19	32
SCOTT HITCHCOCK	20			20
JOEL EATON		20		20
ED TUCKLEY			20	20
JOSHUA RUDD		19		19

GARETH HUTCHINSON		18		18
TOM ROPER			18	18
PETER WEEKS	17			17
PHIL ROBINSON		15		15
JOSHUA NISBETT		14		14
NEIL HARRISON		12		12
RICHARD HONEYMAN		11		11
CHRIS LE BEAU		10		10

MARSHALS REQUIRED AT RACES

New members of Striders may be unaware that the club constitution requires its members to make themselves available to marshal at least once during the year. The main drive for Striders is the Mince Pie 10 miler, which we organise each year in December and it is because of this race that we have just been able to donate £2,000 to charity. However, the club also earns much needed club funds by marshalling and manning water stations at several other races, namely the Lions Seaford Half Marathon on 14th May and the Beachy Head Marathon on 28th October. Please note these dates and make yourself available if at all possible.

MOYLEMAN - A Marshal's Perspective by Tom Roper

It was a great pleasure to marshal this year's Moyleman. I have been Chief Marshal for all three years of this idiosyncratic race, an off-road marathon on the downs around Lewes.

It is run in memory of a great Sussex runner, [Chris Moyle](#), who ran with Brighton and Hove AC and died too young aged 42 in 2009. He loved the hills, so this route, with ascents just a shade less than those of the Beachy Head marathon, would have been just his sort of run.

Ash Head, a formidable Lewes-based runner, and close running friend of Chris, is Race Director, and seems to think I know something about marshalling. And so I find myself, each March, organising, in the loosest sense of the word, a volunteer team who gladly give up a Sunday, at a time when the weather can be uncertain, to stand wearing purple tabards in exposed places on the tops of the downs and help the field of 200 who go the full distance, and 50 two-runner relay teams, who run half each.

There's no other race like it. Harveys Brewery generously give us the use of their yard for the finish line, and provide free beer for the finishing runners and marshals. Circa provided pizza. And Ash stands by the finish line, shaking every runner by the hand as they finish. This year one finisher, a hard man, was overcome with emotion, and fell into Ash's arms, sobbing like a child.

This year Strider Ed Tuckley (photo right) ran it, finishing in a very creditable 13th place in a time of 3:44:20. Entries open in the autumn, if you would like to run it. Or you could join me and Chris Wrathall, and others, as a marshal. Chris ran it in 2015, and can tell you what it is like. Maybe I will one day!



Mondays, 8th May and 5th June

Monthly Training Session
7.30pm – Lewes Track

ROAD RELAYS - Christ's Hosp. Sch. by Peter Weeks



Photo above L-R Kevin Ives; Joe Plant, Scott Hitchcock, Luke Borland, Joel Eaton, Josh Nesbitt; Peter Weeks & Gareth Hutchinson

Whilst looking through the 2017 fixture list I noticed the Sussex Road Relay championships, having competed in road relays in such places as Milton Keynes, Livingston and Cumbernauld I thought it was time to see what Sussex had to offer. Following a chat with Gareth we decided to see if there was enough interest to enter a team after a wee bit of cajoling 10 Striders had committed to give it a go, which meant there was a Senior Men's team (6 runners) and a Male Vet 40 team (4).

Come the big day (1st April) there was a flurry of social media activity as sickness and injuries had beset the Senior Men's team. I was relieved when Joel and Luke confirmed that they would both be able to run despite not being 100%, and Gareth volunteered to run a leg for both teams. Not sure that having this sort of event on April 1st is a good idea especially for the Team Manager (Richard H please note my additional job title).

What an impressive venue Christ's Hospital school is and the playing fields were immaculate, with all the club tents neatly lined up and flags flying. Strolling across to the start area I spotted Rob, Debbie and Libby (Plant) erecting the Striders tent and flag with Scott and Joe studiously reading the instructions, obviously not wanting to tire themselves before the run. These events are always a great opportunity to get club members and families together and it was pleasing that before long our support team had grown to Nine, with Magda (Chris's wife) Terry Ward, Pat Weeks, and Clare, Charlotte, Rowan (Kevin's family) joining our Tent experts.

