



SEAFORD STRIDERS NEWSLETTER

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

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October 2019

Welcome to new Striders

A warm welcome to our new Striders this month:

Michael Gartside, Rolando Hutchinson and Helen Lacy.

Happy running!

Sussex Grand Prix (Race series)

– Your club needs you!

SGP competition Integrity and the club's reputation

The volunteers who run the Sussex Grand Prix on behalf of clubs use the published race results from the organisers website. Therefore if the official race results are not representative of actual performance of that individual the integrity of the competition is compromised.

If due to injury, or for any other reason you are unable to compete in a SGP designated race and want to make your race number available for another Strider please take the following action.

- Contact the race organisers before the race ask to correct the race entry records
- Contact the race organisers (before or soon after race results compiled)
- Advise Matt Franks via What's app messenger group to check provisional results to inform SGP organisers of error (likely that replacement runner will receive zero points if left late)

Seaford Striders competing in the Sussex Grand Prix (SGP)

As the SGP take scores from official race organiser website it is important that at registration you make sure Seaford Striders RC is assigned as your running club. Most races only allow this if you are an affiliated English Athletics (EA) athlete. It is possible to amend your membership



at any time during the year to include EA affiliation using MemberMojo. If in doubt, contact: admin@seafordstriders.org.uk

Club Grand Prix

Anneka Redley has a healthy lead at the top of the ladies' table, but there are several potentially serious contenders, who could benefit from the 5 races still to come in the series.

Jeff Young continues to lead in the men's table, and he and Adam Haverly have both completed 10 of the 13 races to date.

The next race is the Lewes Downland 10 mile, a great off road event, with challenging hills to add to the interest. This is also in the Sussex Grand Prix schedule. Find out more about how to enter at...<https://www.lewesac.co.uk/events/downland-runs/>

Event	Date	Info
Lewes 10M	6-Oct-19	
Hove Prom 10K	20-Oct-19	Also Sussex GP event
Seaford Beach parkrun	9-Nov-19	Also Sussex GP event
Crowborough 10K	24-Nov-19	
Warren Hill XC	15-Dec-19	

5K challenge

Recent events have seen changes at the top of the tables, Louisa Scola and Nick Farley both showing great form to move to the top.

The next event is Peacehaven Park Run on 5th October. The final 3 runs after that will all be at Seaford, in November and December, so we are hoping for a good Striders turn out.

Event	Date	Info
Peacehaven	5-Oct-19	
Seaford	9-Nov-19	also in Club GP
Seaford	7-Dec-19	
Seaford	21-Dec-19	

Two reports from the Hellingly 10K – the first written by Sandra Standen

I enjoyed this one. We arrived a bit early and it was a tad chilly, but once we got going it was the perfect weather condition for a good run.

Hellingly was friendly and well marshalled. They were all very encouraging as you passed them.



The run itself was well, they say 'undulating'. I'd say it was very hilly and I did walk some of it, but the down hills were mostly through tree lined shady lanes, which were glorious

Thanks to everyone at the end that cheered me in. P.S. Love my medal!

Here's the 2nd written by Nick Farley



Sussex Grand Prix came to Hellingly and so did the Striders with a great turnout. I had to arrive nice and early as the event was full when I looked to sign up for this one but got there just in time as the extra spaces went in no time.

There was a chill in the air but the sun was shining down on us as we prepared for the 10k and headed down to the start line, which was approx. 800 meters from the finish. Good for a gentle warm up!

We set off promptly at 09:30 after a safety briefing from the Heathfield organisers. I had planned to run at PB pace as I felt fresh and ready to give it a go...

The course was an undulating road run, with a couple of hilly sections around mile 2-4 which were not too bad. My pace was good at this point averaging 06:32 and I knew the last third would give me a great opportunity for the PB, if I could push a little harder. At mile 5 I hit a 6:09, mile 6 - 5:53 and the 0.2 at 5:50, which brought me puffing home in a respectable 39:32. At this point I knew I had run a quicker time than last year so was pleased with that.

Once I got my breath back, my attention was on the team and cheering them in.

