



SEAFORD STRIDERS NEWSLETTER

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

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Website: <http://www.seafordstriders.org.uk/> **Twitter:** <https://twitter.com/seafordstriders> **April 2019**

WELCOME TO NEW STRIDERS

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



Jane Chant, Hazel Tarrant, Tabitha Ellwood, Bryony Clarke, Cerina Parris, Martin Robards, Francesca Parris, Robert Tearle, and Leanne Pearce.

Also signed up for C25K: Fiona Borthwick, Kate Graham, Paula Leighton, Paige Mace, Jill New, Gary New, Rodney Reed, Emily Skye and Lyn White



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/4hGiz6PuskchJ8lBMwUJzP>



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 could access their mobile number (So group should be kept to Striders only).

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.

SPOTLIGHT ON A COMMITTEE MEMBER

No spotlight this month, but I shall get back to this in due course.

WORTHING HALF MARATHON 2019 by Adam Haverley: Photos by himself!

I'm going to become a father again in April this year so I thought I'd try to book as many races as possible before life gets busier again! One of those was Worthing half marathon. I've been to Worthing a handful of times in the past, I remember it definitely had a pier and it was pretty flat. Two weeks before Brighton half this seemed like a good one to try. My third half. Sunday morning arrived looking grey wet and full of February promise. I set off on my own to Worthing partly because I wasn't coming straight home and partly because I was embarrassed at the state of the inside of my van!

Upon arriving in Worthing I bumped into a fellow Strider, Josh seemed to know where he was going. Great. Race HQ was in the Pavilion Theatre – a well-organized place to dump kit and keep warm! Time was ticking away, time for a wee and a warm up. I hadn't even looked up the course beforehand; little did I know I was about to get to see a lot of Worthing! I'd been off work two weeks before the half with a bad back, not good training!

Nearly time to get going, lining up with everyone else some girls commented on how silly my hat was (obviously jealous). The heavens decided to give everyone a quick shower, there was some announcements I couldn't hear and we were off! Time to set the new running watch. 13.1 miles, it's been a while but I've done this before so this should be fine, right?! The first four miles took us along the seafront and around the main town, this was feeling good, I was running on my own but my legs felt strong and my pace was quicker than I'd planned. Miles four to six continue looping around the town before you're back onto the seafront. A bit more looping inland and I'm starting to tire, let's have a couple of jelly babies, we've still got a long way to go! I saw Aneka, she smiled and waved, what a pro. We then



seemed to go along the seafront forever, I wondered if we were going to cross into Hampshire at one point. 10-mile marker passed, we seemed to be on the very outskirts of life in Worthing but hurrah we were heading back along the more miles to go and see the pier though, incredibly flat, I was Onto the promenade this is it! Yes! I medal on my head I thought thank god Josh after, they were really happy with Worthing half as a dull half marathon!



seafront to the finish! Three I was really struggling! I could not far now. Worthing is very glad of this at this point. and in between some cones, finished, the mayor put a and I got given a banana. And that's over! I saw Anneka and rapid. I got a PB of 1.49.49, that. I definitely recommend well organized, flat but a bit

HEATHFIELD CROSS-COUNTRY by Erica Martin

The race took place in Heathfield Park, a private estate, so was a rare opportunity to run in this area. It was a very cold, but bright morning and there was still a fair amount of snow on the ground.

We started by heading downhill on a road, which was very icy in places. This turned into a gravel track, which headed down through the scenic grounds. The route headed off road into rough woodland and became very muddy.

Despite being warned of having to run through a 'river' in the race briefing, the knee high water came as quite a shock as did the bog following it! The route continued to climb uphill, past the start and into a second lap.

Someone had warned us of a 'really steep hill' at around 4.5miles but I assumed they were exaggerating. They weren't! Towards the top of this we had to negotiate a large fallen tree before returning to the track and onto the finish.

This was an interesting event; certainly a true Cross Country course and I enjoyed being part of the Striders team for the first time!