The course was 2 miles 93yds approx. (organiser measurements) starting in the school grounds before moving onto a quiet country lane for $\frac{3}{4}$ of a mile then back into the school grounds. All that we had to do was get the "chipped batons" round without dropping them. A quick 2 minutes of instructions to the teams seemed in order which went along the lines of "Incoming runner put the baton into the outgoing runner's hand and let go. Outgoing runner hold the baton for the next 2miles 93yds". Simple isn't it I don't understand why some of the track runners make such a hash of these baton changes. Needless to say that despite great runs on the first leg from Joel (Snr Men) and Gareth (O'40 men) we did not trouble the winners too much but everyone enjoyed the experience of competing at this level.

The "Senior Men's" team completed their 6 legs in 1:13:53 coming 19th out of 23 teams, the Vets team complete their 4 legs in 56:32 and were 12th out of 13 teams. Hopefully next year we can increase the number of teams and include a ladies team or two, if so we will require a larger tent.

Senior Men	Time	Vet Male 40	Time
Joel Eaton	11:04	Gareth Hutchinson	12:01
Luke Borland	12:12	Kevin Ives	14:07
Scott Hitchcock	12:00	Christian Morton	15:39
Josh Nesbitt	12:50	Peter Weeks	14:45
Joe Plant	13:39		
Gareth Hutchinson	12:08		

EASTBOURNE PARK RUN by Ben Shorer

On a lovely sunny Saturday morning, I took the journey from Newhaven to run the Eastbourne Parkrun 5k. I've done the 5k in the past, but that was way back in 2013 so I didn't know if the route would be the same, but luckily it was!



The last time I ran the Parkrun 5k in Eastbourne there were about 60-70 people attending, and today there were 299, so it was a great turn out!

Apparently, the first Saturday of every month they have race-pacers, which was great, as I had no idea what my run time was going to be. I tried to follow the sub 21 and see what happened and so I pushed myself to the front with the mega-fast group just for a laugh and off we went.



I went out at a 6-minute mile pace, which I've never run at before, so I knew I had to slow down so I didn't burn out too early!

Photos above Edward Tuckley and Emily Eaton. Photo above right Ben Shorer

About halfway round Emily went past me and off into the distance. I still had a bit of juice left in the tank for the last half a mile or so, so I upped my pace and attempted a sprint finish. Running with Seaford Striders has clearly improved my fitness, as I broke my Parkrun PB by about two minutes!

Edward came in a highly impressive 5th of 299 runners. 84 of these scored a PB, inspired by the volunteer pacers on duty.

Results: Ed Tuckley, 19:00 course PB; Emily Eaton 21:14 PB; Ben Shorer 21:45 PB; Hilary Humphreys 25:38 PB; Tom Roper 27:02 PB – **photo right**

All photos this race courtesy of Tony Humphreys



PADDOCK WOOD 1/2 by Chris Le Beau

This year saw the 28th staging of the Paddock Wood Half Marathon, a popular event for those in the final phase of training for Spring marathons. This was not however of relevance to the two Seaford Striders who took part, Phil Robinson and myself. **Photo right – Chris at Hastings**



Having been pleased with my Hastings Half time, I was tempted by the prospect of a flatter course offering the chance of an improved time. Also, I felt it might make the Haywards Heath 10 mile race at the end of April seem relatively easy. Plus, I decided to keep Sue (Garner) company, running this time for Lingfield, in preparation for the London Marathon.

