



# 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> May 2018

## SEAFORD STRIDERS CELEBRATIONS

Photos this article courtesy of Tony Humphreys and Debbie Plant



Seaford Striders have been out celebrating and 'having fun'. Members of previous Couch to 5k groups got together to celebrate their achievements during the previous twelve months, over a curry in Seaford.

Striders also got together for a 'Thirsty Thursday' gathering to celebrate Joe Plant's 18<sup>th</sup> birthday. (photo right)



And last but not least, they met up for a most enjoyable Skittles evening. Photo left of the winning team!



## WhatsApp - car shares and runs

A Striders' WhatsApp group has been formed for members who want to get together for a run or car share to an event. It is simple and easy to set up via the link: <https://chat.whatsapp.com/4hGlz6PuskcHJ8lBMwUJzP>

This can be copied into your browser on phone or computer and is free to download and use. People should be aware that if they join the group that other people within it can access their mobile number (So group should be kept to Striders only).

## Book writing input - request by Martin Bulger

Most of you know that I wrote a book ten years' ago about running entitled *Living Makes You Run Longer*. Recently I have put pen to paper again and am writing a book about education in Britain. I have been reflecting on the changes that I have seen and experienced in my 40-year career as a teacher and believe the book would be enriched by input from other teachers, retired teachers, in fact anyone who has views on education. Whether you write just a few paragraphs or several pages, any contribution would be greatly appreciated.

I believe there are some serious problems with the present system, but I don't think I have the full picture. Teachers and parents are closer to the issues. What is working well? Where are things going wrong? Is the system too rigid? Does it have to be a one-size-fits-all? How widespread is the teacher burn-out problem? Is there too much paperwork?

I'd be happy to chat to anyone interested, on a Wednesday evening.

**MemberMojo** is currently being rolled out to new members only. We will let you know when existing members have been transferred onto the system and invite you to view/correct/change your data.

The new membership scheme is a necessary process to ensure that the club conforms with new data regulation compliance laws (GDPR) which are effective from late May 2018. A Q&A document has been prepared by Chris le Beau and is attached at the end of this newsletter.

## 'Couch to 5K'

Many thanks to members who have turned out on Tuesday evening to assist with the new 'Couch to 5k' group, which started on Tuesday, 17<sup>th</sup> April at 7pm and will continue until Tuesday, 12<sup>th</sup> June. We meet at 6.50pm at the Richmond Road Car Park and anyone who can help with leading a group will be most welcome.



## LEWES 10K Fun Run by Jazz Shiret

Photos this article courtesy of Tony Humphreys



After eating a few too many chocolate eggs and hot cross buns over the weekend 6 Striders turned up ready to take on the Lewes AC Easter fun 10k (plus my friend Emma Cooper who ran for chairman Robbie Plant).

I think we were all nervously excited as it had rained so much we knew it would be a muddy one! Luckily the weather on the day wasn't as bad as we had feared, and I must say this is one of my favourite runs to date! There was never a dull moment and we all fell over at some point, but it really made the day!



We started on the track at the leisure centre very civilised and dry, but we were soon running knee deep in puddles, sliding through mud, crawling up the hills of the ploughed fields before finally finishing back on the track.

Unfortunately, I managed to trip myself over in the last 800m of the race which lead to me cutting me knee open! I managed to laugh it off and finish the race thanks to Emma and all the other striders!! Also thank you to the 'Plants' and Tony for supporting us.





We all had a brilliant time, we were all smiling and laughing the whole way round, despite being completely soaked and caked head to toe in mud (as well as blood by the end of it for me!) Looking forward to the summer and some dry cross country runs!

**Results:** Jazz Shiret (+Emma) in 1:06:10; Debbie Plant and Hilary Humphreys in 1:10:38. Tom Roper finishing just ahead of Trevor Jones in 1:13:09 and 1:13:23 respectively; with Andy McDonald in 1:21:09. Well done Striders !

