



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> **November 2017**

Club Grand Prix 2017 - N.B. Last event will be cross country race at Framfield in December

3 Dec	10K	Crowborough	SGP	http://www.crowboroughrunners.org.uk/
17 Dec	XC	Framfield		http://www.eastsussexcrosscountry.co.uk/



CLUB TRACK NIGHTS IN LEWES

Monday 6th November and 4th December

Monthly Training Session

7.30pm – Lewes Track

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.

This race is now fully subscribed – Please help to make it a success by making yourself available to marshal – thank-you in advance.



In respect of the Mince Pie race, this year's it will be held on **Sunday, 10th December 2017**. Please do make yourself available to assist as a Marshal – the more the merrier!

This year's chosen charity will be Headway East Sussex, an organisation which offers rehabilitation and support services for people with acquired brain injuries, their families and carers. A

brain injury can result from many different causes including stroke, accident, tumour, sporting injury or assault.

<http://www.headwayeastsussex.org.uk/>

Please note that raffle prizes are also required for the Mince Pie Race – please look out for those unwanted gifts and put aside – we will be asking for them very soon!

LONDON MARATHON - Draw for the Club Place

Based on the number of Striders who are registered with England Athletics, the club are allocated one London Marathon place and club members are eligible for selection by way of a draw, which is subject to certain conditions, as follows:

- Seaford Striders RC must be your first claim club
- You must be a PAID-UP member of Seaford Striders as of 30th April 2017 for 2018 Marathon
- You must have applied for direct entry to the marathon and have received a rejection slip
- If you subsequently get your own place after the draw you must give the club place back to the club
- If you are sick or injured and cannot take part, you may either give the place back to the club or defer it to the following year.

The winner of the club draw is expected to wear Seaford Striders club colours at the London Marathon and write the event up for the newsletter (please! Ed.)

MEMBERSHIP

As the end of the year approaches, so too does the time to pay our club subscriptions, which have been kept at a very low amount, mainly because, with your help at marshalling events and the profits from our very own Mince Pie race, the club remains in a healthy financial position. All new members, who pay a full year's subscription, i.e. £16 or £8 for retired or unemployed members, also receive a free club vest or tee shirt in black – our race colours, in the hopes that you wear it with pride and compete in races.



The club would also like to encourage its members to join England Athletics £15 per year, which can be paid at the same time as club membership. This entitles discounted entry, approx. £2 per race, as well as automatic qualification to run for the club in the Sussex Grand Prix races.

COUCH 2 5K Group by Tom Roper

Our autumn Couch to 5k group is over two-thirds of the way through the nine-week programme, and will tackle the last work-out on Wednesday 8th November, 30 minutes of non-stop running.



On the Saturday 11th November, we will all go to the Peacehaven parkrun (<http://www.parkrun.org.uk/peacehaven/>) for 9 am start. Parkruns are free, weekly 5k timed runs at which everyone, fast or slow, is welcome. Register beforehand at <https://www.parkrun.org.uk/register/form/>, print off your barcode, and remember to bring it with you on the day. Hopefully you will also have joined the club and will therefore be able to wear your free club tee-shirt on the day.

We've been so impressed by the progress that everyone in the Couch to 5k group has made. Thanks for coming and for sticking with it. Thanks too to everyone in the club who have helped lead the groups, especially Simon who's led the fast group, and to Joe from Gingerfit, as well as all our eager helpers from the first Couch to 5k group and regular Striders who have helped out along the way.

If you have any ideas for ways to improve the way we organise Couch to 5k, please let me know (tom.roper@gmail.com or catch me on a Wednesday). This is the second time we've run the Couch to 5k programme and I hope we'll do it again in the future but as always, I am sure there are lessons we can learn, so please don't hesitate to pass on your feedback.

LEWES DOWNLAND 10 by Terry Ward

The weather forecast earlier in the week had promised strong wind and heavy rain on the day so plenty of mud was expected. On the day there was quite a strong wind but only one very light shower. However, this didn't stop there being some very soft muddy parts from previous rainy days.

