



SEAFORD STRIDERS NEWSLETTER

WE DON'T JUST RUN, WE ALSO HAVE FUN!

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December 2015

TRAINING SESSIONS AT LEWES TRACK

From Monday, 4th January the Lewes Athletics Track will be hired by the Seaford Striders for training sessions. Sessions will commence at 7.30pm and last for one hour. The Leisure Centre can be used for showers, changing, etc.

After a group warm up session, we will split into separate pace groups, although you will be free to "do your own thing" should you prefer to do so. Peter Weeks has kindly offered to "lead" these sessions for us.

Do come along and make these sessions a useful edition to your training regime.



CROSS COUNTRY LEAGUE

The remaining fixtures for the East Sussex Sunday Cross Country League are as follow:

Sun 13th December - New Place Farm Nr Uckfield

Sun 17th January - Ashdown Forest

Sun 31st January - Firle Beacon

Sun 21st February - Pett



There are junior races of about 2K at each venue for those aged 8-16. Runners can turn up on the day and register.

BEXHILL POPPY RACES - 7th November

Over 1,200 runners battled against challenging conditions presented by strong south-westerly winds and intermittent rain, whilst taking part in the Bexhill Poppy Races, where runners were divided between the 5K, 10K and Half Marathon events. All of the races started and finished on the lawns outside the De La Warr Pavilion, and followed a seafront course.

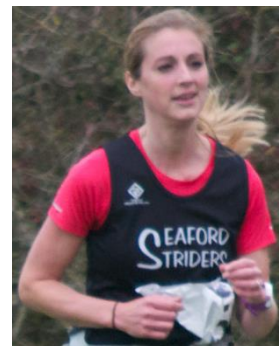




The races were organised by the Raising Money for Good Causes charity, with all entry fees and donations going direct to charities. The beneficiaries were the Royal British Legion, SERV Sussex (emergency blood transport service, supported totally by volunteer riders) and Royal Marines Help the Wounded. Money raised will also be providing grants to local under-25s to promote their physical wellbeing.



The focus for the Seaford Striders was centred on the Poppy 5K, the penultimate Grand Prix race of the season. It was strongly contested by eight Striders, all of whom were on top form, none more so than the ever reliable Simon Fletcher (photo above left) who was tenth overall, in a cracking time of 17:48. Also on top form was Luke Borland 20:18 (photo left) and first female Strider and sixth female overall, was Clare Keith in 21:35 (photo above right). Not hanging around either were Christian Morton 23:15, Sue Garner 25:08, Chris Le Beau 26:39, Anna Norman 27:02 and Tom Roper 28:16.



Whilst the 5K was the Striders main focus, David Hammond completed in the 10K event, finishing in a very speedy 1:11:53.

MARATHON des ALPES by Chris Wrathall

Classy Strider Phil Carr recently took on the challenge of the Marathon des Alpes from Nice to Cannes.

Apart from one significant 5K climb and one or two forays inland, the course was predominantly flat and followed the seafront along the stunning Cote d'Azur.

In very warm conditions for the time of year Phil recorded a highly impressive 3.20.29, finishing comfortably in the top 10% of close on 7000 marathon participants.

Most importantly, Phil was running for Spencer, a local boy who tragically lost his battle against cancer. If you're brave enough to read his story it can be found here <http://www.teamspence.co.uk/index.php/spencers-story> and any donations would be gratefully appreciated. Please see also <http://uk.virginmoneygiving.com/PhilCarr2>

In the half marathon version of the event, former club members Adrian Campbell and Gary Lee clocked 1.42.54 and 1.57.02 respectively. Opting to run together, Gary and Chris Wrathall recorded the same time and described the race as the most enjoyable half they had run. Nearly 15,000 runners in total took part in a very well organised event which comes highly recommended.



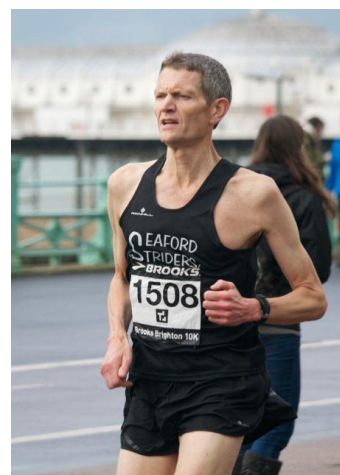
BRIGHTON BROOKES 10K - by Tom Roper

Seaford Striders were prominent at the Brooks Brighton 10K, a fast and flat belt paralleling the seafront and attracting nearly 3,000 runners from all over the UK. Starting and finishing on Madeira Drive the route heads west towards the King Alfred Centre, re-joining the A259 at the Peace Statue (5k) and continuing east towards Black Rock for a 180° turn back to the finish, which was sadly into a strong



headwind. The possibility of being passed by the lead runners twice can be disheartening but this is overcome by the upbeat atmosphere.

