

NOVEMBER 2022

SEAFORD STRIDERS

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



By Bronwyn Ryan

Welcome to the November edition of the Seaford Striders Newsletter.

The Mince Pie 10 is taking place this weekend and we look forward to seeing as many of you there as possible in volunteering roles. If you have not yet volunteered that doesn't mean you cannot help - contact Nick Farley for more details.

As we are nearing the end of 2022 we want to hear your feedback - everything from what you love about the club to what you dislike and everything in between.

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

MINCE PIE 10 IS HERE

A CHANCE TO WIN A FREE MEMBERSHIP FOR A YEAR!

SUSSEX GRAND PRIX NEWS

TRACK NIGHTS

A FESTIVE RECIPE

COUCH TO 5K WILL BE RETURNING IN 2023

RUNS PLANNED FOR DECEMBER 2022



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 to register your support.

We also require cakes, brownies, cookies and festive treats for the post-run cake sale. Get baking and bring them along on the day!

Sunday 4th December.

See you there!

A chance to win your next year's membership for free - let us know your views!

As a committee we would very much like your views on the way Seaford Striders is run and whether you feel any changes should be made. Our two captains, Sarah Hoyle and Jeff Young, have put together a short questionnaire which, we are hoping, will help the committee guide our wonderful club in the right direction in the future.

As Interim Chairman I am particularly aware that there have been a number of changes on the committee recently which may be unsettling for our members. I want to reassure you that we have the club's best interests at heart - please help us to help you by completing the questionnaire.

You have the option of completing the survey anonymously but if you provide your name and email address then you will be entered into a draw for free 2023 Seaford Striders membership. The questionnaire will close at 18:00 on 14th December 2022 and the prize draw will take place the following day.

Here is the link to the questionnaire:

<https://www.surveymonkey.co.uk/r/3NZJ7HM>

If you require the link to the survey to be sent to you via text message please contact either myself, Sarah or Jeff.

Many thanks,

Victoria Maleski



UPCOMING RUNS IN DECEMBER

Mince Pie Re-Run with Sarah Hoyle
Sunday 11th December @ 9am
Meet at Wave Leisure Centre
(normal pace for Sarah's WNS group)

Mince Pie Re-Run with Jeff Young
Sunday 11th December @ 9am
Meet at Wave Leisure Centre
(normal pace for Jeff's WNS group)

Mince Pie Re-Run with Victoria Maleski
Sunday 11th December and Sunday 16th December @ 9am
Meet at Wave Leisure Centre
(normal pace for Victoria's WNS group)

Boxing Day Run with Sarah Hoyle
8 miles - 10am - Route TBC
Contact Sarah for more details

Striders New Years Day Run
Seaford Beach Parkrun - 9am - all welcome

SEAFORD STRIDERS TRACK SESSIONS

Seaford Striders run a members weekly track session every Monday night at Lewes running track. We meet at the athletics track for an organised session led by EA qualified individuals.

The sessions run from 7:30pm – 8:30pm, so meet by the track at about 7:25pm.

We hope by running these sessions weekly that this will provide more opportunity for higher intensity training sessions with the aim of improving both your running times as well as your running form and technique – which can also help prevent injury.

We deliver a carefully considered program of sessions that alternate between different areas of focus, including when the year brings us into Autumn it is the perfect time to start building a base for spring races (if that's your bag), as well as providing training sessions to warm you up in the colder months!

All abilities are welcome to the track and there will be a group for you to train with, no matter whether a novice or a seasoned runner – there is something for everyone.

Our aim is for everyone to enjoy their training and we are on hand to help, advise and guide if you want to talk about any aspect of your run training.

Tracy Pragnell said: "I joined Striders in June 2018. I've started incorporating track night into my weekly routine where possible. Each week I come away feeling really pleased with myself as I know I definitely would not work as hard or even be able to think about doing the type of sessions coached at track. It's a really nice way to meet other Striders that you wouldn't ordinarily run with as it is suitable for ALL abilities. I encourage you to try it out, give it a go and I'm sure you'll enjoy it as much as I do."

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

Seaford Striders are currently ranked 8th out of 23 teams in the league. Thank you to everyone who has participated in the SGP races this year. Overall, 45 Seaford Striders members have taken part.



CHESTNUT, SPINACH & BLUE CHEESE EN CROUTE

Recipe by Nick Farley

Serves 6 - 8

Ingredients

- 50g butter
- 500g Leeks, thickly sliced
- 3 garlic cloves, thinly sliced
- 240g fresh baby spinach
- 415g canned chestnut puree
- 3 large eggs, plus 1 for glazing
- ½ nutmeg, finely grated
- 200g pre cooked whole chestnuts, halved
- 85g fresh white breadcrumbs
- 220g of your favourite blue cheese, rind trimmed and diced
- 500g pack all-butter puff pastry

For the sauce

- 500ml vegetable stock
- 2 leeks, thinly sliced
- 1tbsp cornflour
- 300ml double cream

Method

1 - Melt the butter in a large frying pan. Add the leeks and garlic, stir well, cover and cook for 10 mins until the leeks are soft, stirring a few times to check that they don't catch. Tip into a large bowl. Put the spinach in the pan and allow it to wilt. Leave to cool and, when cold, squeeze out as much liquid from it as you can.