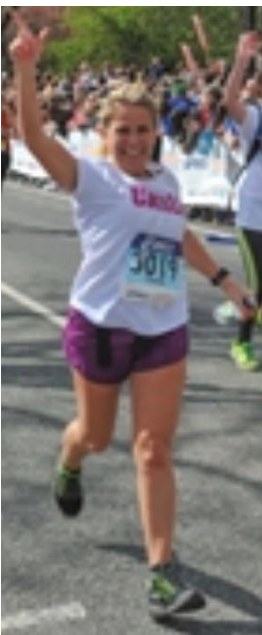
The race HQ was a pop-up arrangement spread out on an industrial estate. With 2000+ runners, there was a good chance it would be chaotic, and so it was. Some additional signage would have been useful, and you can never have too many toilets! Parking arrangements were some distance from the base and with the roads clogged it looked as if we might have a delayed start. Not so, we set off on time and you had to feel sorry for the late arrivals, a steady stream of runners, with numbers attached, running against the flow for the first half mile, just to get to the start line; the stuff of nightmares.

The course headed out of town and into the countryside, along leafy lanes and past farmland in the Spring sunshine, with some attractive looking pubs along the way. It was a warm morning but there were well managed water tables and sponges at sensible intervals.

As promised, the course was indeed fairly flat. I even had the illusion that a lot of it was gently downhill. A consistent pace was much easier to hold than on certain other Half Marathons and at ten miles I was still thinking I might crack two hours. Sadly, at eleven miles, that started to seem like another illusion, finally confirmed on mile 13, when the legs protested just as everyone else's appeared to gear up for the final run in.

Daniel Gaffney of South London Harriers showed just how fast this course is, winning in a time of 1.08.36. First lady home, for the second year in a row, was Tracy Barlow of Thames Valley Harriers, in 1.14.07.

Phil had good reason to be happy with his time, finishing 416th of 2164 runners with a chip time of 1.35.34. This was Phil's best Half Marathon time in the past year, an impressive effort, with his busy lifestyle! My chip time was 2.02.25, and although the elusive 2 hours was beyond me, I take consolation in the fact that 767 finished behind me! Sue had no problem with the 2-hour factor, coming home in 1.56.35.



While the HQ set up could be improved, the race was well marshalled and road closures for the start and finish well managed. This year the race supported the Kent, Surrey and Sussex Air Ambulance, so any Striders keen to run three minutes faster than their Hastings Half time and support a worthy cause might well want to give this well-established event consideration in future years.

MANCHESTER MARATHON by Carlie Watts – Photo left – Carlie at finish

1st marathon of 3 within a month! It was an early start as I walked through Manchester United's, Old Trafford football ground and saw the Sir Alex Ferguson memorial and it was just over the hill that we were ushered into the starting pens.

Mile 1-16 was flat and fast and I felt in control... then I saw my friend which was just so emotional... but I carried on through the streets of Manchester, some of it was going back on itself, which was confusing... I didn't have a clue where I was! Haha!

Miles 16-20 were a struggle, but I managed to keep under my 9:55 pace..... 20-26 were hard, it was very warm around mid-day and my calf was beginning to niggle! The people of Manchester were so friendly and encouraging, cheering us all on, spraying us down with jet washes and giving out sweets and chocolates at every corner!

Another PB for me, so chuffed with 4:20:57. The finish line felt like forever!!! Once again, I cried like a baby as I crossed the finishing line! Medal, t-shirt and a free pint of beer which was lush!!

Parkrun by Debbie Plant

After driving my son Joe to and from Seaford Striders for the last 3 years, I finally plucked up the courage to officially join when the Couch to 5k group was formed.

I have run before but very, very slowly, usually very embarrassed and with no confidence at all. A text from fellow Strider, Scott on a Friday evening was all the encouragement I needed to join him and his family at Preston Park for the parkrun on a bright Saturday morning. Joe came too, and as he has a niggling injury, came purely to pace me and keep me going.



Joe spotted a 35-minute pacer and we decided together that I would try and stick with her. I had attempted this a month ago and failed miserably. I said a quick hello to the pacer, whose name was Chris, and as we set off I told her I would try my best to stay with her, laughing at the time, saying that I couldn't possibly.

Preston Park parkrun is basically 3 laps of a set route. The first mile was covered fairly quickly in 10.30, too quick for me to sustain and by mile two I could feel myself beginning to slow. Chris directly in front of me and Joe to my side wouldn't let me fall behind and I just about managed to stay with them for the second lap. I absolutely know that I would have stopped had I been on my own, however, with Chris and Joe's encouragement I kept going.

