



SEAFORD STRIDERS NEWSLETTER

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

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Website: <http://www.seafordstriders.org.uk/> **Twitter:** <https://twitter.com/seafordstriders> **June 2016**

CHARTWELL CANCER TRUST SKY DIVE by John Kingshott - Not your normal week-end event but a worthy one!

I arrived at Headcorn HQ at 9.30 am on Saturday 30th April in near perfect conditions. My jump time was to be 12 noon, with two planes taking divers up almost every hour. Looking good for me, I was called in for my briefing while the planes were re-fuelling.

Then the clouds came in, big black stormy type and we were grounded until they cleared. This was to last for nearly three hours, apparently the clouds were too wet! Then at around 3.45 we had a "window" so we all piled onto the mini bus to the plane at the other end of the runway, because the wind had changed as well. **Photo right is John in pre-jump mode**



Safely strapped to my instructor, the plane climbed to 12,000 feet (2.5 miles approx.) all set the shutter door on the side of the plane opens four solo Sky Divers go first, then it's me! Creeping to the edge of the door on my knees, as I was told, I waited for the command.... Never got it! Next thing I knew was I was out of the plane doing 120mph through "wet" cloud gettingwet!

Within seconds (felt like minutes) we broke through the clouds into bright sunlight, and into freefall position. All going well lovely views, in control perfect then the tap on the shoulder to tell me the canopy was about to open, brace! This is when I discovered I suffered with Vertigo, 10,000 feet above the ground!

I don't do Fairground rides because I get dizzy spinning round, which is what we were doing! Luckily I was only dizzy and not sick. We landed within 4 minutes, which I was thankful for.

Apart for that, it was an experience, and I did cover 2.5 miles in under 5 minutes, must be a PB!

MILTON KEYNES MARATHON by Phil Robinson

I had just finished the Brighton Marathon in a reasonable time, but not my best, the dust had settled and I thought “What can I do next?” A crazy thought entered my head, “how about another marathon!” “Maybe I could consider the Brighton Marathon as training for it”. Then I remembered that Jacob Miles had previously done Milton Keynes close after Brighton a couple of years back in 2014, so I looked it up and sure enough it was still possible to enter.

(Photo right – Jacob Miles and Phil Robinson)

The Milton Keynes Marathon and accompanying Half Marathon are fairly new events on the running scene, appearing for the first time in the 2012 Olympic year. The race HQ has always been the MK Dons football stadium. With a capacity of 30,500 it is just eclipsed by the Brighton Amex stadium that holds 30,750. It's obviously a great facility to use pre- and post-race and it's very welcome shelter from the colder versions of the English weather. The race starts just outside the stadium and takes in a mini tour of the town centre before heading out to the greener parks and suburbs. Milton Keynes was designated a 'new town' in 1967 with a design brief to become a city in scale. It is one of a number of these around London (Crawley being the one to the South and Bracknell, where I grew up, situated to the West). As with all new towns, roundabouts feature heavily. Without a map or a string of marshals you could get lost in the network of them never to be seen again.



I arrived at the stadium at the early time of 8am to get my race pack. This was the consequence of going 'spur of the moment' and registering late. Rain showers had followed me up the M25 and M1 motorways and dark clouds were still lurking for the 10am start. The big inflatable arches emblazoned with the word 'Start' were bobbing in the wind. Then the klaxon sounded and we set off in race-controlled waves to avoid congestion round the circuit. No sooner had we started than the sun came out. Glorious May sunshine! For the most part I was running in the shadows to keep cool, that's how sunny and warm it was. Crowds were out supporting us at every turn making us feel like royalty.

After 7 or 8 miles all was going smoothly and I was still keeping to my Brighton race pace. Then low and behold I heard a voice. A recognisable voice, not from the crowd, but from another runner behind me. I had just passed the man himself, Mr Jacob Miles. He was on a different strategy (a better one with hindsight). It's a small world! After a little banter we carried on our separate 'race pace' way. The event blurb advertised it as undulating but still PB potential. Undulating it was but I question PB material. We twisted through a myriad of underpasses and tight turns. I think PB is more the domain of London Virgin and Brighton. Needless to say, the ups and downs took a toll on my semi-recovered legs. Somewhere between mile 18 and 19 the upper regions of both front quads were weakening fast. I didn't want to not finish so I slowed and Jacob soon caught me. Like a US marine with the 'nobody gets left behind' attitude, he urged me to stick with him. But I knew I couldn't stay at his pace. It was now hard work lifting each leg above a certain angle. The great thing is you just cope and you adapt. With a mixture of walking and running I made it to the outer reaches of the stadium finish. Then I just forget the discomfort completely. With just a fraction of a mile to go I could hear the stadium buzz. And then soon you're on the runway down into the complex, and you enter like a competitor in the Olympic Games. I really enjoyed the run round the football pitch to the finish line – it's a memorable experience. I finished in a respectable 3:49 despite the setbacks. Jacob clocked a much better 3:36 time, an awesome result considering he too had run Brighton only a couple of weeks before.

We posed for photos with our well-earned medals and then made our way indoors to get food and pick up a technical T-shirt. Initially I couldn't work out the connection with the image of the cow on the T-shirt and the race. The cow is wearing mirror sunglasses that are reflecting runners passing by. Then someone explained that Milton Keynes is famous for some concrete cows, apparently an iconic work of sculpture. We may have passed the cows, I don't know, I failed that observation test.

HASTINGS 5 MILER by Chris Le Beau

This was the 11th annual staging of this event, a memorial race to Keith Chandler, a well-loved Hastings runner who lost his battle with cancer in 2005. The event raises funds for St Michael's Hospice, where Keith spent his final days.



