



Seaford Striders Newsletter

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

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October 2018

MemberMojo

Our 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. Just follow the link...

<https://membermojo.co.uk/seafordstriders>

Hellingly 10K by Caroline Swinden

Nerves, doubt, will I finish - all running through my head even before race day. How many people did I ask "do you think I can do this"!! Only positive comments came back which was reassuring.

Race Day - up early, didn't sleep much - over thinking everything. Arrived at Hellingly good to see friendly Striders faces all raring to go!! Number on the vest which took ages to do and off to the start - been to the loo so many times but decided I needed to pee again, thank goodness for the bushes.



Back row, L-R, Luke, Joe, Simon N, Andy, Simon H, Graham, Josh, Nick
Middle row, L-R, Jeff, Victoria, Emily, Kristy, Anna, Anneka and Damian
Front row, L-R, Michelle, Wendy, Caroline, Jazz and Lauren

Advice was don't go out too quickly, however, I got swept along but felt good. I thought Hellingly was a gentle non hilly course, how wrong was I? The first 5K just seemed to go up and up. I couldn't read my watch "Fitbit numbers too small" but felt like I was getting slower and slower - between 5K and 7K seemed to take ages. Once I got to 8K I was determined to pick up the pace however legs were now heavy. The end was in sight and I could hear the cheering from beyond - I tried a sprint finish but it was not brilliant. Pleased with 1:04:52 bearing in mind my husband said 1:20:00!! Goes to show what you can do. Thank you everyone for your encouragement and support.



A few of our finishers, from the top, L-R, Joe, Jeff, Luke, Nick, Josh, Damien, Andy, Anna, Graham, Jazz, Kristy, Emily, Simon H, Michelle, Simon N, Caroline, Victoria and Lauren

All photos for this race courtesy of Miss Ellis Farley

Second hand kit

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 **Michelle**.



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.

Club Events



Monthly Training Session

Monday 1st October 7.30pm Lewes Track

Monday 12th November 7.30pm Lewes Track/Expert Session

Thursday 18th October 7.30pm Hilary's Thirsty Thursday
The Old Boot, Seaford

Spotlight on a Strider

This month's Strider spotlight is shining brightly upon committee member, Michelle. Michelle orders our kit and you will usually spot her carrying an extremely large box of Striders' clothing to and from Striders on a Monday and Wednesday evening.



How long have you been running?

One year, almost to the date! I started running through last autumn's Couch 2 5K programme.

How long have you been a Strider?

One year.

What's the best thing about being a Strider?

The best thing about Striders is the support everyone in the Club gives to one another. I love that the Club is made up of members from all walks of life. It's an incredibly inclusive Club and helps to promote the idea that whatever your story, or whatever point you're at in your life right now, running is still for you.

Where did you grow up?

I grew up in Peckham, South East London (although my mum liked to say we were from New Cross Gate as our house sat just on the boundary. It sounded marginally posher?!?!)

What would be your dream holiday?

A working ranch holiday in America, driving cattle.

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

Easy! My Dad, My Dad, My Dad and My Dad. He was the most interesting, entertaining and funny man I have ever known. He was a font of all knowledge, most of it useful some of it not. He taught me how to be self sufficient with DIY, my car and how to cook. He loved sharing his love of classical music, the natural world and History. He was also a true Gentleman and taught me that manners and charm will ultimately get you through life. I miss him very much and I would give anything to share a meal with him again.

What was the last text you sent?

"I didn't have the heart or energy to shove him off" (referring to my dog who managed to bag a whole night on our bed as we'd just got home from a long weekend away and he'd missed us)

What's your claim to fame?

Frankie Detorri tried to chat me up in a bar 2 years ago, he stopped once he realised my Husband was with me (he's very slimy by the way!) I've also had dinner on a table next to Noel Gallagher and his wife Meg Matthews. He seemed a nice chap. To the other side of us was David Walliams and the late Dale Winton.

Are you scared of anything?

I'm a very strong swimmer, but swimming in the Sea absolutely terrifies me.

