



SEAFORD STRIDERS NEWSLETTER

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

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Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders> July 2017

Club Grand Prix 2017

1 July	5K	Peacehaven	Park Run	http://www.parkrun.org.uk/brighton/
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 TRACK NIGHTS IN LEWES



Mondays, 3rd July and 7th August

Monthly Training Session

7.30pm – Lewes Track

CYCLE AMSTERDAM for Teenage Cancer Trust fundraising by Luke Borland



Everyone who has young children fears for their general safety and wellbeing. Young people with cancer need all the support there is and 'The Teenage Cancer Trust seeks to provide

A group of 12 of us, including 5 staff from Hailsham Community College (Luke Borland, Luke Gander, Tom Kelly, Dave Miller and Phil Matthews) cycled from Dieppe to Amsterdam, a distance of over 550km over a period of 4 days:

Day 1. Dieppe to Arras. 158km

Day 2. Arras to Gent. 142km

Day 3. Gent to Rotterdam 180km

Day 4. Rotterdam to Amsterdam. 78km

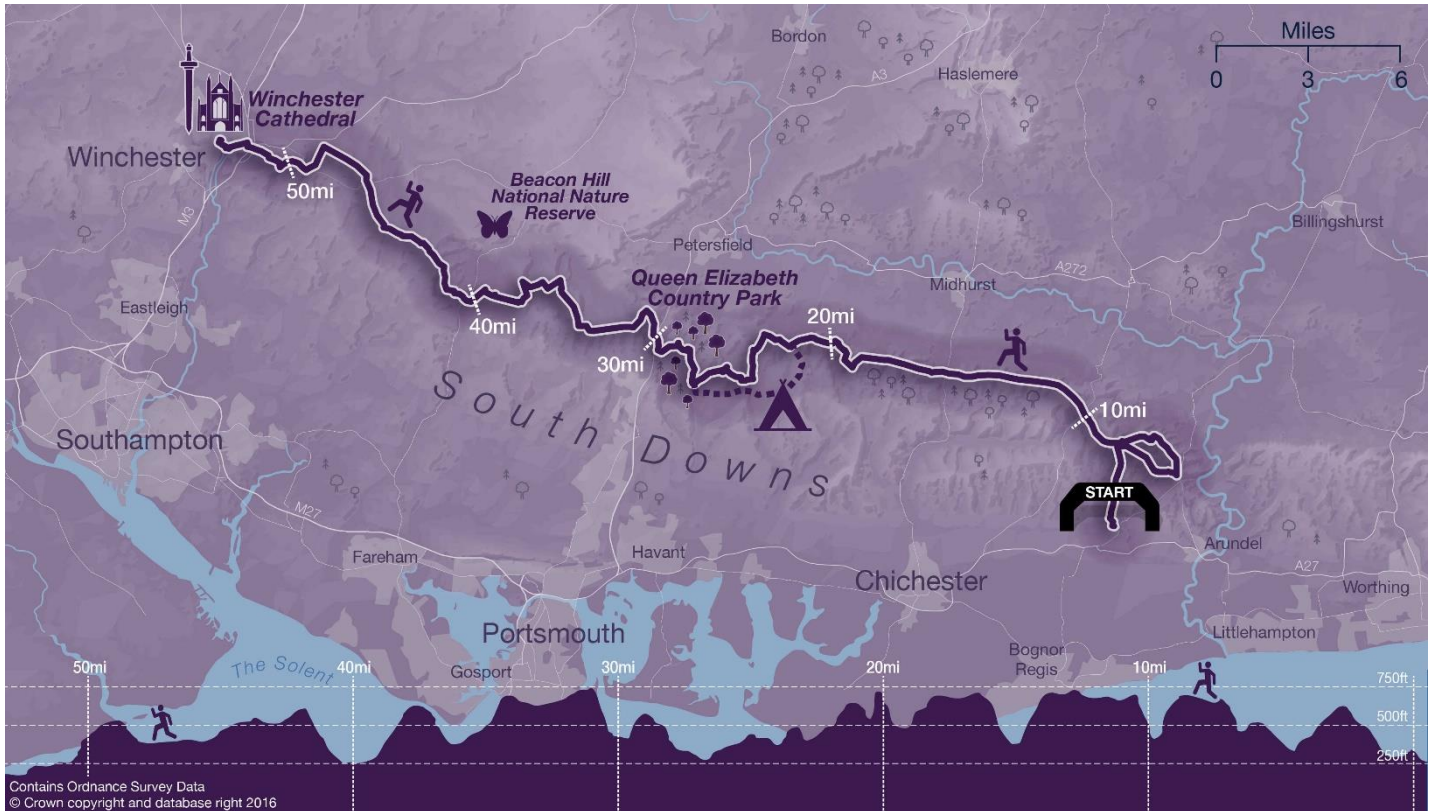


We would like to support the amazing work that the Teenage Cancer Trust does and would welcome any donations to help us on our way to our target of £1,000.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

Please show your support by donating via the following link: www.justgiving.com/fundraising/Amsterdam2017

RACE TO THE KING ULTRA by David Ainsworth



'The Ultra-marathon from Arundel to Winchester was every bit as gruelling as I thought it would be. Luckily, the weather was incredibly kind to us, given the heatwave that had just occurred a few days prior to the event. Both me and my teammate Barnaby were feeling very strong after 10 miles and, to our surprise, we were actually enjoying the event. The seven pit stops along the way broke up the 53.5 miles nicely, and seeing the large '1 Mile to next Pit Stop' sign was always met with huge sighs of relief. Unfortunately, our partnership ended after the 15th mile; right before Buster Hill (an infamously steep ascent where the army train), Barney went over on his already sore ankle (from a recent rugby injury) and we had to stop for medical attention at the second pit stop. If I thought up until that point that I had landed myself in HBO's *Band of Brothers*, my suspicions were only confirmed at that medical tent. Several people had already injured themselves, with one woman wrapped in a foil blanket, shaking, bleeding heavily from the arm and just generally freaking out.