Steyping Stinger Half Marathon by Josh Nisbett

On the same day as Eastbourne half marathon the other side of the county, Steyping AC were running their 18th full marathons. Much like at Eastbourne weather was atrocious, howling winds, sideways rain and thick mist at the highest points of the course. The latter hindering oncoming vision to about at best.

The two distances follow the same path from Steyping and up onto the South Downs Way until 10 ½ miles where split. By this point every runner had experienced two 'Stings', (for Stings see long testing hill climbs). The mad folk doing the full marathon distance would then go on to encounter a further two Stings. I myself, being of sound mind, was only running the half marathon course and from the split point at 10 ½ miles it was pretty much downhill and flat to the finish. But don't let this trick you into thinking downhills were easy to run. The downhill sections were just as bad as the up. Thick mud and wet leaves stopped you from letting go and I found myself constantly putting the brakes on to not go a**e over t*t.

Don't however let my report make you think this race is hard or horrible, it's not. I found it very enjoyable (I might be turning into one of those aforementioned 'mad' full marathon runners here). But because of its staggered start times and relaxed feel throughout, the camaraderie between runners was second to none. Everyone was so polite as well. I would highly recommend this race to anyone who has run at one of the XC league races this year or run Seaford half marathon as the next big step, or progression respectively.



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The half marathon was won by Kevin Meegan of Arena 80 in a time of 1:38:28. He passed me at around the 10 mile point, he was flying to be fair (not literally as that would be cheating), but you could tell he was going for the win. I was the only Strider running either distance this day and I finished in 8th position in a time of 1:48:10. In total there were 302 finishers in the half marathon. I hope that next year we can get some more Striders to run this race, as it's fantastic.

CLUB EVENTS



Mondays, 13th May & 3rd June

**Monthly Training
Session**

7.30pm – Lewes Track

**Wednesday, 19th June – Seaford Sailing
Club**

**Summer Solstice 5k and
2.5k run**

CLUB GRAND PRIX BY CHRIS LE BEAU

Newcomers to Seaford Striders will probably have read about the Club Grand Prix on our website. This is not to be confused with the Sussex Grand Prix, an external organisation set up to encourage competition between running clubs in Sussex. The Sussex GP website has full information on their activity and we do urge members to be involved – we have a proud history of individual and team performance in the SGP.

<http://sussexgrandprix.co.uk/>

By contrast, the Club Grand Prix is an internal event, and is open to all senior members with an interest in some friendly competition with clubmates.

You do not need EA affiliation to take part in the Club Grand Prix, but it is very helpful if, when entering races, you make sure you enter as a Strider,

so your performance can easily be picked out from the overall results. If you are new to park runs, you will need to register in advance. It is a simple process and you only have to do it once.

There are 17 races in this year's Club GP calendar. They range from 5K park runs to the scenic Bewl 15 miler; we have some flat fast runs, on-road, off-road and cross-country, something for everybody! And you do not have to do all of them.

A number of the races happen also to be part of the Sussex GP, so it is possible to score in both events at the same time. (EA affiliation is required for participation in the Sussex GP.)

The variety of races means the competition is not elitist, everyone stands a chance. In the past two years some of our "Couch-to-5K" enlisters have proved to be high flyers in the Club GP.

Points are allocated race-by-race, 20 to the first lady and to the first man, then 19 for second, and so on. Ongoing points tables are published on the website and are available for viewing on the club notice board on Wednesday evenings.

Your best ten results for the year are totted up to arrive at your total points for the year, so we end the year with one lady winner and one man, recognised with a smart trophy.

For this year we are introducing a different theme, by using – just for three of the parkruns in the schedule – age grading rather than position to calculate points.

So, if you are not already doing so, do please take the opportunity to test yourself in race conditions and support some local park runs, and, of course, have fun in the process!