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

My dog, lip balm and Bananas (I eat about 4 a day!)

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

Hilary's Thirsty Thursday Celebration!



Please join us in celebrating
Hilary's 70th birthday!

Date: Thursday 18 October

Venue: The Old Boot, Seaford

Time: 7.30pm



East Sussex Cross Country League by Luke Borland

There are six races, one each month from October until March. You can enter as many or few as you like, but in order to qualify for an individual prize you need to complete a minimum of four.

The race calendar this year is as follows:

14 th October	Snape Wood
11 th November	Black Cap (Lewes)
16 th December	Warren Hill (Eastbourne)
13 th January	Ashdown Forest
TBC February	Heathfield Park
10 th March	Pett (near Hastings)

Each race is approximately 5 miles and starts at 10.30am.

The cross country league pre-registration represents excellent value at £10 for affiliated and £16 for unaffiliated runners for all six races!

Entry for the junior races is free. (Junior races are 1 mile approx.).

You can also enter on the day for £4 affiliated and £6 unaffiliated at each race.

The more people the better, whatever your ability, age or experience we would love you to come along!

<https://www.facebook.com/groups/1488235034751345>

<http://www.eastsussexcrosscountry.co.uk>



England Athletics Running Leaders



Many congratulations to Joe Plant, Simon Nixon and Michelle Varndell, all of whom, with club funding have recently qualified as England Athletics Running Leaders.



This qualification enables Joe, Simon and Michelle to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focusses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

The club is keen to support any members interested in attaining this qualification. If you would like to become an England Athletics running leader and are affiliated with the E.A., please contact Chairman Rob.

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 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.

With only 5 races remaining there's still time to grab some points and move up the rankings on the table. The next event is the Lewes Downland 10 mile on Sunday 7th October. Control and click on the link below to see the current placings.

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/
25-Nov-18	Crowborough 10K	https://www.nice-work.org.uk/races/the-crowborough-10k
*16-Dec-18	Cross Country Warren Hill	http://www.eastsussexcrosscountry.co.uk/events

*Please note the new, confirmed cross country event.

Directions to the Warren Hill Cross Country are as follows:-

From Seaford, follow the A259 towards Eastbourne, down into East Dean and up the hill the other side. At the top of the hill turn right onto the B2130: continue until you see the car park on the right.

Newick 10k by Victoria Maleski

For me it was a fairly last minute decision to take part at Newick, I had only booked myself in about a week before. Sandra and Sharon had both decided to take part some time back and I wanted to be there to help support them. Sharon was running to raise funds for Make a Wish Foundation, a charity close to her heart.



As I kept an eye on the weather in the week before I did wonder whether I had made the right decision but the prospect of rain felt preferable to having to run in high temperatures. The morning of the race was cloudy and the clouds turned darker as the start time got closer. The first few raindrops started to fall as the children's race was run.



One of the best parts of being a Seaford Strider is knowing that there will be running buddies there with you at events. I saw a lady who I thought I recognised and it turned out she had run with Kristy at Peacehaven parkrun. She was by herself so I went over and spoke with her. It turned out that Newick would be her first 10k, she was very nervous and

had seriously wondered whether she should take part. I suggested she came and joined us at the start so she wouldn't be by herself and she was made very welcome by the other Striders. Her name was Lesley.



L-R, Sharon, Julie, Dave, Sandra, Trevor, John, Stacey and Victoria

With more raindrops falling we made our way over to the start. A few Striders were right at the front, I was a couple of rows back with Sandra, Sharon, Stacey and our new friend Lesley. Off we went and as usual the fast runners disappeared into the distance. It is difficult not to go off to quickly at the start, but we settled into a steady pace.

The course was all on roads. It was described as undulating and it definitely was! The marshals throughout the course were friendly and encouraging.

Incredibly a number of marshals didn't have coats and were just as wet as we were. The water at the 5k mark was welcome and was the first time I walked. I set off at my regular pace again and tried my hardest not to walk when I came to the hilly bits. I even managed to overtake a few people.