2 - Tip the chestnut puree into the bowl with the leeks and add 3 eggs, the nutmeg, chestnuts, spinach, breadcrumbs, cheese and seasoning, and stir until mixed well. Chill for at least 1 hour until the mixture firms up.

3 - Heat the oven to 220C/200C fan/gas 7. On a lightly floured work surface, roll out the pastry to create a rectangle large enough to completely enclose the filling. Carefully lift onto a large, long baking tray that has been lined with baking parchment, then brush round the edges of the pastry with the remaining egg. Spoon the chilled filling down the centre of the pastry length of the pastry, leaving the ends clear. Tuck the ends over the filling, then firmly lift up the sides to wrap them round, trimming away the excess pastry as you go. Brush with more egg to glaze, then make a few small holes in the top so the steam can escape as it cooks. Bake for 40 mins until golden and the filling is firm. Remove from the oven, brush with more glaze and bake for 10 mins more.

4 - To make the sauce, heat the stock in a medium pan, add the leeks, boil for 5 mins, then take off the heat and scoop out 2 tbsp of the leeks. Blitz/whizz the rest in the pan with the cornflour using a hand blender, then cook, stirring, until thickened. Pour in the cream and reserved leeks and warm through. Can be made 2 days ahead and chilled ready for Christmas. Serve the pastry in thick slices with the sauce.

Perfect Veggie option for the table over Christmas!

ENJOY!

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	21-Sep	Autumn Equinox	Position
14	08-Oct	Uckfield parkrun	Age grading
15	16-Oct	Great South Run	Position
16	22-Oct	Beachy Head Marathon	Position
17	12-Nov	Eastbourne parkrun	Age grading
18	20-Nov	Crowborough 10k	Position
19	Dec	Mince Pie 10 Virtual	Position
20	18-Dec	Framfield XC	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

WINNERS WILL BE ANNOUNCED IN NEXT MONTHS NEWSLETTER!!!





**IT'S THE SEAFORD STRIDERS
CHRISTMAS QUIZ EVENING!**

THURSDAY 15TH DECEMBER

19:30 THE OLD BOOT, SEAFORD

**THERE WILL BE PRIZES FOR THE BEST DRESSED –
WE'D LIKE TO SEE ALL YOUR BEST
CHRISTMAS JUMPERS
SEXY SANTA SUITS
ELF COSTUMES**

**PLEASE GIVE US A HEADS UP IF YOUR COMING
SO WE CAN PLAN NUMBERS 👍**

LIGHT NIBBLES AVAILABLE!



COUCH TO **5K** *is returning...*

Seaford Striders Running Club is pleased to announce its **2023 Couch to 5k group**. It will meet at the Richmond Road Car Park (by the Salts) for 9 weeks from Tuesday 18th April at 7pm. The group aims to celebrate its successful completion at Parkrun (Date TBC).

Taking part in C25K will take you from not running at all, to being able to run 5k, in just nine weeks. This is for you if you want to learn how to run having never run previously, if you have found it difficult to keep up the momentum during lockdown and need a refresher or if you used to run some time ago and fancy getting back into it. 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.

Will I need any special equipment?

Supportive training shoes and comfortable clothing to run in. We recommend that you download the NHS C25K App so that you can follow the training plan. Ideally you will do two other training runs using the App between each Strider led group.

What will Seaford Striders provide?

Loads of encouragement from our members, many of whom started out by doing C25K themselves. There will be separate groups for all abilities led by experienced runners. They will know exactly how you are feeling - chances are they will have felt the same when they started.

I'm scared I won't be able to keep up!

Don't worry we won't leave anyone behind. There will always be one of our members at the tail of each group.

What does it cost?

It is free to take part! Obviously we would love you to join Seaford Striders but it is not a condition of taking part.

OK, you have persuaded me, what do I do now?

Please register by emailing info@seafordstriders.org.uk. You can also use this email address if you have any questions.

We look forward to hearing from you and helping you on your running journey.



the junior takeover

An enthusiastic team of Junior Striders took over Seaford parkrun on October 30 and got a taste of the different volunteering roles needed to operate a successful 5k run.

The Juniors, assisted by adult helpers, learned about the teamwork needed to make the run safe and welcoming, supporting the runners from start to finish. Elyse Farley stepped into the parkrun director role, from receiving the course check 'ok', to using the megaphone to start the run.

Junior marshals Thomas Elton, Kitty and Tillie Winton made sure the runners were going in the right direction and clapped and encouraged them over the 5k course. Sam Elton ensured that no one was left behind, supporting the back of the 193-strong group in the role of Tail Walker.



Caleb Eaton, Olivia Farley and Luther Pulling mastered the barcode scanning to record finishing times, ensuring that the runners gave their barcodes and tokens in the right order ... and that no one walked away with the all important finish tokens!

A big thanks to Julie Taylor for coordinating our young volunteers and to the rest of the parkrun team. If your children are interested in joining the Junior Seaford Striders, there's more information [HERE](http://www.seafordstriders.org.uk/juniors/):
<http://www.seafordstriders.org.uk/juniors/>



REACH US ON



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**Please send your race reports and December articles over by 28th
December.**