Any queries on the procedure, feel free to ask chrislebeau137@btinternet.com

COMMITTEE MEETINGS

The next Striders Committee Meeting will take place on at the White Lion Hotel on the 23rd April 2019, starting at 7:00pm. All senior members are welcome to apply to attend a Committee Meeting. In order to ensure numbers are manageable we will be limiting this to a maximum of five members per meeting. Please email secretary@seafordstriders.org.uk if you would like to attend.

'Couch to 5K'

Reminder to all members that the new C25K course commences on Tuesday 30th April.



Please do come along and help – 6.45 for 7.00pm at the Salts.

Michelle Varndell has already volunteered to lead the post-run stretching – thanks Michelle!

Please be aware that the Seaford Beach parkrun on Saturday, 15th June is the first one scheduled for our 'couch to 5k' group to run. Please turn out in force to run with them and encourage and cheer them along the way but please don't forget the need for marshals as well!

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: fawz650@gmail.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



[892473](tel:01323892473)
venue)

Residential lettings in Brighton

[Tel: 01273 672999](tel:01273672999)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)



Intersport

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)

- sportswear suppliers



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 – see separate list at the end of the races pages

22 April – 19 June		21 June – 8 September	
Apr 22	Lewes Easter Monday 10K & Junior races	Jun 21	Robertsbridge Midsummer 10K & 5K
Apr 28	Mad Marsh Run 10K	Jun 22	Downhill Dash - Hassocks 5 miler & Junior races Saturday
Apr 28	Angmering Bluebell 10K & 10miler	Jun 22	Boxgrove 5K
Apr 28	London Marathon	Jun 23	Bates Green Gallop 3.78 mile laps – as many as you want!
May 04	East Grinstead 10 miler (Marathon Wknd)	Jun 23	David Lloyd Clubs Worthing Ultra/Marathon & Relay
May 05	Three Forts Challenge Marathon & Half	Jun 23	Heathfield Mid Summer 10K SGP
May 05	Haywards Heath 10 miles (Marathon Wknd)	Jun 24 - Jun 30	Marathon Madness – 1 every day for 7 days
May 06	Burgess Hill 10K (Marathon Wknd)	Jun 26	Bexhill 5K Race Series 2& Junior races Wednesday
May 06	Barcombe 10K & 6K	Jun 29	Maverick Inov-8 Original East Sussex 5k, 15K 7 23K
May 11	Dark Star 7K (Partridge Green)	Jun 30	Martello Half Marathon Seaford
May 11	Brighton Run2Music 5k, 10k & Half Marathon	Jul 3	Roundhill Romp 6 miler & Junior races Steyning Wednesday
May 11	Arun River Marathon	Jul 4	Eastbourne Junior Twilight Runs
May 11	Eastbourne Trackstar Marathon	Jul 5	The 14 th Rye Summer Classic Series 10K Race one
May 12	Seaford Lions Half Marathon	Jul 6	St Lawrence Fair Fun Run
May 12	Portslade Hedgehoppers 5 miler	Jul 7	Bewl 15 Mile Sussex Grand Prix
May 12	Hastings 5 miler Sussex Grand Prix	Jul 10	Brighton Phoenix 10K Sussex Grand Prix
May 12	Gatwick Half Marathon & 5K	Jul 14	Beat the Tide
May 15	Goodwood 5 miler & Junior races Wednesday	Jul 14	Hornets' Stinger 10K & Junior races Brighton
May 16	The Out of the Blue Battle 10K & 5K	Jul 17	The Eastbourne Golden Mile & 5K
May 18	Children with Cancer 10K, 5K & Junior races Polegate	Jul 19	Run 530 Brighton
May 18	Firle & Laughton Fun Run 5K & Junior races	Jul 21	Brighton TrailBlazer
May 19	Bognor Prom 10K	Jul 27	Lunar Tic Night Marathon
May 19	Heroes Run 10K, 5K & Junior races	Jul 28	Henfield Seven Stiles 4 miler & Junior races
May 22	The Run Wisborough 10K & 5K	Jul 31	Bexhill 5K Series 3 Sussex Grand Prix
May 22	Beach Run 5 miler & Junior races Wednesday Littlehampton	Aug 1	Eastbourne Junior Twilight Runs
May 26	Rye 10 miles Sussex Grand Prix	Aug 2	The 14 th Rye Summer Classic Series 10K Race Two
May 26	East Hoathly Fun Run 5K & Junior races	Aug 7	Highdown Hike 3.5 miler & Junior races, Durrington Wednesday
May 29	Bexhill 5K Race Series 1 & Junior races Wednesday	Aug 10	13 The Hardway
May 30	Cowdray 5K and 10K Midhurst	Aug 10	Twilight Chase. Rye
May 31	Rye Harbour - Relay with a difference!	Aug 10	Downland Challenge
Jun 01	Worthing 5K	Aug 11	South Coast Run 5K, 10K, Half Marathon. Seaford
Jun 02	Horsham 10K. Sussex Grand Prix	Aug 17	Decoy Dash 10K
Jun 02	Focus 10K Borde Hill Garden	Aug 25	Windlesham Whip. WSFRL
Jun 02	Worthing 10K	Aug 26	King's Head Canter 5K
Jun 05	Felpham 5 nr. Bognor Regis	Sep 01	Fittleworth 5 miler & Junior races
Jun 09	Weald Challenge 50 K & Half Trail Race	Sep 01	The BBB10K
Jun 09	Mud Monsters 20K, 10K & 5K East Grinstead	Sep 06	The 14 th Rye Summer Classic Series 5K Race Three
Jun 16	Hove Park 5k & Junior races	Sep 08	Hellingly 10K Sussex Grand Prix

