

JUNE 2022

SEAFORD STRIDERS

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



SUMMER HAS ARRIVED!!!

By Bronwyn Ryan

June was another busy month for the Seaford Striders from the Couch 2 5K Graduation to the Summer Solstice and BBQ on the beach.

This month we have more great recipes and lots of race reviews! The Striders have been very busy.

We're pleased to welcome lots of new members to the club this month - a lot having completed the Couch25k programme. We hope you enjoy being a member of the Seaford Striders.

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

IN THIS ISSUE

COUCH25K GRADUATION

NICK'S PRAWN AND SALMON BURGERS

CENTAUR 100 BY TRISTAN

TRACK NIGHT UPDATE

WORLD RECORD ATTEMPT

BRIGHTON TRAIL 10K

UK ULTRA 50K FALMER TO EASTBOURNE

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...



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 - Anneka Redley-Cook

Male 1st - Jeff Young

*****NOTE these rankings were pre Bewl 15*****



TRACK UPDATE

Track dates of your diaries

Monday 25th July - the track is hosting an event, so not available. We will run a interval style session off track that evening at the usual time. More news in the weekly email nearer the time

Monday 29th August - track is closed for Bank Holiday. There will not be an off track session this week as you'll all be out and about enjoying the bank holiday weekend!

All other track dates as usual.

Monday Sessions

Up until now the track has not been in use prior to our official 7.30 start so we've had the luxury of having the track to ourselves, and some of you have been coming down early to get a head start on the session. Well, sadly not any more.... There is a new long term track booking by Sussex football clubs between 6pm-7.30pm. They are using the track facility to do drills and strength work - although not necessarily running. And there are a LOT of separate groups around the track perimeter + parents looking on - so quite a crowd.

Because of this, the track is now looking very busy on a Monday night at changeover time and we need to be aware of few things before we arrive;

Parking - expect the leisure centre spaces to be used up. Therefore you can either park in the Priory School park right next door OR use the car park up the road adjacent to the football club which you pass shortly after the station roundabout (Mountfield Rd BN7 2UR) which is free in the evenings

Warmup laps - we will need to start promptly at 7.30, so less time for doing lots of warm up laps beforehand. If you park in the Mountfield Rd car park, there's a lovely flat recreation ground just beyond, perfect for some laps or a jog to the leisure centre from here is around 1.5 laps! I've had a natter with their head coach about how we best manage the changeover and they are more than happy for us to enter a bit earlier to sort ourselves out, even if it looks like you have to run the gamut of a lot of youngsters doing their drills!

So do come for 7.25, even if the track looks busy, and please be prepared to work around others packing away kit and trying to leave as you are arriving. You are also welcome to come and do a session of your own design alongside the main groups. Bear in mind that this is a work in progress as Sussex football haven't used the track facility before, so any issues please do let me know.

Coach Bev

Centaur 100

By Tristan Daynes

"I got 99 problems..."

I had a great epiphany at the end of this race: 100 miles is hard work! Sounds obvious – but what I mean is, the first couple of times I ran that distance, I kept coming up with reasons why it was hard work – too wet, too windy, too muddy etc etc. I don't feel so compelled to find the reasons now – it's hard work because it's a long way, and a long time on your feet – and there'll always be something on top of those two things that stand out for making it feel like hard work on any given day!

The Centaur 100 was my 3rd 100 mile race. It took place over the weekend of 18th June, the closest weekend to the summer solstice, at the Denbies Wine Estate in Dorking. The format was simple enough – 1 mile laps, of which I'd have to complete at least 100 within a 30 hour window to earn the shiny Centaur buckle! There were a few other races ongoing at the same time – a 50 miler, a marathon, half marathon, and a 24 hour challenge where some runners ran a mile every hour on the hour, for a 24 hour period. At the risk of going off on a tangent, back in the early lockdown months I ran a similar virtual challenge, popping out my house for a mile every hour for 24 hours, no doubt greatly annoying the good people of Denton by turning on their security lights and setting their dogs off barking once an hour through the night over the 2020 summer solstice!