The race starts in a field where you do one lap before going onto the downs along a track with plenty of large puddles – most of this so far is uphill with a reasonable gradient. After some way along this track you turn left and drop down a steep hill knowing that you've got to go up an equally steep path once you've reached the bottom. Once at the top there is a view towards Brighton and the i360 can be seen.

Some flatter parts now until another downhill section with the steepest uphill of the race ahead of you. Not only does this hill get progressively steeper but the path was deep sticky mud – so lots of walking for those near the back. Over the top of the hill and into the last 2 miles on undulating grass and then a lovely downhill run to the finish. Back to the race HQ in the school where delicious cakes and tea are sold. **Photo right – Terry running on more even ground at Newick)**



First runner home was James Skinner (Haywards Heath Harriers) in 1.05.05 and first lady was Marta Perez Maroto in 1.14.36. Gareth Hutchinson was first Strider in 7th place with a very competitive time of 1.09.27, Luke Borland 11th in 1.10.14; Josh Nisbett 1.21.44; Kevin Ives 1.24.07 and first timer Andy Farley 1.26.27.

Next to finish were two more first timers at this event, Ben Shorer 1.29.08 and Matt Franks 1.29.21. First lady was Anna Norman 1.31.20; followed by Anneka Redley 1.38.16; Pete Weekes 1.42.46 who gave vocal support to Amanda Feast 1.42.46 and Terry Ward 1.47.16. Unfortunately, Kristy Sherry was injured on the way round and was unable to finish much to her disgust.

SNAPE WOOD, WADHURST XC by Josh Nisbett

(Photo right – also running on more even ground at Heathfield)

On Sunday the 15th of October six Striders turned out to the first of six races in as many months for the start of the East Sussex Cross Country League. The first race was in Snape Wood near Wadhurst.

After a gentle mile walk down to the start line the course was two laps of steep undulating hills with no real flat sections in sight. Although the course was challenging at times it seemed fast, and with just over 270 runners there was always someone around you to race. The conditions were good to us as well, the rain held off leading up to and during the race which made for a 'not so muddy' cross country event. But I'm sure mother nature will have different plans for future races.

This was my first proper cross county event, although my old P.E teachers called it 'cross country', running around a field in school doesn't really count. It's safe to say I thoroughly enjoyed it, and would recommend the up and coming races to anyone in the club as they are all around 5 miles.



Results from the day are as follows: Luke Borland 14th in 33:54, Josh Nisbett 61st in 37:24, Matt Franks 109th in 40:10, Peter Weeks 138th in 42:46, Anna Norman 171st in 45:02 and Terry Ward 220th in 49:34.

BRIGHT10 by Anneka Redley

On a pleasantly mild October morning, 6 striders took on the relatively local Bright10, a 10-mile closed road run around Brighton & Hove.

I arrived at Hove Lawns to the 'Race Village' in good time and spotted a few Striders straight away. It's always a great boost to gather with your team mates and discuss the upcoming race! Debbie and Stacey were twitchy as this was their biggest task yet, to complete a full 10 miles, no easy feat, especially considering that they both started Striders with the first 'Couch to 5K' group in March!

We all lined up at the start line and we were off! I had an almost 30 second panic, as my Garmin had a wobble, worried I had already blown my target! However, the show must go on. We took a sharp turn west into Hove to the King Alfred's and then looped back and started to head east. We carried on eastbound, passing the i360 and pier and

headed up towards the marina. As I reached the small incline to the marina I could see the super speedy runners on their way back and knew the turning point must be within reach.



They are famous! Photo above from Bright10's FB page! L-R Anneka Redley, Debbie Plant, Stacey Jones, Simon Nixon and Amanda Feast

As I turned back to head west again I was feeling fairly confident, I had got 5 miles in faster than I had anticipated and took comfort in knowing I could definitely slow down should I need to! At this point I spotted Amanda, Simon, Debbie and Stacey still running in the other direction, all looking remarkably strong and as though they were enjoying themselves. Words of encouragement were shouted as we passed one another, capturing the true essence of team spirit and what Seaford Striders is all about! I was then heading down Dukes Mound and onto the seafront, back towards the marina for a short stint then back towards Brighton. The second water station was positioned around 7.5 miles (bottles not cups hoorah!) at which point it probably would have been ideal to take my energy gel, but for some unknown reason (perhaps fear of ruining my pace) I couldn't bring myself to swivel my bumbag around and scarp around for the gel (whilst in the process usually knocking my iPod off). I had made it this far, I could go without.

