



SEAFORD STRIDERS NEWSLETTER

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

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November 2019



A warm welcome to our new Striders:

Greg Anderson, Sue Curtis and Charlie Govett - **Happy running!**

Now to some business: Striders Committee meeting:

The next committee meeting will be as usual at the White Lion on Tuesday, 10th December at 19.45. All senior members are welcome to attend a Committee Meeting. However numbers in order to ensure numbers are manageable we limit the numbers to 5 members per meeting. Please email secretary@seafordstriders.org.uk if you would like to attend.

London Marathon – Club Draw

The draw for the club place in the London Marathon took place on Wednesday, 30 October and the lucky winner was Zingy Theto – Congratulations Zingy! If Zingy is later unable to take up this place then waiting in the wings is our runner-up Graham (Bolly) Little and if upset should befall him too then out will step Simon Homer – good luck guys!

Thank-You from Hilary - Many thanks to Victoria, on behalf of the Striders for organising the lovely bouquet of "get fit soon" flowers presented to me last night by the lovely Sandra – thanks guys – missing you loads and looking forward to running with you before much longer.

Club Grand Prix update

Anneka continues to hold first place in the table, and with just three events to come, it will be a big challenge for Louisa Scola, in second place, to catch her. Jeff Young is still holding off Adam Haverly and Nick Farley at the top of the men's table, but, with a couple of races in hand, Nick is still well placed to make a serious bid.

Towards the end of the year we will be planning the schedule of races for the 2020 Club GP, and it would be interesting to hear from club members any suggestions as to races we might consider including in the programme. For example, the Barns Green Half at the end of September was well attended by Striders and might be a candidate for inclusion next year.

This year we have used Age Grading to calculate points on 3 of the Park Runs. So another thought is for all 7 Park Runs in the schedule to be scored on Age Grading.

Your thoughts in time for our next committee meeting on 8th December will be welcome. Please contact by e-mail...chrislebeau137@btinternet.com

Our next Club GP event will be the Seaford Beach parkrun on 9th November. This will be scored on Age Grading.

5K Challenge

Our next event in this series will also be the Seaford Beach parkrun on 9th November. In fact all 3 remaining runs will be at Seaford, the final ones being 7th and 21st December.

Louisa is at the top of the ladies' table, but with several serious challengers right behind her.

In the men's' table, the tussle at the top is again between Jeff and Nick, and yetany one of the top 10 still has a chance to win. So the pressure is on and it all depends who turns up in those last 3 events, both literally and figuratively!

Event	Date	Info
Seaford Beach parkrun	9-Nov-19	also in Club GP
Seaford Beach parkrun	7-Dec-19	
Seaford Beach parkrun	21-Dec-19	

Bournemouth Marathon Oct 6th by Graham Jones

Having entered this race back in February to raise money for my OneSight clinic in Tanzania all was going quite well until mid August, then the taper began.

Leaving at 6.30 a.m. in foul weather, hopes were not high. However as we headed west the weather improved greatly stopping on route at McDonalds in Chichester (I had a healthy two servings of porridge) for breakfast.

Arriving at Kings Park with about 50 minutes to spare my wife and daughter kicked me out of the car and sped off into town. The finish is around 3 miles from the start.

I made my way to my hugely optimistic start pen and met up with fellow Strider Phil Robinson who had run this race before. He gave me no indication of how awful the route is, although he did say it was hilly! I set off at a nice steady pace listening to my carefully constructed heavy metal playlist only for my headphones to die after 8 miles.



The continual out and backs on the route are soul destroying and when you pass the finish for the second time and you still have 9 miles and the steepest hill to go it is a little demoralizing. Still knowing I had only run 14 miles in the previous 5 weeks I took the second half very slowly stopping for drinks and walking into the sometimes brutal headwind.

I eventually crossed the line in 4:36:32 glad that I actually made it round but still a little disappointed that my build up had been so interrupted.

It was really nice to find that there was a bar as soon as you walked out and within 5 minutes of crossing the line I had a large G&T recovery drink.

