



Seaford Striders Newsletter

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

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August 2018

Martello Rotary Triple Challenge by Katherine Elton

The Martello Rotary Triple Challenge is an aptly named event. First, there's the route - it slopes up for miles until Firle Beacon before coming back down again. Then, there's the June timing. Although conditions were not nearly as hot as earlier races within the calendar, such as the scorching Haywards Heath 10 mile, there's little in the way of shade. And then there's the cows.



The Triple Challenge raises funds for the British Heart Foundation. You can complete it in three different ways - ride a 20 or 30 mile route, run or walk 13.1 miles or walk for 7 miles. I ran the trail half marathon as a complete contrast to my first long distance event, the Brighton Half Marathon. While the former was flat and freezing, this was hot and hilly. Brighton has banners, entertainment and hordes of spectators. On the Downs, water stations are few and far between. And there are no kids around to offer you Haribo.

Four Striders took up the challenge - Adam Haverly, John Foster, Richard Honeyman and me. We were helped along our way by the enthusiastic support of other team members who were marshalling and time keeping.

The field of around 60 runners was started off by Seaford's town crier at the Salts, following on from the walkers and cyclists. I wished Adam well on the line, knowing I was unlikely to bump into him, even at the finish! Like me, this was his second half marathon and he'd run the Brighton Half too.

L-R John, Richard and Kat

I stayed with John and Richard as we passed the walkers, waving at my friend Anne Marie who was on the 7 mile route. Crossing the A259 we were marshalled across by the familiar faces of Tom Roper and Nick Farley, before following the route through Bishopstone. We were given another enthusiastic send off on the other side of the road, thanks to Julie.

As we got past Bishopstone, John ran on ahead. The roads gave way to paths and, by mile three, we had started our ascent of the Downs. I almost made it up the first hill running, but as the path narrowed, the loose stones and tree roots in the Challenge's only heavily shaded spot meant it was just as fast for me to walk up the hill.

By mile five it was getting steeper. Again, I chose to complete some of the uphill sections by walking fast instead. As we turned sharp right into the South Downs Way and ran past the masts, it felt like we'd been running uphill forever. My calf muscles felt like they were on fire.

But it was here that we got our reward. Stunning views from the top of the Downs and a complete distraction from running. Looking down onto the green fields and sea below, I felt like I could have been in an aeroplane. I didn't notice my legs were moving at all.

On the ascent to Firle Beacon, we encountered our biggest crowd of the day - a large herd of cows with their calves. They were stretched right across the run route and weren't going anywhere fast.

Myself and Richard both chose to walk, weaving through the biggest gaps in the herd but also keeping some distance between us and the barbed wire. Once we'd reached the gate on the other side, we were told by the marshall that some of the cows had been frisky around the runners and cyclists and had to be shooed off!

After Firle Beacon, the course undulates as it reaches mile eight at Bo Peep. I spotted Trevor along the way, who had patiently answered my endless questions about this race on our Wednesday night runs. Now I was actually running it!

At mile 10, which ran alongside Seaford Golf Club, I knew I was on familiar territory and it really was all downhill from there. It was getting much hotter but I'd found my stride again. The burning sensation in my calf muscles had disappeared, to be quickly replaced by a couple of brushes with the stinging nettles.

As we descended through Bishopstone, I high fived Anne Marie as I passed her once more, relieved to be heading towards the finish. The seafront was by now, baking hot and the visitors had arrived, seemingly unaware of the runners. A toddler lobbed stones from the beach onto the Esplanade, narrowly missed my shins.

Having run on the hills, that last hot, flat mile seemed to go on forever. I really needed a final push. It was then that Julie appeared, seemingly from nowhere, just past the ice cream van. I remember yelling: "That finish isn't getting any closer" at her.

As she cheered me on, those familiar Strider faces came into view again. I saw John with his medal, marshall Nick cheering me on towards the finish with time keeper Martin. I was finally over the line!

Seaford Triple Challenge results: Adam Haverly 1:54:26; John Foster, 2:03:33; Katherine Elton 2:22:08; Richard Honeyman 2:24:38.

Marshalls/timekeepers: Martin Bulger, Nick Farley and his daughters, Tom Roper, Trevor Jones, Alice Lennie.

Cheerleader: Julie Taylor



Above – Adam
Photos this race courtesy of Nick Farley

MemberMojo

Our brand new membership scheme is now live, if you haven't already done so please log in and check out the data we hold; set up your personal password and make any necessary changes.