Lap three seemed more bearable and on the final bend Chris had to slow as she'd paced slightly too fast and I continued to the finish with just Joe beside me, encouraging me all the way. I crossed the finish line with a time of 34:28. My first time of running a parkrun without walking some of it and my fastest 5k to date. Not a fast time for many but for me it was just amazing!

COUCH-to-5K Group by Tom Roper

At the time of writing, the couch-to-5K group has met six times, and we've never had fewer than twenty participants! We've attracted a wide range of people, from those returning to running after time off, to people who have never run or seriously exercised before. It has been inspiring to watch their progress, as each week they have tackled a different challenge.



This influx of new members has also been very healthy for the whole club. At the end of the programme, we will join other Striders at Preston Park Parkrun on 13th May – see article on next page. We can also expect many members to participate in our annual 5K Solstice run along Seaford seafront on Wednesday, 21st June.

We hope that many of you will graduate to join more challenging groups of runners on a Monday and/or Wednesday evenings, but we also plan to continue to offer an easy-paced, short-ish (3-4 mile) Wednesday night run, for a steady progression to 10K.

Thanks, are due to Hilary Humphreys, Terry Ward, Emma Goodman and Simon Nixon, who have helped lead the groups. We will probably repeat the exercise later in the year: it is clear there is a demand. So, tell your family and friends who are interested in starting running to get in touch. Also If any other Striders would like to help lead, please contact Tom tom.roper@gmail.com (Maybe not on a permanent basis but when recovering from injury? Ed)

COUCH-to-5K - Parkrun - Saturday, 13th May



The first 5K race for our 'couch-to-5K' group will be Saturday 13th May. We will aim to run in groups with a Strider to act as pacer and encourage you around. This race will be the Preston Park Parkrun in Brighton and the race will commence at 9.00am so please arrive early to give time to meet and warm-up.

Other members of the Seaford Striders will also be taking part, so we are hoping they will be on hand to encourage you all as well.

Don't forget it is free to enter Parkruns! BUT please **register on-line** before your first one. You only ever need to register once – you will be given a unique barcode, which you will need to print off and bring with you. To do so please follow the link: www.parkrun.org.uk/prestonpark/

Don't forget to bring a **printed** copy of your barcode ([request a reminder](#)). Phones don't scan, so please bring a printed copy. The aim is to have fun. Please come along and join in whatever your pace!

BRIGHTON MARATHON by Emily Eaton



Events need runners but they also are so much better with spectators! A lot of Striders went into Brighton to cheer their fellow Striders who were running – some were caught on camera!

Left Becky and Bob on the look-out for Scott below Josh Rudd being cheered on by Chris le Beau and Sue Garner.



Photo left, Scott showing his appreciation of the phenomenal crowd support.





Photo left – Luke Borland

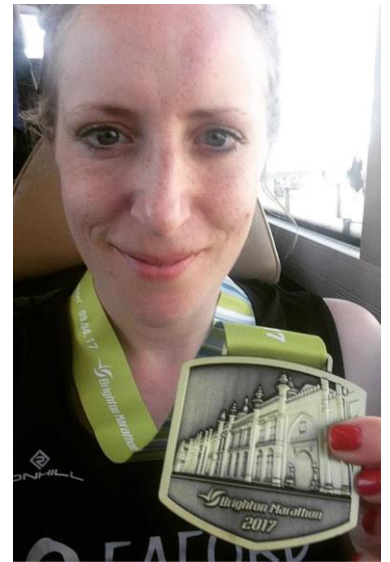


Photo right – Emily Eaton

Photos, except for Emily's courtesy of Tony Humphreys

It was a beautiful, sunny morning as the huge crowds gathered in Preston Park ready to start the marathon on 9th April. I saw Luke in the bag drop and we wished each other good luck, and headed towards the starting corrals as the race began.

