



SEAFORD STRIDERS NEWSLETTER

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

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PRESENTATION EVENING - Saturday, 27th January

I may be biased but I think Saturday's Striders Presentation Evening was the best ever. It was very well attended by over 70 Striders and their families and everyone appeared to enjoy themselves – check out the photos on the website! Together with the presentations, listed below, Terry Ward presented a cheque, for £2,000 from the proceeds of the 'Mince Pie 10 Mile Race', to this year's chosen charity, 'Headway, East Sussex.

Steve Rowland Cup Linda Jennings and Simon Nixon (Photos right)



Bill Young Memorial Award
Debbie Plant and Dave Dunstall
(award presented by Glynis Young)
(Photos left)



Marathon Award - Amanda Feast and ??? (to be announced later!) (Photo right)



Junior of the Year Elly Glasson and ??? (to be announced later!)
(Photo left)



Achiever Award Victoria Maleski & Emily Eaton (Photos right below)



Newcomer Award Anneka Redley and Simon Homer
(photos left)



Ladies Trophy - Anna Norman & **Men's Trophy** - Joel Eaton (Photo right)



Junior Best Improver Oscar Moakes and ??? (to be announced later!)
(Photo left with Pete)





Iub Grand Prix Winners Kristiane Sherry and Luke Borland (Photo left)

Sussex Grand Prix Award (Awarded to those Striders who competed and gained points for the club) - pictured below from L-R

Josh Nisbett, Phil Robinson, Richard Honeyman, Hilary Humphreys, Anneka Redley, Anna Norman, Luke Borland, Kristiane Sherry, Gareth Hutchinson and Dave Dunstall



Josh Rudd, Ed Tuckley, Ben Shorer and Simon Fletcher – to be presented at later date

Half Marathon Award - ??? (to be announced later!)



10km Award Matt Franks (photo below left)



Tom Roper 5k Cup Sandra Standen (Photo left with Tom)

Endeavour Trophy Tom Roper Photo above with Martin)



Striders' Strider

Hilary Humphreys

Special Presentation to Liz Corcoran & Steve Humphreys – Mince Pie backmarkers – photo right

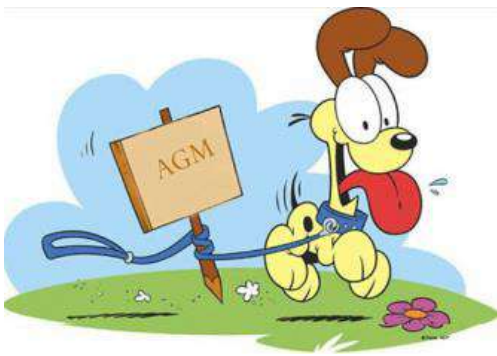


Presentation of cheque for £2,000 to Headway, East Sussex by Terry Ward on behalf of Seaford Striders (photo right)



All photos courtesy of Tony Humphreys





AGM - Wednesday, 28th February at 8.00 pm

The date for the AGM has been set for Wednesday, 28th February commencing at 8.00pm at the Downs Leisure Centre. This means that you will still have time for a quick run should you wish to do so.

Committee members always agree to serve for a one-year period, so all 15 positions are up for renewal – they are: **Club Chairman, Treasurer, Secretary, Men's' Captain, Women's Captain, Mince Pie Race Director, Junior Coach/Leader, Social Secretary, Newsletter Editor, Press Officer, Kit Organiser, Website Organiser, Social Media Rep, Cross Country Rep, Grand Prix Rep, Club Grand Prix Rep.** Existing members are often prepared to continue in post, whilst others are happy to move around or sometimes decide to leave.

Therefore, if you would like to play a more active role in the running of your club, please put your name forward – whatever your strengths are I am sure there is a position to suit! If you want further information, please speak to an existing member of the committee. Whether you want to join the committee or just want to know what is going on, please do come along and show your support for the club by being in attendance at the AGM. Take part in the decision-making process.

