



# SEAFORD STRIDERS NEWSLETTER

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

Editor & Press Officer: Hilary Humphreys [hilary@hilton-it.co.uk](mailto:hilary@hilton-it.co.uk)

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

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

## Club Grand Prix 2017

10 Sept	10K	Hellingly	SGP	<a href="http://www.hellingly10k.co.uk/">http://www.hellingly10k.co.uk/</a>
1 Oct	10M	Lewes	SGP	<a href="http://www.lewesac.co.uk/downlandruns">http://www.lewesac.co.uk/downlandruns</a>
29 Oct	10K	Hove prom	SGP	<a href="http://arena80.co.uk/hove-prom-10k-race/">http://arena80.co.uk/hove-prom-10k-race/</a>
Oct-Nov	XC	Eastbourne or Firle	XC	to be confirmed
3 Dec	10K	Crowborough	SGP	<a href="http://www.crowboroughrunners.org.uk/">http://www.crowboroughrunners.org.uk/</a>

## CLUB TRACK NIGHTS IN LEWES



**Monday, 4<sup>th</sup> September and 2<sup>nd</sup> October**

**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. 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 28<sup>th</sup> October.

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/>

# SEAFORD PARKRUN AMBASSADOR

As you will no doubt be aware there are now local parkruns in Brighton, Eastbourne and of course Peacehaven. The club have been made aware that the Parkrun Association and Seaford Town Council would like to see such a weekly event being held in Seaford.



The concept of a Seaford Parkrun has just moved a step closer with two members of Striders expressing an interest in taking forward the project initially. Obviously as progress is made other assistance will be required, so if you are interested in joining a future team, please register your interest with me. Many thanks, Editor

## NEWICK 10K by Anneka Redley

A bank holiday weekend for most, involves eating, drinking and socialising with loved ones. For a Strider it seems to involve throwing a race into the mix as well! August bank holiday weekend was no exception, the race being the Will

Page 10k in Newick on Sunday.



Photo above L-R Peter Weeks, Anneka Redley, Anna Norman, Luke Borland, Terry Ward and Phil Robinson

The course was mainly run on road, and allowed me to take in some of the stunning houses during the first section of the race. I noticed we seemed to be going downhill in a fair few stretches, which could only mean one thing...we would soon be going up! At around the halfway point there was a welcomed drink station to rehydrate. Then there it came, the dreaded incline. In hindsight was it really that bad? Perhaps not! But at the time, somewhere between 7k and 8k, the incline seemed to drag on and on.

I thought I could spot Pete somewhere in the distance and wondered if I was hallucinating or whether he had just zoomed off out of sight again. At last I had reached a final small incline and took a left back towards the playing field where I knew the finish line was waiting. As soon as I saw where I needed to be I put my foot on the gas and went for a strong finish! I knew this wasn't the course for a PB but was happy to finish in just over 50 minutes on my watch.

Photo right, Dave Dunstall

Photos this race, courtesy of Tony Humphreys



A slightly peculiar later start of 11am, which seemed like a blessing and a lie in, actually turned out to be a bit of a hindrance, bear in mind it was a very hot sunny day! The Striders were out in force and all in good spirits as we approached the start line. I knew it would be a struggle: running in the sunshine is not a strong point of mine! Luckily, I had my extremely stylish blue cap to shade me slightly and keep the beating sun off my head.

The marshals did a great job of directing traffic, making the roads perfectly safe to run on and of course offered encouragement along the way. The race was certainly enjoyable and I would definitely recommend it to others next year.

**Full Race Results:** Simon Fletcher (5<sup>th</sup>) 37:35; Luke Borland (14<sup>th</sup>) 40:08; Dave Dunstall (17<sup>th</sup>) 40:33; Phil Robinson, 46:59; Peter Weeks, 50:07; Anneka Redley, 50:29; Anna Norman, 52:15; Richard Honeyman, 54:15; Terry Ward, 55:44.

## HENFIELD HALF by Richard Honeyman

On a bright and sunny summer's day six Seaford Striders visited the village of Henfield, West Sussex for their annual



trail half marathon. There were 199 finishers in this small friendly race which predominantly uses the Henfield to Steyning disused railway line and banks of the River Adur. Tough with stiles and flint paths and with some small hills. A tricky course the second half of the course in the north part of the village is more challenging than the first half with cows lying along the riverbank!