Fearing that Barney was going to have to pull out, and feeling unnerved by the state of my surroundings, we agreed I had to push on alone. I stupidly left all my provisions in our bag with Barney in an act of solidarity, and headed on to the halfway point. To my surprise, the fellow runners and walkers were incredibly pleasant to chat with, and thus I ended up making several friends, many of whom would soon abandon me at base-camp as I was doing the event non-stop. In spite of

the fact that some of the hills could loosely be described as mountains, I was making short work of them. I replenished well at each stop, and had managed to contact Barney to find out that he had somehow made it past base-camp (24 miles) and was soldering on despite his ankle. I could not quite believe it, and promised to slow down and wait for him at the next stop.

Barney eventually managed to make it to 30 miles, just seven behind me, before he strained his knee and had to pull out for good. I was sad and tired, but I knew at least one of us had to finish. Problems for me only began to hit home after the 42nd mile, and whilst I was making good time (45 miles in just over 12 hours), it was around this point that I strained my anterior tibialis. For those last 5-8 miles I was limping and it was getting dark, and with no head-torch (left in the bag with Barney), I knew I had to finish soon. At the last pit stop (49 miles), I rested with coffee for 5-10 minutes and panic started to settle in. The importance of making friends, however, was soon confirmed when Becky, a nice lady I had met at base-camp, appeared out of nowhere. I was ordered to stick with her from a crew member as she had a torch, and given my present state, I was in no position to disagree. She effectively carried me to the finish line with her partner Phil (who had thrown up three times on course due to bad salmon), and because she is a regular marathon runner, she was more than capable of finishing the course comfortably with my crippled body in tow. My *Band of Brothers* analogy felt complete.

This is without a doubt the hardest thing I have ever done. Becky could not believe that I had only trained for two months, nor could she believe that I had abandoned my bag whilst everyone else was carrying hundreds of pounds worth of necessities. Were it not for her, I may not have made it, but equally, given that I was crying from pain, it would have been quite inhuman to leave me at the last pit stop. In the end, the whole course took me 17 hours, and given that my goal was 20, and the fact I was injured for the last 10 miles, I feel a huge sense of relief and accomplishment.