Mile 8 was a dodgy mile for most people, this seemed to be the slowest point- so close yet still so far! At this point the crowds had thickened, as always Brighton and Hove giving out fantastic support to all the runners, banners, bells, jelly babies- the lot. After what seemed like a long 1.5 miles I knew the final turning point was coming, just half a mile along the promenade and back to where the start line had been on Hove Lawns! Passing the beach huts on my left finally I spotted the finish line and pushed on for the final stretch, always saving just enough for that sprint finish.

I finished well within my target time, and was grateful to receive my Bright10 medal and questionably dry protein bar. Amanda wasn't far behind and we went to cheer Simon and the ladies in. Debs and Stacey had reached the finish line with smiles on their faces, having completed their longest run to date- when you think it'd only been a few months

since they began 'couch to 5k' how incredible to complete such a long race. It really does show, how all abilities are welcome at Seaford Striders, and all goals can be reached- the sky is the limit (they've even discussed half marathons now!)

I think we all thoroughly enjoyed the race and were all very pleased with our times- Phil Robinson breezed round in a great time of 1:14:42, myself completing it in 1:21:12, Amanda Feast in 1:22:55, Simon Nixon smashing his target and pulling out a 1:29:42 and of course Debbie Plant and Stacey Jones crossing the line in 1:45:43. I always love runs in Brighton, well organised, fantastic support and electric atmosphere- and I feel inspired by Debbie and Stacey! Excellent running by all and thanks to Bright10 for putting on such a great event!

CHESTER MARATHON by Simon Fletcher

The Chester Marathon on 8th October was my big target race for 2017, having qualified for the England Age Group Marathon competition almost exactly a year ago in York. All entrants were able to vote on which race the event would take place and Chester was chosen where we were racing against a Celtic Nations team. It also turned out to be the BMAF championship venue so there were lots of us 'oldies' in the race!

The day before the race, after a carbohydrate fuelled breakfast, I set off for Chester - finally arriving at a well-known 'Inn' almost 5 hours later. I decided to stay outside the city centre as prices were already high when I booked the hotel last year. The following morning, I got up early, continued the carbo-loading and set off to the race village at Chester Racecourse.

One bonus of a good qualification time was use of the 'elite' facilities and a free parking space - but when I arrived the parking was limited as the overnight rain had made the grass area waterlogged. However, there was lots of other parking nearby and so it was not an issue. Although I was spoilt with the 'elite' facilities the race village was really well organised and had a friendly vibe. The Marathon and Metric Marathon races had a combined entry of just under four thousand so the race village was not too congested and combined a big race feel with that of a local race.



Both the start and finish of the race were actually on the racecourse within the race village area and it was easy to get out to do a warm up run. With ten minutes to go we were led to the start pen and at 09:00 the race finally got underway. I had checked out the race route and profile online. The course was undulating with some climbs, the most prominent hills being in the first mile and again at mile 25 which was confirmed chatting to other runners waiting at the start.



The route passes through Chester City Centre heading out into the countryside, along rural lanes crossing into Wales and eventually back into England over an ancient Roman bridge. On re-entering the City, the race follows along the River Dee and finally back onto the racecourse for the finish.

One thing I like about marathon racing is for much of the race you can socialise with other runners. At Chester I managed to run the whole race with a Brighton & Hove runner who I knew by sight but had never spoken to previously. We managed to tag along with a small group for much of the way and this helped maintain a consistent pace.

So, for the race. I just about managed to hold back in the early miles, which is especially important in a marathon race. Especially so at Chester in the first uphill part or there would be payback later on! I felt ok at halfway but as expected I was definitely starting to feel tired around mile 19. Marathon running is really all about the last 6 or so miles so hopefully all the specific training would start to pay off.

