



SEAFORD STRIDERS NEWSLETTER

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

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Club Grand Prix 2017

29 May	5M	Friston Forest	Trail run	https://www.entrycentral.com/festival/225
10 Jun	5K	Peacehaven	Park Run	http://www.parkrun.org.uk/brighton/ NOTE change of venue
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/

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 Beachy Head Marathon on 28th October. Please note these dates and make yourself available if at all possible.



HAYWARDS HEATH 10 MILER by Dave Freeman (photo left)

The Haywards Heath 10 miler is the second race of the mid Sussex marathon weekend. The race started on the High Street and works its way into Victoria Park completing two loops of footpaths, trails, housing estates and road sections around Haywards Heath before finishing back in Victoria Park. The weather was overcast with sunny intervals and a cool wind, which was nice to run in.

There were 477 varied club runners participating in a well-supported event. A lot of local children from the housing estates gave morale boosting hi fives to the runners and handed out much needed jelly babies. The first of the Striders across the line was Joel Eaton with 01:04:10

in an overall place of 14th. Joel would have run a much faster time but was unlucky to find a corner poorly marshalled and with a few other runners went off course.

Hot on Joel's heels was Gareth Hutchinson in 01:04:34, Edward Tuckey 01:07:52 and Luke Borland 01:08:27; all posting impressive times. There was a friendly competitive sprint finish from Ben Shorer in 01:17:09 and Emily Eaton in 01:17:10. Newcomer Dave Freeman with 01:20:27 was competing in his first event for the Striders and was followed by Neil Harrison 01:23:23, having suffered some bad cramp during the race. Another good sprint finish from Anna Norman with 01:26:55 was followed by Kristiane Sherry in 01:30:18, Hilary Humphreys with 01:31:49, Claire Keith 01:34.58 and Emma Goodwin with 01:43:09. It was nice to see all the Seaford Striders staying to cheer on the remainder of the team coming across the line.



Photo above, from L-R Luke Borland, Gareth Hutchinson, Emily Eaton, Kristiane Sherry, Hilary Humphreys, Dave Freeman, Ben Shorer and Ed Tuckley



Photo left – Claire Keith. Photo right – Anna Norman

Photo below – a 'smiling' Emma Goodwin





Photo far left Neil Harrison and left Joel Eaton

All photos this race courtesy of Tony Humphreys

HASTINGS 5 MILER



The beat from the drummers gets the runners started at the Hastings 5 miler

Article to follow from Anna Norman.

Headline grabbers for the Striders, all achieving PBs, were Joel Eaton, who made it look easy in a time of 28:43 and Simon Fletcher in an equally imposing 29:18, impressive coming on the back of London. Completing the trio of frontrunners was Ed Tuckley in another notable time of 30:36.

Next, not far off the pace of that trio and leading another of his own, came Luke Borland, who's in a rich vein of form and achieved another PB in 31:14; and he was followed by close friends Dave Freeman and Ben Shorer, both recent additions to the club, who are both improving on a daily basis and constantly vying to be in the lead. On this occasion, Dave took the honour finishing in an impressive 34:50 with Ben close on his heels in 35:32.

Next, it was the turn of the females, with Emily Eaton in 35:42 and Anna Norman in another PB time of 39:04; with Peter Weeks finishing hard on Anna's heels in 39:19. Then it was the turn of Sue Garner to cross the line, 1st in her age group in 40:37, doubly impressive following on from the London Marathon. Finishing off the interest as far as the Striders were concerned was Hilary Humphreys in a PB time of 41:11 and Emma Goodwin, who was racing for the first time over this distance and managed a fantastic sprint finish overtake in 45:51.