Overall though, I made it. And we raised over £650 for a charity very close to my heart. I am currently resting up at home, praying that my leg

is just strained and not torn, whilst Barney is out of action for a month with strained knee ligaments. I am very proud of both of us. I have many people to thank, especially Pete, as I imagined him behind me the whole way shouting my name, but I would like to thank the Striders, because I would never have been able to complete something like this were it not for the regular community running. So, thank you. Hope to see you all again soon!

Footnote: Fellow Strider David Ainsworth is also fundraising, this time for his best friend's charity, Charlotte's BAG (Battle Against Glioblastoma) in memory of his sister, Charlotte Eades, who lost her battle with brain cancer last year. The pair have already raised £650 but with your help they could raise more, please follow the link to David's Justgiving page:

<https://www.justgiving.com/crowdfunding/CharlottesBAG>



HORSHAM 10K by Kristiane Sherry



The popularity of the annual Horsham 10k event took most Striders by surprise this year, with the event selling out well ahead of its 20th May race date. As such, a fair few of the more, shall we say, relaxed members had missed out on a space in the Sussex Grand Prix race. I was one of those who hadn't secured a spot, but the eagle eyes of fellow Strider Ed Tuckley spotted that a pair of runners had returned their numbers and secured a number swap through the official channels. Just a couple of days before the race it was confirmed – we were in!

It's easy to see why the race has become so popular – it is well organised by Horsham Joggers with friendly marshals and a nicely challenging but not too fierce undulating two-lap course to get stuck in to. I'm still fairly new to the club and the race was only my second 'official' 10k distance. Would it produce a PB?

Lining up on the sunny start line with temperatures rising quickly with the good weather, it seemed unlikely. The gun went and the race started with a one-lap charge around the pitch at Horsham Rugby Club, before we all turned left and set out on the course, a mix of road, lane and bridleway.

The water station came up fast as the route swings onto the bridleway section, uneven underfoot and uphill. Then, at the top, we turned left again onto a tree-lined lane – the cool shade and downhill section proving pretty fast. But it lulls you into a false sense of security – after passing over a bridge at the bottom of the hill, a sharpish uphill brought be to my senses and I made a mental note to keep some energy back for the incline on the second lap.

After that I took it at what felt like a fairly steady pace – I glimpsed Anna Norman up ahead but didn't think it wise to attempt to overtake anyone in lap one. The route continued through a residential area where locals had turned out to offer the runners great support, before turning downhill once again, this time on busier roads. The marshals did a great job managing traffic flow and the race all went smoothly.

The lap finishes with a long uphill drag, which while isn't steep, does somehow manage to sap the legs. Let's just say the water stop was a welcome sight as lap two got under way.

The undulations felt tougher on the second lap, and with the sun getting hotter it certainly seemed a tougher course that I'd expected. While Strava tells me my second lap was considerably slower it felt like I'd pushed on more. The conclusion? More hill training needed!

Coming up that final hill on the second lap felt hellish – but the support from locals and marshals was fantastic and spurred all the Striders on to finish the race strong with some great times. I was delighted to be the first female Strider home. But was it a PB? Missed it by one second!

As I came in the faster runners were there cheering the rest of us on in fine voice, as is the Striders style. The zippy Simon Fletcher had finished in sixth overall in an impressive 37:29 followed by Ed in 39:02 and then Luke Borland in 40:33. Josh Nisbett came in next in 42:35, followed by Ben Shorer in 45:30 and Peter Weeks in 49:00 flat, before it was my turn in 51:48. Anna Norman and Claire Keith posted strong times in 52:20 and 54:48 respectively. Speedy Striders all round!

I'd highly recommend the Horsham 10k. It's pleasingly challenging course with excellent support and a great atmosphere to push you round. A second water station at the top of the hill could be a good addition for 2018 if the weather is fine again. Just remember – get those entries in early!

“An Unlikely Runner” by Victoria Maleski

I am not your typical runner. I guess it stemmed from comments from PE teachers and fellow pupils at school, as I was usually the last person to be picked into teams for sports... but I am fairly determined and enjoy challenging myself.

I took early retirement a couple of years back and moved back to Seaford at around the same time. I have enjoyed the new-found freedom and have used the opportunity to see what I can accomplish. I was tempted by the random Seaford Striders Facebook advert about the c25k programme, but didn't really make up my mind to take part until the actual day. I'm overweight, in my mid 50's, had regularly walked our dogs, but committing to learning to run would be a massive step for me.