Above - Dave

As I got further round the course the rain got heavier and where there had been shelter from the tree cover this turned into even heavier raindrops where the rain had built up on the branches. My shoes were also a bit squelchy, but I plodded on. Past the 9k sign the hill got steeper and there was quite a lot of water running down the road, but the finish was getting closer. It was a big relief to turn onto

Allington Road and then into the finish area. The Striders who had already finished were sheltering under the dripping eaves of the Clubhouse and cheered us on from there. I remembered to press stop on my Garmin and recorded 1:09:25 which exactly matched my 10k PB. My official time was 1:09:23 so a proper PB!

Next through were (honorary Strider for the day) Lesley Roots 1:09:50, Sandra Standen 1:10:28, Sharon Plank 1:14:33 and Stacey Jones (who was pacing Sharon) also on 1:14:33.

Those through earlier were Dave Dunstall 40:27 (first Strider through in 8th place), Natasha Swan 48:20, Richard Honeyman 53:59, Trevor Jones 1:01:14 and Julie Taylor 1:02:06.

Later in the day Lesley put a lovely thank you note on our Seaford Striders Facebook page. Although she lives in Uckfield she is hoping to come along to a future Striders Club night.

Welcome to our new Striders!

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



Senior Members: Raymond Smith, Robert Maybe, Greg Allen, Matthew Lewis, Melissa Spooner, Josephine Michael, Rhys Harries and Alison Avery



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/4hGIz6PuskcHJ8IBMwUJzP>

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)

Club Kit

SENIOR MEMBERS ONLY

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.

JUNIOR MEMBERS

Junior kit is ordered via juniors' leader - **Simon Nixon**. Please see Simon on a Wednesday evening to place your order. Alternatively Simon can be contacted via email at: simps.01976@gmail.com



Brighton 10k discount code!

If you are thinking of doing the Brighton 10k (formerly the Brookes 10k) on the 18th November, use the code 'JOGSHOP' and you will receive a 10% discount.

<https://thebrighton10k.com>

Many thanks to Steph for sending through the code.

Striders' Expert Session by Emily Eaton

Our next Striders' expert session will be run by Liz Halliday, an experienced runner and British Triathlon Federation registered coach from Brighton Phoenix. She was personally recommended to me and has coached Erica Martin who some of you know as a regular sub 20 minute Peacehaven Parkrun superstar.

As if track night isn't hard enough already, she is going to be our guest coach for the evening to push us all a little further. This will be on the November track night which (because of the firework festivities) will be held on Monday 12th at 7.30pm.

Sussex Grand Prix by Matt Franks

Sussex Grand Prix - Your club needs you!

Grand Prix scoring system due for revamp next year - feedback requested

Sussex Grand Prix organisers have taken on board that scoring changes introduced this year were not universally welcomed. Early indications are that two more races will be added to next year's itinerary so competitors have additional choice and opportunity to run 6 counting traces for the individual competition.

For the team competition, a new "open scoring" system of top 10 men and 10 ten women at each race will count for each club irrespective of age. This would make sure that the many senior age cat. runners that due to the limit of 1 per age category did not score this year would do so under the new proposals.

The SGP would like feedback on the proposed change and have asked this is sent via the query form on the sussexgrandprix.co.uk website.

The collective response from the club discussed at the last committee meeting was a desire to have separate competitions for both men and woman, and to suggest a review of the 10 counting runners with reference to this year's race data given most clubs do not field that many.



Latest SGP results

Provisional outcomes have been published for Hellingly 10K (Individual and team). In the Senior ladies category, Striders still occupy 5 of the top 10 placings.

In the Men's overall placings Andy Farley remains in 7th and in the women's Anna Norman 5th and Kristiane Sherry 7th.

In the combined team competition Seaford Striders move up one place to 5th.