## CLUB EVENTS



**Mondays, 14<sup>th</sup> May & 4<sup>th</sup> June**

**Monthly Training Session**

**7.30pm – Lewes Track**

## THE HOVE PROM PARKRUN Photos this article courtesy of Tony Humphreys



Photo L-R Anneka, Victoria, Sandra, Joe, Stacey, Andy, Becky, Tim, Debbie, Bianca, Chris, Julie, John, Emily, Rob, Trevor, Hilary, Kristy, Tom, Dave, Ben, Adam, Josh and Graham – photos this race courtesy of Tony Humphreys

Twenty-Four Striders participated in the recent Hove Prom Parkrun earning themselves some well-deserved club grand prix points. First to cross the line was new Strider Tim Dymott, who finished in 6<sup>th</sup> position overall in a magnificent time of 18:44; followed by Dave Dunstall in 19:17 and Joe Plant in 19:29; with Josh Nisbett and Andy Farley not far behind in 20:24 and 20:48 respectively. Emily Eaton was first female Strider and 2<sup>nd</sup> female overall in a personal best time of 21:16 and close on her heels were Graham Jones, 22:58 and Anneka Redley in 22:59.

There was strength in the middle order in the form of Ben Shorer, 23:15; Adam Haverly flying home in 23:19; Kristy Sherry, 23:44; John Foster, 23:46 and Bianca Buss, 25:20. Also finishing in under 30minutes were Hilary Humphreys, 27:19; Trevor Jones, 28:07; Tom Roper, 28:09; Julie Taylor, 29:17; Chris le Beau, 30:38; Becky Souissi, 30:53; Debbie Plant, 30:55; Rob Plant, 31:44; Stacey Jones pacing mum Sandra Standen 33:18 and Victoria Maleski still recovering in 34:01.



# BRIGHTON MARATHON - A spectator's viewpoint by Ju Taylor & Trev Jones

Photos this article courtesy of Trev



Sunday 15th April.18 / D-day and having persuaded Trev to join me to spectate, we headed off at 9am to Rottingdean and took a short walk to Ovingdean. We picked our spot next to the water station, which was supported by the Army cadets. We decided together that I (Ju) would be the Strider spotter and shout back to Trev (the photographer) to capture the shot...



Oh boy, I was so excited when I got my 1st spot, which was Josh Rudd, (photo left) who I think was taken by the surprise of our support - he was doing fantastic and it seemed as if he was a long way ahead of the next group. Trev, then spotted Phil Robinson (photo right) amongst the pack. Then came Emily and Anneka, (photo below left) it's so exciting to see your team and to be able to cheer them on... "gosh it so emotional too" ...!!



People must have thought that I was a lunatic, flapping my arms around with excitement when I spotted them both...!!! :-).

Truly amazing experience and just when we thought we had seen all of the participating Striders, along came Richard, so funny as Trev had turned his camera off, so poor Richard (photo right) had to stand there and wait while Trev re-set the camera up again... Thanks Richard!



Our morning spent together watching the most amazing Striders take park in the Brighton Marathon was Epic!

## BRIGHTON MARATHON by Amanda Feast

Photos this article courtesy of Amanda

The Sunday of Brighton Marathon weekend started grey and miserable - so perfect weather for running 26.2 miles and a welcome relief after the sweltering temperatures of the year before!

The race started in Preston Park where the atmosphere was electric, and luckily, amongst the 12,000 other runners in the park, I managed to bump into some of the other Striders, who were also taking part in races that morning. Park Run Founder Paul Sinton-Hewitt opened the race, cheering us all over the start line- and we were off! The Marathon route takes you through the Laines and around the city centre before you head out to Ovingdean. The crowd support was incredible- and the Striders support team at St Dunstan's before 'that' hill gave some great encouragement.



Running back into the city and through Hove, the streets were lined with residents playing music, choirs singing, and people dancing, which was almost enough to take my mind of the fact I was at mile 16 and still had another 10 to go... Once I reached the turn around at Shoreham power station I knew I was on the home straight and as I approached Brighton the cheers and buzz from the supporters in the crowd was unbelievable.

Throughout the race, the crowd support was second to none and this year's race motto "run to the sea, bathe in the glory" really did sum up how it felt to run the Brighton Marathon. Whether you're a seasoned marathon runner or looking to run your first marathon, Brighton is a well organised, (mostly!) flat course, with fantastic support throughout the route.

Seaford striders had a brilliant performance, Josh Rudd was first strider home in an absolutely brilliant 02:55:48. Followed by Dave Dunstall in 3:15:28; Phil Robinson in 3:51:27; Ben Shorer in 3:51:59; Emily Eaton in 4:03:02 and Aneka Redley in 4:04:25. I came in at 4:37:20 and Richard Honeyman finished in 4:38:15.