Second hand kit sale

Do you have kit that you no longer use? Too big? Fancy a change of colour? Please bring your unwanted (beautifully clean) kit to Wednesday club nights. Ask for **Stacey**.



Donate it, swap it, or choose something nearly new.

There will be no charge for second hand items. However, donations will be greatly appreciated – no matter how small!

All money raised will go directly to the club.



Heathfield Summer 10k - press release

Seaford Striders RC doubled their attendance at this year's Heathfield Midsummer 10k on June 24 – from a field of 12 runners at the 2017 event to a mighty 24 in 2018.

Runners braved scorching temperatures for the circular route around the quiet country lanes surrounding the villages of Cross in Hand and Waldron. The challenging course forms part of the Sussex Grand Prix circuit and gives little opportunity for personal bests. Instead, Striders are challenged to pace themselves to achieve their best possible time on the hilly but scenic route.

First over the line for the Striders and 8th overall from the field of 290 finishers, was Joshua Rudd in 38:54. He was followed by Josh Nisbett in 42:18, Nick Farley in 43:22 and Damian Partridge in 43:41.

Andrew Farley was next in 45:23, followed by Phil Robinson in 47:38. Then it was the turn of the ladies. First lady Strider home was Anna Norman in 49:47, followed by Anneka Redley in 50:41 and Natasha Swan in 51:37. Emily Eaton crossed the line in 54:05, just ahead of Kristiane Sherry in 54:08.



Graham Jones completed his race in 56:35, with Hilary Humphreys the last Strider to complete the undulating course in less than an hour in 58:39.

Michelle Varndell loved the course and completed it in 1:00:48, she was followed by Simon Nixon in 1:01:38 and Emily Farley in 1:04:13. Next came a group of Striders completing in 1:05 – Simon Homer (1:05:03), Debbie Plant (1:05:30) and training buddies Julie Taylor and Trevor Jones (1:05:44).

**Front row L-R, Stacey, Michelle, Julie
Middle row L-R, Trevor, Anneka, Emily Becky,
Hilary, Lauren, Deb, Victoria, Anna, Simon H
Back row L-R Kristy, Simon N, Graham, Nick ,
Josh**

Stacey Jones helped pace new Strider Lauren Morgan to complete her first ever race with both finishing in 1:09:47. The race was concluded for the Striders by Becky Souissi (1:14:40) and Victoria Maleski (1:15:18) well supported by Strider team mates who had finished their race

WhatsApp - Car Shares and Runs

Loads of you have already signed up but for the many new members, Striders' WhatsApp group has been formed for anyone who wants 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/4hGlz6PuskcHJ8IBMwUJzP>

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).



Bewl 15 - Here to have a good time, not get one, by Emily Eaton

The Bewl 15 has been rated the 6th best run in the UK – and for good reason. Tree-lined, undulating trails around a beautiful reservoir with free beer and cake to finish – what more could you ask for? Eleven striders braved the stunning



course on a day that saw temperatures hit 30 degrees. A bagpipe player greeted us as we bounded down the hill towards the reservoir. We then continued through field and forest with lots of hills and uneven ground. The run continued around the reservoir and it looked so tempting to go in for a swim. Wet sponges, a hose and lots of water tried to cool us all down but it was a really tough course in the intense heat. There was a cheeky hill at mile 11 and I cheered to myself when I saw the 14 mile sign and knew the end and a cold drink was so close. The finish was up another big hill where we were greeted with a cake buffet, beer, free massages and a brass band. As Amanda reminded us, we're here to *have* a good time, not to get one – and I think we all felt good to have survived. Even though the time wasn't quite what I'd hoped for, I couldn't stop smiling as I finished.

01:56:51	Luke Borland	02:31:36	Anna Norman
02:02:20	Joshua Nisbett	02:58:04	Ben Shorer
02:13:48	Andrew Farley	02:58:06	Stephanie Cox
02:20:34	Kristiane Sherry	03:03:38	Amanda Feast
02:27:34	Emily Eaton	03:37:30	Tom Roper
02:30:58	Phil Robinson		



Photos – Above L-R, Amanda, Kristy, Andy, Lindsey (Kristy's friend who'd never run that far before) and Emily. Group photo L-R, Emily, Lindsey, Andy, Luke, Kristy, Tom, Josh, Phil, Anna, Amanda

Spotlight on a Strider

This month's Strider spotlight is shining brightly upon our new chairman – Chairman Rob. For those of you who have yet to meet Rob, he can usually be spotted wearing his pink hi-vis Striders' top with Chairman Rob emblazoned on the back. Chairman Rob is a very friendly chap. Do make yourself known to him and say hello. He loves a chat!