Any fears I had about the experienced runners looking down on us quickly disappeared. I have found everyone at Seaford Striders to be so friendly and encouraging. This has made such a big difference to my running confidence. I keep saying to myself that the only person I am running against is myself.

The first session was personally challenging, but I kept to the c25k programme, doing two sessions by myself in between the Wednesday evening Striders session. I can now look back at what all of us on the c25k programme have achieved. We may all run at different speeds and have different ambitions, but I am sure we all can feel really proud of the progress we have made. None of this would have been possible without all the Striders who have given up their running time to help us in that process. I am touched by their kindness and encouragement.

I am writing this after completing my third 5k parkrun in 3 weeks. I still can't believe I have managed to do this and to be enjoying it so much (well once I finish each parkrun). It is tough, but there is a massive sense of achievement.

So, it is a big thank you from me to Seaford Striders and I am sure also from the other c25k "graduates".



THIRSTY THURSDAY - Thursday, 29th JUNE



That's right folks – it is time to celebrate the arrival of the summer! Why not take this opportunity of coming together for a social evening at 'The Wellington Pub' (The Welly) 33 Steyne Road, Seaford, from 8pm onwards on Thursday, 29th June. Get to know your fellow Striders in a relaxed manner – let's talk without the running for a change – makes breathing easier!



VITALITY LONDON 10,000 by Richard Honeyman

This popular 10km race takes place each Spring Bank Holiday in London starting on The Mall and finishing in Spur Road opposite Buckingham Palace. This was the tenth year of this race, organised by London Marathon, originally a 'test' route for the London 2012 Olympic Games marathon - yes laps were involved for this. The route has been tweaked over the years and now attracts elite 10km runners, in its own right.

The weather this year was overcast and humidity very high. A large field of over 12,400 finishers completed the almost flat course.

First was Andy Butchart in 29:18, and first lady the brilliant Jo Pavey in 32:57. As far as I was concerned, I have competed in all of the ten editions and completed this year in 52:18. I had hoped to finish in under 50 minutes but realised that after the first 1km I was 20 secs out and knew it was going to be difficult.



Nevertheless, passing some of the key London sights I thoroughly enjoyed the race. The race is always organised to a high standard and I did talk to Jo Pavey afterwards who was very pleasant to everyone. Photo above of Richard with Jo Pavey.

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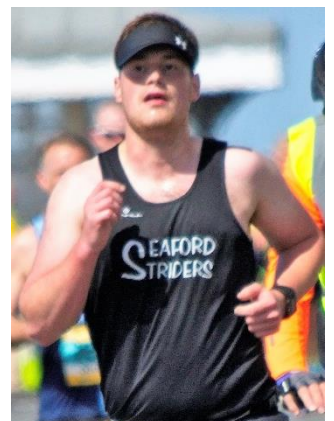
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RYE 10 MILER Simon Fletcher, 01:02:45; Gareth Hutchinson, 01:05:26 and Josh Rudd, 01:29:09

FRISTON FOREST 5 MILER by Josh Nisbett

While most people spend their bank holiday weekends relaxing and enjoying that extra day off work, a number of Striders saw it as an opportunity for more miles and races. What with Peacehaven Parkrun, Rye 10, Folkstone 10k and Weald Challenge Trail Half marathon to mention just a few, my Strava feed was full of Striders competing across the south coast.

The Friston forest 5 & Adder 10 mile races took place on the last bank holiday Monday in May. The events were capped at 44 and 66 spaces respectively, with a much smaller field turning out on the day. However, this led to a great comradery between all the runners, and a friendly feel to the race briefing and start. While the Adder 10 was a mass (if you can call it that) start at 9:30am, the Friston forest 5 was a time trial staggered start scenario, where anyone can head off after 9:40am one at a time roughly 10 seconds apart.



For those brave enough to do 10 miles in the heat & humidity it was a two-lap course around Friston forest. As it was a Club Grand Prix event, there was no surprise that all 4 of the Striders on the day had entered the shorter 1 lap 5-mile race.