Anyway, getting back on track (or trail in this case), I was dropped off at 7:30 on the Saturday morning with a camping chair, a cool bag full of supplies and a bag full of kit. I pitched my chair up somewhere near the start / finish of the mile lap, picked up my timing chip (an ankle tag, for the full "out on parole" experience) listened to a quick race brief then we were away promptly at 8:00.

The first few laps passed by pretty quickly as I got used to the route, and reconciled myself to the fact I'd just started a race I wouldn't likely be finishing until lunchtime the next day! The lap was quite nice, fairly flat, with a few short uphill / downhill stretches to break it up a bit. And so it continued for a while, steadily chalking the first few miles off on a scenic route, on a fairly sunny but very muggy Saturday.

The sun would turn out to be the first big challenge. It wasn't stupidly hot, but it was very warm, and humid on the Saturday with very little shade on the course. I'd packed a couple of litres of electrolyte drink, but still struggled to feel like I had hydrated well, so I was drinking a lot – which was ok but for the fact the toilets were a quarter mile round trip off the route, so a few bonus trips there meant I lost a bit of time, and gained some additional distance across the first day!



Things were definitely becoming slower as the day went on. I chalked 50 miles off in a shade under 12 hours, but the earlier heat had taken a lot out of me, and I wasn't entirely convinced I had another 50 miles / 12-16 hours left in the tank. I knew if I could hold out a couple of hours for the overnight stage, the drop in temperature would be helpful, and I'd lose the safety net of being able to call for a lift home. I changed shoes and socks, then pressed on slowly, taking each lap as it came and making sure I kept myself fed and hydrated as I needed to.

Headtorches came out around 10pm, and right on cue, it started raining AND we were treated to a fantastic thunderstorm. As much as I enjoyed watching fork lightning over Boxhill and elsewhere in the surrounding countryside, I was also quietly grateful that the only tree covered stretch of the lap was a short downhill stretch, which (believe it or not) I suddenly found a little bit more pace every time I went through.

The storm died off, but the rain persisted on and off across the 6 or so hours of darkness, and having been too hot for most of the first 12 hours, now I was freezing cold! I grabbed a coffee at the aid station at some point, and spent a couple of hours shuffling round the course with a towelling robe on top of my running gear (looking quite ridiculous, but I didn't really care by then, and it was dark anyway!) At some point around 60 miles I was conscious of an increasing ache behind my left knee / top of my calf, but I was still able to shuffle on, so that's what I did!

Having persevered through the night, I eventually made it to one of my favourite parts of an overnight run - being out as the sun came up! I had one final wobble at around 85 miles - my feet hurt from the firm ground, I could barely move my legs and the ache in my calf was getting increasingly more noticeable. I took a longer than ideal rest in my chair, and eventually decided I'd probably just ring out at 85, sit and have a snooze and wait for my lift home later in the morning. Somehow in the process of going to the end of the lap to announce that, I convinced myself to keep going to see if I could get to 90 miles, at which point I'd be counting down in single figures and much better placed to see it through.



It turned out to be a good decision. My family arrived on site earlier than planned, and almost exactly as I hit 90 miles. Various combinations of family members came out to shuffle round some of the last 10 laps with me, helping to pass the time given how slowly and painfully I was progressing by now. Finally, a shade over 28 hours after I'd started I finished lap 100, picked up a very hard-earned buckle and shuffled off to slump down in my chair in a state of great relief, and eat a Father's Day doughnut my children had picked up for me. A bit of a rest later and I packed up, hobbled off to the car, and headed off for home and some much needed sleep!

And that's about the end of that tale - except for one thing I did want to save until last. One of the benefits of a chip timed run like this was that there was a live link to the race results. I'd shared that in advance, and I was genuinely touched by the folks who shared it on, checked in to follow

how I was doing, and were sending me messages of support across the weekend. One of the few benefits of a slow shuffle was the ability to check in on my phone and pick up messages periodically, and all the encouragement really was helping to pick me up in some of the lower moments, and helped persuade me to keep going. Massive thanks from me to anyone reading this who was in touch - it meant a lot to me, and I think you've all got a share in this particular buckle in my collection!