The winner was Steven Scullion (AFD) in 31mins 46secs equivalent to 5.25 mins per mile. Five Striders braved the extremely windy conditions, which thwarted their search for personal best times. Taking the honours, yet again for the club was the irrepressible Simon Fletcher (photo right) 36:13, was also finished 3rd in his age category. Hot on his heels were Gareth Hutchinson 37:51 and Phil Robinson 42:11. Closing orders for the Striders were Richard Honeyman 51:28 and Tom Roper 58:24.



WARREN HILL - by Peter Weeks

(Peter Weeks photo below)



A bright sunny morning with only a slight breeze were the ideal conditions that greeted the six "Striders" for the first ESSC race at Warren Hill, Eastbourne, this meant we would all have to fall back on the second best used excuse "I'm only using this race as a Training Run". The race started at the top of Warren Hill, with a half mile of flattish grassland before turning left and heading downhill towards Birling Gap, where it was time to show my class and hurtle past the slower descenders! Once we were in the valley it was time for the sheep to join in or just stand there looking at these mad humans in a

multitude of colours all chasing each other. On reaching "Cornish Farm" we turned left for 100yds onto the concrete road before turning left again and starting the climb back to the Beachy Head Road and boy was this a long drag. At this point I wished that we had included some more hill reps in the Monday and Wednesday training sessions; especially when Claire Keith (photo right) decided I was not going fast enough for her and sped past me. Oh the impetuosity of youth! Anyway after 2 miles of climbing it was great to reach the flattish grassland again for the mile sprint to the finish line, chasing after Claire who just kept going away from me. I must have a word with Harrison to ensure he keeps her awake the night before a race in future - that should slow her down!



It was really pleasing to have the company of the other five Striders and hopefully they will be encouraged to take part in future events, and the numbers will increase as the season progresses. Just have a chat with them on training nights - positive comments only please!

The race starter (Geoff Grey an ex Strider) introduced one of the runners Ben Smith who is doing 401 marathons in 401 days this was marathon number 48 for him, he ran the Cross Country route of 5 miles before carrying on to do another 21 miles. At least I could go home for tea and cakes after my 5 miles.

There were a total of 268 finishers and the Striders results were as follows:

Position	Time	Name
107	36.16	Luke Borland
122	37.03	Claire Keith
128	37.16	Peter Weeks
140	37.44	Beth Ruddock (photo right)
229	45.48	Anna Norman
258	51.31	Tom Roper



SNAPE HILL - by Peter Weeks

After the excellent conditions of the first ESCC race at Eastbourne we were brought back to earth with a somewhat chilly morning, for the second race of the six meetings of the ESCC League. Held in the wilds of Wadhurst, which is probably better known for the Bewl Water 15 mile Race in the summer. There was a mile walk from the car park in Wadhurst to the start or for the less energetic (Luke & Anna) a Mini Bus. Four Striders had made the trip, plus one supporter Pat (my wife).



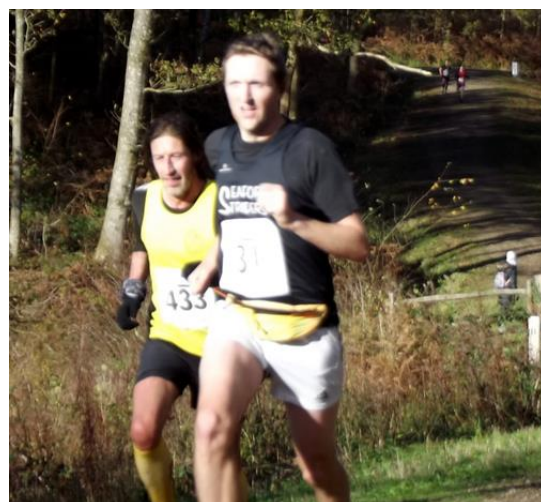
The race was a two lap affair and consisted of and I quote here from the race details supplied by Wadhurst Runners, "If wearing spikes there is a gravel path of 400 metres which you run twice" which was a darn size longer than 400 metres, with the rest of the course being on Grassy/Muddy forest paths. Not sure if it was the excitement of the bus ride or learning from their first experience of cross country at Warren Hill that made Luke and Anna line up so near the front but I decide that there was safety in numbers and joined them. Tom Roper used his years of experience and was a bit further back - well a couple of rows.

The first half mile was uphill on that *400 metres of gravel path* before hitting the grassy/muddy paths through the woods. This was much more like the cross country of my youth, well when I was a spritely senior of 37. We then came out of the woods halfway down the *Gravel Path* sprinting down to the finish line to start the second lap.