The first two miles of the course took you on the outskirts of the forest that over looked the hills out to Littleington and Wilmington, all of which was uphill! After a sharp right hander and another steep climb the course eventually began to come down on itself, much to everyone's delight. The remaining 3 miles were an opportunity to gain back some time on the sluggish uphill start, with the rest of the course being on gravel tracks and only one other short steep hill to contend with.

The humidity didn't seem to slow down Joel Eaton who not only won the race, but set a course record for the 5 miles in 31:43. Next home out of the Striders was myself in 4th place with a time of 36:51, followed by Ben Shorer in 7th place and a time of 40.01 (39.59 on his watch). Our final Strider home was Emily Eaton in 24th, who like Joel was running her third race in as many days, and as if that wasn't enough did it pushing the buggy and little one round in a time of 54:10.

WORTHING 10K by Richard Honeyman

Richard photo right

On a glorious bright and sunny day, twelve Seaford Striders visited Worthing for another fundraising event, with the main beneficiary being St Barnabas House Hospice. The Striders raced alongside over two thousand runners and produced some brilliant times.

The course started slightly west of the pier and continued west for 3km or so, before a loop around leafy avenues turning to Goring Gap and then returning, with the remaining 4km eastbound being back along the seafront.

Jack Keitch (unattached) finished in 32:46 and first lady was Emma Proto, from Arena 80, who finished in 38:01. Simon Fletcher was the first finisher for the Seaford Striders, continuing his fast times at all the various running distances and finishing twelfth finisher overall, first in his category in a time of 36:19. Scott Hitchcock in 41:17 and Joshua Nisbett (43:01) also finished in outstanding times. Young Joe Plant continues in his rich vein of form, finishing in an excellent



time of 47:16. For the rest of the male contingent – veterans Phil Robinson (43:17) Peter Weeks (48:10), and Richard Honeyman (51:23) complete the men's field.

For our five ladies Anneka Redley was happy with 49:01 and the returning Anna Norman in 50:26 again was pleased with her result. Ladies vet Hilary Humphreys loved the race completing it in 53:09. Finally, the ever-pleasing Stacy Bennett (55:48) and Emma Goodwin (58:35) both got around in under the hour. Excellent results for a very fast and flat hot course!



Photo above L-R Anna Norman, Hilary Humphreys, Joe Plant, Emma Goodwin, Anneka Redley, Scott Hitchcock, Peter Weeks and Josh Nisbett

Photo left Simon Fletcher and right Phil Robinson



Photo left Stacey Bennet

All photos this race courtesy of Tony Humphreys



PEACEHAVEN PARK PARKRUN

Saturday, 19th June saw 16 Seaford Striders travel the short distance to Peacehaven, to participate in the parkrun, part of the club grand prix events – 10 of them achieved PBs.

Results: Josh Nisbett, 19:57 PB; James Smith, 20:30; Ed Tuckley, 20:46; Ben Shorer, 22:23 PB; Joe Plant, 23:37 PB; Simon Nixon, 24:24 PB; Matt Franks, 24:43 PB; Kristy Sherry, 25:07; Hilary Humphreys, 25:11 PB; Richard Honeyman, 27:02; Emma Goodwin, 28:52 PB; Tom Roper, 30:29 PB; Simon Homer, 30:38; Victoria Maleski 35:48 PB; Sandra Standen, 35:54 PB; Rob Plant, 37:06.

MARTELLO HALF by Tom Roper & Trevor Jones

Tom photo right and Trevor far right

When the Lions moved the Seaford Half from its traditional mid-June date to May, they left a half-marathon shaped hole in the running calendar. Running, like all of nature, abhors a vacuum, and in 2016 the Martello Rotary Club organised the first Triple Challenge, which includes a half-marathon for runners, as well as a choice of 20 and 30 mile routes for cyclists, and a walking option. The Rotary organisation has been involved in good causes since its creation in 1905, and the beneficiary of this particular event is the British Heart Foundation.

The 2016 event was notable for thick fog and rain that caused at least one runner to lose his way. This year was much better with at least an absence of the rain although the fog was still up there on the downs! Would history repeat itself? But no, thanks to improved marshalling and signage the event ran much more smoothly, with members of the Seaford Striders managing the road crossing as well as the timekeeping, not forgetting the comforting sight of Tony with his camera near the finish line, photographing us, warts and all!



