

APRIL 2022

# SEAFORD STRIDERS

*We don't just run, we also have fun!*



## HELLO MAY...

*By Bronwyn Ryan*

Welcome to the April edition of the Seaford Striders newsletter!

This month we have a special feature from Coach Joel all about uphill running techniques post Monday night hill training!

We are always happy to hear your feedback and suggestions so if there is anything that you would like to see on these pages, please do contact myself on [bronwyn.2009@hotmail.co.uk](mailto:bronwyn.2009@hotmail.co.uk).

Enjoy May - the month when Sunset will creep past 9pm! The perfect month for runs before the temperature increases...

See you all in next months newsletter!

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# COUCH TO 5K

*has returned...*

We saw the return of the Seaford Striders Running Club **2022 Couch to 5k group on Tuesday 26th April**. 60+ runners met at the Richmond Road Car Park (by the Salts) for Week 1 of the programme.

C25K takes people from not running at all, to being able to run 5k, in just nine weeks. It is suitable for any adult who is able to walk non-stop for at least 20 minutes and wants to be able to transition to running.

## **Victoria spoke to a number of runners who completed Session 1 of the programme to ask their thoughts:**

"It was great to see so many friendly Strider faces on hand to talk to and support us. I was amazed at how many people joined Week 1, it was brilliant to see. I really enjoyed it and look forward to next Tuesday. Thanks again to everyone involved."

"Thank you so much for organising this. I thoroughly enjoyed it. Organisation was great and a lovely atmosphere. I would have liked to have made a date with someone of a similar level for the intervening 2 runs but, for various reasons, no one I was running with could commit. I will do it on my own before Tuesday unless you know of any other newbie who's asked the same question! "

"I really enjoyed last night and was very impressed at how it was organised. The medium group I was in was about right. I am really pleased not to ache today, and am looking forward to next week."

"Thank you so much for organising the couch to 5k sessions. I really enjoyed it yesterday! In terms of feedback I can only really say how lovely and welcoming everyone was, with lots of encouraging and constructive comments - it definitely helped to build confidence and I'm excited to continue with my running journey. Many thanks and see you next week!"



Thank you to all of the Striders who volunteered to help with the Couch to 5k programme. Your support is invaluable and we look forward to seeing you again next week!

# SUSSEX GRAND PRIX

The Sussex Grand Prix consists of taking part in road races organised around Sussex throughout the year with points awarded based on each individual's finishing position. There are 13 races in total and only your top 6 scores will count (individual scoring). There are also two club leagues which are scored differently.

Event	Dates	Event
1	20th March 2022	Hastings Half
2	1st May 2022	Haywards Heath 10 mile
3	15th May 2022	Hastings 5
4	22nd May 2022	Horsham 10k
5	29th May 2022	Rye 10 mile
6	19th June 2022	Heathfield 10k
7	3rd July 2022	Bewl 15
8	13th July 2022	Phoenix 10k
9	TBC July 2022	Bexhill 5k
10	TBC September 2022	Hellingly 10k
11	2nd October 2022	Lewes Downland 10 mile
12	TBC October 2022	Hove Prom 10k
13	TBC November 2022	Crowborough 10k

Please do sign up for the races! It will be a fun season of racing and we will keep you updated on the rankings each month...



# CLUB GRAND PRIX

The Club Grand Prix is a fun series of events throughout the calendar year, where Striders compete against one another in a league. The top place Strider in each event (or top age graded in parkruns) takes 20 points, with 2nd taking 19 and so on and so forth. There are 20 races throughout the year but only your top 10 scores will count. These are collated to give you a total and the highest score wins!

Event	Dates	Event	Scoring based on
1	13-Mar	Pett XC	Position
2	27-Mar	Martello Half Marathon	Position
3	09-Apr	Seaford parkrun	Age grading
4	23-Apr	Bevendean parkrun	Age grading
5	01-May	Haywards Heath 10	Position
6	22-May	Horsham 10k	Position
7	11-Jun	Peacehaven parkrun	Age grading
8	22-Jun	Summer Solstice	Position
9	03-Jul	Bewl 15	Position
10	13-Jul	Phoenix 10k	Position
11	30-Jul	Hastings parkrun	Age grading
12	13-Aug	East Brighton parkrun	Age grading
13	TBC Sep	Hellingly 10k	Position
14	21-Sep	Autumn Equinox	Position
15	08-Oct	Uckfield parkrun	Age grading
16	16-Oct	Great South Run	Position
17	22-Oct	Beachy Head Marathon	Position
18	12-Nov	Eastbourne parkrun	Age grading
19	TBC Nov	Crowborough 10k	Position
20	TBC Dec	Mince Pie 10 Virtual	Position

We will keep you updated each month to let you know who is in the lead... for now...