How long have you been running?

15 months.

How long have you been a Strider?

15 months. I finally joined (after having been coming to Striders for many years with my son, Joe) with the first C25K group last year.

What's the best thing about being a Strider?

Friends, support, becoming chairman. I could go on...Seaford Striders are amazing.

Where did you grow up?

I was born and bred in Kingston upon Thames, Surrey.

What would be your dream holiday?

A world cruise with my family. 3 months away would be just about perfect.

Alive or dead, who would you invite for dinner? You can only choose 4.

George Michael for his inspirational music. John Sim - he's my favourite actor. Dame Judy Dench – in my opinion the most interesting person alive and Martine McCutcheon.

What was the last text you sent?

It was to my wife Deb, in response to a text she had sent me. It said, 'no Darling, we can't get a puppy'.

What's your claim to fame?

Running into Tom Hardy and exchanging a handshake.

Are you scared of anything?

Spiders! They bring me out in a cold sweat. Dentists are a real problem for me too.

If you were stranded on a desert island, what three things would you like to have with you?

An iPod with all my favourite 80's music on. A family photograph (presuming they're not there with me) and my running kit.

My thanks go to Rob for having the spotlight shining down on him. We'll be introducing another member of the Striders' committee to you next month.

Hadrian's Wall Half Marathon by Richard Honeyman

Whilst staying in Northumberland recently I entered the Hadrian's Wall Half Marathon. Not actually running by the wall at any stage was the seventh edition.



Starting and finishing on the moors, the picture shows this and the incredible glorious weather we had.

The race as you would expect was challenging on two counts – weather and terrain. Starting north of Twice Brewed pub for the first couple of miles we were on country and undulating lanes until a change onto track/path running east, eventually joining part of the Pennine Way. The ground was hard going and there were plenty of stiles to climb over. About half way the course

turned north and then west through Forest Commission land, a little like a harder version of Friston Forest. The last two miles were back on open lanes and I could see the finish line 2 miles or so away.

A field of 300 or so runners with the winners in at 1:32:42 (male) and 1:34:59 (female) respectively. I came in at 2:26:27 – 206th out of 288 finishers and slightly better than the local Triple Challenge two weeks previously.

One sad note, the founder of the race – Ian Currell who was only 56, passed away the very morning of the race of prostate cancer. Well known in Tyne Valley and who resided in nearby Hexham he was a keen runner, trainer and organiser and will be missed widely throughout the area and beyond. It was his family's wish that the event went ahead and that a minute's applause took place before the start gun went off.



Club Events



Monday 13th August
Monday 3rd September

Monthly Training Session
Monthly Training Session

7.30pm Lewes Track
7.30pm Lewes Track

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 Peacehaven Parkrun on Saturday, 4th August.

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.

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 Downland 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

London to Brighton 24 hr, 100k walk by Nick Farley

My journey began on Saturday 7th July at Hurlingham Park, Fulham, London with 100 kilometres of walking ahead of me to negotiate. This was my 3rd Blind Vets 100k with an unsuccessful 1st attempt, falling short at 72k and a completion 2nd time around. However, this time I wanted to challenge myself once more with a PB target whilst continuing to raise valuable funds for an amazing cause.



The Sun was out with it's hat on to greet us for our 9am official start time, as we knew it would be. We had our briefing from the Discover Adventure team and positive words of encouragement from a Blind Veteran before our send-off.

I had 7 check points to cover over the 100k challenge, providing us with foods, fluids, meds and bags of encouragement. I must also mention England v Sweden live at CP3!

The route took me meandering through Wandsworth, Coulsdon and Caterham across the M25, down through East Grinstead to Scaynes Hill then Plumpton before heading over to Falmer, past the American express Stadium, up and over to the finish at Blind



Vets centre in Ovingdean.

Over the course of the route I met some amazing people, partially sighted Blind Vets members and guides who were simply inspiring. This drove me further to achieve what I had set out to do in support of the cause.

It was Blind Vets UK, formally St Dunstan's which brought my Great Grandfather, Joe Dellow and family including my Nan down to Brighton in November 1948 where he became a member.

This was my first year tackling the 100k solo; I had previously walked with my brother in law. I knew that potentially this would challenge me further especially through the night walks at CP5, 6 & 7 but I kept motivated knowing I was ahead of my previous timings and knew I could cover CP5 – 6 with daylight. This would leave me with 2 night walks.