Three Striders lined up with thirty-odd runners, and a similar number of cyclists, Amanda Feast, Trevor Jones and Tom Roper undertaking the half marathon. The cyclists were off first and, after a decent interval, we were sent off westwards towards the Sailing Club. This race follows the same route as the other Seaford Half until Bishopstone, where we carry on towards Norton, where we ran out of road and started a long ascent to the top of Beddingham Hill. Climbing was warm work, and the cloud cover seemed to make it hotter. I was alarmed when warned by a marshal that there would be no water at the water stop. An accident on the A27 had stopped the car carrying the water from getting through. This was dispiriting news, but there was nothing to be done.

Once at the top of the hill, we turned east, joining a very familiar route: apart from the many training runs we've all used it for, it's the route of the Moyleman and, in reverse, the Firle half-marathon and the Bill Young Memorial Run.

The fog had set in, and visibility was very poor, but fortunately there was no rain. By the time I reached Firle Bostal I was pleased to find that there was water, despite the marshal's warning. I drank gratefully.

Then we went over Firle Beacon, the highest point of the course, and then down, turning seawards at Bo Peep. The final slog is back from Bo Peep, and following the May Seaford Half's course backwards, down to Bishopstone. Finally, with nothing left in my legs, I slogged back from Bishopstone, past the sailing club where, defying the fog, they were sailing, and along the sea front to the finish.



First finisher was Jamie Boucher in 1:29:33, while the first lady was Rachael Newble in 1:50:47. Amanda Feast was the first Strider home in 2:04:27, while Trevor Jones finished in 2:20:58 and Tom Roper in 3:03:37.

In summing up, there was a lot of positive feedback about the route (despite great views obscured by the fog) and the improved marshalling. The finish line though is a lonely place (Martin and Hilary did give a welcome return) but don't expect the cheering crowds as expected with the Lions Half Marathon. This is only the 2nd year and if its organisers keep it going, it will no doubt get bigger and better. This race does come highly recommended. It's different from the May half, without the long slog by the Cuckmere, and the leg-shredding descent of Seaford Head, and the views, on a clear day, would be spectacular. Next year, perhaps!

Photo left – new lady Strider, Amanda Feast

A 'Couch to 5k' runner comes of age by Jo Enright

On 29th March, I took the plunge and joined the Seaford Striders Couch to 5k (C25K) group for the second week of the programme. I had been persuaded by my friend, a current Strider, to give it a try. I decided to go along to show willing but wasn't planning to attend regularly! That week we were asked to run for 90 second intervals, alternating with a 2-minute walk. I remember commenting to a fellow C25K'er that running for 90 seconds would be a challenge for me.

It's now 12 weeks later and since that initial session I have regularly attended the group and have run on my own in between. I had fun joining the Seaford Striders for my first Parkrun in Preston Park. I followed this up shortly afterwards with another Parkrun in Eastbourne.

My real achievement was completing the Eastbourne Race for Life 10k on 18 June. This is something I never thought I would be able to do! I used to play sports at school and since then have been a sporadic gym goer, but running has never appealed to me as it was something that I didn't think I was capable of.

After completing a couple of 5ks I decided to try and push myself a bit further and the 10k felt like a natural progression. I didn't sign up until the night before and didn't tell anyone I was going to run, as I still wasn't sure I could commit to it! I liked the idea of the Race for Life as I knew it wouldn't be a pressurised race and I would be able to go at my own pace. After losing my mum, my mother-in-law and father-in-law to cancer, it also felt like a good opportunity to combine my new challenge with supporting Cancer Research UK.

Sunday 18 June was a scorcher and the heat added to the feeling of 'how on earth am I going to complete this?!' but I did and felt hugely proud not only of completing the race but also running it in roughly the time I was aiming for.

I have greatly valued the support that experienced Striders have given the C25K group, whether that be running with us each week, pacing us at the Parkruns or cheering us on when they have finished their own races. I am now able to contemplate calling myself a runner! <https://fundraise.cancerresearchuk.org/page/jos-race-for-life-2181>



HEATHFIELD 10K by Josh Nisbett

The Heathfield 10k took place on the last weekend/Sunday in June, and was the next instalment in the Sussex Grand Prix series. Thankfully the weather delivered almost perfect conditions. A slight breeze occasionally broke through the high hedges and trees that predominantly enclosed the country lane course around Cross in Hand and Waldron.

