



Seaford Striders Newsletter

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

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July 2018

Mayfield Triathlon by Jazz Shirett

In preparation for Eastbourne Triathlon on June 10th, I decided to brave Mayfield Sprint Triathlon on Sunday 27th May.

The event started at 7am so it was a nice early start. I've had a few nightmares on the bike recently and even though my running is improving putting all three disciplines together is always a challenge. I was really pleased with my swim time (which was in a lovely warm pool and seems like a more sensible option that what I will face at Eastbourne in two weeks' time). I swam 400m in 7 minutes and 30 seconds.

The transition to my bike was down a steep hill which I had to run down barefoot – ouch! The bike route was 25km around the surrounding villages. Mayfield is such a beautiful but hilly place! I had managed to borrow (steal) Ben's rather amazing bike, which helped. I was so relieved to get this phase done with only one minor hiccup when my belt fell off and became caught in my front tyre. Nearly a total disaster but I managed to unclip myself quickly and sort it in a few seconds.

The run was 4km around the school grounds, in true cross country spirit, up and down hill and even some mud – oh and a stile to climb over. I was relieved to finish, though the sun was shining and my legs were jelly! I was totally shocked when they announced I had won the ladies section. It was so worth the 5am start!

Mayfield Triathlon is run by a company called Hedgehog Triathlon, it was such a welcoming friendly atmosphere. I loved it and would highly recommend one of these events to any Strider looking to have a friendly taster to triathlons. BRING IT ON EASTBOURNE!



Worthing 10k by Jeff Young

I am relatively new to Seaford Striders, as well as running in events such as the Worthing 10k, so I didn't really know what to expect when I signed up for this run.

I did know that as usual I was beset with nerves and doubts as I drove towards the venue. However, this I was reliably

informed by several other Striders when I got there was completely normal and would never get any easier to manage. We gathered by the Worthing 10k sign for our Striders' team photo and then took our places on the starting grid.



The skies were clear with barely a breath of wind. Perfect conditions or so I thought and before I knew it they were counting down from ten to begin.

I started fast (too fast probably) and soon realised that the unrelenting sun was going to make things hard.

At 5k I was much more tired than I usually am, but knowing that I was on the last leg spurred me on.

I crossed the line relieved but exhausted and then went to find a good spot to cheer the rest of the Striders over the line.

This is one of the things I like most about Seaford Striders. No matter what reasons we may have for running, we are always part of a team. Always ready to give our help and support and encourage each other to reach our goals. Well done everyone!

Photo courtesy of Tony Humpheys

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.



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/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).

Spotlight on a Strider

Over the coming months we thought it would be great to introduce your committee members to you on a more personal level. You may have heard our names mentioned. But do you know our faces? Or vice versa. Hilary has bravely agreed to be our first Strider under the spotlight.



How long have you been running?

First started in my 40's

How long have you been a Strider?

I re-joined in 2013 after a long time out following a bout of pneumonia.

What's the best thing about being a Strider?

The camaraderie – Striders is so friendly!

Where did you grow up?

I'm a northern lass from Sheffield.

What would be your dream holiday?

I like to be active so anywhere where I can walk (or run), admire scenery or visit art galleries, ancient monuments or the like – home or abroad suits it's the company that matters!

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

I would want the event to be entertaining, and stimulating, so I wanted a group that would create that sort of atmosphere. I take it as read that Tony will also be there! I hope I have succeeded and look forward to the event!

Ian Hislop, Victoria Wood, Christopher Brookmyre and Sylvia Pankhurst

What was the last text you sent?

To Simon Nixon telling him to finish juniors early for the summer so that he wasn't able to use them as an excuse for not running the Phoenix 10k in July!

What's your claim to fame?

Meeting Royalty through my last job!

Are you scared of anything?

'Feel the fear do it anyway' – we all fear what we haven't experienced before!

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

Running gear – I hope it's a big one, enough for a circuit or two, my iPod fully stocked with audio books and a solar charger.

My thanks go to Hilary for having the first spotlight on her. We'll be introducing another member of the Striders' committee to you next month.

Harbour to Marina 15 miler by Tom Roper



A new race caught my eye, and that of two other Striders, earlier in the year. It was a Bank Holiday Monday event, from Newhaven Harbour to Brighton Marina and back, making 15 miles, organised by Multisport Management, the people responsible for the splendid Adder in Friston Forest. I entered.