Jamie Carbett from Worthing Harriers was first in 1:21:19 and Strider's Simon Fletcher was not too far behind in 1:23:45 so second overall. Katie Morgan from Haywards Heath Harriers was first lady and fourteenth overall in a good time of 1:33:36.

Other Striders were Phil Robinson 1:49:25 and new Strider Andrew Farley close behind in 1:49:49. Emily Eaton took the honour as first female Strider in 1:53:47. Natasha Swan was still under two hours in 1:55:59 whilst Richard Honeyman, who was in the second part of the field came in at 2:12:55.

Photos far left Simon Fletcher and left Richard Honeyman. Photos taken at Newick, courtesy of Tony Humphreys



## COUCH 2 5K Group

The Striders are delighted to announce that Tom Roper has kindly agreed to lead another 'couch to 5k' group, which will commence on Wednesday, 13<sup>th</sup> September and will meet every Wednesday, alongside the rest of us.

Many of the original helpers, together with a couple of graduates from the original group have already indicated their willingness to coach this second group but if any other Striders would like to assist with one or two sessions, their participation would be most welcome.

Also, if you can assist in the circulation of this message, to friends, family and acquaintances, in fact anyone you think might be interested in joining – the more the merrier!

## KING'S HEAD CANTER - report to follow next month!

# 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](mailto:hilary@hilton-it.co.uk)



## 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)



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



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



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



**Gingerfit Personal Training**  
[Tel: 0323 893676](tel:0323893676)  
Email: [info@gingerfit.co.uk](mailto:info@gingerfit.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.

# 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

August – 3 September 2017	
3 Sept	Sussex 3K Track U20 & Senior Men, Crawley
3 Sep	Arlingly 5-mile Fun Run + Kids races
3 Sep	South Coast Half, 10K & 5K, Seaford
3 Sept	BBB 10K Battle
3 Sep	Fittleworth 5
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
16 Sep	Rewell Wood Running Festival, 10K, half & marathon, Arundel
17 Sep	Rother Valley 10K Northiam to Bodiam
17 Sep	Tilgate Forest, Crawley
23/24	Reebok Ragnar White Cliffs Relay – team event
24 Sep	East Grinstead 10K
24 Sep	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
24 Sep	Barns Green Half Marathon & 10K
24 Sep	SEAA Road Relays, Crystal Palace
30 Sep	Sussex XC Relays, Goodwood
30 Sep	Cowdray 5K & 10K. Midhurst
1 Oct	Lewes Downland 10M & 5M (SS Grand Prix)
1 Oct	Tempo 10K, Eastbourne
7 Oct	South Down Trek, 21M Devils Dyke - Worthing
7 Oct	Coombes Farm Trail 10K, Lancing
8 Oct	Hickstead Gallop
8 Oct	RISE 8K, Undercliff Run for Women, Saltdean (Team of 4) + 1K for 10yr girls (yr 6)
8 Oct	Children on the Edge, Chichester Half
8 Oct	Mud Monster Run 5K, 10K, 20K, East Grinstead
8 Oct	Sussex Marathon & Half, Heathfield
14 Oct	Sussex XC League 1, Goodwood
15 Oct	Bright 10
21 Oct	SEAA XC Relays, Wormwood Scrubs
28 Oct	Beachy Head Marathon + 10K
29 Oct	Hove Prom 10K (SS Grand Prix)
29 Oct	Steepdown Challenge, Lancing
29 Oct	Crawley 10K

8 Oct 2017 onwards	
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	Velthon Marathon, Preston Pk, Brighton
19 Nov	Brighton 10K
2 Dec	Worthing Christmas Cracker 5K & 10K
3 Dec	Downland Devil 9, Worthing
3 Dec	Crowborough 10K (SS Grand Prix)
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
1 Jan	Hangover 5, Goring
6 Jan	Sussex XC Champs, Bexhill
20 Jan	Sussex Masters XC Champs, Lancing
4 Feb	Chichester 10K
11 Feb	Run the Streets, Worthing Half
21 Feb	Chichester Corp Challenge Race 1
25 Feb	Brighton Half
7 Mar	Chichester Corp Challenge Race 2
18 Mar	Hastings Half + Kids races
21 Mar	Chichester Corp Challenge Race 3
25 Mar	SEAA 12 stage relay
25 Mar	Newhaven Harbour to Brighton Marina 15miler
15 Apr	Brighton Marathon
22 Apr	London Marathon
5 May	East Grinstead 10M
6 May	Haywards Heath 10M
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury
7 May	Burgess Hill 10K
13 May	Eastbourne Trackstar Marathon
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