The course profile was described as 'undulating' and it was exactly that. It included a few steeper testing hills but these didn't last for very long. The first half of the course was mainly downhill and allowed for a quick 5k split, but reversing the old saying 'what goes down, must come up'. Sure enough, the second half of the course was more testing than the first, with more hills and tiring legs making things more challenging. This is a race that if you can hold your nerve, race smart and allow runners to pass you at the beginning, you can reel them back in once the going gets tough half way round when you've still got fuel in the tank.

Results: Josh Rudd, 38:50; Gareth Hutchinson, 39:22; Luke Borland, 40:25; Ed Tuckley, 41:21; Josh Nisbett, 44:13; Phil Robinson, 45:50; Anna Norman, 49:20; Peter Weeks, 49:36; (2nd in age group) Natasha Swan, 50:44; Richard Honeyman, 54:47; Hilary Humphreys, 55:51; (2nd in age group) Emma Goodwin, 1.02:09

SUMMER SOLSTICE 5K RUN by Terry Ward

On a very hot evening 46 runners set off along the prom from the Newhaven & Seaford Sailing Club for either a 2.5k or a 5k run which turned just beyond the fishing boats near Splash Point and then back to the Sailing Club. To add to the excitement a huge cliff fall had occurred earlier in the day beyond Splash Point and there were numerous rescue vehicles at that end of the prom but luckily this did not interfere with our run.

After all the entrants had registered and received a number; a new idea this year to make it easier for the finishing line team, the run started just after 7.00pm with a loud blast from the sailing club hooter.

Three juniors were first back across the line having completed the 2.5k run in under 17minutes with Amelia Brown first finishing in 14.02, an excellent time. The seniors were led home by Joel Eaton in 17.05 with over a minute to spare on second place Josh Rudd in 18.25.

It was good to see a fair number of Juniors tackling the 5k run as well as several of the Couch to 5k runners participating. No longer can we refer to them as Couch but as ordinary runners of our club.

Photo below L-R Rob Plant, Jo Enright, Alice Lennie & Sandra Standen

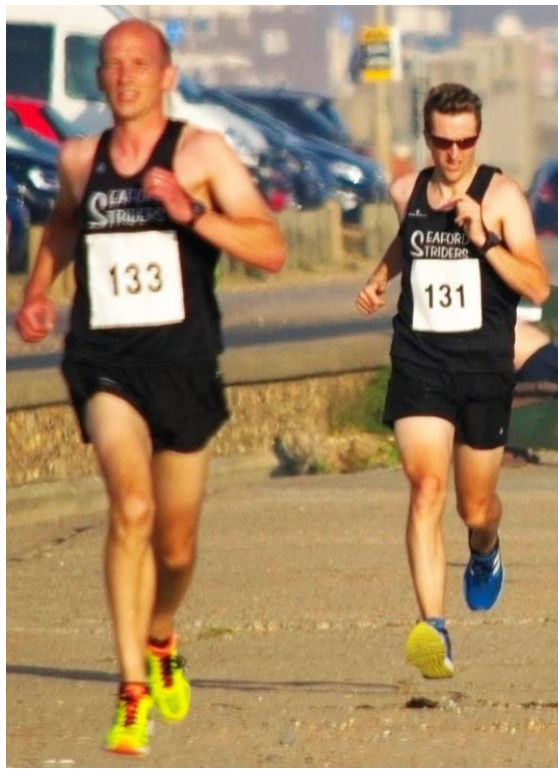


Well done to everyone who took part and to the finishing line team who recorded numbers and times and gave out water.