The course for the Brighton Marathon winds up around Preston Park before heading into the Laines and then back and around the Old Steine, up Lewes Road and up a little hill into Kemptown. We then got onto the seafront around mile 6 and headed up towards Ovingdean where we turned around and came back at a steady incline along the coast road back into town for the halfway mark.

I saw Scott at this point smiling and looking strong. The race then heads onto Western Road and to the edge of Boundary Road in Hove before heading up to Shoreham Harbour around mile 20. This is the worst part of the race – it's a bit smelly and the crowds have thinned out and there is only an ugly industrial wasteland to distract you. But after pushing through this part, you are back on the seafront for mile 23 to finish just past the pier.

The whole race is lined with crowds passing jelly babies and fruit and keeping everyone's spirits up with their cheers and amusing signs – the funniest being 'it could be worse, you could be at work'. A busy road race isn't for everyone but, for me, it's a race that shows Brighton and Brightonians at their very best!

This was my second time running this race and my plan was to break the 4-hour mark (last time I got 4'11) and, if possible, try and enjoy myself along the way. Last time I found it a real struggle after going out too fast on the first half (with PBs at 10k and the half!) and I was determined to stick to the planned steady pace. I'd checked the weather forecast



and I thought it'd be warm but it got much hotter than any of us had ever trained in and anticipated – hitting 21 degrees at one point! There were a lot of runners suffering with heat and dehydration and it made the race a really tough one. For me, my race went to plan and I kept a steady pace throughout, even managing to speed up over the last few miles. I felt strong and in control and finished with a PB of 3:58 feeling fantastic knowing how hard I'd pushed myself. Other Striders did amazing that day too with Josh, Scott, Luke, Anneka



and Carlie all running fantastic times. Photos Carlie left and Anneka right

LEWES EASTER MONDAY 10K by Ben Shorer

Having seen this race billed as a 'fun run', I thought it might be 50 people and I might therefore have a good chance of me getting into the top 10! However, when I arrived I realised I was horrendously wrong! There were hundreds of runners, dozens of clubs and it looked like a really well organised and supported event.



I met up with a big group of Seaford Striders and we discussed how much food and drink we had during the previous day's festivities and how this was probably going to affect our runs. The weather was sunny and warm and the ground was nice and firm. People had said to me that in previous years there were several boggy sections to the course but that clearly wouldn't be an issue today.

I spoke with Scott about the course, as I had no idea what was in store for me and he warned me that it was mainly off road and that it wasn't really the course to go for a PB. Just before we started everyone wished each other good luck and moved on to the running track, ready for the starting pistol. As soon as we started everyone was jostling for position, trying to squeeze into a bit of space, before we went through the skinny little starting gate. I went out far too fast and I knew pretty much immediately that I had made a big error, as we were taken through many different fields around Lewes and to me it seemed like a lot more ups than there were downs!



Photos above L-R Josh Rudd, Scott Hitchcock, Ed Tuckley, Ben Shorer, Kristiane Sherry and Stacy Bennett

Half a mile before the end there is quite a nice downhill section, where you can try to make up time and then you return, back through the first gate and along the long last 200 metres of the track, to the finish line. Scott was there pushing me, trying to ensure I beat my PB (which I did!)

All the Striders posted fantastic times, especially Kristiane coming in 51:47, which she was really pleased with. The atmosphere was fantastic and it felt like a really fun family event, especially with all the children's races before the main 10k. I'll definitely do it again next year, but perhaps I'll ease back on the food and drink from the day before (I say this now....)!



Results:
 Josh 38:29
 Scott 40:01
 Ed (T) 40:26
 Ben 47:24
 Kristiane 51:47
 Claire & Dean
 54:21
 Stacy 56:55
 Trevor 1:02:23
 Andy 1:02:39
 Edd 1:10:08

Photos above L-R Claire & Dean Keith, Trevor Jones, Andy McDonald and Edd Needham

All Photos this race courtesy of Danny Simpson

Photo right – Harrison Keith showing his potential as a future Strider



SUMMER SOLSTICE 5K RUN - Wed, 21st JUNE



The 2017 Summer Solstice 5K run will start (7pm) and finish at Seaford & Newhaven Sailing Club, Seaford. This is a great opportunity for our Couch to 5K group to join in with the whole club – it doesn't matter how fast you are, just that you take part! There will be a shorter course of approx. 2.5K so younger juniors and parents can join in too.