During the day the walk route offered the most amazing views and moments from urban towns and parks, forest and woodland to the North and South Downs whilst the sun continued to shine down over it.



I maintained my fluids intake, ate when I felt I needed as the heat really took away the hunger and constantly topped up the factor 50 sun cream in order to keep me moving at an average pace of approximately 14:41 mins per mile. I felt strong throughout and was making great progress from checkpoint to checkpoint. I looked after my feet with regular sock changes, powder and tape as the blisters appeared, quite early on actually.

As the night drew in I set out from checkpoint 6, headlamp & headphones on knowing this would be the testing time walking alone, aware that one missed directional sign could cause me no end of bother. All was good however, and as I approached the last checkpoint I was welcomed by my wife and friends. I knew there was one very steep incline to go but the end was in sight. I felt tired at this point so with a quick sock change, powder and fluid refill I set off again with my focus fully on the completion of this event and my bed!

Making my way over the South Downs through to Falmer and onto Woodingdean, I knew the Blind Vets centre was just around the corner and I was almost there ahead of my previous year's time, which was a personal goal set out from the start. I could not actually believe it.

I was overcome with emotion as I crossed the line to get home first overall with a PB time of 18:20:50, having realised in the last final 1k what had happened and the journey I had undertaken.



Phoenix 10k by Chairman Rob



I wasn't planning on running this but a surprise from Deb (my wife) and an email telling me that I had been entered (just a week before) got me feeling both nervous and motivated.

The Phoenix 10k is notoriously fast with lots of club runners aiming for PB's on a flat course.

I am not your typical runner, but I give 100% in all the runs that I enter. I'm still usually one of the last to come in and this race was to be no different.

England were attempting to bring it home and because of this the usual numbers were down significantly. However, there were Striders everywhere, some donning England flag colours, some not.

As 7.30 approached, I waited nervously in the starting pens the usual butterflies making me feel particularly anxious. The horn sounded and off we went.

I started steadily and found the first 8K fairly comfortable. The sun was beating down and I unlike many others I really don't mind running in the heat. Then around the 8k mark, my 12 hour shift and 2 ½ hour drive to get to the race hit me. The last 2k was a real struggle. I knew the whole team would be waiting for me at the end and I walked and ran my way towards the finish.

With 1k to go I looked up to see Deb running towards me. She hadn't entered the race but had run to Hove with Joe our son to cheer on the team. Staying a little in front of me Deb ran me in. It helps me to have someone slightly in front and I followed her for the last kilometre.

As the finish line entered my sight, so did a sea of Striders ready and waiting to run me home.

I finished, as I always try to do, with a little sprint. It may have been slightly slower than usual though.



L-R, Hilary, Michelle, Julie Chairman Rob, Anna, Josh, Simon, Damien, Jazz, Anneka, Kristy, Becky, Emily and Deb

Thank you everyone for getting me over that finish line. I won't name names but you know who you are. I am, as always hugely grateful and hugely proud to be part of such an amazing team.

I finished in 1 hour 12 mins.

Top to bottom, Kristy, Anneka, Hilary and Emily



L-R, Deb, Chairman Rob, Hilary, Simon and Michelle. All photos this race courtesy of Tony Humphreys

Welcome to our new Striders!

Welcome to our new July Striders. We wish you many hours of happy running!



Senior Members:

Katie Marchant, Wendy Reed and Danny Lowe



The Jog Shop Trailblazer by Deb Plant



For those that know me well, they know that fast and flat is just not for me as I find it incredibly boring, so it was with much excitement that I booked the Jog Shop Trailblazer. A 10k (just under as it happens) trail race, starting and finishing on the Downs in Woodingdean. Little did I know...

It was just five of the Strider girls, Becky, Michelle, Jazz, Emma and myself with Anneka our chief cheerleader, meeting up on a very hot and beautiful Sunday morning. The boys obviously knew better.

L-R, Michelle, Becky, Deb, Emma and Jazz

The WhatsApp group had informed us all that we would be negotiating Death Valley and Snake Hill and we all approached the start line with much nervous anticipation.

The start was extremely slow. The track was very narrow and was single file only. Good for me but not for the faster runners at the front, I'm sure.

The first 4k was undulating and with the temperature in the high 20s, runners were already walking up the hills.

The next mile was a very steep downward section and whilst it was of course easier to run, it was mainly on a chalk and flint track and very difficult to negotiate. Through some corn fields and several gates later, I got my first glimpse of Snake Hill.