Anyhow time to dig in! In fact, I actually started to feel more energetic with 4 miles to go but then began to feel intermittent cramp in both legs - potential for complete disaster! Fortunately, I didn't have to stop as the muscles were not locking up completely, just bl**dy painful and couldn't push on quite as fast as I had hoped. Not sure what any running coach would have made of my style as I used the 'turkey trot' technique for the last few miles.

Mile 25 included the last tough climb, but I actually felt better on that than the final downhill stretch and along the river due to the cramp problems. With the finish in sight the route planner kindly introduced us to the start of the cross-country season - the last 400m on waterlogged, slippery grass round the racecourse track!

Like all marathons I was pleased to make the finish line in one piece especially with the leg issues. I was really pleased with my time which was only 10 seconds slower than the London Marathon from earlier in the year, but given the course was definitely worth a couple less minutes, it definitely felt like a PB. With a time of 2:42:50 I managed to win my age group and the England Age Group Marathon V50 category. That made the long trip back to the south coast just a bit more pleasant.

I would definitely recommend Chester as a great race with good PB potential. It was really well organised with both a big city and rural vibe. Definitely one to do again.

MICHAEL TREACY COMPLETES HIS CHALLENGE



Michael Treacy took on the ultimate test of stamina and endurance by successfully completing a two-day ultra-marathon last month across Iceland's volcanic Laugavegupinn Trail.

Michael led the field after the first day but sadly he suffered a serious knee injury during the second. However, despite being told by doctors not to continue, Michael soldiered on and completed the 74km challenge, raising an incredible £2,723 for The Seaford Down's Syndrome and Special Needs Support Group.

Well done Michael from all at Striders – we hope to see you running again soon!

PRESENTATION EVENING

Striders Presentation Evening at Seaford Head Golf Club on Saturday 27th January 2018. This is an opportunity for members and their friends and family to get together and have a fun evening.

We also present trophies to both junior and senior members in recognition of achievements over the previous twelve months. Together with this we also present a cheque from the proceeds of the 'Mince Pie 10 Mile Race', to our chosen charity, this year 'Headway East Sussex'. Buffet, disco and loads of dancing. More details in due course but please book the date in your diary.



DRAMATHON RACE REPORT by Kristiane Sherry

It's rare that you get to take part in the first-ever edition of a race these days – we're simply spoiled with so many established events! But that's exactly the opportunity that came along in the form of the Dramathon – a trail marathon through Speyside, Scotland, taking in a chunk of the Speyside Way path and a good number of whisky distilleries. The first edition took place on 21 October, with around 250 runners taking on the full course and a similar number tackling the accompanying half-marathon and 10k races. There was also a four-person relay option for the marathon course, which attracted a good number of distillery teams. This made for plenty of good-natured rivalry out on the course – fun indeed.

Of course, it was the combination of whisky and running that appealed most – Scotch is probably my biggest hobby after running, and also an integral part of my job (there were a number of industry colleagues out there in the half and relay – lots of entertainment!) I signed up for the event last year as soon as entries opened, and it's been the focal point of my training in 2017 – as well as my first marathon!

Training went to plan up until a month before the race when my hip decided to misbehave, resulting in the Lewes Downland 10 disaster (a DNS is MUCH better than a DNF – learn from my mistake!). Luckily the damage wasn't too bad, and some careful management and a patient physio got me to the start line. I wasn't match fit by a long shot but figured that barring a disaster I'd probably get round. It was time to adjust expectations and focus on the joy of being outside rather than shooting for a time.

While Storm Brian was doing its worst to the south, Speyside practically roasted in 15C sunshine – not what you'd expect from Scotland in late October! The autumnal colours were just stunning in the sun, and the entire course was incredibly beautiful. The weather, coupled with the lively race-day atmosphere at Glenfarclas Distillery – the start point – meant everyone set off up the hill in high spirits (and not because of the whisky – drams were only to be had at the finish!).



