

2023 EDITION 4

SEAFORD STRIDERS

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



By Bronwyn Ryan

In the past 2 months, May and June, we have had members complete all kinds of races from the 50k Ultra Run to the Sea to the Seaford 10k and everything in between.

We have had a number of new members join the club post-graduation from the Couch to 5k programme that ran throughout April, May and June. Without the support of our members who volunteered at the sessions each and every week this wouldn't have been possible.

The Club Grand Prix still has 9 events to go this year and there is a chance to still score points and change the leader board. The next event is Hove Promenade Parkrun on 15th July 2023. This should be event 333 and also the parkrun's birthday! We hope to see many of you there.

If you would like to submit an article to be published in the next newsletter please send it through to Bronwyn Ryan on bronwyn.2009@hotmail.co.uk. We would love to hear from all of our members about the races you've taken part in, the volunteering you've done at Parkrun, your favourite Wednesday night run and everything in between.

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SUSSEX GRAND PRIX

The Sussex Grand Prix is back for 2023!!! It 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 12 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	26th March 2023	Hastings Half
2	30th April 2023	Haywards Heath 10 mile
3	7th May 2023	Rye 10 mile
4	14th May 2023	Horsham 10k
5	4th June 2023	Hastings 5 mile
6	18th June 2023	Heathfield 10k
7	2nd July 2023	Bewl 15
8	12th July 2023	Phoenix 10k
9	10th September 2023	Hellingly 10k
10	1st October 2023	Lewes Downland 10 mile
11	15th October 2023	Hove Prom 10k
12	19th November 2023	Crowborough 10k

If you have any questions about the Sussex Grand Prix and how it works please reach out to Ollie Sprague who will assist you.



CLUB GRAND PRIX

Event	Dates	Event
1	26th March 2023	Hastings Half
2	2nd April 2023	Brighton Marathon
3	16th April 2023	Martello Half
4	30th April 2023	Haywards Heath 10
5	14th May 2023	Seaford 10k
6	20th May 2023	Peacehaven Parkrun
7	4th June 2023	Hastings 5
8	10th June 2023	Preston Park Parkrun
9	24th June 2023	Brighton & Hove Parkrun
10	15th July 2023	Hove Prom Parkrun
11	29th July 2023	Seaford Beach Parkrun
12	12th August 2023	Bevendean Parkrun
13	17th September 2023	Hellingly 10k
14	15th October	Great South Run
15	4th November	Brighton & Hove Parkrun
16	19th November	Crowborough 10k
17	December	Mince Pie 10
18	9th December	East Brighton Parkrun

What is the Club Grand Prix?

The Club Grand Prix is a fun and friendly competition amongst other club members running throughout the calendar year.

Who is the Club Grand Prix for?

The Club Grand Prix is for anyone who would like to be involved. Speed does not matter!

Who can I contact about the Club Grand Prix?

If you have any questions on the CGP please reach out to Ollie Sprague who will be able to help you.



Current Female Leader - Katherine Simmons and Current Male Leader - Ollie Sprague

MINCE PIE 10 MILE

**30TH YEAR
ANNIVERSARY**

**ENTRIES GO LIVE FOR
2023 ON**

**WEDNESDAY 12TH JULY
AT 12 NOON**

**BE READY TO
VOLUNTEER FOR YOUR
CLUB!**

MINCE PIE 10 MILE

**FROM THE FUNDS RAISED BY
THE MINCE PIE 10 WE ARE
PLEASED TO ANNOUNCE THAT
ONCE MORE WE HAVE
CHOSEN TO SUPPORT 2
CHARITIES.**

SEAHAVEN STOREHOUSE

AND

SUSSEX HEART CHARITY

Meet the Committee Adam Haverly - Social Committee Member

I'm Adam Haverly, you probably know my name and you may well know my Spaniel Charlie. I recently joined the Seaford Striders Committee as part of the Social Committee.

I started running back in 2017. Why? This is a question I regularly ask myself! I had become a Father the year before and nothing quite changes your life like that and to be honest, I was struggling to keep it all together.

I went to speak to my doctor to see how they could help and they said "Adam, why don't you try and go for a run?" knowing the positives exercise can have on mental health.

