

SEPTEMBER 2022

# SEAFORD STRIDERS

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



## ***Autumn has arrived!***

*By Bronwyn Ryan*

Welcome back to the Seaford Striders Newsletter. Having taken a break over Summer we are back and ready to share your race reports.

This month we have some top tips from Joel on running downhill and an update on the Mince Pie 10 Mile race in December.

As the nights continue to draw in and become darker please remember it is now club policy that you wear something light, bright and if possible reflective. Don't forget your torch!

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)

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# 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	2nd October 2022	Lewes Downland 10 mile
10	9th October 2022	East Grinstead 10k
11	30th October 2022	Hove Prom 10k
12	20th November 2022	Crowborough 10k
13	4th December 2022	Mince Pie 10 mile

Please do sign up for the races! The season now ends with our very own Mince Pie 10 mile race...



# 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 or Seaford Beach parkrun	Age grading
13	TBC	TBC	TBC
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	20-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 - Paula  
Male 1st - James





# Running down that hill

By Joel Eaton

Following on from April's Inside Track article about running uphill, this month I cover some tips and guidance for running efficiently (and fast!) downhill.

Before we start, let's recap to April's article: TL;DR - Essentially, running well uphill is all about getting your form right. The more efficient you are when running up a hill, the more energy you save for running back down it, which is where you can really bring in some speed.

This is super useful to apply in races. Especially when you see other runners thrashing themselves up a hill only to be exhausted when they reach the top. If you can make it to the top efficiently and with energy to spare, then the downhills are the perfect time to let go and really push yourself. If you get it right in a race, it's a sweet feeling being overtaken by other runners on an uphill section only to fly past them on the way down, never to see them again!

Form and technique is key to running downhill. And the benefit of perfecting your form on the downhills is that it reduces the force that your body endures, which is significantly more than running on the flat or uphill.

What is good downhill running form?

Again, just like running uphill, getting your form right can maximise your capacity to run downhill and decrease your race times.

Here are 4 tips for improving your downhill running form. Note that these are for hills that allow you to run at speed, not significantly steep descents which require a very different approach:

#### 1. Lean forward

This can feel scary at first as our natural instinct is to lean backwards for controlling your speed and putting the brakes on, but practice leaning forward to utilise the free speed that gravity gives you!

#### 3. Swing your rear leg high under your butt

This is known as active recovery and helps with efficient leg momentum.



#### 2. Use your arms for balance

Arm drive is crucial for propelling yourself uphill efficiently. Keep your arm swing active for downhill, but use them to aid balance.

#### 4. Strike the ground with your forefoot

Together with your forward lean this helps increase speed and minimises the force that shoots up your leg from your heels when you lean back.

## How can I practise downhill running?

Introducing hills into your long slow runs is a great way to get acclimated to hill running, and we're not short of hills around Seaford.

Just like the uphill training sessions introduced in April's newsletter article, there are some specific downhill sessions for practising and improving your downhill running form.

### Example hill training sessions

As always, choose a hill that is suitable for the session, away from busy traffic and avoiding road crossings.

Here are two examples of training sessions where you can focus on downhill form and ultimately speed (both sessions should factor in your normal warm-up and cool-down routines):

#### Beginner-level

1. Plot a route for your long slow run that includes two long downhill sections.
2. Jog/walk the uphill sections, focusing on form and slowing the pace right down to make it feel comfortable and not tiring.
3. For the downhills, increase your speed to 60-70% of your max speed and mentally focus on the 4 form tips in the diagram above.
4. Repeat steps 2 and 3 up to 5 times.

#### Intermediate-level

1. Find a relatively long and straight hill.
2. Jog up the hill medium-effort (approx 50-60% of max effort), getting into and maintaining good form.
3. When you reach the top (or a suitable point), turn around and run downhill at 80-90% max speed, focusing on the 4 form tips in the diagram above.
4. Repeat steps 2 & 3 up to 8 times, using the uphill jogs as slow recovery (it's fine for these to slow down significantly as you progress - just focus on form)

*If you have any questions on this topic or want some support with designing a hill session for your own training, feel free to get in touch directly.*

See you out there!

Joel





# MINCE PIE

## 10 MILE

The Seaford Striders Mince Pie 10 mile race is now  
officially SOLD OUT!

Now is where we need YOUR support!

There are over 60 marshall points from organising the bag drop, arranging the car park and handing out the medals to manning the all important cake stall.

Please contact Nick on [nickfarley30@hotmail.com](mailto:nickfarley30@hotmail.com) to register your support.

Now is also the time to gather up donations for the spot prizes - if you or your employer are able to support then we would be very grateful.

Sunday 4th December.

See you there!

Seaford Striders  
Awards Evening

4th March 2023

The View,  
Seaford Head  
Golf Club

# REACH US ON



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**Please send your race reports and October articles over by 24th  
October.**