



SEAFORD STRIDERS NEWSLETTER

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

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SUSSEX GRAND PRIX by Gareth Hutchinson

The Sussex Grand Prix (SGP) is an annual league which provides the running clubs of Sussex the opportunity to compete against each other on an individual and team basis. The categories are further divided by age and sex. The Striders were once regular winners of the overall competition and there now seems an appetite to challenge once again for the top spot.

There are usually around 18 races that make up the Grand Prix. Points are awarded according to your finishing position, 1st place earns 500 points, 2nd place 499, and so on. The scoring is separate for males and females. Your points total is obtained from your best 8 scoring races. These 8 races must include at least 2 races of 10 miles or more. Runners' individual points allocation also form the team scores for the club; the top 10 men and 10 ladies (vets top 5 men, top 5 ladies) are counted. Full details can be found on the SGP website <http://sussexgrandprix.co.uk/>

The clubs that tend to do the best are those with strength and depth across the sexes and age groups. So, don't worry if you are not up there with the fastest in the club, if you compete in at least 8 races you are still likely to make a significant contribution to the team. So, when choosing which races to do this year look out for those which count towards the SGP, those that have been declared thus far are detailed below. Let's get our trophy back!

GRAND PRIX RACES



Mar 5th	Eastbourne Half Marathon	Entry Details
Mar 19th	Hastings Half Marathon	Entry Details
Apr 30th	Mid Sussex Haywards Heath 10 Mile	Entry Details
May 7th	Hastings Runners 5 Mile	Entry Details
May 21st	Horsham 10k	Entry Details
May 28th	The Rye 10	Entry Details
Jul 2nd	18th Bewl 15 Miler	Entry Details
Jul 12th	Brighton Phoenix 10k	
Aug 27th	Will Page 10k (Date TBC *** See below)	
Sep 10th	Hellingly 10k	
Sep 24th	Barns Green 1/2 Marathon	Entry Details
Oct 1st	Lewes Downland 10 Miles	
Oct 29th	The 10th Hove Prom 10k	
Date tbc Nov	Crowborough 10k	

N.B. The inclusion of the Will Page 10K in the Sussex Grand Prix fixture list is conditional until further notice

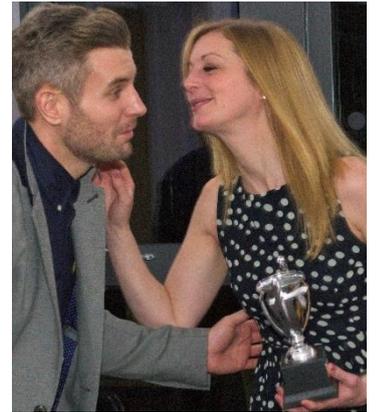
2017 PRESENTATION EVENING

The Presentation Evening on Saturday, 28th January was extremely well attended and everyone seemed to enjoy themselves and live up to the club motto, "we don't only run, we also have fun." One of the main purposes of the evening was to present a charity cheque using money raised from our annual Mince Pie Race. Our chosen charity, 'Sussex Search and Rescue' were delighted with their £2,000 cheque. For more information about this charity, please visit: www.sussar.org/



Steve Rowland Cup Bob Hitchcock (photo left)

Men's Captain Award (Lady) Claire Keith
Captain's Award (Lady) Claire Keith (photo right)

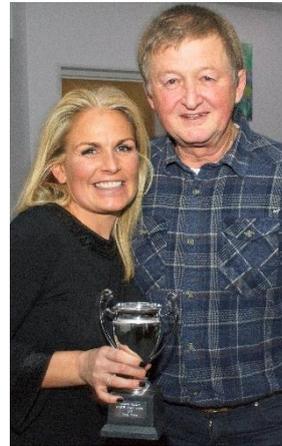


Men's Captain Award (Man) Joe Plant
10km Award (Man) Joe Plant
Junior Striders' Strider Joe Plant (photo left)



Bill Young Memorial Award Scott Hitchcock (photo right)

Achiever Award (Lady) Carlie Watts (photo right)



Achiever Award (Man) Richard Honeyman (photo right)

Dragonfly Award Linda Jennings (photo below)



Newcomer Award (Lady) Stacey Bennett (photo right)



30th Anniversary – Outstanding Service Award

A Certificate and Restaurant Voucher were presented on behalf of the club, to Martin Bulger by Terry Ward. This award was to commemorate Martin’s outstanding service to the club for all of its 30 years of existence – so very well deserved Martin – thanks from us all!