I had tried running previously however I'd run for two or three minutes, get out of breath and return home disappointed. That same week a long term friend posted a link on social media to a Couch to 5k Group. I went along and that was it! I met like minded people who were going through similar challenges and I felt better afterwards. This felt like a revelation!



Six months later I ran Brighton Half and loved it! I was always last to be picked at school, I hated PE and I never won anything but I started to really love running.

I now try to organise my diary around Wednesday Night Strider runs and the occasional race. It's good for my mind and body.

Since taking up running I have achieved some great feats from running Beachy Head as my first Marathon to the South Downs Way 50. You may be surprised to hear I don't consider myself a runner. Is it because I don't take it that seriously? Is it because I still enjoy good drinks and food? Or is it because I'm not fussed about winning races?

Whatever it is I am what I am and I believe running is for everyone. For someone who was a sick note for PE at school I'm glad this sport celebrates people that simply take part.

I have some pretty big ambitions for 2024 which include the Centurion 50 Slam and the big SDW 100. I know it's going to take some training but I find it fascinating how far you can push the human body before it gives up.

Seaford Striders is a fantastic club that I am proud to be a part of. We're always open to suggestions so please let me know what you'd like to see.

RUNNERS MOT

Stuck in a rut with your training? Clueless about strength and conditioning? Fed up with generic training plans from the internet? Can't seem to get the improvements you're looking for? Or are you interested in learning some tips that could help you get the most out of balancing your running with the rest of your life?

Why not sign up for a Runner's MOT?

You will get an hour with an EA qualified coach, which can include:

- An assessment of your running form and areas of fitness, including strength and flexibility
- Personalised tips and recommendations to help you stay injury free and improve your strength and fitness
- Advice on training and recovery to help support your goals that work around your life and current fitness levels

Having ongoing 1-2-1 coaching is often not feasible for many runners. As such, the aim of this session is to provide you with the maximum impact to your running and fitness within the hour.

Sessions are only available to club members 18 and over.

When/where is it?

Session slots are between 7-9pm on:

26th & 27th July

16th & 17th August

Location will be in Seaford, exact place TBD.

How do I book?

Email info@joeleaton.co.uk with the date(s) you'd like a session.

If demand outweighs session availability, names will be picked randomly out of a hat after 15/7.

How much does it cost?

To make this accessible to all members, the session cost adopts a "Pay What You Can" model. This means that you pay what you feel it is worth to you, based on your financial situation. No judgement, no questions.

A BACS link will be shared and 100% of all proceeds will be donated to Waves Seaford.

For reference, a Runner's MOT would normally cost between £55 - £85.

What do I need to do beforehand?

You will need to submit a questionnaire to help provide a wider picture of your overall health and your current fitness goals. Failure to submit this before the deadline given will result in your session being cancelled and your slot being offered to someone else.

What do I need to bring/wear/do on the day?

Wear loose fitting running clothing, your everyday running trainers (not high-stack carbon plates please!), and bring some water.

You'll be running for about 10-15 minutes and then be doing exercises and stretches.

I will be filming you, but the videos will only be shared with you.

I'm injured or recovering from injury, can I still get something from this?

Absolutely! I am not a Sports Doctor so I can only support your recovery alongside the advice of your doctor. You will need to provide full details of your injury in the questionnaire.

What will I get from it?

As well as the advice in the session, afterwards you'll receive a document summarising the session's outcomes and a video review of your running.

I missed out and didn't get a slot. Will you run them again?

Potentially, if there's demand, we may run some more in the future.

See you out there!

Joel

SHOWING OFF YOUR LEGS

By Sarah May

Those that run with me will know that I wear shorts and t-shirt all year round. Even when it's cold, I will be in my shorts. I get hot when I run, so being able to run in short shorts helps keep me cool and also gives me greater freedom than being restricted in leggings.

But there is also another reason why wearing shorts is so important for me.

There is a whole generation of women who were put off physical exercise at school. Who remembers....

- Being made to run around a school hall in front of boys in just a top and gym knickers? – yes KNICKERS!
- Being made to wear a gym skirt to do athletics without shorts underneath? – again, knickers!
- Being made to have communal showers?