As the day approached, I had some attacks of nerves and anxiety. In training I'd run some long-ish distances and been disgracefully slow. My knee, and hip, had been giving me gyp. And, to undermine my confidence yet further, on the Saturday before the event I ran a personal worst (PW) parkrun at Peacehaven. And the forecast told us that conditions would be brutal.

I thought about staying away. I also thought of scaling down from the full fifteen miles, and running the shorter 15k which turned at Saltdean. In the event, I found a deeply hidden reserve of resolve somewhere and turned up, knowing that I had no choice but to do the whole thing, no matter how much it hurt.

The tone was set as we ran up the hill towards Newhaven fort. I held my own up the hill, but as soon as we reached the top of the cliffs the rest of the field, even a runner older than me, took off, leaving me far behind.

Photo above – Tom

After Newhaven cliffs, the route runs parallel to the main road, staying on the top. Peacehaven, past the meridian line, Telscombe Cliffs, Saltdean, where we had water, and then up the hill and down into Rottingdean. As I was the last runner, the genial tail bikers kept me company. I took pains to assure them that I was going to finish inside the cut-off of four hours.

It's a long way from Saltdean to the Marina, but I reached the latter at 1:43, so a finish at roughly 3:30 was on the cards. Here the route went down, to run back along the undercliff. The sun was relentless, reflected off the cliff-face and the sea, and the hard surface. At Saltdean we ascended once more, to run on the cliff-tops until Howard Park where we plunged down to another seaside grilling, followed by every runner's nightmare, stairs, 182 steps up to the cliffs.

I still kept a good pace going, and my knee didn't bother me as much as I thought it might. I was the last, but I think there's no disgrace in finishing last on such a day. My Garmin gave up the ghost, but only just before the finish. My official time was 3:30:34, and the distance was reported by the Garmin as 15.6 miles.

Accomplishing the task far faster than me were Dave Dunstall, who finished as third man in an incredible 1:57:24, and Ben Letschka in 2:27:41



Photo L – R Tom and Dave
Photos courtesy of organisers, Multisport Management

Worthing 10k (press release) by Katherine Elton



A 24-strong team from Seaford Striders took part in the Worthing 10k on Sunday (June 3) amid sweltering temperatures.

They joined more than 2,000 people taking part in the fundraising event, now in its 28th year. The money raised will be shared between St Barnabas House, Chestnut Tree House children's hospice, Care for Veterans and animal charity Wadars.

The fast and flat course starts and finishes in Marine Parade and, despite the heat, there was still the opportunity for achieving target times and personal bests (PBs).

First for the Striders and 19th overall was Timothy Dymott – his training plan paying off with a time of 36:16. He was followed by Joshua Rudd in 37:14. Dave Dunstall was fourth placed overall in the M50 category, finishing in 39:02.

Photo L-R, Hilary and Lisa

Next came Jeff Young (40:05), and Joe Plant, who completed the race in 40:09 – seven minutes faster than his 2017 time. Ben Barnett followed in 44:09 and Phil Robinson in 44:23.

First for the ladies was Anneka Redley, shaving just over a minute off her 2017 time to complete her race in 47:58. Alex Hughes was very happy to break 50 minutes in 49:14. The ever-improving Jazz Shiret was second home for the ladies, achieving a PB time of 53:50. She was closely followed by Simon Nixon in 53:51.

Steph Woodward ran her race in 56:31 with Bianca Buss in 57:19 and Stacey Jones finishing in 58:08. Emma Cooper finished in 58:00 ahead of Michelle Varndell in 1:01:11, Debbie Plant in 1:02:05 and Michael Pickering in 1:03:06.



Photos L-R, Michelle, Simon and Emma

Ruth Mcconnochie finished in 1:10:28 with Hilary Humphreys and Lisa John crossing the finish line together in 01:11:51, closely followed by Rob Plant in 01:11:58 with Sandra Standen completing the race for the Striders in 01:12:34.

Striders also took part in the first ever Focus 10k – raising money for the Chailey Heritage Foundation, which took place at Borde Hill Garden near Haywards Heath. Two of the club's current cohort of Couch to 5k participants decided to double their distance for the hot and hilly race – Sue and Chris Pellatt, finished in 1:16:32 and 1:16:31. Victoria Maleski completed the race in 1:21:21. Strider volunteers marshalling the race included Alice Lennie, Verity Skinner and Lance Maleski.



Photo L-R, back row, Michelle, Chairman Rob, Lisa, Ruth, Hilary, Sandra, Steph, Deb, Stacey, Phil, Josh, Dave and Jeff. Front row L-R, Tim and Joe – all photos this race courtesy of Tony Humphreys

Eastbourne Triathlon by Emma Cooper

A beautiful day in Eastbourne for a triathlon with Jazz Shiret and myself.