## BM10K by Michelle Varndell

Firstly, I'd like to start by saying a very big thank you to everyone at Striders for welcoming me into the Club, and to Tom, Hilary and Simon for their coaching and words of wisdom.

I had graduated last Oct/Nov through the "Couch 2 5K" programme (which was a life changer by the way) and the BM10K was my first "official" event with the prospect of my first medal at the end. Somehow, as I neared race day, I had managed to tie myself in knots with nerves, partly due to a calf injury I had picked up and also badly timed engineering works by Southern Rail!

With no thanks to Southern Rail, and lots of thanks to my hubby and kids and an extremely early start, I managed to make it to Preston Park. It was a chilly and rather misty morning but thankfully only slight winds. I was literally a bag of nerves, but once I got there I found comfort in the friendly faces of my fellow Striders Deb, Becky, Abi, Jazz, Ben, Mike and our Marathon runners Emily and Amanda. They all gave me so much encouragement and my nerves turned into excitement as we got into our corrals.

The start was slow and crowded, and I felt I needed to break out as soon as I could. I managed to get past and out and into some space as we made our way down London Rd. All was well, I had settled into a nice pace, calf felt good and spotting my little family as we turned into North Rd was lovely. I had completely lost sight of my fellow Striders as we went around and up Marlborough Place and into Richmond Place. The pace had quickened here but I still felt comfortable. So many people were supporting and cheering along the way and lots of music too, I found I was enjoying myself immensely.

Into Lewes Rd (and around the 4K mark) and boom! right onto Franklin Rd, a rather steep fairly long (well it seemed long) hill, which I had forgotten about entirely. A bit of a shock for me after a fairly flat run, then disaster struck. After I dug in and made it to the top my calf went, and the pain kicked in. I remember thinking "this is it, I'm gonna have to stop" but I kept going, slowed my pace but really felt as though I was hobbling. A nice downhill then flat section from here, all the way down to the Pier helped to carry me along, and another boost from my little family cheering me on at the Pavilion. And with my 9-year-old sons proud little face in my mind, I trundled on trying to keep a good pace whilst managing the pain. At 7/8k the crowds and atmosphere were amazing, the adrenaline had kicked in and had dampened my calf pain, I spotted what I thought was the finish, and with Simons sprint finish training in mind off I went, taking over about 20 other runners only to find it was the advertising bridge thing at 9k! Doh! On I trundled, now sapped of vital energy and with a throbbing calf I finally finished without the sprint!

I make it sound as though I had a horrendous time but honestly apart from my calf and trying to manage that, I loved every second of it, and I was thrilled to finish with a sub hour time of 58.17 (all things considered) I was also thrilled to see my fellow Striders at the finish and to hear that they had all had good races and managed some pretty impressive times too, so very well done to them! All in all, a fab race (and a really lovely medal which I wore for the rest of the day!) so much so I've already signed up for next year!

Results: Ben Barnett 43.15, Jazz Shiret 55.00, Abi Grundy 55.36, Mike Pickering 56.49, Michelle Varndell 58.17, Deb Plant 59.57, and Becky Souissi who shaved a whopping 7 mins off her time at 1.05.35!!!





Photo L-R Abigale Grundy, Debbie Plant, Jazz Shirat, Michelle Varndell, Becky Souissi, Emily Eaton, Michael Pickering, Ben Barnett & Amanda Feast

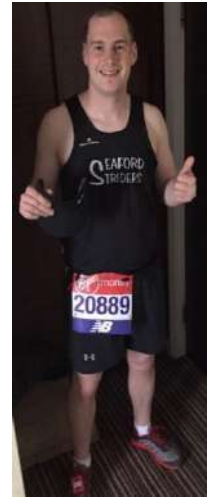
Photos this article courtesy of Michelle and Debbie Plant

## LONDON MARATHON by Josh Nisbett

Photos this article courtesy of Josh

Before I get going I'd like to thank the club for giving me the opportunity to run in this iconic race, and of course everyone at the club for all your support over the last few months leading up to the day. On top of this thanks for the wise words of experience from Pete, Dave and Anneka who have all ran this race in recent years.