L-R, Deb and Becky

I didn't walk all of it, but I certainly walked a lot of it. Snake Hill was approximately 4k long and went round and round and round. A little like a helter skelter – just not as much fun. I gave myself markers. Runners, trees, anything really. I jogged to the first marker and then walked to the next and continued this all the way up.

At the top and with both the end and my amazing teammates in sight, cheering me home I sprinted over the finish line with the little energy I had left.

All the Strider girls finished in fine form, from the first of us to the last. We had a hot, tough but just amazing Sunday. The support and team spirit that the Striders give is beyond amazing and I am so grateful for all the friends I have made. In my opinion there is no other club like it and it is so often commented on by other runners.



L-R, Deb, Becky, Emma, Jazz, Anneka and Michelle

Would I do it again? Absolutely! I loved it and will definitely book again next year.

Sussex Grand Prix by Matt Franks

Sussex Grand Prix – Your club needs you!



Provisional outcomes have been published for Heathfield 10K and Bewl 15 (individual points).

Team scores have been confirmed and after updated age gradings were taken into account Striders jumped from 7th to 5th (results included up to Horsham).

Club	Overall	Race position		
	Rank	Hastings Half	Hastings 5	Horsham 10K
Wadhurst Runners	1	2	2	4
Brighton Phoenix	2	4	4	2
Hailsham Harriers	3	3	3	6
Hastings Runners	4	1	1	14
Seaford Striders RC	5	8	5	5
Horsham Joggers	6	5	17	1
Uckfield Runners	7	6	10	8
Eastbourne Rovers AC	8	10	6	10
Haywards Heath Harriers	9	14	8	7
Crawley Saints and Sinners	10	12	18	3
Hastings AC	11	7	7	20
Lewes AC	11	9	12	13
Heathfield RRC	13	11	9	16
Arunners RC	13	13	14	9
Crowborough Runners	15	15	11	15

And just to prove every place counts we pipped Hailsham by 1 point at Horsham, your sprint finish really did make a difference.

In the individual competition Striders in top 5 age category placings (Top 10 for senior category) are:



Debbie Plant

2nd V3 lady



Becky Souissi

7th Senior lady



Anna Norman

4th Senior lady



Kristy Sherry

5th Senior lady



Hilary Humphreys

4th V7 lady



Emily Eaton

9th Senior Lady



Anneka Redley

10th Senior lady



Simon Homer

3rd V1 man



Peter Weeks

5th V6 man



Andy Farley

4th Senior man (7th Overall)



Josh Nisbett

9th Senior man



Joe Plant

3rd Junior

Upcoming races – Please Book Early (limited places)

Hellingly 10K (9th September) – Entry affiliated £12, £14 unaffiliated - Absolutely charming little race along winding country roads, my favourite of last year, **only 300 places (entries filling up fast only 150 left, don't miss out)**

Eastbourne 10K by Julie Taylor

The sun was shining, people around were happy and smiling and my emotions were totally under control. Yay !!



The starters Sue and Liz gave the count down from ten to one - the horn sounded and we were off.

I'm always amazed how we're all so fast and keen at the beginning of the race.

Today I had decided to take it easy after having done the Eastbourne parkrun on Saturday in much of the same temperatures as today.

I enjoyed the first 6k at a nice steady pace and the spectators were amazing and so very courteous of the run along Eastbourne promenade. The 7k mark just seemed so far away, the heat was stifling and it was having a very slow effect on my running and capability.

I kept stopping and starting until I reached 9k. The spectators many of them family and friends of the other runners spurred me on to the finish line. I could hear Sue and Liz over the tannoy system letting everyone know that I was about to cross the finish line - a magical moment - I did it....!!!.

Having joined the Striders in September 17, never having run with anyone before I can honestly say I missed you all on the day. I love your encouragement, support and most of all I love being a part of the most fabulous team ever - Seaford striders. ♥

Club Kit

Please see Michelle on club nights should you want to order new kit. Alternatively you can contact Michelle via the Striders' WhatsApp group or email at:

kit@seafordstriders.org.uk

Most members are now paying directly via Bacs – this is a lot easier for us too. For those that are able to pay for kit this way, please find below the Seaford Striders' bank details.

Account name: Seaford Striders
Account number: 51492861
Sort code: 40-40-25

Please let Michelle know once payment has been made. THANK YOU.

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. Vests are available in a range of colours and are also £12.