Female 1st - Sandra Standen  
Male 1st - James Marron





# Social Events

**After an amazing Scavenger Hunt the next event in the diary is the...**

## **May Social Run**

**When:** Wednesday 25th May

**Where:** East Dean - XC Route

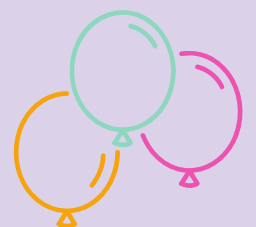
**Who:** Everyone is invited!

**What happens after the run?:** Everyone is welcome at The Tiger Inn for a drink and snacks

**How do I get there?:** Please try and car share due to limited parking and the impact on the environment, even better take the bus!

*If you plan on coming for a drink post-run please confirm your attendance with Lauren Morgan on [laurenmorgan95@live.co.uk](mailto:laurenmorgan95@live.co.uk)*

We look forward to seeing you all there!





# CONQUER THOSE HILLS!



By Joel Eaton

One sunny evening in April, we ditched the track and hit the trails for a structured hill running session. Here, Joel shares some of the things we covered and more!

Running up hills is hard. There's just no getting away from that! Whether you're at the front of the race or towards the back, it's always hard. But that doesn't mean it can't be enjoyable as well as challenging. A lot of people sigh when they tell me that they struggle with or just don't get on with hills, and often it's just as much the mental challenge as it is the physical. But by introducing some small changes you can adapt your mindset and your approach to running over hills, and this can help you not only improve your hill running, but help you embrace your time on the hills and really enjoy running over them.

This article introduces some simple tips and tricks to help bring in some hill-specific training into your running program, alongside some ideas for improving your form (which is *how* you run) and efficiency when running uphill. Improvements through practice in these areas can ultimately help improve your strength and speed.

Hill running is just like running in general – it takes time and repetition to improve, and the biggest gains come from focusing on your running form, also known as technique. Practice your form and the speed will follow.

In the same vein, if hill running is new to you, introduce and build it up slowly, and always account for extra recovery time after hill sessions due to the additional impact on your joints and muscles compared with running on the flat.

## How can I make hills more enjoyable?

Here are some useful tips to help you incorporate hills into your training and improving your hill running abilities:

### 1. Make hills a regular part of your balanced running program!

Our club track program covers all the key ingredients of a running program, except for one thing – hills! (for obvious reasons). Whether you run exclusively on the road, on the trails or a combination of both, hill training sessions are an essential component of a runners training plan. The physical and mental strength you can gain from hill training can bring improvements to many aspects of your running, and can help with injury prevention. There are different types of hill sessions that you can include in your training; ones that focus on uphill running, downhill running, even mixing hills in with other elements; but if you're not quite ready for that then why not start by simply introducing more hills in your longer slower runs? Our local trails on the Downs are a perfect place to start!

### 2. Focus on form over speed!

Getting your form in a good place can be hard work to begin with, but keep practising it and you will see results not only in your speed but in the effort you exert. Not only will you get stronger, but with good form you'll become more energy efficient which naturally helps improve your speed even more.



### 3. If it's hard, make it easy!

Practice running up hills (as opposed to run walking) as much as you can. Switching between running and walking expends additional energy that can tire you out faster - which is not ideal for races. The best way to improve your ability to run up hills without stopping or walking is to slow things right down - even to a walking pace, even to slower than walking pace, but maintaining your uphill running form.



### How can I improve my form?

Here are 4 tips for improving your uphill running form (downhill running requires a different approach - we'll cover this at a later time):



**2 Relax your shoulders**  
It can be a natural reaction to tense your body when running uphill. A good tip to help you relax your shoulders is to take a deep breath and smile!

**1 Stand tall**  
Many runners adopt a hunched stance as they run uphill. This is often reflective of an "I need to get my head down and attack this" mindset of running uphill where we simply tense up in anticipation of it being hard.  
Instead, try switching your thinking as you approach a hill to "I'm going to step up and conquer this hill". Do this by standing tall with your head upright with your eyes looking ahead not down, and tilt your whole body slightly forwards into the hill from your ankles and not from your hips upwards.

**3 Drive your arms**  
There is free energy available from the perpetual motion of driving your arms that will actually help propel you up that hill - so use it! Remember to drive your arms backwards. Feel the difference for yourself next time you run up a hill - you will noticeably run faster when you really drive those arms!

**4 Shorten your stride length**  
This generally happens naturally, so just ensure that you're not trying to maintain the same stride length that you'd have on the flat.