At school, I was not sporty, I was wearing size 14 clothes at the age of 14 and I spent most of my 20s not enjoying exercise of any kind.

When I finally got into running aged 27, I wore baggy tops and even baggier leggings. I hated how I looked exercising and worried about my wobbly arms and my pasty legs.

Over the years, and especially since I have joined Seaford Striders, I have got fitter, stronger and much more confident in my running.

When I was training for Brighton Marathon 2022, I had recently turned 40 and I literally had some kind of epiphany. One day I just thought... "Hang on, my legs are amazing! My legs are going to get me round a marathon". And that was it, I bought the short shorts and have been in them ever since. I had also been inspired by other ladies such as Bronwyn and Lindsay who sported their shorts (and legs) with pride.

I am writing this article as recently I have had many conversations with people about running and body image. There are people who are too self-conscious to wear shorter shorts because of the stretch marks on their legs, too worried about their pasty pale legs that they either fake tan or cover up, too worried about the wobbly tops of their thighs or their varicose veins that they look for longer shorts that will cover them up. This makes me so sad. Runners' legs are AMAZING!

Whether you have just finished C25K, nail your Parkrun PB every week, smash out decent half marathon times or run into the night doing Ultra Marathons, think how amazing your legs are. They get you round what you once didn't think was possible.

Running friends are the best, and I can tell you right now, no one is looking at your stretch marks, pale skin, varicose veins, wobbly thighs, bald head or boob sweat. Where else can you be friends with people who don't care if you leave sweat stains in their car when you give them a lift home, who don't care if you smell, and certainly don't mind a sweaty hug? If anything, they are worrying about their own running and just marvelling at your achievements and cheering you on.

So, for anyone out there reading this who feels self-conscious in shorter shorts or vest tops and worried about how they will keep cool this summer, I say to you, embrace it. Show off your legs, be proud of them, because every achievement you make with running will be down to them. You show off your medals so don't forget to show off your legs!

MOYLEMAN MARATHON

By Adam Haverly

Now, The Moyleman. This race happened back in March but it is such a great race I think it needs another mention!

This is a lovely local marathon (or relay half) that is relatively small (maybe 300 runners?) and not the easiest to get into (normally sells out in a few hours) but I promise you its worth it!

I've completed the race a few times so I knew what I was in for on the day. The first time I ran it, I worked late on the Saturday night and did no prep at all! Not the best strategy! It's always a lovely but nervous atmosphere at the start in Wallands School, Lewes. There were a good number of striders taking on the race this year and a couple of loyal hounds! The weather at the start was perfect, we exchanged well wishes and saw the main pack off. When running with a dog you get held back for fifteen minutes (feels like an hour).

At 10:15 we were off. I ran the first ten or so miles with Emily Eaton and Frank. Lovely familiar trails, we were in good spirits and still on course!

Coming up to halfway a marshall mentioned we were first and second dog through. This lit a thought in my head. Could we actually come first at something?! This was it, I was now trying my absolute hardest.

I had lost Emily at this point but I passed a couple of striders and wished them well. Southeast Monster was coming up and the weather took a turn for the worse. Obviously being totally unprepared I just had pink shorts and a t-shirt and no sign of anything vaguely waterproof!

Headphones in, Miley Cyrus and Macklemore were going to need to help me get through this. It was a bit grim on top of the hills, all the more reason to get it done as quick as possible and get down to that coach road. I stopped at the aid station at the bottom of Bo Peep where got in a right kerfuffle with my hydration pack. I stopped to try and sort it out, then watched Walter the pointer dashing past. That was it, 1st dog was gone.



Through Firlie and Glynde was challenging. I took a little walk up Mount Caburb (a treat at Mile 24). I was running out of energy but when you run down from Lewes Golf Course and along Cliffe High Street you can't help but smile. You're home, to a brewery with free beer and pizza. No medals but a pint glass and some tokens, oh and dog biscuits for those heroic hounds. I shook hands with Walters owner and we're now distant friends. There were some mixed emotions at the finish, a lot of relief. This race holds a special place in my heart, non commercial and done for the right reasons.