Key learning no. 1 – do NOT go out too fast. I was amazed to be feeling good and loving the scenery, and therefore fell into the trap of running according to 'feel' and not pacing myself. Even the hills felt easy! This definitely came back to bite me later, but for the first 15 miles or so I felt like I was flying, and absolutely loved seeing so many distilleries up close. We flew through Ballindalloch, Cragganmore, Dalmunach, Cardhu and Tamdhu, none of which I'd visited before, and it was all just too exciting. There was no time to stop and look around, but if you've ever been to a distillery you'll know the incredible aroma of a warehouse – every time we approached a distillery you'd smell it before you could see it, and it added to the incredible experience. Then I got to about mile 17 and it all started to feel quite like hard work.

Key learning no. 2 – do not eat ALL the food at the aid stations. The aid stations were amazing – full to the brim with all kinds of sweet and savoury treats as well as the usual orange slices and energy gels. Paranoid about 'hitting the wall' I hoovered everything up as well as munching through most of the food I carried with me – a big mistake. Instead of feeling faint around the 18-20 mile mark I just felt sick. Do not over-eat while running a marathon!

The last four miles were all uphill and were generally hideous – and I really felt in my legs that I'd gone out too fast. I resorted to run-walking which was a bit disappointing but also probably not surprising given the overly speedy start, my gluttony out on course and lack of training due to the hip. Then the familiar welcome distillery aroma came along and Balvenie came into view. Balvenie is next to Glenfiddich, the finish line, so I picked up pace and managed to run

the last mile or so. Then there was the finish with the amazing stash of whiskies – the best race goodie bag ever. And the finish medals were made from whisky casks. Hurrah!

At this point it became apparent that the course was not only short, it was really short. I was mostly relieved to be able to stop moving and crack open a dram (one of the six(!) whiskies in the goody bag was a specially bottled Tamdhu – nice touch!) but after a while the annoyance that it was ‘only’ 24.6 miles began to bite. It explained my 4:17 time though – there’s no way all that walking/eating could have achieved that time on a full-length course!

While that major distance downside is perhaps forgivable for the first event, it is annoying that no explanation has been given. But aside from that, the event was incredible. A beautiful route cutting through a stunning part of Scotland, an amazing race day vibe and, of course, the whisky. I loved how friendly everyone was out on the course, and how everything was more relaxed compared to road racing. It was a solid 9/10 for the first Dramathon from me! Next up: taking on an actual trail marathon...

BEACHY HEAD MARATHON by Phil Robinson

With my 3-year-old son away with family in China for the month of October, I took the opportunity to get back to running ways. I attempted the Bournemouth marathon on the 8th and only managed 4hrs 3. This highlighted a lack of fitness, but on the positive side it was good training in advance of Beachy Head. A couple of Wednesday club nights trying hard to keep up with the fast crew aided my task, and so early on the morning of the 28th I was feeling confident of a sub 4hrs 30 attempt.

This year, for the first time, I was also on course to complete four marathons. I’d already done the Milton Keynes marathon and the Kent Circuit marathon at Gravesend in May. So two in Spring and two in Autumn; two I’d done before and two new experiences.

Heading off at 7:30am from Newhaven, it was noticeably cold and there was a full carpet of mist covering the Cuckmere valley as I crossed it on route. I assumed this would burn off in time with the forecast sunny weather.

The Beachy Head marathon is famous for its breath-taking views atop the many hills you climb, but it is also famous for that start! You cross the line and then wham you have a slippery calf-tightening ascent up a monster hill. As a veteran of this event, this one my sixth outing, it’s a memorable hill both going up and coming down. I know that the exhilarating descent is there to look forward to right at the end.

So up hill and down dale we merrily circle north and then west through Alfriston and along the South Downs Way to Bo Peep. There at the 12.2 mile checkpoint we turn and head back with the wind more behind us now. This next section east towards Hindover I find more relaxing because it feels like a long gradual descent.

Approaching the Seaford Striders water station at Hindover, I first encounter Chris Wrathall and camera. He snapped the photo you see of me here and he later emailed it to me with the headline ‘Too easy!’ Then after Chris I ran into Tom Roper, though not literally of course. He manned an upstream Strider marshal point. He dutifully warned us to be careful on the muddy downhill section just beyond the gate. Boy was it muddy! No sooner had his words sunk in, than I sunk in. Squidgy, squelchy noises beneath me. I just, only just, kept my balance and pride intact.