With a few days off work before the race, I went up and stayed in a hotel over the weekend. A good plan in my head, with an organised coach transfer to the race I thought this would eliminate any pre-race stress with negotiating train transfers, and more importantly a little longer in bed. Turns out I still had to set a 5am alarm to make the early breakfast put on, and the coach pick up of 6am. But this did mean I arrived at the start area by 7:30am in good time, allowing me to potter, sus everything out and get ready.



After watching the elite women's start at 9:15am on the big screens around the start area, I headed over to my start pen which opened about 5 minutes after. Having a target time in my head I knew I needed to be at the front of my pen, which was to be the second wave of runners off the line in the new start format for this year. Once I got there I was greeted by whole line of marshals, all of whom were members of the BOSH run group and from Shoreham. The 50-minute wait to start flew by, chatting to all of them and other runners around me in great spirit.



Once it was time for my pen to start we were led up to the start line passing the fire fighters involved in and running for Grenfell this year. This was very moving to say the least, and gets you thinking just how important this race is for raising money for great causes whatever they may be. [Photo mile 14](#)

So on with the race, as I said before this year there was a different starting procedure and once the air horn went off there was no going back, and definitely no thought in my mind that the sun & heat was going to get the better of me. The first mile was a great feeling, there was only about 5 runners ahead of me until we merged with the green area starters. It got a bit trickier here as I was in and around the green 5 hour pace guys and the weaving started, only a taster of what was to come later. As Pete told me before, the first 3 miles are slightly downhill so don't get carried away. I was conscious of this and did try and hold myself back (although my mile splits might not show this). After 5 miles I settled down into a consistent pace which didn't change significantly until mile 19.

Going through/over Tower Bridge just before half way was an experience and a half. The support all the way round the course didn't give up, but the roar from the crowds at Tower Bridge was something else. As I got over the bridge and turned right I just caught a glimpse of last year's winner Daniel Wanjiru who at the time I believe was in 4<sup>th</sup> position. [Photo mile 22](#)



As I hit the Isle of Dogs and Canary Wharf I felt good, was on pace and dealing with the conditions well. Implementing the race directors advice of sipping & tipping the water over myself as well as using the showers provided around the course kept me cool. Then miles 19 & 20 came. I wasn't aware I picked the pace up here, but my splits showed they were faster by almost a minute each mile, this did come back to haunt me. From 22 miles onwards, I started to feel the heat, which was the hottest on record at 23°C. No amount of water being taken on, poured over my head or shaded tunnels seemed to cool me down, and my pace inevitably slowed down. It was frustrating as aerobically I felt fine, I was just overheating. Alongside this my infamous hips started to play up again like they had a few years ago in the Beachy Head Marathon. Seeing more and more runners around me collapsed on the floor being treated by medical staff only made me more aware of the warm conditions. However, this made me more determined to focus on me, my time and getting to the finish line. I pushed on and just tried to put the effort in, I knew my first half was strong coming in under target at 1:42, so I had a little buffer to play with.



Running the last mile past Big Ben and Buckingham Palace I just took in the sights, atmosphere and the amazing support from the crowds. Sure enough, my earlier pace was enough to see me beat my target time of going under 3 hours 30 minutes, coming in 3 hours 28 minutes and 54 seconds. All in all, I knocked 51 minutes and 15 seconds off my PB, which in those conditions I was very happy about. Once again thank you all for your support and apologies if I've blabbered on a bit.

## SUSSEX GRAND PRIX - your club needs you by Matthew Franks

Many of the newer members of Striders won't be aware of the Sussex Grand Prix, which should not be confused with the Club Grand Prix article, which also appears in this newsletter. Please note that some races will appear on both lists. As your newly appointed representative, I would like to take the opportunity to promote the event and encourage more of you to participate in key races across the year.



**What is the Sussex Grand Prix?** It's an inter-Sussex club league consisting of 10 races from March through to December. The races are taken from the normal running calendar (therefore not exclusively for club runners) and range from 5 miles to half marathons.

There are separate leagues for men and women and over 40's.

**How do I enter? What's affiliation?** As well as being members of Seaford Striders, runners ideally need to hold UK athletics affiliation (annual fee of £15) to guarantee points scoring

Being "affiliated" gives you discounts off pretty much every organised run you sign up for (not only those included in the grand prix). The discount is normally £2-£3 so entering 7 races across the year will make it cheaper (though of course you can't put a price on competing in a Striders vest!)