A 600m sea swim, 17.5km bike ride and a 5km(ish) run! The sun was shining and an early start at 8am meant we were up at the crack of dawn preparing our transition zones ready for the event.

The sunny weather however did not reflect the sea conditions which were rather choppy with a strong westerly tide sweeping us towards Seaford. The swim taking 10minutes longer (at least) than it did in training and almost double the 600m distance due to being taken by the tide. The cycle route on the other hand went beautifully around and up the Beachy Head hills and finally the run! Oh the run, more like a waddle after the bike ride, and what's more Hollywell Hill to climb!!

All in all Jazz finished in 01:45:01 and myself 01:48:42! I would definitely do it again it was so much fun!



Photo – L-R, Emma and Jazz
Photo courtesy of Jazz Shiret

Weald 50k Challenge by Amanda Feast

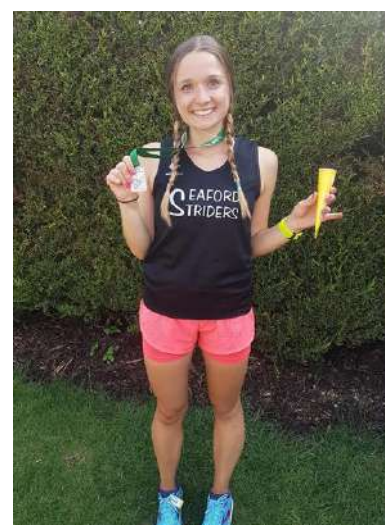


After running a marathon what's next? An ultra marathon! I decided to take on this challenge by running 31 miles along the Weald Way as part of the Weald Challenge weekend, which has both half and ultra marathon options.

When reading reviews of this race there are 2 clear themes- 1, the scenery is stunning and 2, in places the route can be hard to follow and some runners end up adding miles onto their distance by getting lost. Luckily only the former was true; the views over the downs were absolutely stunning, and this year the race coordinator did a brilliant job sign posting the full route.

Heading to the start line the usual pre race nerves kicked in- but the atmosphere was so friendly. With a field of only 275 runners there was a lot of chatter in the race HQ as everyone discussed why they signed up to this race. Surprisingly I was one of only a few newbies, with most other runners having run multiple ultras and some even using this as a training run for more intense challenges in future.

From the start in Chiddingly the route heads out along the Weald Way and after the summit of Ashdown Forrest turns around to follow the Vanguard Way back to the start. This means there is over 3000ft of elevation and over 50 stiles, but running alongside such a friendly field of runners definitely helped keep a smile on my face throughout the race. Aid stations overflowing with watermelon, flap jacks and cola every 10k were also much needed! I was worried about reaching 26 miles- going further than I ever had done before. But I didn't hit a wall and my legs didn't fall off- instead reaching the finish line I felt stronger than ever. As race tokens all finishers get a medal and a handmade mug. I lovely personal touch to end a fab race!



Eastbourne Trackstar Marathon and Vitality London 10,000 by Richard Honeyman



I entered two key races in May 2018. Firstly there was the Eastbourne Trackstar Marathon on 13 May 2018. Temperatures were around 18-22C and the race took place at the Eastbourne Sports Centre Track – nowhere else! 105 laps plus 195 metres was all that was required. I ran with 60 or so other runners of all abilities. Runners had to keep their own tally and I used a small mechanical tally counter - although after 100 laps you were told how many laps there were to go. Drinks and sweets were provided on a lap basis but most of us kept some energy drinks and gels in a sturdy supermarket bag or similar on the back straight off the track; stopping at appropriate moments for these. The run sounds like hard work. It was of course but runners are familiar with the 10K/25 laps distance so, just 4 of these plus a little bit more and a full marathon is achieved. Organised by a company who are runners and members of Eastbourne Rovers, who were in evidence on the day and extremely encouraging/supporting. Even though I was apprehensive an hour before the start time I was really impressed with everything and was happy with my time of 4:30:50. The winner was a holidaying Spaniard, I understand in a brilliant time of 2:38:09.