Photo above L-R Sue, Joel, Emily, Emma, Hilary, Anna & Luke



Photo far left Simon Fletcher and left Ed Tuckley

All photos this race courtesy of Tony Humphreys

Photos below L-R Ben Shorer, Dave Freeman and Pete Weeks



CLUB TRACK NIGHTS IN LEWES



Mondays, 5th June and 3rd July

Monthly Training Session

7.30pm – Lewes Track

COUCH-to-5K - PARKRUN by Rob Plant



Photos from L-R Matt Franks; Simon Homer and Rob Plant

All photos this race courtesy of Tony Humphreys



Photos from L-R Stacey Jones; Joanna Simons; Victoria Maleski; Jo Enright and Sandra Standen



Photo L Debbie Plant and below Tina Butterworth



Group photo above – fantastic support from the Striders for the ‘couch to 5’ group finishing
Well the day had finally arrived. The newly formed Seaford Striders' Couch to 5K group arrived at Preston Park in Brighton with a mix of excitement, anticipation and a touch of nervousness. This is what we had been building up to for over 9 weeks - to complete a parkrun and achieve what for some of us, was impossible, (I know I did) and that was completing a 5k parkrun.

Seaford Striders were out in force on a Saturday morning, which was perfect weather for running. Ten ‘Couch to 5K’s, with many more experienced Striders, were there to help us get around. The sea of Striders' shirts certainly grabbed people's attention and a mention from the Race Director, before the start, ensured everyone knew why we were there. We received a big cheer and many well wishes as we nervously walked to the start.

Photo below – 9 of us celebrate our achievement, from L-R Matt, Joanna, Deb, Rob, Stacey, Simon, Tina, Jo & Sandra



We started as a group, right at the very back of the field however, we soon broke off into little groups with our trusty, experienced Striders by our sides, continuously encouraging and helping us on our way. Throughout the entire run we had claps, cheers of "come on Striders" and words of encouragement and support from the entire field.

Once the faster, experienced Striders had completed their own runs, they too came and helped us on the final sections of the race and over the line. Some of our times were faster, some slower, however, we all finished, helped along with support from all around. My wife, Debbie, ran too and was helped along in her grumpier moments, which I understand was the entire run, (yes, she said I could write that), by Simon, who told her that we were, all of us, beating everyone sitting at home on their couch.

Of course, this wouldn't have been possible without the assistance of an array of wonderful Seaford Striders. A special mention to Emma, Terry, Simon, Hilary and of course the fabulous Tom who headed up the group - our help every week has been inspiring. Thank you, I hope I speak for everyone when I say we have been on an incredible journey. We have made new friends and achieved new goals. Right, what's next? Who is up for a 10k run? Only joking. Or am I?

And last but by no means last a humongous well done to us all - Matt, Simon, Stacey, Jo, Deb, Victoria, Sandra, Jo, Tina and me, Rob. Seaford Striders' Couch to 5K, the originals, minus a few who didn't make the run today don't worry, there is another Parkrun next week!

PRESTON PARK PARKRUN - full results

Edward Tuckley finished 10th in a new PB time of 18:48; followed by Scott Hitchcock in 13th place in a time of 19:09 – just two seconds off another PB. Dave Freeman once again showed Ben Shorer the way home, finishing in times of 21:08 and 21:32 respectively. Ben achieved a PB with his time and hard on their heels was Joe Plant, still recovering from injury and putting in a worthy time of 22:32.

Peter Weeks was next to cross the line in 23:05, just in front of Emily Eaton, first female Strider home in an excellent time of 23:45, especially so given that she was pushing one year old son Caleb! Next across the line was Kristiane Sherry in another great time of 23:56 and she was followed by Richard Honeyman in a PB time of 25:36.

Then it was the turn of Matt Franks who took the honour of first Strider from the newly formed 'couch to 5k' group to cross the line in a remarkable time of 28:19. He was followed by Simon Homer in 31:14. Crossing the line together was Stacey Jones and Joanna Simmons in equal 31:43 and they were followed by Debbie Plant in 34:59 and Rob Plant in 37:24. Finishing almost in a group were Victoria Maleski in 37:25, Jo Enright, 37:28, Sandra Standen, 37:29 and Tina Butterworth in 40:12.