See you there next year?!

RUN TO THE SEA 2023

By Tristan Daynes

6th May 2023. I woke up on a rainy Saturday morning, not quite sure for a second where I was, or when it was. I glanced at my alarm clock - 6:40am. Disgustingly early for a Saturday - and yet I felt a strange panic about it. And then it hit me. It was the day of the Race To The Sea 50k, and was due to meet fellow striders Sarah and Darren to travel up to Horsham for the start. And by due to meet them, I mean I was due to meet them 5 minutes ago. In a whole other town!

I screamed some very colourful words to myself, cursed the failure of my 5:45 alarm, rolled off the side of my bed then ran downstairs, just missing a call from Sarah quite rightly wondering where I'd got to! I called back to say I'd overslept and let them know to crack on without me - but not one to let me off the hook that easily, Sarah kindly said they'd come and pick me up in Newhaven on the way. So it was that about 7 minutes or so after I'd woken up, I had cleaned myself up, frantically thrown on the gear I'd luckily laid out the night before, and got myself out on the street ready for a ride to Horsham.

Despite my best efforts to throw the day into chaos, we made good time on the journey up, parked up at Christ's Hospital (I'm not sure what they treated him for there - must look that up) picked our numbers up, got told off for walking on the grass (more than once, right Darren?! 😊), met Emily for a group photo, missed a couple of start waves waiting to pay to activate the tracking system, squeezed in one more pre-run loo stop, and finally got away around 8:20.

The route itself was nice - probably would have been even nicer if not for the thick cloud cover and persistent, penetrating rain! Not sure if in my early AM rush I'd put some special sponge shorts on, but I've never known them hold on to as much water as they did (a few days later I found out photos of them had become Exhibit A for explaining to people who weren't there how wet it was - thanks Sarah! 😊) The first half of the course is mostly flat along the Downlink. Having skipped breakfast, and more crucially my traditional morning super strength coffee, I wasn't massively feeling it, so was grateful to have Darren and Sarah with me as we ticked the miles off steadily, and passed the first two checkpoints / aid stations - stopping briefly at each so Darren (who likes to fuel with a sausage roll) and I could have a quick picnic break!

The second half of the race picked up the South Downs way, close to Truleigh Hill if I remember correctly. As the name would suggest, the flat was no more, and we were gifted with some serious hills to drag ourselves up as we headed down towards Hove. The rain and terrain made for slower going, but I was enjoying it more now I was starting to wake up a bit. We climbed a steady succession of hills, increasingly sure each one was the last one (until it wasn't) wondering where the sea was, and being sure the views would be fantastic, if only the weather was better.

Soon enough, we found ourselves the right side of the A27, and making our way down towards Hove. There were still a couple more hills to navigate - and in a moment of Coke-and-Love-Heart fuelled craziness, Sarah even tried to suggest we run up one, prompting my sternest "are you quite mad?" over-the-shoulder glance!

The three of us eventually found our way into Hove Park, and down towards the sea front and the finish line. At this point, for context, I should point out my slightly annoying tendency to run off ahead a bit to see where we're going! I mention this because Sarah told me not to run off ahead when we arrived at the seafront so we could all finish together. And I mention that, because as the photos demonstrate, as soon as the finish line announcer gave us all a name-check and asked who'd finish first, the last thing I heard was a piercing "MEEEEEEEEEEEEEE!!!" as Sarah launched into a sprint finish for her first ever Ultra, leaving me and Darren to eat her dust. Except I don't think it was dust, I think it was tiny bits of wet mud and raindrops!

We finished in around 6hrs 45ish - as I recall, I don't tend to agonise over times too much sometimes - stopped for a free finish-line ice cream in the still driving rain, then kicked off the awkward shuffle back along the seafront to catch the bus home. It turned out to be a great run as I reflected on it - I liked the course on balance, it was a pleasure as always to run with Darren, and an honour to join Sarah for her first ultra of what I'm sure will be many. A momentous day - and not just because somewhere up the road that day, some old guy got a new hat with some jewels glued on!



REACH US

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>