The Sailing Club will be open at the finish for the purchase of drinks and snacks – with Tom on hand to sign you in. They also offer a hot meal but would like to have bookings so they know how much food to prepare. If anyone's interested, please contact the galley: 07534 128200 or email at: galley.seaford@gmail.com

THE SDW50 by Joel Eaton

The South Downs Way 50 is organised by Centurion Running, who host a number of highly regarded ultra-distance races across the South East of England. Having been long enchanted with the idea of running ultras, far more than I have ever enjoyed actually running them, all I really wanted from this race was to enjoy a day out on the South Downs whilst getting in some serious training miles.

I arrived at the start in Worthing in good time for the kit check that precedes the race. These events require that you carry quite the haul of gear as when you're out for long distances between aid stations, the weather can turn and issues can also arise from bad navigation or



darkness. Thankfully, there was barely a cloud in the sky all day and despite the mandatory waterproof and warm clothing, I could have done with remembering sun tan lotion. Still, the race worked wonders for the tan.

The race begins with a long climb up to Cissbury Ring, then another climb to Chantonbury Ring, before following the South Downs Way all the way to Eastbourne. After Chantonbury, I knew the route had a long stretch of flat and downhill so I began to pick up the pace, and started to relax and enjoy the stunning views of the South Downs basking in the morning sun.

Ultra-races seem to generate a real sense of camaraderie between runners. There's no elbow jabbing and little sense of the serious competition that you might find in a city 10K, and because you're out there for so long, you naturally get chatting to people as you run with them.

11 miles in, at the 1st aid station, I started to worry that my legs were feeling too stiff already. This was temporarily forgotten as I gorged on the range of food on offer – one of the best things about ultra-races is the food at the aid stations - sandwiches, crisps, cakes, fruit, sausage rolls, cups of flat-coke, and more. It's like stopping at a kid's party and there's every possibility that I ate my entry fee's worth in food thus breaking even - success!

Although my legs felt stiff, I didn't feel tired and got into a consistent rhythm where I crept up through the field for the rest of the day. As the sun burnt my skin, it was a real treat to enjoy the picturesque half of the South Downs Way on such a stunning spring day. After the last two big climbs, out of Alfriston and Jevington, the route dropped down into Eastbourne and finished with a lap around a running track, which I graced with an obligatory, but probably very slow, sprint finish. With a complimentary cup of tea and hotdog at the end, I was elated. Surely, I'd no longer just broken even but I'd made a profit - try doing that at a city road race.

Joel finished 30th overall in a time of 8:22:56. (Apparently moving time was under 7:47 as Joel spent at least 35 minutes relaxing at the aid stations – eating mostly! Ed.)

My 1st LONDON MARATHON by Vicki Blaber



Well where to start...When I received the call from Martin to say I had been successful in the ballot, I think for the first few seconds I was in shock! Then the excitement crept in. As the day drew closer, apart from the nerves, my biggest worry was the logistics of getting to the start line. Finally, once that was all in place, I was ready to enjoy the final few days leading up to the event. It started of course with attending the Expo at the Excel in London to collect my number, lucky number 22846. That's when it became real!

Unfortunately, there was a slight hiccup with the travel on the day, which didn't help the nerves. There was an incident on the line with our journey from London Victoria to Blackheath, which meant I arrived at the start area later than anticipated. However, once I was in the pen it was time to focus on the race.

Wow, what an incredible experience! My race start was in Blackheath and at that point it was already amazing to see the amount of people starting to line up. As the race got underway we merged with the other starts at mile 3 and at this point I found myself smiling as I saw a huge surge of people join the route. I kept telling myself "you're running the London Marathon!" By now the noise of the crowds was already overwhelming, and whereas in previous races you start to spread out at this point, you realise that that just doesn't happen in this race. I remember thinking that not only can you hear the crowds but also the constant pounding of running feet all around you.