Mention must also be given to Striders who stayed with this new group throughout the weeks of the course and during this race, namely Emma Goodwin, Simon Nixon, Tom Roper and Hilary Humphreys. Also, the rest of the Seaford Striders who, once their own race was finished looped back to run with and encourage their newer team members – a demonstration of excellent sporting camaraderie from a running club noted for their welcoming nature.

Thanks also from Seaford Striders to the organisers, marshals and runners at Preston Park Parkrun for making us all so very welcome – very much appreciated!

SEAFORD HALF by Joel Eaton



The Seaford Half Marathon, on 12th May, concluded a special weekend that showed-off the wider benefits of being part of Seaford Striders. The support, encouragement, and team spirit that was on-show for the culmination of the couch-to-5K group at Preston Park Parkrun on Saturday, was once again on display for Sunday's Seaford Half Marathon. **Photo right – Joel coming in to finish**

The mostly off-road race starts and finishes on the promenade and takes in Bishopstone village, veers through Rathfinney Wine Estate, joins the South Downs Way to Alfriston, and then drags you through the Cuckmere valley and over Seaford Head. Scenic? Yep. Hilly? Absolutely. This is a tough course but one that should hold no surprises for Striders as it encompasses sections of regular summer routes. **Photo left – Emily coming in to finish**



Race day itself was dry, although residual rain from the night before provided some slippery sections along the Cuckmere river. With Striders, en masse at the finish line, the Bishopstone Road crossing and the first water station and then scattered throughout the route, there can be no complaint of any lack of encouragement and friendly faces cheering club members on.

Myself, Dave Dunstall, Billy Moakes, Scott Hitchcock, and Emily Eaton were all present on the start line, with Scott having to be refrained from leading an impromptu fitness class, while we all waited patiently for the time keeper (idea for the Mince Pie Ten?!?)

Having the support from your club all the way around a race is a great feeling (special mention to Pete for some uphill pacing!), and once again proudly showed off the friendly and encouraging team spirit that defines the club.

Results for Seaford Half: Joel Eaton, 01:26:43, (3rd place); Dave Dunstall, 01:38:43, (13th place); Billy Moakes, 01:39:16, (14th place); Scott Hitchcock, 01:41:51 (19th place) and Emily Eaton, 01:57:49

INAUGURAL PEACEHAVEN PARK PARKRUN



Photos from L-R Joel, Ed, Pete, Emma, Josh, Victoria, Simon, Sandra, Kristy, Hilary, Tina, Debbie and Joe

Photos this race courtesy of Tony Humphreys

Photo below The Eaton Family – Joel, Caleb and Emily

Saturday, 20th May was the inaugural Peacehaven Parkrun in Centenary Park, Peacehaven and Seaford Striders were out in force to celebrate having a parkrun so close to home. After early morning rain, the weather was ideal for running, with just a slight nip in the air to keep the runners from overheating. The undulating course is run on a mixture of wide pea shingle path and grass and is a three-lap course starting just east of the café, with the first lap being slightly longer than the final two.

Jason Harrold (Crawley Saints and Sinners) was first to finish in a cracking time of 18:09 and the first female across the line was Seaford Strider, Emily Eaton in a fabulous time of 22:00.



You could almost have thrown a blanket over the first four Striders, who finished in 4th, 5th, 6th and 7th position overall.



First of them was Joel Eaton, pushing son Caleb in a superb time of 20:18; and he was followed by Josh Nisbett who was 1st in his age group in 20:32. Hard on his heels was Ed Tuckley in 20:40 and Jacob Miles in 20:42.