Captain’s Trophy (Man) - Josh Rudd (photo below)



Striders’ Strider
Hilary Humphreys
(photo right)



30th Anniversary Award
Tony Humphreys (photo right)

Jojo Gunne Award presented by Luke Borland to Claire Keith (photo below left), Tom Roper (photo below right) and Josh Nisbett who sadly wasn’t at the presentation evening – photo running below – far right



Newcomer Award (Man) Josh Nisbett (photo far right)

Marathon Award Simon Fletcher (photo right)

10km Award (Lady) - award presented by Tom Roper to Wendy Reed (photo left)

Grand Prix (GP) Awards – for those club members who had completed 8 GP races, presented by Phil Robinson – Claire Keith, Scott Hitchcock, Josh Rudd, Luke Borland, Chris le Beau, Tom Roper and Terry Ward



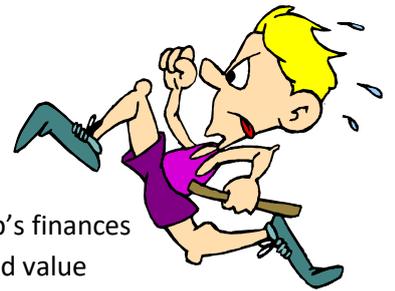
A montage of photos from the Presentation evening





SUBS DUE

The race is on – to collect members subs as soon as possible. Thanks to everyone who has already paid but this is a gentle reminder to the rest of you – please help the club's finances by paying early. We do of course hope that you will all agree that club fees represent good value for money because we want you all to stay! Membership Secretary, Linda Jennings email: Jennings.Linda1@sky.com



CLUB EVENTS



Mondays, 6th February & 6th March

Monthly Training Session
7.30pm – Lewes Track

ASHDOWN FOREST XC by Scott Hitchcock

The weather conditions for the recent race on the Ashdown Forest were terrible with rain, ice, snow, mud, mist and wind but that didn't stop the 400 or so runners from getting stuck into a proper x-country race. There were no facilities apart from a gazebo to put your kit in and register for the race but there was food and drink there for us when we finished. **Photo below courtesy of Debbie Plant - 9 brave Striders before they set out across the mud... and snow and mist and ice and wind and rain!!!**

We all gathered for the start cold and wet but raring to go and we headed out with mud, ice and water flying everywhere but I was absolutely loving it! Runners were trying to find the best route but there wasn't one as it was boggy everywhere.

There was a massive downhill, passing two ponds where I wasn't far from falling in. Then it was through woodlands and back up a massive hill about four miles in, where runners were really put to the test. I started to lose ground and thought I would lose positions but managed to stay strong and get to the top without

doing so. This was followed by a slight downhill to the welcome of the finish line. There wasn't one person who wasn't covered head to toe in mud and we all loved it!

What I liked most about this event was that we ran as a team me, Luke, Ed and Dave all stayed together during the race and helped one another throughout.



Photos above, Scott Hitchcock, Luke Borland, Joe Plant and Carlie Watts

What a great Sunday morning, with everyone in Striders demonstrating great sportsmanship to one another and I even had runners from other clubs saying what a close connection our club has. Every single one of us was there until everyone had crossed the line, even though it was freezing. Once finished the faster runners ran back along the course to help and encourage their slower team mates.

Striders performed very well indeed with the first five runners arriving within the first 35 finishers. First home was Josh Rudd finishing twelfth in a time of 32:54. Next and in quick succession were Scott Hitchcock, 34:25; Ed Tuckley,

34:32; Luke Borland 34:42; Dave Dunstall, 34:53 – earning him first place in his age group. Next, making his debut in cross country was our youngest senior, Joe Plant in 43:31. Peter Weeks crossed the line in 44:16, ahead of the only female Strider in the race Carlie Watts in 50:07 and Tom Roper in 64:00. Given these excellent results, I think this year will be a great season for us, well done Striders!

CLUB KIT

Sponsorship from Inter Sport means we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities. A number of members have requested adult versions of the tee-shirts recently supplied to our junior runners - the colour required is Electric Yellow!

Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.



To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct hilary@hilton-it.co.uk Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport and all other local suppliers i.e. Tempo (Eastbourne) Run (Hove) Jog Shop (Brighton) etc. Just make sure you show your membership card at time of purchase.

CROSS TRAINING

For those interested in duathlons, triathlons or simply looking for swim training as a means of cross training.

Competitive Swim Coaching
All Strokes
Elite Endless Pool

C3 Coaching

1-2-1 Tuition
Qualified Coach
Video Analysis
Race Preparation
Confidence Building

For an appointment email: c3swim@gmail.com





AGM - Wednesday, 15th February at 8.00 pm

The date for the AGM has been set for Wednesday, 15th February commencing at 8.00pm at the Downs Leisure Centre. This means that you will still have time for a quick run should you wish to do so.

There are several vacancies on the committee, so if you would like to play a more active role in the running of your club, please put your name forward. If you want further information, please speak to a member of the committee. Whether you want to join the committee or just want to know what is going on, please do come along and show your support for the club by being in attendance. Take part in the decision-making process.

MARSHALS REQUIRED AT RACES

New members of Striders may be unaware that the club constitution requires its members to make themselves available to marshal at least once during the year. The main drive for Striders is the Mince Pie 10 miler, which we organise each year in December and it is because of this race that we have just been able to donate £2,000 to charity. However, the club also earns much needed club funds by marshalling and manning water stations at several other races, namely the Jog Shop Jog on 25th March, the Lions Seaford Half Marathon on 14th May and the Beachy Head Marathon on 28th October. Please note these dates and make yourself available if at all possible.