I was fortunate enough to finish in time to get the last bag of "Liquorice Allsorts," which were eagerly consumed by my fellow Striders. I'm interested to know how my 3 companions all managed to improve their finishing positions from the Warren Hill race by approx. 40 places and I only managed to improve by 5 places, must have a quiet word with them on the next training night!

There were a total of 227 finishers and the Striders results were as follows:

Position	Time	Name
68	38.20	Luke Borland (photo below right)
123	42.37	Peter Weeks (photo below left)
187	48.36	Anna Norman (photo above left)
222	59.08	Tom Roper (doing a strip-tease for the marshals – above right)



CROWBOROUGH 10K - by Peter Weeks

The final race of the 2015 Sussex Grand Prix series was the Crowborough 10K held on the last Sunday in November, conditions were dry but with a strong gusty wind. The race consists of two laps of a challenging hilly course, with the first 2k being downhill, before turning left to be faced with a choice of a quick splash through the ford or a detour, through the trees and over the footbridge (most runners go for the short route through the ford). It is then a 2k climb, which is steep in places with the final 1k being fairly flat(ish). However, once completed, there is the “pleasure” of doing it all again.



Nine striders took part this year and a pretty speedy bunch they were, all putting in impressive performances given the tough course and challenging conditions. Our first four runners were in the top 16% of the overall finishers. Well done to Simon and Gareth who led us home, with both managing to finish inside 40 minutes and were well supported by Phil R and Luke, who were pushing each other all the way to the finish line.



When it came to the prize giving we ended up with winners of 3 vets prizes, with Simon also getting the prize for 3rd overall in the grand prix series, which is a tremendous performance and certainly sets the benchmark for us all to aim for. It certainly was a pleasant experience to see so many members from a small club like ours winning so many prizes. Not to be outdone by our race performances Martin, Claire and Phil all won prizes in the raffle and were last seen exiting the hall with bottles tucked under their arms, I trust that Harrison got Grandad and Mum home safely.

There were a total of 316 finishers and the Striders results were as follows:



Position	Time	Name	
6	33.20	Simon Fletcher	1 st in MV3 category
13	39.34	Gareth Hutchinson	2 nd in MV1 category (photo below left – Hastings half
51	43.57	Phil Robinson (photo above right in warmer weather at Worthing)	
52	44.02	Luke Borland	
105	48.30	Peter Weeks	1 st in MV6 Category
117	49.04	Claire Keith (photo above left – also enjoying the sun, earlier in the year at Worthing)	
169	52.32	Sue Garner	1 st in LV7 Category (photo below middle at Hastings)
190	54.43	Anna Norman	
227	57.51	Chris Le Beau (photo below right at Worthing)	



UPCOMING CLUB EVENTS

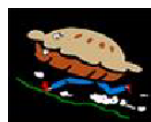
DATE	DETAILS
Sunday, 6 th December 2015	Mince Pie Race – Marshals required
Friday, 1 st January 2016	New Year's Day Fun Run 11am at the Martello Tower
Monday, 4 th January 2016	Monthly Training Session 7.30pm – Lewes Track
Saturday 30 th January 2016	Annual Presentation Evening Seaford Head Golf Club
Monday, 1 st February 2016	Monthly Training Session 7.30pm – Lewes Track

MINCE PIE - 6th December - Marshals Required

This event is a sell-out with all 500 places being taken over a month before the race date. However, to make this race the success we need it to be, we need club members, along with friends and family to volunteer as Marshals.

This race is organised by the club, with approximately half of the revenue raised going to charity and the rest going into club funds, which helps to keep membership fees at the very low level they are. This obviously benefits all members.

Can **YOU** please spare some time to Marshal on Sunday, 6th December? Please put the date in your diary and add your name to the list on the notice board on Wednesday or alternatively, contact Linda Jennings directly by email: jennings.linda1@sky.com



RAFFLE PRIZES WANTED

Linda is also collecting prizes for the forthcoming Mince Pie Run. Please bring anything suitable along to club night, where Linda will be only too happy to relieve you of your offerings.



STRIDERS' PRESENTATION EVENING

Tickets are on sale for the Presentation Evening on 30th January 2016. The venue for this event will be the Seaford Head Golf Club at the end of Southdown Road. The dress code will be smart casual and the cost of the evening will be subsidised by the club.