Next to cross the line for the Striders was Dave Freeman in 21:49 and Ben Shorer in 23:06 both maybe wishing the night before hadn't been such a long one! Youngest Strider on the course was Joe Plant and he crossed the line next in 24:11, giving him a very well deserved first slot in his age group. Simon Nixon was next to finish in 24:53, just seconds ahead of second female Strider home, Kristiane Sherry who was also 1st in her age group in 24:57.

Richard Honeyman finished in a reputable 26:54, just ahead of Peter Weeks 27:41 and Emma Goodwin in 29:04. Then it was the turn of the newly formed 'couch to 5k' members with Debbie Plant nursing an injury but still managing a very respectable 36:13; Victoria Maleski in 37:24; Sandra Standen in 37:29 and Tina Butterworth in 40:28, all matching their last week's scores at Preston Park – an excellent result given that this was a hillier course, so overall times were down.

Photo left, 1st in age group, Josh Nisbett

Mention must also be given to Striders who, once their own race was finished looped back to run with and encourage their newer team members, or waited at the finish line to cheer them home – once again demonstrating excellent sporting camaraderie from a running club noted for their friendliness.

Thanks also from Seaford Striders to the organisers, marshals and runners at Peacehaven Parkrun for making us all so very welcome – very much appreciated!

SUMMER SOLSTICE 5K RUN - Wed, 21st JUNE



The 2017 Summer Solstice 5K run will start at 7pm from the Seaford Sailing Club and is free. The course is out and back along the seafront so nice and flat! There will also be a shorter course of approx. 2.5.



The Sailing Club will be open at the finish for the purchase of drinks snacks and meals – a perfect way to socialise and get to know everyone!

This is for seniors, juniors and 'couch to 5k' members, so come along and join in.

CLUB KIT - also available in vests!

Sponsorship from Inter Sport means we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities.



Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.

To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct hilary@hilton-it.co.uk Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.

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

4 June – 28 August 2017	
4 Jun	Worthing 10K
10 Jun	Peacehaven Parkrun (SS Grand Prix)
11 Jun	Martello Rotary Seaford Half Marathon
11 Jun	Hove Park Fun Run 5K & Children's Races
16 Jun	Go Girl, Women only 5k race B&H
21 Jun	Mi Summer 5, Chichester & U15's mini mile
24 Jun	Race to the King Ultra Marathon
24 Jun	Downland Dash
25 Jun	Heathfield 10k
25 Jun	Bates Green Gallop, Arlington
28 Jun	Bexhill 5K Kids Youth mile
1 Jul	Peacehaven Park Run (SS Grand Prix)
2 Jul	Bewl 15M
5 Jul	Roundhill Romp, Steyning
7 Jul	Rye 10K
11 Jul	Beat the Tide 10K
12 Jul	Beach Run, Arun
12 Jul	Phoenix 10K (Wednesday)
16 Jul	Eastbourne Golden Mile & 5K (SS Grand Prix)
16 Jul	Brighton Trailblazer 10K
26 Jul	Bexhill 5K & Kids Youth Mile
30 Jul	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 September 2017 onwards	
3 Sep	Fittleworth 5
3 Sep	Arlingly 5-mile Fun Run + Kids races
3 Sep	South Coast Half, 10K & 5K, Seaford
8 Sep	Rye 5K
9 Sep	Race the Horse XC Half & 10K, Plumpton
10 Sep	Littlehampton 10K
10 Sep	K9 Challenge (Run/Walk with dog) Stanmer Pk
10 Sep	Hellingly 10K (SS Grand Prix)
16 Sep	Tod Anstee Halcock Valley 8 miler, Chichester
17 Sep	Rother Valley 10K Northiam to Bodiam
17 Sep	Tilgate Forest
24 Sep	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
24 Sep	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
19 Nov	Brighton 10K
3 Dec	DownInd Devil 9
3 Dec	Crowborough 10K (SS Grand Prix)
10 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
6 May	3 Forts Challenge, Chanctonbury Ring

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



Estate Agents
[Tel: 01323 898414](tel:01323898414)



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