A huge thanks to all the messages from fellow Striders, it made me feel a lot better and also my wife Michelle who spent her birthday watching me run a marathon then driving me home.

Running up Mount Snowdon via the PYG & Miners track by Emilie Tearle

On the 16th of October, Tom and I headed up to Snowdonia in North Wales on a little adventure in the mountains! After a 7 hour journey up there, we decided that on our first day of three we would run up the PYG path of Snowdon. We headed up thinking it wouldn't be too difficult, soon to find out that actually we were in for a treat because we actually chose one of the trickiest routes and were racing against time to get up and down before sundown!



The route was tricky with very uneven and narrow pathways, steep large rocks placed to act like stairs. We walked, we ran, we stopped to take photos and most importantly had an amazing experience! Once we reached the summit it was beginning to get dark, we were in the clouds meaning we were just standing within a cold white sheet so quickly decided to stick our head torches on and begin our decent down the miners track. Supposedly this was a very easy route but we got a little lost and taken away from the path because we were in absolute darkness. We ended up having to

figure out a way down through a waterfall, thinking we were going to have to find a cave to shelter in for the night but fear not we made it down safely after about 2 hours of trying to get down and made it safely back to the car park! It sure was one hell of an adventure, such a fun experience and one we will never forget! Not many people can say they've run to the summit of Snowdon and it's so cool that we experienced such an adventure!

Blenheim Palace Half by Sandra Standen

As I think most of you know, my husband had a heart attack last year whilst marshaling for the Beachy Head Marathon. The seriousness wasn't apparent until the evening (I said it's only

indigestion!). Anyway he ended up having a double coronary by-pass. He's made a fantastic recovery I'm please to say and marshals most Saturdays at Peacehaven parkrun.



This was the reason Stacey and I ran the Blenheim Palace half-marathon in aid of the British Heart Foundation. O.K. I didn't give much thought to the logistics of this so it was a very long day.

The weather was appalling but we were as prepared as we could have been. While waiting for the start the heavens opened, and we were drenched, but hey ho! A lot of the run was in the grounds and they were stunningly beautiful and hilly (undulating), vast lakes, swans, ducks, weeping willow trees – really pretty. Then it was road running through a couple of villages for about 4 miles I think. I found this lonely and lacking in supporters cheering us on. I think it was about mile 9 we found ourselves back in the grounds and then I was actually thinking I might just finish this.

I did stop for a few selfies on route and I/we walked as and when. I'll never underestimate a half marathon again, a totally different ballgame to a 10K. It wasn't the most friendly of runs, but anyway we got to the end and I was so pleased it was over and I got myself another medal.

Would I do it again? Not in a hurry, but never say never. If it wasn't for Stacey I probably wouldn't have done it, so a huge thank you to her for dragging me round.

Oh and we raised over £500 so many thanks.

Debbie Priest has written about 2 races this month (Thank-you!) Here's her first:

The Great South Run

The Great South Run is a 10 mile race, which starts and finishes in Southsea, Portsmouth. It is a fast flat course going through the Historic Naval dockyards, part of the city centre and a large portion of pretty seafront (this part is nice to run if not too windy as there's usually a headwind). The race is part of the Great Run series and is on a large scale with approximately 20,000 entrants. Due to the number of participants, runners go off in 3 waves – orange, white and green. The race attracts professional athletes as well as a few celebrity runners. The female winner again this year was Eilish McColgan, beating mum Liz's time. The male winner was Marc Scott.

It was the 30 year anniversary of the race, the atmosphere and crowd support was fantastic with bagpipe players and drumming bands on the way round to keep us going.



The weather conditions were just about perfect. I didn't get to see fellow super speedy Strider Josh Nisbett as he was in the orange wave and I was in the white wave. Runners completing the race all received a goody bag containing a few snacks and money off vouchers, but my favourite things were the T-shirt and medal.