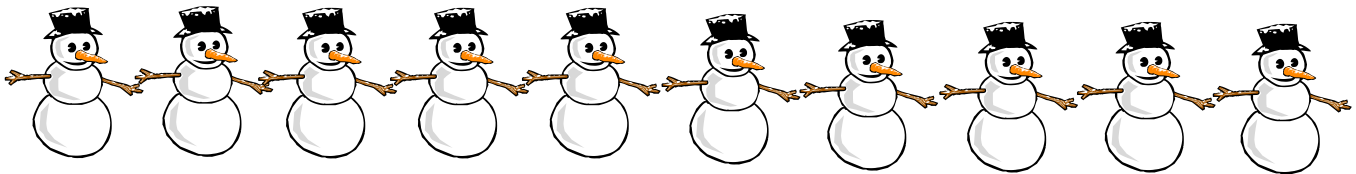
The evening will commence at 7.00 for 7.30pm. Tickets, which include the price for a cold buffet and a disco will be £12 for adults and £5 for 18s and under. Please give your cheques/money to Terry Ward on either a Monday or Wednesday evening – Cheques payable to “Seaford Striders”.

Last date for purchasing tickets will be Monday, 25th January. Any queries contact: terry.ward532@btinternet.com

PARTICIPATION IN RACES

If you participate in some of the more unusual races, either in the list overleaf or elsewhere, can I please ask you to submit a write up and a photo of yourself to go in the newsletter? This gives other runners a “flavour” of races they may otherwise not have considered. “Thank you” for your contributions and please keep the articles coming.

Email: hilary@hilton-it.co.uk



MINCE PIE - 6th December



No apologies for mentioning the Mince Pie Race on Sunday, 6th December. A large number of club members have already been very active in the planning process for this event. Whatever the weather on Sunday, please turn up to Marshal - 9am at the Peacehaven Leisure Centre.

Please do your bit for Charity and for the Striders.

Thank-you!



FUTURE RACES



Sussex Grand Prix Race results can be found by following the links from the Seaford Striders Website:
<http://www.seafordstriders.org.uk/Newsite/results/>

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshalls required at events marked in green

Sussex XC League are marked in turquoise

East Sussex XC League marked in orange

December – April 2016	
5 Dec	Sussex XC League, Lancing
5 Dec	Christmas Cracker Chase 5K & 10K, Worthing – Women Only
6 Dec	Mince Pie 10 Miler
6 Dec	Downland Devil 9M
13 Dec	ESXCL, New Place, Framfield
19 Dec	Christmas Pudding Dash, Ashburnham Place, Battle
19 Dec	Brighton City Race
1 Jan	Striders New Year Fun Run – 11am
1 Jan	Hangover 5 WSFRL - Goring
9 Jan	Sussex Sen XC Champs
17 Jan	Ashdown Forest
23 Jan	Sussex Master XC Champs
31 Jan	Dark Star River Marathon, Shoreham
31 Jan	Firle Beacon
7 Feb	Henfield 9 Miles
7 Feb	Chichester 10K
13 Feb	Sussex XC League, Hickstead
14 Feb	Worthing Half Marathon
21 Feb	ESXCL, Pett
28 Feb	Vitality Brighton Half
28 Feb	Vitality Brighton Junior 1 mile races
6 Mar	Eastbourne Half Marathon
6 Mar	Steyning Stinger Half + Marathon
13 Mar	The Moyleman Marathon, Lewes
13 Mar	Sussex Half Marathon, Lancing College
20 Mar	Hastings Half Marathon
20 Mar	Brighton Chicken Run
16 Apr	Brighton Mini Mile Races
17 Apr	Brighton Marathon
17 Apr	Brighton BM 10K
23 Apr	Maverick Original 24K - Midhurst
30 Apr	East Grinstead 10M (Mid Sussex Marathon Wknd)

May 2016 - onwards	
1 May	Haywards Hth 10M (Mid Sussex Marathon Wknd)
2 May	Burgess Hill 10K (Mid Sussex Marathon Wknd)
8 May	Run Together, Eastbourne 2.5K, 5K & 10K
8 May	Hastings 5M
8 May	Seaford Half (new date)
12 May	Out of the Blue – Battle 10K
15 May	Starfish Marathon & Half + Team Marathon
15 May	Bognor 10K
28 May	Rockabilly 5 - Peasmarsh
29 May	Rye 10
29 May	High Weald Challenge, 50K Ultra & Half Marathon
4 June	South Downs Trail Challenge
5 June	Worthing 10K
12 June	Hove Park 5K & Junior Races
18 June	South Downs Marathon, Half & 5K
18 June	South Downs Relay Marathon
25 June	Race to the King – Ultra - Slindon
8 July	Rye Summer Classic Race 1 – 10K
12 Aug	Rye Summer Classic Race 2 – 10K
21 Aug	Henfield Half
9 Sept	Rye Summer Classic Race 3 – 10K
18 Sept	Hove Prom 10K (SGP)
2 Oct	Sussex Marathon & Half
2 Oct	Barns Green Half
9 Oct	Hickstead Gallop WSFRL
16 Oct	Bright10
23 Oct	K2 Crawley 10K
6 Nov	The Adder 10M & Friston Forest 5 charity run