Jun 16	The Madehurst South Downs 10k & 5K	Sep 08	K9 Challenge. Brighton
Jun 19	Centurion Country 5, Lavant		

14 September – 27 October		3 November – 1 January 2020	
Sep 14	Rewell Wood Running Festival	Nov 03	Gunpowder Trot 4.5 miler & Junior races , Horsham
Sept 18	Worthing 4 miler & Wednesday	Nov 09	Poppy Half Marathon
Sep 22	Tilgate Forest, Crawley 5 miler & Junior races	Nov 10	Rewel 5 nr Arundel
Sept 25	Worthing 4 miler & Junior races Wednesday	Nov 17	Brighton 10K
Sep 29	TEMPO 10K, Eastbourne	Nov 23	Winter Chase. Rye
Sep 29	Barns Green Half Marathon & 10K	Nov 24	Crowborough 10K. TBC. Sussex Grand Prix
Oct 06	Lewes Downland 10 mile Sussex Grand Prix	Dec 08	Mince Pie 10 miler, Peacehaven
Oct 06	Chichester Half Marathon, 10 miler & Relay	Jan 01	Hangover 5 miler & Junior races Worthing.
Oct 06	Lewes Downland 5 mile		
Oct 13	Great Walstead 8K & Junior races Lindfield		
Oct 20	Hove Prom 10K. Sussex Grand Prix		
Oct 20	Worthing Seafront 10K		
Oct 20	Great Bottom 5, Nr. Arundel		
Oct 26	Beachy Head Marathon & 10K		
Oct 27	Steepdown Challenge 5 miler & Junior races , Lancing		

CLUB GRAND PRIX EVENTS

Event	Date	Info
Haywards Heath 10M	5-May-19	
Hastings 5M	12-May-19	Also Sussex GP event
Seaford Beach parkrun	15-Jun-19	
Heathfield 10K	23-Jun-19	Also Sussex GP event
Bewl 15	7-Jul-19	Also Sussex GP event
Peacehaven parkrun	3-Aug-19	
Hellingly 10K	8-Sep-19	Also Sussex GP event
Eastbourne parkrun	21-Sep-19	
Lewes 10M	6-Oct-19	Also Sussex GP event
Hove Prom 10K	20-Oct-19	Also Sussex GP event
Seaford Beach parkrun	9-Nov-19	
Crowborough 10K	24-Nov-19	
Warren Hill XC	15-Dec-19	TBC