Josh managed a brilliant time despite being unwell. I was fairly happy with mine although I was hoping to do it a couple of minutes quicker...(maybe next year when I do it all again)

And here's Debbie Priest's 2nd report: **Chichester 10 mile**

The Chichester 10 mile was 1 of 3 formats on race day, the other 2 being Chichester half marathon and Chichester half marathon relay (Wendy Woodford was entered in a relay team and ran the first leg). The start and finish was at Chichester College and although rain was forecast the weather stayed dry.

The course was uphill for the first half then downhill for the 2nd and was largely off road with a very pretty rural scenic route. The 10 miles actually worked out to be 10.5 miles (probably due to where the turning point had to be).

The half marathon was a continuation of the 10 miles with half marathon runners having a further climb until their turning point (from memory I think this was called the Trundle).

I thought I could make up time on the downhill but it didn't happen, as I was too exhausted after the climb. Fellow Strider Lorraine Quigley did a great job, coming in 5 minutes ahead of me.

We all got a medal and a really great goody bag, which included a massive bag of creamy white chocolate buttons (very quickly scoffed) and some toiletries.

In summary the race was tough (for me anyway), and my quads ached like mad afterwards, but I'm still glad that I did it, because it was such a lovely route with great views.



Big shout-out to this month's contributors:

Thank you, to Graham, Sandra, Debbie and Emilie for your reports and photo contributions to this month's newsletter. It was good to have Emilie's write up about her adventure in Snowdonia. Some more pieces like this would be interesting – a bit of diversity is good. Please send in your contributions 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

TRACK NIGHTS

Mondays, 4th Nov & 2nd Dec - monthly Training Session 7.30pm – Lewes Track

CLUB KIT



Sapphire
Blue*



Jet
Black*t

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)



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

November – February 2020		March – October 2020	
Nov 3	Beckley 10K	Mar 8	Pett, ESSXCL Race 6 & Junior race
Nov 3	Gunpowder Trot 4.5 miler & Junior races , Horsham	Mar 15	Moyleman Marathon, Lewes
Nov 9	Poppy Half Marathon, Bexhill	Mar 29	Hastings Half
Nov 10	Rewel 5 nr Arundel	Apr 18	Brighton Mini Mile
Nov 10	Blackcap, Lewes ESSXCL & Junior race	Apr 19	Brighton Marathon, 10K & Bike Ride
Nov 17	Brighton 10K	Apr 26	London Marathon
Nov 24	Crowborough 10K & 5K Sussex Grand Prix	Apr 26	Bluebell Run 10M & 10K, Angmering
Dec 1	Downland Devil 9, Steyning	May 3	Rye 10 miler
Dec 7	Worthing Women's Xmas Cracker 5K & 10K	May 3	Run Wisborough 5K & 10K
Dec 8	Mince Pie 10 miler, Peacehaven	May 9	Eastbourne Trackstar Marathon & Half
Dec 15	New Place, Framfield, ESSXCL & Junior race	May 10	Run Gatwick Half & 5K
Dec 21	Hastings Xmas Pudding 5mile & Junior race	May 23	East Grinstead 10 mile (Marathon Wknd)
Jan 1	Hangover 5 miler & Junior race Worthing.	May 24	East Hoathly Family Runs 5k & 1K
Feb 2	Heathfield Park, ESSXCL & Junior race	May 24	Haywards Hth 10 mile (Marathon Wknd)
Feb 2	Chichester 10K	May 25	Burgess Hill 10K (Marathon Wknd)
Feb 9	Worthing 10k & Half	Jun 14	Hove Park Junior races
Feb 9	Eastbourne 5 miler	June 14	Weald Trail 50K Ultra & Half Marathon
Feb 16	Bodiam, ESSXCL & Junior race	June 28	Eastbourne 10k
Feb 23	Brighton Half Marathon	July 12	Martello Half Marathon (Seaford)
Feb 23	Gunpowder 8K Run, Battle	Sept 27	Barns Green Half & 10k
		Oct 18	Hove Prom 10k
		Oct 24	Beachy Head Marathon, Half & 10k

MARSHALS

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.

Get Baking: Following the success of last year's cake stall we would like to do the same again this year but cannot do so without the supply of sumptuous cakes being repeated, so please sort out the recipes and be prepared to 'get cooking!'