It's Recipe Time...

By Tom Roper

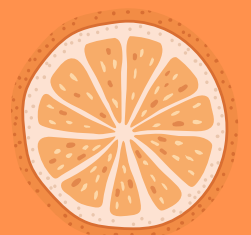
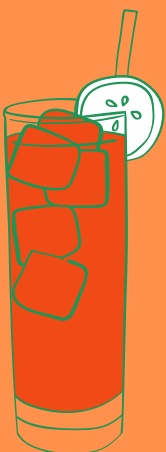
PIMM'S

Since it is summer, and we runners must take on plenty of fluids, I offer here my recipe for Pimm's. The manufacturers of the stuff on offer in the shops have cut the alcohol content so that these days it is only fit for toddlers. So take a jug, and mix the following, in quantities to suit your thirst and the number of guests...

2 parts gin (at least 40% abv...eschew those distillers who have cut it to 37.5% or even less)
2 parts red vermouth
1 part orange curaçao

Mix and let it stand for a few hours.

Add slices of orange, lemon and cucumber, top up with chilled lemonade and add borage flowers and mint.



BRIGHTON TRAIL 10K

By Sarah Hoyle

On Sunday 26th June, the inaugural Brighton Trial 10K took place starting and finishing at Stanmer Park.

The race was a mixed bag for me.

The Start

Stanmer Park is notoriously difficult to park near, so the organisers had arranged for parking at the Amex Stadium. The cost of this was £15 per car, which is mighty expensive, so wanting to car share, I reached out to other Striders and ended up going along with Debbie, Karen and Sue. We turned up at the Amex, only to see an empty car park and a chap on the gate who was prepared for us. He told us that the parking was actually elsewhere but that the organisers told everyone it was at the Amex as everyone knows where that is. After attempting to flirt with Sue and Karen, he sent us off with a map and some very detailed directions which included looking out for two old gits at the next car park. Back on the A27 we went and found the Bridge car park in Falmer where sure enough, two old gits were there showing us where to park. Not sure what that was all about however I can think of three reasons. 1) They really do think the participants are stupid and cannot understand instructions to find another car park 2) They told everyone it was at the Amex to justify the £15 per car price 3) They originally intended to have us park at the Amex, but because so many people were put off by the astronomical cost, they had fewer people than expected book car parking, so they could get away with renting a smaller car park. Either way, it was odd.

Luckily we had plenty of time, so we enjoyed a leisurely stroll over the A27 to the start, where we found plenty of toilets, an easy bag drop facility and a nice relaxed atmosphere.

The race was due to start at 10am, and prior to the 10K start, there had been different junior races setting off. We were all assembled in our pens at 10am, however still waiting at 10:15 we were told that there had been a technical problem with the lead bike, so they had to wait for the tail bike to come back from the last of the kids races to be able to start the next race. The chap over the tannoy was very apologetic, explaining it was their first year and said he hoped we would give them a chance next year. Finally after an almost 30 minute delay, we finally set off.



The Race

The course takes the runners north of Stanmer Park and much of it was through woods and fields. A few hundred yards after the start, the path narrowed meaning that almost immediately we were reduced to walking for a while, but I reasoned it was usual at the start of races off road and thought that once we were through it, we would all even out and all would be fine. That wasn't to be the case. In the first half mile, I found myself walking up a hill because the runners in front were walking and there was no space to overtake. At about 1.5 miles, we all ground to a halt again. I thought something had happened, or someone had fallen over, however when we got closer, I realised it was a bloody branch. A small branch at that. If it had been Wednesday Night, one of the gang would have yelled "Branch!!!!" and we all would have leaped over it or darted around it, however this seemed to cause a major tailback.

It evened out a bit, and the first water station was well placed, well stocked and well manned. Thankfully their water was in the aquapax which meant we could carry it on the rest of the route. I only hope that as they are the same organisers, they will use these next time at the Brighton Marathon and get rid of the paper cups.