SUSSEX GRAND PRIX RESULTS- Source – SGP website 09.01.18

Individuals

Ladies' open individual Anna Norman 17th; Ladies' age category V7 Hilary Humphreys 2nd

Men's open individual Simon Fletcher 3rd; Gareth Hutchinson 14th; Luke Borland 15th; Joshua Rudd 20th

Men's age categories V1 Gareth Hutchinson 2nd; V3 Simon Fletcher 1st; V4 Dave Dunstall 1st; V6 Peter Weeks 3rd

Teams

Ladies team 9th and Vet ladies team 16th

Men's team 3rd and Vet men's team 3rd

RACING AMBITION - IT'S NEVER TOO LATE - by Chris Le Beau



The 2017 Sussex Grand Prix showed some highly encouraging results for the club, both for individual awards and for the men's team. We now have a great basis to extend our ambitions, with an impressive group of ladies relatively new to Seaford Striders who in 2018 certainly have the ability to match or surpass the men's results. Not that the men will be standing still, we have new recruits who will be keen to respond to the call we made this time last year "We want our trophy back"!

The new format for the Grand Prix makes it more important than ever for the club to have strength in depth. Team points will now be allocated on a race-by-race basis, rather than for the top ten individuals over the course of the year. So, to quote the SGP website...

"Runners who are unable to fulfil their own individual quota of races can still play an active role for their club at any race they run."

In 2017 the couch to 5K project was a huge success and presented gleaming examples of spectacular progress, above and beyond any original ambitions. Such improvement will continue, with regular training and, ideally, involvement in races.

Racing is a unique experience, guaranteed to make you run faster than you thought possible, as the competitive instinct kicks in. Once you get to know a few runners from other clubs who are close to your level of performance, there is an additional element of friendly rivalry to spur you on!

Nor is racing the exclusive domain of the fittest and the fastest. For those of us no longer in the first flush of youth, there is more than one way to measure results, thanks to the wonderful invention of age grading.

Many races, and indeed even park runs, include age grading in their results and it is an easy process to sort the results in order of age grading. If you achieve close to 100%, then you are close to being World champion. We do have club members who have scored 85% + in local park runs, something to be proud of! In fact the top age gradings at Peacehaven and Hove Prom park runs are held by Hilary Humphreys and Sue Garner respectively.

The Sussex Grand Prix also produces results in age groups, so individuals can compare their own performance with that of their peers.

To qualify for the Sussex GP, individual England Athletics (EA) membership is necessary. The annual affiliation fee is £15, but, as previously mentioned, this will pay itself back if you enter 8 races a year, as a discount of at least £2 per race entry applies to EA members. Once you have taken up affiliation, your race results will be logged on “the Power of Ten” website, which publishes national rankings by age group, yet another yardstick for measuring progress.

<http://www.thepowerof10.info/>

So, nine Sunday mornings and one Wednesday evening make up the maximum involvement in Sussex GP, but any race you can fit in will potentially give the club a better chance of moving to the top of the podium. Come and join us if you can. The more the merrier! Sussex Grand Prix Races (**listed in red on the list of races at the back of the newsletter**).

CLUB EVENTS



Mondays, 5th February

Monthly Training Session

7.30pm – Lewes Track



Saturday 3rd March

Skittles Evening

Royal Oak, Barcombe



Mondays, 5th March

Monthly Training Session

7.30pm – Lewes Track



Thursday, 22nd March

Anniversary Meal

Shahjahan Restaurant, Seaford



Mondays, 2nd April

Monthly Training Session

7.30pm – Lewes Track



Thursday, 12th April

Thirsty Thursday

Joe's 18th at the Welly

BEACHY HEAD MARATHON MARSHALLING by Terry Ward

The result of Striders providing a water station and assistance with the road crossing at High and Over was the presentation of £700 to the club.

The organisers of the marathon recently held a presentation evening at the Eastbourne tennis stadium to which Pete Weeks and myself were invited. There was a speech of thanks from Eastbourne's mayor and presentation of certificates along with refreshments.