## Example hill training sessions

If you feel ready to take the plunge and take on a training session dedicated to hills, then there are a variety of hill-specific training sessions that you can begin to explore. They don't always have to be constant up-down hill-rep sessions, although these are the most common. You can get in touch directly with me or Bev if you want to learn more about the types of hill sessions you can do for your own goals and abilities.

Always try and choose a hill that is suitable for the session you do, away from busy traffic and road crossings.

Here are two examples of hill rep sessions for you to enjoy and adapt to your own ability (both sessions should include your normal warm-up and cool-down routines):

### Beginner-level

1. Find a hill that starts with a flat section (approx. 20 metres) at the bottom then gets steeper.
2. Run hard (approx. 85% of max speed) from the start point for 45 seconds. Use the flat section as a run-up to focus on getting good form (see tips above), then maintain your form going up the hill. Aim is to hold the speed as much as you can (accept that you will slow down!) but it is more important to maintain form.
3. After 45 seconds, stop and catch your breath, turn around and then jog/walk back to the start in your own time.
4. Repeat steps 2 and 3 up to 5 times.

### Intermediate-level

1. Find a relatively long and straight hill.
2. Run up the hill medium-hard (approx. 70% of max speed) for 45 seconds, getting into and maintaining good form.
3. Switch to a fast sprint for 10 seconds (max speed) holding that good form.
4. Stop and catch your breath, turn around and then jog/walk back to the start in your own time.
5. Repeat steps 2 - 4 up to 8 times.

If you have any questions on this topic or want some support with designing a hill session for your own training, you get in touch directly with either me or Bev.

See you out there!

Joel

**Track sessions are now weekly at Lewes Running Track, on Monday nights 19:30 - 20:30.**

**Please come along, try the session out and see how you too can improve your running!**

**"No-one gets left behind"**



# The Moyleman Marathon

By Adam Haverly

If you haven't heard of it before, The Moyleman is a hilly marathon around Lewes. It has quite a low number of places (I think less than 500). You can take it on solo or do it as a relay with a team mate.

I don't know how but every marathon type race I've done has always been fairly good weather!

The race started from Wallands Primary School in Lewes, the sun was shining, we were running late and there were a good number of lucky Striders starting! There was a great atmosphere at the start, runners glad to be back at races and moving away from Covid-19. I watched the masses go off up the hill and I had to wait (a long) 15 minutes because of the dog.

The first ten miles felt fairly good, I've done the course before, I knew what was to come and I tried to take it easy and enjoy the beautiful weather, up onto Kingston ridge and back down to Southease, great to see so many striders out and about! Seeing the Eaton family on the ridge towards Firle Beacon cheered that section up no end!

Down at Bo peep, I topped up my water and electrolytes. I always struggle a bit with the old coach road but it seemed to go by fairly smoothly today. Through the back of Glynde and up Mount Caburn at mile 24, this was a long walk, my legs gave up at the top and I had to do some drastic stretching to get them moving again!

I thought that was it, game over! But luckily, I managed to hobble on down and continue to run to the finish, it's a great feeling coming down Chapel Hill, along Cliffe High Street and into Harvey's Yard. Made it round again - a free pint and pizza awaits. Charlie Brown (dog) was still pulling at the end. Such a good race, small but perfectly formed.

If you can get a place I'd highly recommend it! You don't get a medal at the end but instead a pint or a half pint glass.



# Cardiff parkrun

Vitality  
partners

By Steve Sprague

So for the second time this year (the first being thwarted by hurricane Eunice) we visited Cardiff in South Wales. Our main purpose was to visit The Royal Mint Experience in Pontyclun but in true runner fashion, we made sure the trip incorporated a parkrun. We decided on Cardiff parkrun as this was closest to where we were staying and seemed like a good parkrun to start with.

The instructions on the parkrun home page stated that one of the options of parking was at a supermarket car park that was adjacent to the start/finish. I'm always a bit weary of this as I worry that I'll receive a fine (sad, I know). However, when we drove in, we were greeted by a volunteer brandishing a large parkrun sign directing us to park in a particular area. This looked to be alongside the staff cars so I think the store has an agreement set up to allow parkrun runners to use it. Everyone would later flock to the adjacent coffee shop so this seemed to make sense.

We made our way to the start and started talking to the volunteers that were there. They were all very friendly and the run director recognised Seaford (from our Striders hoodies) as he (I quote) was born and bred in Hastings.

The route was a very picturesque route that took you along a tree lined riverside path adjacent to the river Taff. It then looped around a wooded field before re-joining the same river path in the opposite direction. This makes the route look like a balloon on a string (as the volunteer first timer briefer stated) The path is not that wide but despite the amount of runners and other park users, I didn't feel that it was cramped in any way. There was lots of room to overtake or (in my case) be overtaken. On the few occasions that I did look up, the views were great to see. There were no hills on the route so it made good PB potential.