After a couple of miles of climbing the route came out onto a field and we enjoyed some lovely views, then ahead I saw a nice downhill section. As we all know, you never waste a downhill, however again, we were stuck running in single file as the long grass on either side made it impossible to overtake, meaning you were stuck behind the runner in front of you. Just before mile 3, we ground to a halt again. I thought perhaps it was because we had to go over a style. But nope, there was a narrow path with nettles either side which some people seemed very reluctant to run through. As this was just after the frustrating downhill field section, I got a bit annoyed. The man behind me put it well when he said "I wasn't expecting to win this race, but I was hoping to at least run it!".

Please don't get me wrong, I do love the adventure of a trail run, however I enter races to push myself and get out of my comfort zone. I also want to enjoy my run. The constant stopping and starting and being stuck behind slower runners just made the first half of the race unenjoyable. The organisers could rectify this by either having more waves at the start (there were just two), informally staggering runners by expected finish times at the start so that you could at least find yourself running up a hill with other runners of a similar ability or even just reiterating the race etiquette of keep to the left if walking.

I don't really remember mile 3-4 as I was proper grumpy by this point, however I can tell you there were a lot of tree roots, so those of you who are prone to tripping up (I mention no names) might want to watch out here.

In contrast, I thoroughly enjoyed miles 4-6, not just because it was downhill but because there was no one in my bloody way and I could run at my own pace.

As we came into the final 200 yards, there was a small uphill incline before a wonderful downhill which was very worthy of a sprint finish. I was going so fast, I couldn't stop and almost ran past the medals. Or maybe I was just pleased the race was over.

The Finish

The finish was well organised. We got a nice wooden medal, a decent finisher t-shirt, some more aquapax and a banana.

After clapping in some more of the finishers, I went off to the rendezvous point to meet the other ladies. We enjoyed an icecream and a cup of tea before heading back to the car through the park.

Conclusion

The good points: Nice atmosphere, plenty of toilets, a decent medal and finisher t-shirt, water not in cups, beautiful views, the last 2 miles, ice cream van, friendly team in the coffee hut; the company of three lovely Striders I haven't run with before.

The not so good points: The con that is the car parking arrangements; the delayed start; narrow points in the first three miles; being stuck behind other runners on several occasions and not being able to pass.

If you are new to trail running or fancy a fun run where you don't mind if you walk or run, then this might be for you. As I want to be able to push myself and run my own pace, this race was definitely not for me.

As it was the first one, I am sure the organisers will take the feedback and improve on it for next year. Entries are already open I believe, however I wouldn't do it again.

Karen and Sue ran this race to raise money for Brighton and Sussex University Hospitals NHS Trust who have supported both her sisters recently with life saving surgery. If you would like to donate please contact Sarah, Karen or Sue for further details.



It's Recipe Time...

PRAWN & SALMON BURGERS

By Nick Farley

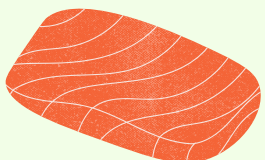
Serves 4

Ingredients:

- 180g raw peeled prawn, lightly chopped.
- 4 skinless Salmon fillets, chopped into small chunks.
- 3 Spring onions roughly chopped.
- 1 Lemon zested & juiced.
- Small pack Coriander.
- 60g Greek Yoghurt.
- 4 tsp chilli sauce (siracha is good).
- 2 Little gem lettuces, washed & sliced.
- 1 Cucumber, peeled into ribbons.
- 1 Tbsp Olive oil.
- 4 Seeded Burger buns, lightly toasted to serve.

Method:

- 1 - Briefly blitz half the prawns, half the salmon, the spring onions, lemon zest and half the coriander in a food processor until it forms a coarse paste. Empty contents into a bowl.
- 2 - Add the remaining prawns and salmon, season well and shape into 4 equal burgers. Chill for at least 10 minutes or longer if possible. (You can make these in advance and keep refrigerated).
- 3 - Mix the Greek yoghurt & chilli sauce in a small bowl, season and add some lemon juice to taste. (You want a cool zing with a little kick flavour).
- 4 - Mix the lettuce with the cucumber, dress with the remaining lemon juice and 1tsp olive oil and leave to one side.
- 5 - Heat the remaining oil in a large frying pan and fry the burgers for 3-4 minutes on each side until they have a nice crust, and the fish is cooked through.
- 6 - Place the burgers into the toasted bun and top with a good dollop of spicy yoghurt, serve the salad on the side or in the burger.