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well as for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to accompany it. Email: hilary@hilton-it.co.uk

That's all for now folks as far as the senior section is concerned, also see separate junior section.

KIT ORDER FORM (PLEASE PRINT FORM CLEARLY)

Name Contact Tel No.....

Tee-Shirt£10 each (short) £13 each (long)

State whether Long or Short Sleeved required

Colour Size (XS, S, M, L, XL, XXL).....

Vest£10 each (Black only) Size.....

Hoodie£17.50 each (Black only) Size.....

Please return to Hilary Humphreys on Club nights or email to hilary@hilton-it.co.uk

FUTURE RACES

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

Junior welcome with seniors or special children's races - marked in purple

February – 28 th May 2017	
5 Feb	Chichester 10K – new course, Goodwood
11 Feb	Sussex XC League, Race 4, Hickstead
12 Feb	Heathfield Park XC, ESXCL
12 Feb	Worthing Half Marathon
19 Feb	Alex Hall Memorial 5K, Bexhill
25 Feb	Maverick Trail Half Marathon
25 Feb	ECCA National XC Champs, Nottingham
26 Feb	Brighton Half, Youth 1 mile races
26 Feb	Vitality Brighton Half Marathon
1 Mar	Chichester Corp Challenge, Road Races (1)
5 Mar	Steyning Stinger Marathon & Half
5 Mar	Eastbourne Half Marathon
12 Mar	Moyleman off-road Marathon, Lewes
12 Mar	Worthing 10K & 5K
12 Mar	Pett XC, Hastings ESXCL
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon
25 Mar	Jog Shop Jog 20M
26 Mar	Henfield 9 miler
26 Mar	Mel's Milers 10K
26 Mar	SEAA 12 Stage Road Relay, Gravesend
29 Mar	Chichester Corp Challenge (3)
1 Apr	Sussex Road Relays, Christ's Hospital
2 Apr	Hartfield 10k & Fun Runs
8 Apr	Mini Mile Races
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
17 Apr	Lewes Easter Monday Races
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend)
30 Apr	Three Forts Challenge
1 May	Barcombe 10k / 6k
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Hedgehoppers 5, Portslade
7 May	Hastings 5 M
7 May	Run Wisborough 5K & 10K
14 May	Seaford Half Marathon
14 May	Eastbourne Trackstar Marathon
14 May	Arun River Marathon
14 May	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
17 May	Trundle Hill Run, Chichester
21 May	Horsham 10K
21 May	Bognor Prom 10k
28 May	Mud Monster Run, East Grinstead
28 May	Weald Challenge 50K Ultra & Half Marathon
28 May	Rye 10M

28 th May 2017 onwards	
29 May	Friston Forest 5 & Adder 10 mile
31 May	Bexhill 5K & Kids Youth mile
4 June	Worthing 10K
11 June	Martello Rotary Seaford Half Marathon
11 June	Hove Park Fun Run 5K & Children's Races
24 June	Race to the King Ultra Marathon
24 June	Downland Dash
28 Jun	Bexhill 5K Kids Youth mile
2 July	Bewl 15M
5 July	Roundhill Romp, Steyning
7 July	Rye 10K
11 July	Beat the Tide 10K
12 July	Beach Run, Arun
12 July	Phoenix 10K (Wednesday)
16 July	Eastbourne Golden Mile & 5K
23 July	Seven Stiles, Henfield
26 July	Bexhill 5K & Kids Youth Mile
2 Aug	Highdown Hike, Worthing
9 Aug	Windlesham House 4, Worthing
11 Aug	Rye 10K
13 Aug	Henfield Half Marathon
13 Aug	East Sussex Ultra
20 Aug	Hornets Stinger, Hove
27 Aug	Will Page 10K (Date TBC *** See below)
3 Sept	Fittleworth 5
8 Sept	Rye 5K
10 Sept	Hellingly 10K
17 Sept	Nutbourne Vineyard XC 5K, 10K, 15K & 20K
24 Sept	Tilgate Forest
24 Sept	Barns Green Half Marathon & 10K
1 Oct	Lewes Downland 10M
1 Oct	Alf Shrubb 5 XC
8 Oct	Sussex Marathon & Half Marathon
8 Oct	Hickstead Gallop
15 Oct	Bright 10
28 Oct	Beachy Head Marathon
29 Oct	Steepdown Challenge, Lancing
29 Oct	Hove Prom 10K
29 Oct	Crawley 10K
5 Nov	Beckley 10K
5 Nov	Gunpowder Trot, Horsham
11 Nov	Poppy Half Marathon + 10K & 5K
26 Nov	Crowborough 10K (Date TBC)
?? Dec	Mince Pie 10 miler
16 Dec	Brighton City Races
1 Jan	Hangover 5, Goring

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