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: debbie_plant@hotmail.com

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



Future Races

Race Entry details @ <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

3 June – 1 Aug 2018		4 Aug – 1 Jan 2019	
3 June	Focus 10K; 5: and Children's mini mile Border Hill Gardens, Haywards Heath	4 Aug	Peacehaven Parkrun
3 June	Mud Monster 5K, 10K, 20K, East Grinstead	12 Aug	The Adder 10 miler & Friston Forest 5
3 June	Worthing 10K	12 Aug	Henfield Half
10 June	Hove Park 5K and Children's races	18 Aug	Downland Challenge Ultra
10 June	Weald Trail 50K, Ultra & Half, Chiddingly	18 Aug	13 The Hard Way, Clayton
10 June	Martello Rotary Half Marathon	19 Aug	Hornets' Stinger, Brighton, 10K + Kids races
15 June	Robertsbridge Midsummer 10K	25 Aug	South Coast Challenge
16 June	Parkrun – venue tbc	26 Aug	Newick Will Page 10k
16 June	Boxgrove 5K	26 Aug	Arundel Castle 10K
17 June	Felpham Five Beach Race	27 Aug	Kings Head Canter
17 June	Adidas London City Run - 1 mile lap and 1 hour to complete as many laps as you can	2 Sept	The BBB 10K

20 June	Mid Summer 5M, Chichester	2 Sept	Fittleworth 5 & Kids 0.8M
20 June	The Weakest Link Relay, Brighton	2 Sept	London 2 Brighton Trail Ultra
23 June	Race to the King	9 Sept	Hellingly 10K Club Grand Prix
23 June	Downland Dash, Burgess Hill (N.B. Sat) & Kids 1M	16 Sept	Tilgate Forest
24 June	Heathfield 10K Club Grand Prix	23 Sept	Pulborough 5K/10K/15K/HM
24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!	23 Sept	Y-Front, Hastings 10K & 5K
25 June	Marathon Madness Trail event, Worthing	30 Sept	Barns Green Half & 10K
26 June	Marathon Madness Trail event, Worthing	30 Sept	Tempo 10k, Eastbourne
27 June	Marathon Madness; Trail event, Highdown	7 Oct	Bright 10
27 June	Bexhill 5K & Youth 1M & Kids 1M & 500mtr	7 Oct	Sussex Marathon 7 Half
28 June	Marathon Madness Trail event, Findon	7 Oct	Lewes Downland 10 Mile Club Grand Prix + 5mile
29 June	Marathon Madness Trail event, Shoreham	7 Oct	Downslink Ultra
1 July	Bewl 15	7 Oct	Chichester Half, 10miler & half marathon relay
1 July	Lingfield Dry Hill 10miler & 10k, Lingfield College https://lingfieldrunningclub.co.uk/	14 Oct	Hickstead Gallop 8K & Kids 1.5M
4 July	Roundhill Romp, Steyning (N.B. Wed) & Kids 1M	21 Oct	Worthing Seafront 10K
7 July	St Lawrence Fun Run, Hurstpierpoint	21 Oct	Hove Prom 10K Club Grand Prix
7-July	Eastbourne Parkrun	27 Oct	Beachy Head Marathon + 10k
8 July	Uckfield Lions 10K sherwoodc@rocketmail.com	28 Oct	5M Steepdown Challenge, Lancing & Kids 1M
8 July	Eastbourne 10K	4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M
11 July	Phoenix 10K (Wednesday)	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
15 July	Beat the Tide 10K, Worthing	10 Nov	Preston Park Parkrun
18 July	The Wakehurst Willow 8K	18 Nov	Brighton 10k
21 July	Lunatic Night Marathon	2 Dec	Downland Devil 9
22 July	Brighton Trailblazer Run	2 Dec	Crowborough 10K Club Grand Prix
25 July	Bexhill 5K & Youth 1M & Kids 1M & 500mtr	9 Dec	Mince Pie 10 miler
29 July	Seven Stiles, Henfield & Kids 1M	Dec tbc	Cross Country Framfield Club Grand Prix
1 Aug	3.5M Highdown Hile, Worthing (N.B. Wednesday)	1 Jan	Seaford Striders Seafront 5K
		1 Jan	Hangover 5M, Goring & Kids 1M

Seaford Striders' Sports Day 2018

A huge thank you to our Social Secretaries **Anneka** and **Kristy** who organised our very first Seaford Striders' sports day. And what an amazing success it was!

Congratulations to the Orange team, who managed to bag first place after outprinting their fellow competitors on the all or nothing relay.