Club	Overall Rank	Race position						
		Hastings Half	Hastings 5	Horsham 10K	Heathfield 10K	Bewl 15	Phoenix 10K	Hellingly 10K
Wadhurst Runners	1	2	2	4	1	1	9	1
Brighton Phoenix	2	4	4	2	7	9	2	4
Heilham Harriers	2	3	3	6	5	4	6	2
Hastings Runners	4	1	1	14	2	3	18	10
Seaford Striders RC	5	8	5	5	3	15	5	6
Crawley Saints and Sinners	6	12	18	3	4	6	1	8
Uckfield Runners	7	6	10	8	8	10	11	3
Horsham Joggers	8	5	17	1	14	2	8	17
Haywards Heath Harriers	9	14	8	7	9	8	7	9
Arena 80 AC	10	18	13	12	12	5	3	5
Heathfield RRC	11	11	9	16	6	7	10	11
Lewes AC	12	9	12	13	10	16	4	7
Eastbourne Rovers AC	13	10	6	10	11	11	13	13
Hastings AC	14	7	7	20	16	20	15	12
Arunners RC	15	13	14	9	15	11	17	16
Crowborough Runners	16	15	11	15	13	14	19	15

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



Anna Norman
2nd Senior lady



Kristy Sherry
3rd Senior lady



Emily Eaton
7th Senior lady



Anneka Redley
8th Senior lady



Becky Souissi
10th Senior lady



Hilary Humphreys
3rd V7 lady



Andy Farley
5th Senior man



Simon Homer
2nd V1 man



Joe Plant
5th Junior man

Final 3 races of SGP season

Lewes Downland 10 (7th October) - Hilly 10 miler with infamous mile 8 (1 mile all uphill, dare you not to walk). Last year was a mudbath, trail shoes a must.

Hove Prom 10K (21st October) - Almost identical Hove seafront run as Phoenix 10K, fast and flat.

Crowborough 10K (25th November) - Tough but rewarding 10K two lap circuit with steep descent followed by steep ascent. Includes route option to splash your way through Ford or skip round the outside.

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

* 2019 SGP and CGP events to be confirmed

SEPTEMBER 2018 - 31 DECEMBER 2018		JANUARY 2019 - 31 DECEMBER 2019	
30 Sept	Barns Green Half	5 Jan	Sussex AA CX Champs Bexhill
30 Sept	Tempo 10K Eastbourne	13 th Jan	Ashdown Forest Cross Country
7 Oct	Bright10	19 Jan	Sussex AA Mater XC Champs Lancing
7 Oct	Lewes Downland 10 mile Club Grand Prix + 5 mile	9 Feb	Sussex AA XC League 4 of 4 Bexhill
7 Oct	Downslink Ultra	10 Feb	Worthing Half Marathon

7 Oct	Chichester Half, 10miler & half marathon relay	24 Feb	Brighton Half Marathon
14 Oct	Hickstead Gallop 8K & Kids 1.5M	10 March	Pett Cross Country (Nr Hastings)
14 Oct	Snake Wood Cross Country	17 Mar	Moyleman - Lewes Trail Marathon
21 Oct	Worthing Seafront 10K	6 Apr	Sussex AA Road Relays
21 Oct	Hove Prom 10K Club Grand Prix	14 Apr	Brighton Marathon
27 Oct	Beachy Head Marathon + 10k	28 Apr	London Marathon
28 Oct	5M Steepdown Challenge, Lancing & Kids 1M	4 May	East Grinstead 10 Miles
4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M	5 May	Haywards Heath 10 Miles
10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km	6 May	Burgess Hill 10k
10 Nov	Preston Park Parkrun	11 May	Eastbourne Trackstar Marathon
11 th Nov	Black Cap Cross Country Lewes	9 Jun	Mud Monsters Run - East Grinstead
18 Nov	Brighton 10k	10 Jul	Brighton Phoenix 10k
25 Nov	Crowborough 10K Club Grand Prix		
2 Dec	Downland Devil 9		
9 Dec	Mince Pie 10 miler		
16 th Dec	Warren Hill Cross Country (Eastbourne)		

* TBC February Heathfield Park Cross Country