Chip times as follows: Jeff Young - 40:19 Erica Martin - 41:41 (representing Phoenix this time) James Marron - 41:56; Adam Haverly - 47:56; Graham Jones - 48:03 (Winner of age Category!!!); Aneka Redley - 48:05; Chris Wilmot - 48:41; Louisa Scola - 49:39; Natasha Swan - 51:00; Debbie Plant - 1:02:48; Lauren Morgan - 1:04:39; Hazel Tarrant - 1:10:07; Sandra Standen - 1:10:47; Victoria Maleski - 1:11:33; Becky Souissi - 1:15:40

A massive well done to all the team!!!!!! Photo courtesy of Chloe Wilmot (I think)

Two reports from Seaford Striders 10K - the first written by Gary New

It was with some trepidation that we approached the start line for the Seaford Striders 10K race on a lovely Sunday morning on the 1st September. The run had been organised as the culmination of a long and for some, a painful journey, which started in April this year with the

C25K, set up and run by Striders to encourage people to be more active and in many cases achieve a lifelong goal. Many of those who had started in April, completed their 1st 5k at the end of June and then carried on with the 5 to 10K training that Striders continued to support, and who were all at the start line today.



The route started on the seafront close to the halfway point of the Seaford Beach parkrun. We ran along the seafront then just before the Sailing Club we turned onto the road heading for the nature reserve, for a 5K loop.

This was a route we knew quite well, as it had formed part of our training runs. After being cheered on by a number of Marshal's, we retraced our steps back towards the seafront; by which time, it was getting pretty warm, but with all the encouragement along the way from the Striders running with us, we all made it to the finish line to a fanfare of cheering and that all important medal!

The event was manually timed, and many thanks go to all the volunteers on the day and special thanks to all those members, who, too numerous to mention, gave up their Tuesday nights to help us along the way. It was a great day, very well supported and I, and many of my fellow C25K colleagues look forward to the regular Monday and Wednesday runs as part of the Seaford Striders.

Many thanks to all, see you on the next run.

Here's the second written by Maria Holmes



I enjoyed the coaching for the 5-2-10K but insisted almost all of the way through it that I would not take part in the run, because I was sure I wouldn't be able to do it. After all I only started running for the first time in April this year with C25K, but with much encouragement from my running buddies I agreed to do the run (although I thought I must be mad!).

On the morning of the run I was so nervous, and the weather was so hot – not great for me.

When I arrived at the meeting point everyone was nervous (not just me – phew!). We set off, 3K in, it was warm; 6k in, very warm and I was fading a bit; 8K in and I was very tired, and so hot that I began doubting that I could finish, but my running pal kept me going – thanks Sandra! And then at last the finish came into view, my running buddies and some family too, were there cheering me on (quite emotional really).

I felt such a sense of achievement when I had finished. I never thought I could do it, but I had. I wasn't the fastest, but I was the most amazed.

A big shout out to my coaches Victoria, Sandra and Hilary, and a big thank you to all the volunteers who turned out on the day. You are all brilliant.

Spitfire 10k at the RAF Museum in Hendon by Victoria Maleski

This race on 31st August was well outside the usual Seaford Striders geographical area. It took my fancy because of the Spitfire connection. My mum, who has dementia, has regularly recounted stories of a pilot called Dudley Honor, who lived near her in Hertfordshire and regularly flew over her garden, in the lead up to the Second World War. I thought this would be a way of connecting my running activities to her clear historical memories.

I had booked myself in way back in November 2018 and at the time I thought my usual support crew (Lance) would be there with me. Sadly, when the football fixtures were published his loyalty to Southampton Football Club took priority, so I reserved myself a hotel room nearby as I didn't want to take the risk of trains letting me down on the day.

The day before the race I set off from Seaford and two trains, two tube trains and two buses later I arrived at my hotel. I set my alarm bright and early so I could get the best of the buffet breakfast (along with a number of other runners). I set off to get the two buses to the RAF Museum and got there in good time.

The event was well organised and as I already had my number, I just had to collect my pre-ordered t-shirt and then I could drop off my bag. There was a junior race first with a number of mums and dads joining in too. This was followed by the announcer giving shout outs to various teams, I made sure Seaford Striders got a mention... even though I was the only one there and we even got a cheer.