To all of those of you who gave up their time on the day, a big thank you and let's hope we can have a similarly good turnout for this year's race on Saturday 27th October.

Photo above – Pete receiving the cheque for the club from Eastbourne Mayor. Courtesy of Terry Ward



STRIDERS MEMBERSHIP

The time to pay our club subscriptions has arrived and the cost remains unchanged from last year. This is thanks to your assistance with our very own Mince Pie race, as well as marshalling at other events – see Beachy Head Marathon Marshalling (next article). 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. **[Outstanding subs can be paid by bank transfer \(BACS\) on request](#)**

STRIDERS CLUB GRAND PRIX RACES

Following on from the success of the 2017 Striders Club Grand Prix, our organiser, Chris Le Beau has devised another group of races in which to compete against your fellow club members. The first event this year is the parkrun at Preston Park on 17th February.

For those of you who are new to parkruns, you will first need to register and print out a permanent bar code which you carry with you for the run. <http://www.parkrun.org.uk/register/> This is then used to log your run time and can be used at any future parkrun. There is no entry fee for parkruns. 17th February is a good opportunity to get on the scoreboard early and to wear club colours to remind the locals they have a fine running club nearby!

17-Feb-18	Preston Park Parkrun	http://www.parkrun.org.uk/prestonpark/
11-Mar-18	Cross Country Pett	http://www.eastsussexcrosscountry.co.uk/events
18-Mar-18	Hastings Half marathon	https://www.sportssystem.co.uk/ss/event/HastingsHalfMarathon20182
7-Apr-18	Hove Prom Parkrun	http://www.parkrun.org.uk/hovepromenade/
6-May-18	Haywards Heath 10 mile	https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018
13-May-18	Hastings 5 mile	https://www.nice-work.org.uk/races/Hastings5/2018
9-Jun-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
24-Jun-18	Heathfield 10K	http://heathfieldroadrunners.com/race.php
7-Jul-18	Eastbourne Parkrun	http://www.parkrun.org.uk/eastbourne/
4-Aug-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
9-Sep-18	Hellingly 10K	http://www.hellingly10k.co.uk/
7-Oct-18	Lewes 10 mile	https://www.lewesac.co.uk/
21-Oct-18	Hove Prom 10k	http://arena80.co.uk/hove-prom-10k-race/
10-Nov-18	Preston Park Parkrun	http://www.parkrun.org.uk/prestonpark/
2-Dec-18	Crowborough 10K	https://www.nice-work.org.uk/races/the-crowborough-10k
Dec date tbc	Cross Country Framfield	http://www.eastsussexcrosscountry.co.uk/events

NEW YEAR'S DAY RUN



Year's Day dawned wet and windy, so it was fantastic to see such a good turnout of Striders for our annual three-mile run from the Martello Tower to the Sailing Club and back. Well done to all our adult and junior members for braving the awful weather – great turnout of new members and families!



BRIGHTON MARATHON - 10 Club Places

Ten places available for club members as long as the specified entrants complete and pay by 23 February 2018. Details will be put on the website, but applications will need to be made via the Striders Secretary as only ten can be accepted by this means – first come basis. Email will be sent to club members with a link to the Brighton Marathon Website for further information. SecretaryatSeafordStriders@outlook.com

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. Sponsorship also received for a number of local businesses, which also reduces the cost of our kit – see sponsors page for further details.

Please note that there has been a price increase from January. Short sleeved tee-shirts (complete with logos) are £12 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.

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



SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations and it is because of their support that the club can offer a free vest or tee shirt to new members and subsidised kit to all members. Seaford Striders would be delighted to add more sponsors to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Seaford Striders, then please do get in touch. Thank-You Ed.