If you are a member of Striders and wish to get affiliated, simply give Linda Jennings £15 on a Wednesday and she will register you with UK Athletics. Alternatively, if you have not yet paid your Seaford Striders Membership you can pay online via the website choosing the member and affiliation option in the new MemberMojo system.

Once Linda has registered you with UK Athletics, you will receive an e-mail confirming your UK Athletics registration number

Once registered, simply enter the designated races online, choosing the affiliated athlete option declaring your allegiance to Seaford Striders and registration number when prompted.

Whilst most races will only allow you to enter as a Seaford Strider (if you are affiliated), a small number allow you to declare your allegiance as an unaffiliated runner. In these instances, unaffiliated members can score as well.

**Which races are they?** The 10 races that constitute the Grand Prix are all ones organised by a Sussex running club (rather than a sports management company). It is important to support these events, we know from our own Mince Pie run, that this is the main source of income that sustains the club and enables us to donate to a worthwhile local charity.

As a Grand Prix event you tend to have a greater proportion of club runners which gives these races a friendlier vibe. Striders will always wait to encourage the whole team across the finish and there is normally a nice cup of tea and homemade cake post-race.

Race	Date
Hastings Half Marathon – See Results below	18 <sup>th</sup> March
Hastings 5 mile	13 <sup>th</sup> May
Horsham 10K	20 <sup>th</sup> May
Heathfield 10K	24 <sup>th</sup> June
Bewl 15 mile	1 <sup>st</sup> July
Phoenix 10K (Hove)	11 <sup>th</sup> July (Wed night)
Hellingly 10K	9 <sup>th</sup> Sept
Lewes Downland 10 Mile	7 <sup>th</sup> Oct
Hove Prom 10K	21 <sup>st</sup> Oct
Crowborough 10K	25 <sup>th</sup> Nov

**What are the Rules?** Points are allocated to each Grand Prix participating runner with 1<sup>st</sup> place receiving 500 points, 2<sup>nd</sup> 499 and so on, runners that are not members of Grand Prix participating running clubs are not counted i.e. if an unattached runner finishes third, the next participating club member would receive 498 points.

**Team competition** The event is split into male and female, veteran (40+) and overall categories. At the moment, the decision on how many runners will score in each of the categories has yet to be taken.

What we do know is each club team will receive a score for each of the 10 races. The combined total of “counting runners” for any club will be ranked against the other competing clubs in that race with the club being awarded a position or points for that race. So, if there are 23 competing clubs, the club with the most points in each category would earn the maximum 23 points.

At the end of the 10-race series in December, the best 9 race scores for the club will be accumulated to determine final finish positions.

What this is likely to mean is getting a larger number of competitors will be crucial to our success this year and Striders even if only competing in of the races is making a valuable contribution to the success of the team.

Individual – There is also an individual based event split into more concentrated age categories (5-year intervals, from 40 years of age) and a senior event for 18-39 yr olds. The individual event will be based on your best 6 scores across the 10 qualifying races.



**Where are results published / how do I know my points have been taken into account?** The Sussex Grand Prix have a website where results are posted. The provisional results take a little while to be published, once they are a 3 week time limit starts in which results can be queried via an online form.

As your Grand Prix representative, I will ensure that anyone taking part in these 10 races will have their scores correctly allocated. I will also publish provisional and cumulative results via the newsletter or the Seaford Striders Facebook page.

Below are the scores from the 1<sup>st</sup> race in the series Hastings Half Marathon for competing Striders.

Men			
Name	SGP Id	Age Category	Hastings Half (points)
Joshua Rudd	4552Rud	S	493
Dave Dunstall	2687Dun	V4	467
Damian Partridge	7944Par	U	438
Andrew Farley	7895Far	U	393
Ben Barnett			391
Graham Jones	7960Jon	U	354
John Foster	7967Fos	U	329
Richard Honeyman	2699Hon	V3	307
Simon Homer	7891Hom	U	279

Age Category	Age range
S	17 - 39
V1	40 - 44
V2	45 - 49
V3	50 - 54
V4	55 - 59
V5	60 - 64
V6	65 - 69
V7	70 - 74
V8	75 - 79
U	Unknown

Women			
Name	SGP Id	Age Category	Hastings Half (points)
Anneka Redley	7656Red	S	471
Natasha Swan	3561Swa	V2	447
Hilary Humphreys	6271Hum	V7	395
Debbie Plant	7924Pla	U	369
Becky Souissi	7935Sou	U	324

Where age grading is unknown the Strider is not currently scoring until an age category can be assigned (I have contacted the SGP to inform them).