Now down to the Alfriston Road crossing, through the narrow gap, and into the field beyond. Imagine, if you will, I rest for a moment and everything slows down like in a peaceful dream. A bright whiteness almost blinding me. As my vision adjusts to the purity of light around me, angelic hosts come into focus, holding out water-filled chalices. On my left side a banqueting table is laid out with a feast of jelly babies. The Striders team serving us appear to be floating effortlessly, as if transported on fluffy white clouds, and their soft welcome voices elevate me with a ‘well done’ here and ‘you are first Strider through’ there. Then ... the dream like state fizzles out with a great thump as Peter Week’s



bellows out from the foot of the camp, “You can’t stop! Strider’s don’t stop”. And then he ponders further and recants loudly to himself, “ ... no they do actually”. Well done to the team - the excellent marshalling and hospitality are so appreciated.

So now wind forward through Litlington into Friston Forest, up those three hundred odd steps and then we’re descending into Exceat with the iconic Cuckmere Haven and its meandering river before us. Fellow runners are commenting “Good job I didn’t bring a camera with me, I’d be stopping to take photos all the time”.

As we reach close to the beach and head up the climb to the Seven Sisters I get my first signs that cramp is on its way. By the time I’ve dealt with the seventh Sister I’m cramping in both legs and slapping my calves to ease the tightness.



But I’ve made it through and now it’s the last food station at Birling Gap. A few high-fives with a line of kids outstretched hands somewhere along the way and I’m now ready for that final assault passed Belle Tout lighthouse. “Last hill” they encourage us. We persevere passed an official photographer who is poised to take that picturesque photo of you with the lighthouse in the background.

We persevere, and we conquer and now it’s a speedy trip downhill into Meads village to the finish line. I finished in 4hrs 26 which I’m pleased with, hence the write up. I said to Hilary, I’d wanted to do a write up of my Bournemouth experience as it’s another beautiful event, but the result had been so disheartening that I didn’t feel like reminiscing that one.

Other Striders in the race were Emily Eaton (photo left) who crossed the line in a very notable 4:49:31 and was soon followed by Amanda Feast (photo right) in a very creditable 5:02:25.

Taking a more relaxed approach and with plenty of time to take in the views, was Chris Le Beau in 7:55:17.



Together with the marathon is the Beachy Head 10K, which is again a challenging course and up for the challenge was another Strider, Dawn Woodgate who completed the route in a very worthy time of 54:53. All photos this race courtesy of Chris Wrathall – many thanks Chris!

HOVE PROM 10k by Rob Plant



Photo L-R Anneka Redley, Rob & Jackie Webber (Bude Rats), Simon Nixon, Hilary Humphreys, Simon Homer, Michelle Tickner, Kristiane Sherry, Julie Taylor, Rob Plant and Victoria Maleski (9 of the 14 Striders who took part in the race)

A beautiful day greeted the 14 Seaford Striders at the Hove Prom10k, organised by Arena 80, at Hove Lagoon, with perfect sunshine and just the right amount of cool breeze. It was easy to see how popular these runs are becoming from the maximum turnout we observed on our arrival.



As 10am approached I nervously shuffled towards the start line, my first 10k, since joining Striders back in March as one of their first 'couch to 5K' (c25k) entrants. Surrounded by fellow Striders and support from family and friends we began our run, which consisted of two laps of the prom.

The sun appeared as we set off making the first 5K for me, a struggle. The second 5K was more bearable as the sun hid behind the clouds and a cooling breeze spurred us on. I also had the best running buddy, Victoria Maleski, a fellow c25k. Victoria and I encouraged each other all the way. This for me, is what being a Strider is all about.

The finish was the best of all. As we were running towards the finish my wife, Deb appeared running with us and encouraging us home. She was quickly followed by several of our team mates, Simon Nixon, Anneka and Kristy all of whom ran Victoria and I in, with the rest of our team cheering from the side-lines. Striders' at their absolute best.

We all made it through the 10k in fine style, the results were: - Josh Rudd (photo left) with a splendid 14th place in 36:39; Dave Dunstall 40th in 39:20 and Luke Boreland 43rd in 39:30 (photo right – Luke temporarily in front of Dave!).