Back to normality and on the late May bank holiday, Monday 28 May 2018 I undertook The Vitality London 10,000 (10K) for the eleventh consecutive year. The temperature was around 22C with high humidity. I knew it would be hard. Around 17,000 runners took part this year on a route that starts in The Mall and takes in Trafalgar Square/ Strand/Holborn/ Threadneedle Street/New Fetter Lane/St Pauls/Whitehall/Houses of Parliament /Bird Cage Walk and Buckingham Palace. The route was the same as last year and off I went. The first km was 5:19. I knew that to run under 50 mins was going to be difficult. At half way I was at 27:17. However, I managed to hang in there and in very warm conditions was pleased to get finish in 55:10.

The race was started in waves by Sebastian Coe and Jessica Ennis-Hill and I was so pleased to see them. I high fived Jess! This was after I came in and walked through the finish line area. In the media area to the left of us nearer the Palace was the aforementioned, mixing with us 'fun' runners, plus the winner, Mo Farah (29:44) and Steph Twell (32:34). I also had the pleasure of speaking to Jo Pavey (33:12) who was third this year. I did comment on the fact that I read her autobiography last year – which earned me a very lovely smile.

Green Park looked lovely afterwards. I would definitely recommend this run. It's a very large 10k in the capital and would be especially great for those who have yet to experience such an event.

Overall two contrasting runs which complement each other in very different ways.



Both photos courtesy of Adzade Photography

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.

Seaford Striders Couch to 5k graduates run their first 5k race at Peacehaven parkrun (press release) by Katherine Elton

Seaford Striders' latest Couch to 5k (C25k) group celebrated their 'graduation' on Saturday (June 16) by running their first parkrun at Peacehaven. The event was the culmination of nine weeks of training, taking the group from walking to a non-stop 5k run.

The 19-strong Couch to 5k group were joined on the parkrun by programme volunteers who helped with pacing, plus other runners from the club. The high turnout resulted in a new club record for participation in a parkrun. With 52 runners taking part, Seaford Striders made up a third of all the runners at Peacehaven parkrun. The sea of coloured t-shirts and mention from the race director at the start meant the group could not be missed.

A total of 48 runners completed the latest Couch to 5k programme. The group will now join Seaford Striders at their regular Wednesday night training sessions. Previous Couch to 5k graduates have progressed to running 10k and half marathons as well as competing in Sussex Grand Prix events to win points for the club.



Seaford Striders' graduates and their pacing team! Photo courtesy of Tony Humphreys

Seaford Striders' at Peacehaven parkrun (June 16) full results:

Dave Dunstall (19:05), Jeff Young (19:10), Josh Nisbett (19:19), Nick Farley (20:18), Joe Plant (20:48), Andy Farley (20:52), Emily Eaton (22:16), Adam Haverly (23:10), Anneka Redley (24:17), Kristy Sherry (24:20), Aaron Horney (25:08 – C25k), Graham Jones (25:12), Claire Townsend (25:16), Emily Tearle (25:32), Jazz Shiret (26:06), Emma Cooper (26:46), Emily Farley (27:10), Lindsay Tearle (27:13), Richard Honeyman (27:38), John Gillespie (28:48), Chris Wilmot (29:18 – C25k), Simon Nixon (29:18 – pacer), Paul Bowler (30:30 – C25k), Chloe Wilmot (30:50 – C25k), Julie Taylor (31:13), Lewis Woodward (32:39 – junior), Steph Woodward (32:40), Kaycia Jones (32:49 – junior), Stacey Jones (32:50), Ruth McConnochie (33:53), Chris le Beau (34:01), Sandra Standen (35:04), Tara Holmes-Ling (35:37 – C25k), Alice Lennie (35:41 – pacer), Debbie Plant (36:22 – pacer), Kerry Bunn (36:24 – C25k), Graham Little (36:27 – C25k), Denise Colvin (36:28 – C25k), Kim Rennie (36:29 – C25k), Hilary Humphreys (36:29 – pacer), Wendy Woodford (36:32 – C25k), Carol Gillespie (36:32 – C25k), Victoria Maleski (36:33 – pacer), Tom Roper (36:34 – pacer), Nicky Patching (37:15 – C25k), Sharon Plank (37:16 – C25k), Mary Murphy (37:38 – C25k), Michelle Varndell (37:40 – pacer), Fawzia Whittuck (39:19 – C25k), Alex Morris (40:39 – C25k), Rachel Lofthouse (41:08 – C25k), Claire Sayers (42:25 – C25k), Sue Wallis (42:26 – C25k).

Summer Solstice Run (press release) by Katherine Elton



Striders set a new team record for turnout at the annual Summer Solstice 5k and 2.5k Runs with 102 seniors and juniors, swapping their usual Wednesday night training for the pacing challenge.