Team placings are yet to be announced.

In the individual competition Striders in top 4 placings are:



Josh Rudd  
3<sup>rd</sup> senior man

Hilary Humphreys  
3<sup>rd</sup> V7 Woman

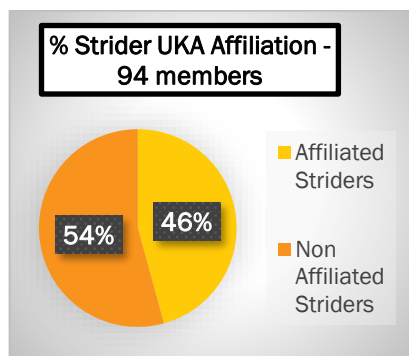
Anneka Redley  
5<sup>th</sup> Senior Woman

Dave Dunstall  
1<sup>st</sup> V4 man

**It's for the fastest runners isn't it?** Absolutely not! It's very important to have strength in depth. The last race had about 270 scoring runners, so having insufficient competing people loses you about 230 points per runner.

Whilst there is a competitive edge, the event is equally about competing as a club and encouraging each other to produce the best we can in an environment that is conducive for meeting personal time goals. Using the training intervals, hills that are worked on during the week.

**What can we achieve this year?** 14 Seaford Striders ran at Hastings, for the Half marathon (9 men, 5 woman). Below are some facts about membership that suggests together we have the potential to grow in numbers.



	Affiliated	Non-Affiliated
Veteran Woman	5	22
Senior Woman	9	12
<b>Overall Woman</b>	<b>14</b>	<b>34</b>

	Affiliated	Non-Affiliated
Veteran Men	18	11
Senior Men	11	6
<b>Overall Men</b>	<b>29</b>	<b>17</b>

- Less than half of Striders are affiliated & therefore likely to be scoring
- There is insufficient veteran woman to score in that category (last year 5 veterans counted in the team event) **but real potential** if more unaffiliated runners participated in the Grand Prix
- The veteran men category was strong last year and continues to have good depth if the turnout is high

**How did we do last year?** The men finished 3<sup>rd</sup> Overall and in the Veteran category (the best for a few years), the woman 10<sup>th</sup> Overall and 16<sup>th</sup> in the veteran category.



Striders receive Grand Prix participation awards

**How do I get to races?** Seaford Striders have a What's app car sharing group where many Striders are willing to take fellow runners to events and reduce the parking burden

### **Next 2 races in May, what are they like?**

**Hastings 5 miler** is a perfect introduction to couch to 5K graduates. It is a fast seafront flat course. Most Striders run at least 5 miles each Wednesday. The entry cost is affiliated £12, non-affiliated £14. There are only 600 places so book soon!

**Horsham 10K** is a relatively Flat 2 lap multi-terrain course (road, bridle path and rugby field). Entry £14 unaffiliated, £12 affiliated.

**So please consider taking part, whatever your pace, let's make this another successful Grand Prix year. Thank-you.**

## **SEAFORD PARKRUN by Joel Eaton**



**Course measurement:** Along with Lucy, our parkrun ambassador, we have officially measured the proposed route along the seafront and an alternative for those winter days when certain parts of the seafront get bombarded with stones! This was a great opportunity for us to evaluate the route, identify where marshalling spots are needed and the potential hazards that we need to manage.

**Volunteering:** If you would like to become involved, please contact Joel on: [soundslikejoel@gmail.com](mailto:soundslikejoel@gmail.com) Before any parkrun gets official approval to start, the core volunteer team must be seen to be actively volunteering at other parkrun events to gain the required experience. This is a crucial factor that could delay/prevent the Seaford parkrun starting. Peacehaven have committed to assist with this need to gain experience in the various roles.