Photo right – Laura Latter & Edd Needham



All photos this race courtesy of Tony Humphreys



Photos above L-R Joel Eaton; Josh Rudd; Gareth Hutchison; Luke Borland; Jim Stephenson



Photos above L-R James Smith; Dave Dunstall; Joe Plant; Ben Shorer; Kevin Ives

5k Race Results

	Time
Joel Eaton	17.05
Josh Rudd	18.25
Gareth Hutchison	18.42
Luke Borland	18.46
Jim Stephenson	18.59
Josh Nisbett	19.2
James Smith	19.41

	Time	
Joel Eaton	17.05	
Joe Plant	21.48	
Ben Shorer	22.00	
Kevin Ives	22.25	
Oskar Morton	23.22	1 st Junior
Neil Harrison	23.39	
Anneka Redley	24.08	

5k Race Results	Time		Time
Matt Franks	24.15		Elly Gasson
Simon Nixon	24.50		28.12 4 th Junior
Anna Norman	24.57		Simon Homer
Edward Moakes	25.25	2 nd Junior	28.38
Christian Morton	25.49		Emma Goodwin
Richard Honeyman	26.27		29.3
Rhianna Williams	26.34		Joanna Simons
Billy Moakes	26.41		32.41
Oscar Moakes	26.41	3 rd Junior	Laura Latter
Hilary Humphreys	27.36		33.30
Andy McDonald	28.01		Ed Needham
			33.27
			Millie Daines
			35.33 5 th Junior
			Jo Enright
			36.28
			Rob Plant
			36.29
			Sandra Standen
			36.32
			Alice Lennie
			36.42



Photos above L-R Neil Harrison, Aneka Redley, Matt Franks, Simon Nixon, Anna Norman

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 possible.



Photos above L-R Christian Morton, Rhianna Williams, Richard Honeyman, Oscar Moakes with dad Billy

Photos below Joanna Simmons and the start of the 5k & 2.5k race



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





2 Marathons in 2 Days by Mike Treacy

This August I will be taking the ultimate test of stamina and endurance by attempting to complete 2 marathons in 2 days across Iceland's Laugavegupinn Trail. I will be trekking 74 kilometers through mountains, icy rivers and volcanic wasteland all to raise money for The Seaford Down's Syndrome and Special Needs Support Group.

Down's Syndrome is a disability that has always been very close to my heart as two of my younger cousins have this condition. I want to raise money

for this amazing charity that tirelessly provides hope and support for children with special needs.

The Seaford Down's Syndrome and Special Needs Support Group aims to provide enrichment to the lives of children with Down's Syndrome by providing regular activities such as swimming and music classes.

Please help me fundraise for this incredible cause. Even the smallest donation will be greatly appreciated!

Thank you!

Mike's fundraising page: <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserPage.action?userUrl=MichaelTreacy&fald=791405&isTeam=false>



SPONSORSHIP

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



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



Estate Agents
[Tel: 01323 490001](tel:01323490001)



Extensions, ground work, etc.
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Intersport – sportswear suppliers
[Tel: 01323 898516](tel:01323898516)



Residential lettings in Brighton
[Tel: 01273 672999](tel:01273672999)

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.

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

1 July – 3 September 2017	
1 Jul	Peacehaven Park Run (SS Grand Prix)
1 Jul	St Lawrence Village Fun Run, Hurstpierpoint
2 Jul	Bewl 15M
5 Jul	Roundhill Romp, Steyning
7 Jul	Rye 10K
9 Jul	Uckfield Lions 10k
10 Jul	Sussex Vets T&F League, Lewes
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
19 Jul	Wakehurst Willow 8K
26 Jul	Sussex Vets T&F League, Eastbourne
26 Jul	Crawley AC Open
26 Jul	Bexhill 5K & Kids Youth Mile
30 Jul	Seven Stiles, Henfield
2 Aug	Highdown Hike, Worthing
6 Aug	Harting MT 10 miler
9 Aug	Herstmonceux Castle Relays
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
26 Aug	13 miler – The Hard Way, Clayton
27 Aug	Will Page 10K, Newick
27 Aug	Arundel 10K
28 Aug	Kings Head Canter 5K
28 Aug	Tom Lintern, Cawley AC Open
3 Sep	Fittleworth 5
3 Sep	Arlingly 5-mile Fun Run + Kids races
3 Sep	South Coast Half, 10K & 5K, Seaford

8 September 2017 onwards	
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
23/24	Reebok Ragnar White Cliffs Relay – team event
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
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