We lined up ready for the start of the two-lap race and after a short briefing we were off. The first part of the race was round the museum grounds and then we were out on to pavements for the main part of the lap. All the runners around me were very friendly, some were in fancy dress (land girls, pilots, officers etc) but the novel part of this was that all the runners carried the name on their back, of a pilot from the war. Mine was Pilot Officer Middleton, who came from New Zealand.

I'm not used to running in London and a number of thoughts struck me – how lucky we are in Seaford to have lovely fresh air, how courteous most local drivers are in Seaford in comparison to drivers in London - pulling out straight into the path of runners and how dirty and noisy London is. I also missed the camaraderie of having other Striders taking part in the same event.

The route took us under the M1 and then back over it again before turning back towards the museum. On the second lap we finished by running into one of the museum buildings, pretty much under a plane then out the other side for a final little lap of grounds. I did my customary



Striders sprint finish and got a shout out from the announcer as I went through. I remember him saying, "she looks really pleased to have finished" as I crossed the line.

My finish time was not a PB, but that wasn't the reason why I was taking part, the time was not important to me. I was really pleased to have been a part of this – seeing all the names of pilots really made me think about what the RAF had done for future generations.

We all like a bit of bling at the end of a race and the medal was particularly special, it even has a moving propeller!

This would be a lovely event for a future 'Striders on Tour' and a number of Striders have already said they would like to take part next year when it will be the 80th anniversary of the Battle of Britain.

Great North Run by Debbie Priest



This run is one of the biggest half marathons in the world, with almost 43,000 participants this year. Historically the weather has been warm for the run and this year was no exception with clear blue skies throughout and very little wind.

At the start, there are 4 waves of runners spanning the A267. Orange for the fast runners (this is where fellow super-fast Strider Tom Knight started from), then white, green and pink waves. I was in the green wave. It took me well over half an hour to pass the start line, during which time I got a little sunburnt. It's crazy to think that Mo Farah was halfway

through his run before I'd even started!

A lot of patience is required to do this run as it is crowded, however there is a lot of camaraderie amongst runners, who keep each other going throughout. (the queues for the loos are ridiculous!)



The array of runners' costumes is terrific and entertaining, with lots of attempts to break world records (elite women's runner Ali Dixon this year broke the record for the fastest runner dressed as Wonder Woman).

The run starts just north of Newcastle City centre and goes one, way, all the way down to South Shields. It's all on roads, not very scenic and not flat, but the crowd support is fantastic. It ends on the beautiful South Shields sea front – the best part of the route, I think.

At the end you are presented with a medal and a goody bag, and there are loads of food vans to help refuel and transport back to Newcastle, if you need it.

This is an iconic race that keeps drawing me back. I didn't catch sight of Tom who managed a fantastic time of just over 1 hour 40. I hoped to get a slightly quicker time than my 2hours 33 mins, but that didn't take away my enjoyment of the whole event. It never disappoints and I have no doubt that I will apply again for next year.

This month's 'Thank-Yous'

Thank you, to Sandra, Nick, Gary, Victoria, Maria and Debbie for your race reports and photo contributions to this month's newsletter. Please continue to do so. Run a race and then write about it. Please send in your race reports for the next newsletter as early as possible, and good luck with all the races. Please send your write ups to me at: fawz50@gmail.com

CLUB EVENTS



Monday, 7th Oct & 4th November

**Monthly Training Session
7.30pm – Lewes Track**

COMMITTEE MEETING

Advanced notice that the next Striders Committee Meeting will take place at the White Lion Hotel on Tuesday, 1st October 2019. 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.

CLUB KIT



Sapphire
Blue*



Jet
Black*†

Club Kit has historically been the black with white writing but in 2019 the decision was made to add the Sapphire Blue with black writing. Either of these colours can be worn for running in Sussex Grand Prix races.

All new members will receive a voucher to exchange in InterSport, Seaford for either a free vest or tee-shirt, which is part of their first year's membership deal.



Electric
Yellow

Electric yellow is the club colour for juniors. This colour can also be purchased by the seniors for wearing on club nights, together with a range of other colours, which can all be purchased from InterSport, Seaford.

Short sleeved tee-shirts are £12 and long-sleeved are available in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue for £15.