Thank you to those who have forwarded me their parkrun athlete IDs (for those that haven't, this is the number on your barcode and on your profile page on the parkrun website). Parkrun HQ are using these to see how much we are all volunteering over the coming weeks and months. A big thank you to those of you who have already started getting stuck in and volunteering!

**Next steps:** We are currently putting together our second funding bid which is due in by May 18th. We will be jogging the course at 9am on a Saturday morning as part of our risk assessment. Obviously, we'll choose a day with some nice weather, so we can sit outside for a coffee/chat afterwards. You're more than welcome to join us for this, we'll let you know when we have a date lined up.

## 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 next event is the Haywards Heath 10 miler on Sunday, 6<sup>th</sup> May.

The series of club races includes a number of parkruns - 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.

6-May-18	Haywards Heath 10 mile	<a href="https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018">https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018</a>
13-May-18	Hastings 5 mile	<a href="https://www.nice-work.org.uk/races/Hastings5/2018">https://www.nice-work.org.uk/races/Hastings5/2018</a>
16-Jun-18	Peacehaven Parkrun	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
24-Jun-18	Heathfield 10K	<a href="http://heathfieldroadrunners.com/race.php">http://heathfieldroadrunners.com/race.php</a>
7-Jul-18	Eastbourne Parkrun	<a href="http://www.parkrun.org.uk/eastbourne/">http://www.parkrun.org.uk/eastbourne/</a>
4-Aug-18	Peacehaven Parkrun	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
9-Sep-18	Hellingly 10K	<a href="http://www.hellingly10k.co.uk/">http://www.hellingly10k.co.uk/</a>
7-Oct-18	Lewes Downland 10 mile	<a href="https://www.lewesac.co.uk/">https://www.lewesac.co.uk/</a>
21-Oct-18	Hove Prom 10k	<a href="http://arena80.co.uk/hove-prom-10k-race/">http://arena80.co.uk/hove-prom-10k-race/</a>
10-Nov-18	Preston Park Parkrun	<a href="http://www.parkrun.org.uk/prestonpark/">http://www.parkrun.org.uk/prestonpark/</a>
2-Dec-18	Crowborough 10K	<a href="https://www.nice-work.org.uk/races/the-crowborough-10k">https://www.nice-work.org.uk/races/the-crowborough-10k</a>
Dec date tbc	Cross Country Framfield	<a href="http://www.eastsussexcrosscountry.co.uk/events">http://www.eastsussexcrosscountry.co.uk/events</a>

## CLUB KIT

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.

*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 email: [info@seafordstriders.org.uk](mailto:info@seafordstriders.org.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 your 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 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.



**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](mailto: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

May – 3 June 2018		10 June	
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)	10 June	Hove Park 5K <b>and Children's races</b>
<b>6 May</b>	<b>Haywards Heath 10M</b> (mid Sussex Marathon Week-end)	10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury	10 June	Martello Rotary Triple Challenge – includes Half Marathon
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)	15 June	Robertsbridge Midsummer 10K
7 May	Barcombe 10k & 5k + <b>Kids races</b>	<b>16 June</b>	<b>Parkrun – venue tbc</b>
10 May	Out of the Blue 10K, 5K, Battle	16 June	Boxgrove 5K
<b>13 May</b>	<b>Hastings 5 Mile Club Grand Prix</b>	17 June	Felpham Five Beach Race
13 May	Pulborough 5K/10K/15K/HM	17 June	Adidas City Run - 1 mile lap and 1 hour to complete as many laps as you can – how far will you go? Central London
13 May	Eastbourne Trackstar Marathon	20 June	Mid Summer 5M, Chichester
13 May	Hedgehopper 5, Portslade	20 June	The Weakest Link Relay, Brighton
13 May	Run Wisborough 10K, 5K	23 June	Race to the King
16 May	5M Beach Run, Littlehampton (N.B. Wednesday) <b>&amp; Kids 3/4M</b>	23 June	Downland Dash, Burgess Hill (N.B. Sat) <b>&amp; Kids 1M</b>
<b>20 May</b>	<b>Horsham 10K</b>	<b>24 June</b>	<b>Heathfield 10K Club Grand Prix</b>
20 May	Bognor Prom 10K	24 June	Bates Green Gallop 3.78 mile x ?? <b>6-hour limit!</b>
20 May	Arun River Marathon	25 June	Marathon Madness Trail event, Worthing
23 May	Trundle Hill Run, Chichester (N.B. Wed) <b>&amp; Kids 3/4M</b>	26 June	Marathon Madness Trail event, Worthing
27 May	Rye 10 miler	27 June	Marathon Madness; Trail event, Highdown
27 May	<b>East Hoathly Family Fun Runs 5k &amp; 1K</b> <a href="http://easthoathly.pioneerfederation.co.uk/fpta">http://easthoathly.pioneerfederation.co.uk/fpta</a> .	27 June	Bexhill 5K <b>&amp; Youth 1M &amp; Kids 1M &amp; 500mtr</b>
28 May	Newhaven Harbour to Brighton Marina 15M	28 June	Marathon Madness Trail event, Findon
30 May	Bexhill 5K <b>&amp; Youth 1M &amp; Kids 1M &amp; 500mtr</b>	29 June	Marathon Madness Trail event, Shoreham
3 June	Focus 10K; 5: <b>and Children's mini mile</b> Border Hill Gardens, Haywards Heath	<b>1 July</b>	<b>Bowl 15</b>
3 June	Mud Monster 5K, 10K, 20K, East Grinstead	1 July	Lingfield Dry Hill 10miler & 10k, Lingfield College <a href="https://lingfieldrunningclub.co.uk/">https://lingfieldrunningclub.co.uk/</a>
3 June	Worthing 10K	4 July	Roundhill Romp, Steyning (N.B. Wed) <b>&amp; Kids 1M</b>
		7 July	St Lawrence Fun Run, Hurstpierpoint