The first iconic point at around 7 miles is The Cutty Sark, the sun was shining, the crowds were out in their thousands and there was music and cheering all around. You could almost forget you were in a race. At this point I was feeling fine and looking forward to seeing my sister at around mile 9. By now I had also mastered the dodging of the hundreds of bottles of water that are thrown to the side during the race, which were of course very much needed, as it was very warm at times when the sun came out!

Onwards to mile 9, where I saw my sister and niece with their super sign, a quick hug and I was back on track heading to the half way mark and Tower Bridge. The crowd and noise continued to be phenomenal and reached fever point as we ran along Tower Bridge. I remember just staring up, almost having to pinch myself that I was actually running across it –incredible. At mile 13 I was running really well and definitely appeared on track for a sub 4-hour time.

Next, we were heading to the Quays and Canary Wharf, an enjoyable part of the route but tough miles for me between 17 and 21 but I knew I was going to see my sister again at 19 miles and then Alex and the girls at 22, so this kept me going. But the crowds and just being amongst so many runners also kept me going, I felt privileged to be running around London.

Mile 19 crept up, more screaming and shouting and another cheer from my sister! The end was almost in sight, I was still on track and even started to believe I could beat my current PB of 3.55 so I pushed on. Mile 22 came and I saw Alex and the girls which was fantastic and then it was countdown... 4 miles to go. Well come mile 24 and the crowd cheering seemed to intensify and I felt surprisingly ok and a PB was still in sight. The final 2 miles were a bit of a blur but there's no way I could not remember that final 800 metres to the finish, cheering, shouting, encouragement and then it was there, the finish line and a time of 3:50:24 – a PB in London. A day I will not forget in a long time.

Thank you Seaford Striders for giving me the opportunity.

Results: Simon Fletcher, 2:42:41 (426th place overall and 8th in his age group) Dave Dunstall 3:39:33; Vicki Blaber 3:50:24 (PB); Carlie Watts 4:29:20 (3rd marathon in a month and suffering a fall!) and Sue Garner 4:53:58

NEWS FROM SPORTS SYSTEMS

[Pace Pockets](#)

Pace Pockets are new fabric wristbands with a storage pocket for your running essentials, such as keys, cards, cash or gels, printed with your choice of marathon or half marathon splits. Gone are the days of having to write them on your wrist.

Buy now from www.pacepockets.run using discount code **SportsSystemsLaunch**



Any commission that we get from sales using our discount code will be donated to the One Foundation which is about a world in which everyone has access to clean and safe water, forever.

[Weald Challenge](#) - Sunday 28th May - Muddles Green. E. Sussex BN8 6HN

The Weald Challenge Trail Races follow the long-distance paths of the Weald Way and the Vanguard Way. Both races start and finish in the village of Chiddingly and encompass the surrounding beauty of the Sussex countryside en route. The courses are approximately 75% (half marathon) - 85% (59km ultra) off-road, and as the runners travel along the picturesque and undulating routes, they will take in a great variety of landscapes containing rolling hills, irregular shaped fields and ancient woodlands. Runners participating in the 50km Ultra Trail race will experience the added bonus of the spectacular views from the open heathland of the Ashdown Forest.

FUTURE RACES - Entry details for most of the following races can be found at:

<http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

Junior welcome with seniors or special children's races - marked in purple Club (SS) Grand Prix race in mustard