Watches and phones were left at home with each runner predicting their finish time before starting the seafront race. The three runners who ran nearest to their predicted time were 1st Sandra Standen (2 seconds out); 2nd Gareth Hutchinson (4 seconds) and 3rd Josh Nisbett (6 seconds).

Many thanks on behalf of the club to Anneka and her merry band of helpers, without whom we wouldn't have had a run. Within the club there is, sadly, always a number who are prevented from running through injury and it was brilliant to see so many of them turning out to help showing true Striders' spirit – thank you!



Welcome to our new Striders!

January to June this year has seen a huge number of new members. We would therefore like to give a very warm Striders' welcome to:-



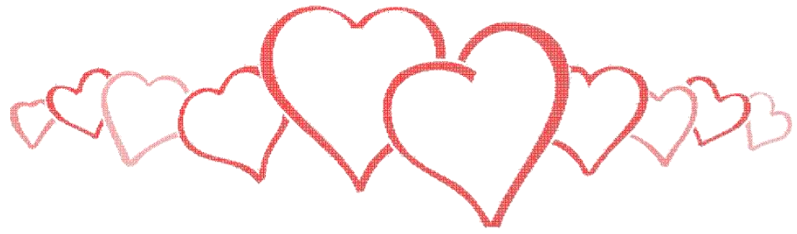
Couch to 5k Members:

Julie Ainsworth; Paul Bowler; Carol Bryant; Jo Bruggenwirth; Kerry Bunn; Denise Colvin; Carol Gillespie; Aaron Horner; Emily Humphrey; Ashley Hyland; Graham Little; Rachel Lofthouse; Lauren Morgan; Paul Moroney; Mary Murphy; Heidi Mutlu; Nicky Patching; Chris Pellatt; Sue Pellatt; Sharon Plank; Kim Rennie; Claire Sayers; Jayne Stephens; Mike Titheradge; Grace Thomas; Hilary Ward; Fawzia Whittuck; Chloe Wilmot; Chris Wilmot; Wendy Woodford; Kelly Burns; Martin Hampton; Tara Holmes-Ling; Amanda Magowan; Grant Thomas; Dawn Thompson

Other Senior Members:

Emma Cooper; Tim Dymott; Katherine Elton; Emily Farley; Nick Farley; Hollie Gerrish; Jo Hatt; Alex Hughes; Emily Jones; Graham Jones; Gary Lee; Ben Letschka; Lance Maleski; Ruth McConnochie; Damien Partridge; Anna Riggs; Claire Sander; Louisa Scola; Justin Sealey; Bill Sholl; Caroline Swinden; Emily Tearle; Lindsay Tearle; Hilary Ward; Ashley Dann; Zara Bray; Ashley Dann; Alexandra Morris; Katie Marchant

Proposal time!



It was all planned with military precision. A sea of Striders ran excitedly up to The Barn, on a beautiful Wednesday evening, in the full knowledge that Scott was about to propose and that Beth was blissfully unaware. As it turns out Beth may have had a small inkling.

Scott, down on one knee, with the Seven Sisters looking spectacular in the evening sun behind him, asked Beth to marry him.

She said YES!

Huge congratulations to Scott and Beth!

Club Events



Mondays, 2nd July

Monthly Training Session

7.30pm – Lewes Track

Monday 13th Aug

Saturday, 7th July – Newhaven Football Club

Back to School Sports Day

2pm onwards

Sussex Grand Prix - Your club needs you! - by Matt Franks

As I write, a strong team of Striders are preparing for a sweltering return to Sussex Grand Prix (SGP) action at Heathfield 10K. I know they will do the club and themselves proud resplendent in their sun seeking, **mandatory** for all Sussex Grand Prix race, **black** vest/t-shirts (no restrictions on expressing individuality in the form of snazzy coloured or patterned shorts or tights!)



Results for Hastings half have now been finalised, whilst provisional outcomes have been published for Hastings 5 miler and Horsham 10K.

Based on provisional scores Striders are placed in 7th of 23 teams (top 15 shown below), this is subject to change as any runners without an age grading will not have scored (do not worry, all the relevant information has been sent to the SGP team who will incorporate into the final results).