Continued Over.....

# 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

7 July – 9 September 2018		16 September – January 2019	
7-July	Eastbourne Parkrun	16 Sept	Tilgate Forest
8 July	Uckfield Lions 10K <a href="mailto:sherwoodc@rocketmail.com">sherwoodc@rocketmail.com</a>	23 Sept	Pulborough 5K/10K/15K/HM
8 July	Eastbourne 10K	23 Sept	Y-Front, Hastings 10K & 5K
11 July	Phoenix 10K (Wednesday)	30 Sept	Barns Green Half & 10K
15 July	Beat the Tide 10K, Worthing	30 Sept	Tempo 10k, Eastbourne
18 July	The Wakehurst Willow 8K	7 Oct	Bright 10
21 July	Lunatic Night Marathon	7 Oct	Sussex Marathon 7 Half
22 July	Brighton Trailblazer Run	7 Oct	Lewes Downland 10 Mile Club Grand Prix + 5mile
25 July	Bexhill 5K & Youth 1M & Kids 1M & 500mtr	7 Oct	Downslink Ultra
29 July	Seven Stiles, Henfield & Kids 1M	7 Oct	Chichester Half, 10miler & half marathon relay
1 Aug	3.5M Highdown Hile, Worthing (N.B. Wednesday)	14 Oct	Hickstead Gallop 8K & Kids 1.5M
4-Aug	Peacehaven Parkrun	21 Oct	Worthing Seafront 10K
12 Aug	The Adder 10 miler & Friston Forest 5	21 Oct	Hove Prom 10K Club Grand Prix
12 Aug	Henfield Half	27 Oct	Beachy Head Marathon + 10k
18 Aug	Downland Challenge Ultra	28 Oct	5M Steepdown Challenge, Lancing & Kids 1M
18 Aug	13 The Hard Way, Clayton	4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M
19 Aug	Hornets' Stinger, Brighton, 10K + Kids races	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
25 Aug	South Coast Challenge	10 Nov	Preston Park Parkrun
26 Aug	Newick Will Page 10k	18 Nov	Brighton 10k
26 Aug	Arundel Castle 10K	2 Dec	Downland Devil 9
27 Aug	Kings Head Canter	2 Dec	Crowborough 10K Club Grand Prix
2 Sept	The BBB 10K	9 Dec	Mince Pie 10 miler
2 Sept	Fittleworth 5 & Kids 0.8M	Dec tbc	Cross Country Framfield Club Grand Prix
2 Sept	London 2 Brighton Trail Ultra	1 Jan	Seaford Striders Seafront 5K
9 Sept	Hellingly 10K Club Grand Prix	1 Jan	Hangover 5M, Goring & Kids 1M