First female Strider home was Anna Norman (photo left) crossing the line in 47:42, with Anneka Redley, 49:04, Kristiane Sherry, 49:24 and Simon Nixon, 50:49 all following closely behind. Equally giving of their best were Michelle Tickner, 52:44; Simon Homer, 55:46; Hilary Humphreys, 57:05; Julie Taylor, 59:13; Tom Roper, 01:01:31; Rob Plant, 01:11:08 and Victoria Maleski, 01:11:17.

Striders were also joined by old friends and ex-members Rob and Jackie Webber, running as Bude Rats in times of 50:13 and circa 55 minutes (sorry results missing from website!)

All photos this race courtesy of Tony Humphreys

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



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.

CLUB KIT from Hilary Humphreys

The club receives sponsorship from Inter Sport (Lewes & Seaford) from whom we purchase vests, tee shirts and black zipped hoodies. 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.



To order, please 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 (Seaford & Lewes) 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.

SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations and is delighted to add Gingerfit to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Striders, then please do get in touch. T-Y Ed.



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



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

The White Lion Hotel [Tel: 01323 892473](tel:01323892473)
(sponsor committee meeting venue)



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



Extensions, ground work, etc.
[Tel: 01273 959343](tel:01273959343)

Intersport – sportswear suppliers
[Tel: 01323 898516](tel:01323898516)



Gingerfit your local Seaford Personal Trainers
[Tel: 0323 893676](tel:0323893676) Email: info@gingerfit.co.uk

FUTURE RACES

Entry details for most of the following races can be found at: <http://www.sussexraces.co.uk>

Cross Country Events – ESSXCL - <http://www.eastsussexcrosscountry.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

November – January 2018	
4 Nov	ECCA XC Relays, Mansfield
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
5 Nov	Regis 10M, Bognor
11 Nov	Poppy Half Marathon + 10K & 5K, Bexhill
11 Nov	Sussex XC League 2, Bexhill
11 Nov	Velothon Marathon, Preston Pk, Brighton
12 Nov	Warren Hill XC
19 Nov	Brighton 10K
2 Dec	Sussex XC League 3, Lancing
2 Dec	Worthing Christmas Cracker 5K & 10K
3 Dec	Downland Devil 9, Worthing
3 Dec	Crowborough 10K (SS Grand Prix)
9 Dec	Santa Dash 5K, Brighton
9 Dec	SEAA Masters & Inter Counties XC Champs, Horspath, Oxford
10 Dec	Mince Pie 10 miler
16 Dec	Brighton City Races
16 Dec	Christmas Pudding Dash, Pett
17 Dec	Newplace Farm, Framfield XC (SS Grand Prix)
2018	
1 Jan	Seaford Striders New Year 5K (11am start)
1 Jan	Hangover 5, Goring
6 Jan	Sussex XC Champs, Bexhill
14 Jan	Blackcap, Lewes XC
20 Jan	Sussex Masters XC Champs, Lancing
28 Jan	SEAA Main XC Champs, Stanmer Park

February onwards	
4 Feb	Chichester 10K
10 Feb	Sussex XC League 4, Stanmer
11 Feb	Run the Streets, Worthing Half
18 Feb	Heathfield Park XC
25 Feb	Brighton Half
4 Mar	Eastbourne Half
10 Mar	Nat Inter-counties XC, Loughborough
11 Mar	Pett XC
18 Mar	Hastings Half + Kids races
25 Mar	Mel's Milers 10K, Christ's Hospital, Horsham
15 Apr	Brighton Marathon
22 Apr	London Marathon
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)
13 May	Pulborough 5K/10K/15K/HM
13 May	Eastbourne Trackstar Marathon
28 May	Newhaven Harbour to Brighton Marina 15M
3 June	Mud Monster Run 5K, 10K, 20K, East Grinstead
10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
20 June	Mid Summer 5M, Chichester
24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
7 July	St Lawrence Fun Run, Hurstpierpoint
23 Sep	Pulborough 5K/10K/15K/HM
30 Sept	Barns Green Half & 10K
27 Oct	Beachy Head marathon