29 April – 12 July 2017	
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend) (SS Grand Prix) + Kids races
30 Apr	Three Forts Challenge
1 May	Barcombe 10k / 6k
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Hedgehoppers 5, Portslade
7 May	Hastings 5 M (SS Grand Prix)
7 May	Run Wisborough 5K & 10K
13 May	Preston Park Park Run (SS Grand Prix)
14 May	Seaford Half Marathon
14 May	Eastbourne Trackstar Marathon
14 May	Arun River Marathon
14 May	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
14 May	Barton Stacey, Winchester 10K & Kid's Races
14 May	Star Fish Races, Tunbridge Wells + Kids races
14 May	Little Horsted School Fun Run + Kids races
17 May	Trundle Hill Run, Chichester
18 May	Out of the Blue 5k & 10k, Battle
21 May	Ashdown Forest 5K Fun Run
21 May	Horsham 10K + Kids races
21 May	Bognor Prom 10k
21 May	Super Sunday, Super Hero, Brighton
28 May	Mud Monster Run, East Grinstead
28 May	Weald Challenge 50K Ultra & Half Marathon
28 May	Rye 10M
29 May	Friston 5 & Adder 10M (SS Grand Prix)
31 May	Bexhill 5K & Kids Youth mile
4 June	Worthing 10K
10 June	Hove Park Fun Run (SS Grand Prix)
11 June	Martello Rotary Seaford Half Marathon
11 June	Hove Park Fun Run 5K & Children's Races
24 June	Race to the King Ultra Marathon
24 June	Downland Dash
25 June	Heathfield 10k
25 June	Bates Green Gallop, Arlington
28 Jun	Bexhill 5K Kids Youth mile
1 July	Peacehaven Park Run (SS Grand Prix)
2 July	Bewl 15M
5 July	Roundhill Romp, Steyning
7 July	Rye 10K
11 July	Beat the Tide 10K
12 July	Beach Run, Arun
12 July	Phoenix 10K (Wednesday)

16 July 2017 onwards	
16 July	Eastbourne Golden Mile & 5K (SS Grand Prix)
16 July	Brighton Trailblazer 10K
26 July	Bexhill 5K & Kids Youth Mile
30 July	Seven Stiles, Henfield
2 Aug	Highdown Hike, Worthing
9 Aug	Windlesham House 4, Worthing
11 Aug	Rye 10K
13 Aug	Henfield Half Marathon
19 Aug	Twilight Chase, Winchelsea
20 Aug	Hornets Stinger, Hove
27 Aug	Arundel 10K
28 Aug	Kings Head Canter 5K
3 Sept	Fittleworth 5
3 Sept	Arlingly 5-mile Fun Run + Kids races
3 Sept	South Coast Half, 10K & 5K, Seaford
8 Sept	Rye 5K
9 Sept	Race the Horse XC Half & 10K, Plumpton
10 Sept	Littlehampton 10K
10 Sept	K9 Challenge (Run/Walk with dog) Stanmer Pk
10 Sept	Hellingly 10K (SS Grand Prix)
16 Sept	Tod Anstee Halcock Valley 8 miler, Chichester
17 Sept	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
17 Sept	Rother Valley 10K Northiam to Bodiam
17 Sept	Tilgate Forest
24 Sept	Barns Green Half Marathon & 10K
1 Oct	Lewes Downland 10M (SS Grand Prix)
1 Oct	Tempo 10K, Eastbourne
1 Oct	Alf Shrubb 5 XC, Slinfold, Horsham
8 Oct	Sussex Marathon & Half Marathon
8 Oct	Hickstead Gallop
15 Oct	Bright 10
28 Oct	Beachy Head Marathon + 10K
29 Oct	Hove Prom 10K (SS Grand Prix)
29 Oct	Steepdown Challenge, Lancing
29 Oct	Crawley 10K
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
11 Nov	Poppy Half Marathon + 10K & 5K
3 Dec	Crowborough 10K (SS Grand Prix)
?? Dec	Mince Pie 10 miler
16 Dec	Brighton City Races
16 Dec	Christmas Pudding Dash, Pett
1 Jan	Hangover 5, Goring
25 Feb	Brighton Half
15 Apr	Brighton Marathon

Club Grand Prix 2017

Please note that the Club Grand Prix events noted at the front of this newsletter are marked on the enclosed race list in mustard (**SS Grand Prix**). They are however subject to change, especially as Peacehaven Park Run has yet to be confirmed – currently scheduled to commence in June.

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well as for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to accompany it. Email: hilary@hilton-it.co.uk

That's all for now folks as far as the senior section is concerned, also see separate junior section.

SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations



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