Vests are also available in a range of colours for £11.

Black club hoodies, either with a full-length zip or without a zip can also be purchased for £16.50 – available in all sizes from juniors through to seniors.

To order, please call in to see Nick or Ollie at InterSport Seaford or Tel: 01323 898516

Please note a 10% discount is available to Striders who purchase other items of 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.

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)



Extensions, ground work, etc.
[Tel: 01273 959343](tel:01273959343)

Residential lettings in Brighton
[Tel: 01273 672999](tel:01273672999)

Intersport – sportswear suppliers



Lewes & Seaford
[Tel: 01323 898516](tel:01323898516)

Gingerfit your local Seaford



Personal Trainers
[Tel: 0323 893676](tel:0323893676) [Email: info@gingerfit.co.uk](mailto:info@gingerfit.co.uk)

FUTURE RACES

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 on page 2 of this newsletter

September - November 2019		December – June 2020	
Sep 28	Alfriston Fun Run 10K	Dec 1	Downland Devil 9, Steyning
Sep 29	TEMPO 10K, Eastbourne	Dec 7	Worthing Women's Xmas Cracker 5K & 10K
Sep 29	Barns Green Half Marathon & 10K	Dec 8	Mince Pie 10 miler, Peacehaven
Sep 29	East Grinstead 10K	Dec 15	New Place, Framfield, ESSXCL Race 2 & Junior race
Oct 6	Chichester Half Marathon, 10 miler & Relay	Dec 21	Hastings Xmas Pudding 5mile & Junior race
Oct 6	Hastings 10K	Jan 1	Hangover 5 miler & Junior race Worthing.
Oct 6	Lewes Downland 5 mile	Feb 2	Heathfield Park, ESSXCL Race 4 & Junior race
Oct 6	Lewes Downland 10 mile Sussex Grand Prix	Feb 2	Chichester 10K
Oct 13	Ashdown Forest ESSXCL Race 1 & Junior race	Feb 9	Worthing 10k & Half
Oct 13	RISE 8K Undercliff Women's race	Feb 9	Eastbourne 5 miler
Oct 13	Great Walstead 5 & Junior race Lindfield	Feb 16	Bodiam, ESSXCL Race 5 & Junior race
Oct 20	Hove Prom 10K. Sussex Grand Prix	Feb 23	Brighton Half Marathon
Oct 20	Mud Moster, East Grinstead	Mar 8	Pett, ESSXCL Race 6 & Junior race
Oct 20	Worthing Seafront 10K	Mar 15	Moyleman Marathon, Lewes
Oct 20	Great Bottom 5, Nr. Arundel	Mar 29	Hastings Half
Oct 26	Beachy Head Marathon & 10K	Apr 18	Brighton Mini Mile
Oct 27	Steepdown 5 miler & Junior race , Lancing	Apr 19	Brighton Marathon, 10K & Bike Ride
Oct 27	Crawley K2 10K	Apr 26	London Marathon
Nov 3	Beckley 10K	May 3	Rye 10 miler
Nov 3	Gunpowder Trot 4.5 miler & Junior races , Horsham	May 3	Run Wisborough 5K & 10K
Nov 9	Poppy Half Marathon, Bexhill	May 9	Eastbourne Trackstar Marathon & Half
Nov 10	Rewel 5 nr Arundel	May 10	Run Gatwick Half & 5K
Nov 10	Blackcap, Lewes ESSXCL Race 2 & Junior race	May 23	East Grinstead 10 mile (Marathon Wknd)
Nov 17	Brighton 10K	May 24	Haywards Hth 10 mile (Marathon Wknd)
Nov 23	Winter Chase. Rye	May 25	Burgess Hill 10K (Marathon Wknd)
Nov 24	Crowborough 10K. TBC. Sussex Grand Prix	Jun 11	Hove Park Junior races

MARSHALS

Saturday, 26th October: Marshals are required to 'man' a water station at High & Over. Nick Farley has already agreed to organise.

Sunday, 8th December: This is the club's own charity event – The Mince Pie 10. It starts and finishes at Peacehaven and needs loads and loads of Striders to act as marshals. Please, please put this date in your diary.