The finishing funnel is made up from half the path that we started out from. The marshals have to set this up as soon as the tail walker has passed so have to be pretty quick.

The event attracts around 600 people every week and relies on about 40 volunteers. It is fast approaching its 700th event so is one of the long established parkrun's. I thanked the run director when we left and congratulated him and his team on a well organised event.

Cardiff represented my 11th different parkrun and I was pleased to enjoy another location. Being in another country added to the achievement!

The South of Wales is very fortunate to have a good choice of parkrun's (Barry Island is next on my list) but I would certainly recommend Cardiff if you are ever in this area.





# Paris Marathon 2022

By Bronwyn Ryan

Back in October 2020 I spent the day in London watching Sophie complete the London Marathon (amazing!) and despite spending a considerable amount of time afterwards complaining about how far I'd walked that day I came away inspired to run a marathon myself one day...

Not putting any effort into doing my own research when Sophie then suggested the Paris Marathon due to it not being a ballot entry race I googled it and saw the 2022 race was on my birthday. That was it, I entered and the rest is history!

Training started off ok until I got a knee injury and I proceeded to spend the next 3/4 months making sure I dropped the words 'Paris Marathon' and 'oh but I have a knee injury' into virtually every conversation. Anyone that would listen to me heard about it, apologies Striders you must be sick of me by now. 4 physios later I was set on completing the race even if I had to crawl to the end as I knew it was unlikely I'd ever get to run a marathon like Paris on my birthday again.

So the week had arrived, myself and Matt took ourselves off to Paris where we were greeted with snow (not in the plan) and we settled into a few days of sight-seeing before the race. On the day I didn't feel as nervous as I thought I would thinking more 'it will be over by the end of the day'.

The race began and I kept telling myself over and over again as long as you run an average 7:00km throughout the race you'll finish sub-5 hours (the secret A goal).

It was tough, mentally and physically but I completed it somehow in 4:59:58.



I said never again but I have in fact signed up for Manchester Marathon on 16th April 2023 - promise not to drop it into every conversation this time round!

# NEW STRIDERS

**A huge welcome and well done to all the new Seaford Strider members - you have made one of the best decisions joining our fabulous club.**

## **Adult Members**

Jon Cornish, Susan Page, Rebecca Page, Jay Vile, Wayne Clarke, Theresa Williams, Julie Sunderland, Catherine Merry, Kathryn Warren, Trevor Payne, Michael Veale, Tina Deubert, Elizabeth Veale, Shirley Bowen Farray and Chiara Di Giorgi.

## **Junior Members**

Amelia Parsons, George Jeffries, Caleb Eaton and Megan Roylance.







Seaford Beach Parkrun

Peacehaven Parkrun

Within the Seaford Striders community we have a number of members who play key roles at Seaford Beach and Peacehaven Parkrun.

If you haven't tried Parkrun then 1. Why? 2. You're missing out!

When is it? Every Saturday, at 9:00am.

However most importantly these events can only run with the support of volunteers like YOU!

**Please do volunteer and help both parkrun's continue with the free, weekly event...**

**Seaford Beach:** [seafordbeach@parkrun.com](mailto:seafordbeach@parkrun.com)

**Peacehaven:** [peacehaven@parkrun.com](mailto:peacehaven@parkrun.com)



**Those who volunteer at parkrun reported the greatest improvement to their happiness. 84% said volunteering at parkrun made them feel happier**

## Wolo events/challenges 2022

We'd love you to join Team Wolo for one of our events this year!  
Take your pick!

10.04.22	Brighton Full Marathon
10.04.22	Brighton 10K
24.04.22	Rathfinny Run 10k /Half Marathon
07.05.22	Clubbercise Family Glow Party
14.05.22	Wolo Ice Bath Challenge
29.05.22	UK Ultra 50k
29.05.22	UK Ultra 100k
04.06.22	Wolo SkyDive
06.08.22	UK Ultra 100m
10.09.22	Wolo WingWalk
1-10.10.22	Wolo 100 Africa Trail Run & Trek 2022
22.10.22	Beachy Head Marathon
22.10.22	Beachy Head Marathon Ultra
22.10.22	Beachy Head 10k
23.10.22	Beachy Head Half Marathon
TBC	Abseil date TBC

Or take on your own challenge  
and raise funds for Wolo!

Sign up on our website [www.wolofoundation.org](http://www.wolofoundation.org)

# REACH US ON



Editor: Bronwyn Ryan  
[bronwyn.2009@hotmail.co.uk](mailto:bronwyn.2009@hotmail.co.uk)



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**Please send your race reports and May articles over by 27th May.**