Enjoy!!



The full JOGLE distance!

By Sam Alvarez

My world record attempt to run John O Groats to Lands End handcuffed to Kate Bennett in 15 days (or less) has been postponed to 1st August 2023 - but my goal to raise awareness of mental health and to raise much needed funds for MIND lives on so I plan to run/jog/walk/crawl for 12 to 16 hours every day starting on Friday 22nd July and ending when I've done the full JOGLE distance.

The female record for running the 874 miles is 12 days and 30 minutes. I am hoping to run the same distance (but locally in Seaford) in a similar amount of time??!!! Or longer! Maybe a lot longer!! The truth is, like many people, I am battling with my mental health. But I am no longer ashamed to admit it. I am speaking up, getting help and taking action.

Even in this day and age the stigma around mental health still exists and because of that people often suffer in silence and their conditions go untreated. Having mental health issues can make daily life more challenging, but it doesn't have to prevent us from having a fulfilling and engaging life.

I am aiming to raise £1,000 for MIND; one of the fabulous mental health charities that exist to support people in speaking up for themselves, learning more about mental health and fitness and accessing relevant treatment.

If you fancy joining me for one or more of the 5 mile loops please come down to the eastern end of Seaford seafront on any day between Friday 22nd July and Tuesday 2nd August (and possibly/probably beyond!). I will be starting a 5 mile loop every hour on the hour from 6am each day.

If you want to join in but not run, you could help by coming down to say hello and to bring me some supplies! My running fuel of choice is: full fat coke, ready salted crisps, Mars bars, vanilla milkshakes, cheese sandwiches, slices of melon and water!

Huge thanks in advance for all your support with fundraising, running, food supplies and for promoting positive mental through friendship, kindness and running!

NEW STRIDERS

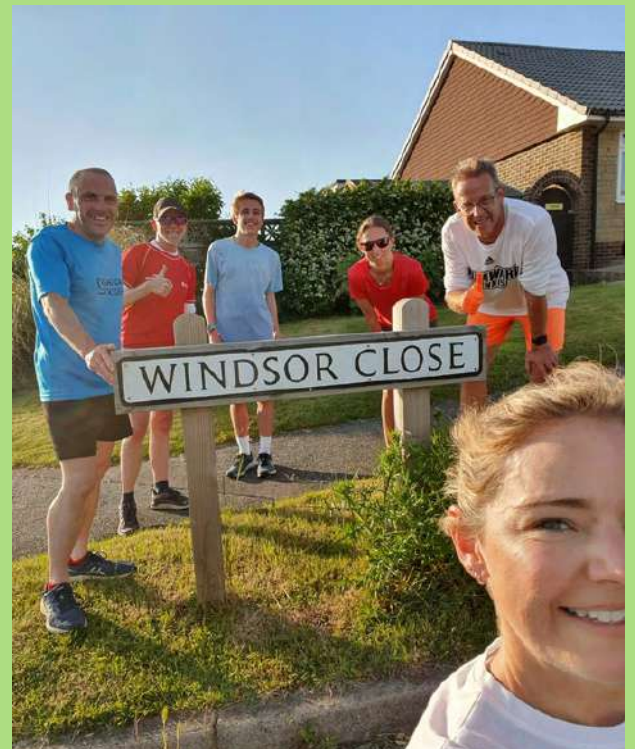
A huge welcome and well done to all the new Seaford Strider members - you have made one of the best decisions joining our fabulous club.

Adult Members

Ami Coughlan, Charlotte Lade, Dorinda Dodd, Jenny Hunter, Ralph Jennings, Kevin Tant, Janine Bishop, Lucy Vieitez, Richard Preece, Hayley Cole, Kay Crush, Jayne Newman, Simon Newman, Linda Heinsen, Ian Cairns, Dawn Thompson, Ian Drewitt, Lindsey Jones, Julie Chapman, Helen Gleadow, Jo Robinson, Chirag Patel, Maddie Carver, Charlene Sarjeant and Justin Sealey.