Seaford Estate Agents

[Tel: 01323 898414](tel:01323898414)



Seaford 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

Lewes & Seaford

[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 Grand Prix Races

February – May 2018		June onwards	
4 Feb	Chichester 10K	3 June	Mud Monster 5K, 10K, 20K, East Grinstead
10 Feb	Sussex XC League 4, Stanmer	9 June	Peacehaven Parkrun
11 Feb	Run the Streets, Worthing Half	10 June	Hove Park 5K and Children's races
17/18 Feb	Sussex Indoor Champs, Carshalton, Surrey	10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
17-Feb	Preston Park Parkrun	20 June	Mid Summer 5M, Chichester
18 Feb	Parkland Fun Run 10K, 5K and Children's 1K	20 June	The Weakest Link Relay, Brighton
18 Feb	Heathfield Park XC	23 June	Race to the King
21 Feb	Chichester Corp Challenge Race 1	24 June	Heathfield 10K Club Grand Prix
24 Feb	Maverick Inov8, Amberley Museum, 8K, 13K, 23K Trail runs	24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
25 Feb	Brighton Half	1 July	Bewl 15
4 Mar	Eastbourne Half	7 July	St Lawrence Fun Run, Hurstpierpoint
4 Mar	Steyning Stinger Half	7-July	Eastbourne Parkrun
4 Mar	London Half Marathon	8 July	Eastbourne 10K
7 Mar	Chichester Corp Challenge Race 2	11 July	Phoenix 10K (Wednesday)
10 Mar	Nat Inter-counties XC, Loughborough	18 July	The Wakehurst Willow 8K
11 Mar	Pett XC Club Grand Prix	21 July	Lunatic Night Marathon
11 Mar	West Worthing 10K, 5K	22 July	Brighton Trailblazer Run
18 Mar	Hastings Half + Kids races Club Grand Prix	4-Aug	Peacehaven Parkrun
18 Mar	Lewes Moyleman Marathon	12 Aug	The Adder 10 miler & Friston Forest 5
18 Mar	SEAA 12 stage relay, Milton Keynes	18 Aug	Downland Challenge Ultra
21 Mar	Chichester Corp Challenge Race 3	18 Aug	12 The Hard Way
25 Mar	Lancing College 10k	25 Aug	South Coast Challenge
25 Mar	Mel's Milers 10K, Christ's Hospital, Horsham	26 Aug	Newick Will Page 10k
25 Mar	Jog Shop Jog	27 Aug	Kings Head Canter
30 Mar	Good Good Friday Run 12k, Brighton Marina	2 Sept	The BBB 10K
7 Apr tbc	Sussex Road Relays, Christ's Hospital	2 Sept	London 2 Brighton Trail Ultra
7-Apr-	Hove Prom Parkrun	9 Sept	Hellingly 10K Club Grand Prix
8 Apr	Hartfield 10k/5.6k & 2k – Kids can enter	23 Sep	Pulborough 5K/10K/15K/HM
14 Apr	Brighton Mini Mile Races	30 Sept	Barns Green Half & 10K
15 Apr	Brighton Marathon	30 Sept	Tempo 10k, Eastbourne
22 Apr	London Marathon	7 Oct	Bright 10
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)	7 Oct	Lewes Downland 10 Mile Club Grand Prix + 5mile
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)	7 Oct	Downslink Ultra
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury	21 Oct	Worthing Seafront 10K
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)	21 Oct	Hove Prom 10K Club Grand Prix
7 May	Barcombe 10k & 5k + Kids races	27 Oct	Beachy Head marathon + 10k
10 May	Out of the Blue 10K, 5K, Ashburnham Place, Battle	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
13 May	Hastings 5 Mile Club Grand Prix	10 Nov	Preston Park Parkrun
13 May	Pulborough 5K/10K/15K/HM	18 Nov	Brighton 10k
13 May	Eastbourne Trackstar Marathon	2 Dec	Crowborough 10K Club Grand Prix
13 May	Hedgehopper 5	9 Dec	Mince Pie 10 miler
13 May	Run Wisborough 10K, 5K	Dec tbc	Cross Country Framfield Club Grand Prix
20 May	Horsham 10K		
20 May	Bognor Prom 10K		
20 May	Arun River Marathon		
27 May	Rye 10 miler		