Club	Overall Rank	Race Position		
		Hastings Half	Hastings 5	Horsham 10K
Wadhurst Runners	1	2	2	4
Hailsham Harriers	2	3	3	5
Brighton Phoenix	2	4	4	3
Hastings Runners	4	1	1	13
Horsham Joggers	5	5	17	1
Uckfield Runners	5	6	9	8
Seaford Striders RC	7	8	10	6
Eastbourne Rovers AC	8	10	5	10
Haywards Heath Harriers	9	14	7	7
Crawley Saints and Sinners	10	12	18	2
Hastings AC	11	7	6	20
Lewes AC	12	9	11	15
Heathfield RRC	13	11	8	17
Arunners RC	13	13	14	9
Arena 88 AC	15	18	12	12
Crowborough Runners	15	15	13	14

Team / Individual scoring – 3 races in and finally, the SGP have published the team scoring system. The change in scoring from previous years was aimed at giving more runners a chance to contribute to the clubs final position, become more inclusive to those not running longer distances and reduce cherry picking of less popular races to gain more points. So here it is....

Individual scoring

Points are accumulated throughout the season. A runner's **best 6 scores from the 10 races** form their total.

There is an open league (for runners of all ages above 16) and age category leagues as follows:

Junior – under 20

V1 – men 40-44, women 35-39

V2 – men 45-49, women 40-44

V3 – men 50-54, women 45-49

V4 – men 55-59, women 50-54

V5 – men 60-64, women 55-59

V6 – men 65-69, women 60-64

V7 – men 70-74, women 65-69

V8 – men 75-79, women 70-74

V9 – men 80+, women 75+

Team scoring

Each race is scored separately.

Team scores are derived from the scores of individuals across all age categories.

A team's total for each race is calculated by adding the scores for their highest scoring runners in each category; **men's and women's scores are added together.**

Teams are ranked according to their points totals and allocated points: 1st-1, 2nd-2, 3rd-3, etc

At the end of the season, team score totals are taken from **best 9 from 10 races.**

What do we think? The main changes

- A good spread of ages in both mens and womens is vital (anyone know any 80+ old runners, Pete's not there yet!)
- Only one runner from each age / sex category counts towards the team score in any given race, any subsequent runners in the same category reduce points for others clubs
- Only one team competition (not separated for woman/men or veterans/all runners)

Please do drop me an e-mail with your thoughts seafordfranks@gmail.com so a unified response from the club on the new scoring can influence any changes for next year. Alternatively seek me out on a Wed run (when I'm eventually fit again) to chew the cud on this.

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



Debbie Plant

Becky Souissi

Anneka Redley

Anna Norman

Kristy Sherry

Hilary Humphreys

1st V3 lady

4th Senior lady

7th Senior

8th Senior

10th Senior

3rd V7 lady



Graham Jones

Matt Franks

Simon Homer

Peter Weeks

Andy Farley

5th V5 man

4th V1 man

1st V1 man

3rd V6 man

7th Senior man (12th Overall)

Upcoming races – Please Book Early (limited places) – Via Run Britain is good to register as a Seaford Strider

Bowl 15 – (1st July) – Entry £24 affiliated and £26 unaffiliated - 15 mile course round Bowl reservoir, entry includes free technical t-shirt, cake and beer (and obligatory medal). Last year attended by Kelly Holmes.

Phoenix 10K (11th July, Wed night) – Entry £14 affiliated, £16 unaffiliated (only about 100 places left!) – Flat as a pancake race along starting at Hove lawns towards Shoreham and back. Cool summer evening – PB hunters dream!!

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 (sold out last year entries filling up fast)** – get in early, the hill is near the start!!!

So please consider taking part whatever your pace, let's keep the good start going for a successful Grand Prix year

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, 16th June, when we will be joined by our current 'couch to 5k' members.

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.

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 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

Back to School Sports Day

Hold the date! Saturday, 7th July will be the Seaford Striders, Back to School Sports Day, from 2pm onwards at the Newhaven Football Club, Fort Road, Newhaven. All the classic primary school races will be included – egg and spoon, three-legged, tug of war and many, many more.



TICKETS: £6 per adult, £3 per junior and £16 for family ticket (2 adults, 2 children) including all BBQ food. Any drinks from the bar can be purchased by cash or card.

Have you got what it takes to make the podium?

Tickets on sale from Anneka Redley or Kristy Sherry- cash, cheques or bank transfers accepted.



Club Kit - Under new management!!!

A huge thank you to **Michelle Varndell** who has agreed to be our new kit organiser, whilst I get on with the newsletter. 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

JON CLEMENTS
CONSTRUCTION LTD



Intersport – sportswear suppliers

Lewes & Seaford

Tel: 01323 898516



Gingerfit your local Seaford Personal Trainers

Tel: 0323 893676 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