Junior Members

Isaac Crees, Jasper Reynolds, Ruby Clough, Bradley Brown, Sol Snelling.



Brabrand Parkrun

By Stacey Pollard

On a weekend trip away with my husband, two of my favourite things were combined ~ rollercoasters and running. We've been to many theme parks around the world, including America, Canada, China, Hong Kong, Thailand, Europe and many more. We went to Denmark as there are some new rollercoasters that we wanted to ride. We went to four different theme parks in four days and we had a blast.

Whilst planning our trip away, I had a little look and noticed that there was a Parkrun only two miles away from our hotel. So, I planned that into our trip too. I started Parkrun in December 2021 and I've only ever run at two places, Seaford and Peacehaven. So this was my third location and my first international Parkrun.

Brabrand Parkrun started and finished at a car park and the run was on a varied terrain of grass, gravel paths and footpaths. The 5k course was a self guided route, you were told to follow the blue triangles which were on little posts on the side of the paths. The route took you through some wooded areas and up some steep hills and once at the top, the views were beautiful.

There were only a handful of volunteers ~ one man who welcomed everyone and was also the timekeeper. Another man who gave out the tokens and a lady who did the barcode scanning. There were no Marshall's along the route.

The Parkrun was a very small event compared to what I'm used to, with only 28 runners in total. They were all very friendly and welcoming and happy to chat with me at the end of the run.

We thoroughly enjoyed our long weekend away and I'm looking forward to trying out new Parkrun locations and riding more rollercoasters.



UK ULTRA 50K

By Colin Browne

It was a distance which I had never ran before in a single run. The overwhelming thought was that this is a step to far! However I am a firm believer in mind over matter. If I go into the race with a positive mind set, I know half the battle is already won.

Preparation for the race was ok; Brighton Marathon, Moyleman and the Mid-Sussex Weekend Races on top of WNS helped get valuable miles into the legs.

Race day quickly approached and I was nervously excited but ready. Waiting on the start line I saw fellow strider Robin, he was also running so it was nice to see a friendly face. Soon we were off and I was waving goodbye to the wife and kids. Setting of very gently knowing what was ahead.

The views and scenery were amazing and the weather for the entire race was brilliant. First aid stop was Southease, I felt great, fuelled up and cracked on and this was the theme for the whole race for me. At every aid stop the the selection of food and drink was exceptional plus my misses had snacks bits for me (orange sections with a little salt sprinkled on top) . Roll on to the end part of the race still feeling good. I put this down to 1 single thing, I fuelled properly before and during the race. I've always been a bit lazy when it's comes to this side of running but it clearly works.

Now approaching the finish and my feet are a bit sore but knowing the end is so close I battle on. The cheers from fellow runners, family and friends are so welcomed at this point and at previous parts, so thank you all. Finished line was in sight and approaching the finish I thought "smile Colin, Paula might be there with her camera" I'm not getting caught out again!!

A fantastic finish line with cheers and congratulations from everyone was quite overwhelming. I have to say that if it wasn't for my wife and kids being at all aid stations with supplies , this race would of been a lot harder, they were all super stars.

A big thanks to brother Alan and family
Darren's Evans family, Darren himself.
And of course my family, you were all amazing support.

This was my first UK Ultra event and they are brilliant in every aspect of putting on a race, I'll be back to do another...watch this space, the 100k, who knows.



COUCH
TO 5K

has been completed!

Full write
up in next
months
newsletter!

REACH US ON



Editor: Bronwyn Ryan
bronwyn.2009@hotmail.co.uk



Facebook:
<https://www.facebook.com/SeafordStriders/>



Website:
<http://www.seafordstriders.org.uk/>



Twitter:
<https://www.twitter.com/seafordstriders>



Instagram:
<https://www.instagram.com/seafordstriders>

Please send your race reports and July articles over by 25th July.