The course is virtually entirely flat and conditions this year were perfect, warm and sunny, with only a slight breeze. The winner, Ross Skelton of Brighton Phoenix, took full advantage, setting a new course record of 24 minutes 33 seconds. The first lady home was Sue Fry of Hailsham Harriers in 31 minutes 16. 484 runners finished.

The race starts outside the Town Hall, and runners are quickly able to spread out and settle into a pace. Setting off through the shopping area there is a certain amount of bollard dodging to be done, but these obstacles were clearly marked, another feature of the excellent marshalling provided by the Hastings Runners.

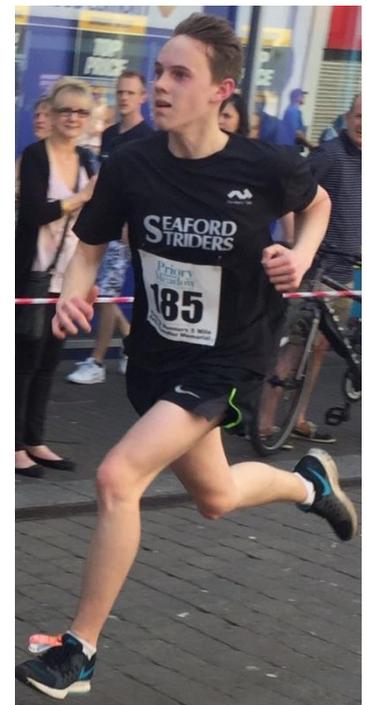
The course heads westwards along the seafront and the pier quickly comes into view, an uplifting sight, having been rebuilt from the devastating fire in 2010. At St. Leonards there is a double deck promenade known as Bottle Alley, half a mile long. It provides a few minutes of shade as the runners use the lower level.

The route doubles back on itself next to the beach huts at West Marina Gardens, a familiar location to those who have taken part in the Hastings Half Marathon. At this point the slight breeze became noticeable, as it was now in the runners' faces as they headed back eastwards.

On mile 5 there is the teasing sight of the subway which is a short distance from the finish, but there is still a further loop to complete around a busy entertainment area, again very well marshalled. Then, finally, through the subway, around a corner and the finish in sight.

Luke Borland was the first of eight Striders to cross the line, in a storming 33 minutes 54 seconds, swiftly followed by Phil Robinson in 34.09. Joe Plant, (photo right) in his first road race for the club, recorded a highly impressive 38 minutes 10 seconds. It is most encouraging to see juniors coming through the ranks and making their mark in a senior competition.

Terry Ward, Sue Garner and Anna Norman finished in close order, in 40.2; 41.12 and 41.20 respectively. With Sue taking the honours by winning first prize in her age group. Chris Le Beau and Tom Roper completed the picture in 43.35 and 46.18 respectively.



Footnote: Joe Plant is continuing to fly achieving a new PB on his latest Parkrun. His new PB is now 21:29



Photos this race courtesy of Debbie Plant.

Photos left - from L-R Terry Ward, Anna Norman and Tom Roper.

Photo below – 8 happy striders with handsome medals commemorating the 950th anniversary of the battle of Hastings



SEAFORD HALF MARATHON by Josh Nisbett



While eight Seaford Striders invaded Hastings for the 950th Anniversary of the Battle of Hastings 5 mile race, many more stayed behind to assist the Newhaven, Peacehaven and Seaford Lions Club stage the Seaford Half Marathon; in which nearly 400 runners and walkers took part.

Seaford Striders ‘manned’ the road crossing at the bottom of the Buckle-by-Pass, as well as the water station in Bishopstone, where they were ably assisted by some junior members of the club. Not done yet, some Striders then reported to the finish line to help with the time keeping.

The race is predominately off road, starting at the seafront, heading on up into Bishopstone, then on to Alfriston and finally back to the seafront having tackled Seaford Head on route. The Seaford half is an enjoyable scenic course with great views, but one that also contains a couple of challenging hills to test the best of runners.

Photo left – Josh Rudd. All photos this race courtesy of Dannie Simpson



The course was littered with familiar Seaford Strider faces, who helped marshal the event and gave great encouragement to all (especially at the finish line). A big thank you to all who gave up their time to help out, you all know who you are.

First across the line was Andrew Donno in a time of 1hour 25mins 51secs, just over 3½ minutes ahead of anyone else. The first Strider across the line was Joshua Rudd in 14th place and in an impressive time of 1:38:04, especially given the sweltering conditions. A slower red faced Josh crossed the line next, in 55th position and in a time of 1:51:31. Chris Wrathall was acting as pacer for friends so recorded a much slower time than he would normally achieve, crossing the line in relaxed form in 2:26:53.

Considering that this race took place a month earlier than previously, this year's Seaford Half marathon was well attended and although it wasn't perfect running conditions, being rather hot, it certainly brought the crowds out in force at the beach, adding to the atmosphere.

Photo right – Josh Nisbett



CLUB KIT

We do still have a few of the new club T-Shirts for sale at £10 each but I am happy to collate orders at any time. I do need to place orders in batches to save money and keep stock levels to a minimum. There are also a limited number of club vests and hoodies. Together with these we have old stock, which has been massively reduced to clear. Please see stock list on the club website for further details

<http://www.seafordstriders.org.uk/Newsite/colours-and-kit/>. Alternatively, contact me direct hilary@hilton-it.co.uk

HORSHAM 10K by Richard Honeyman

Nine Striders travelled to Horsham to partake in the annual 10K race. Two laps of 5K and starting/finishing in the town's Rugby club the course has one major hill, that has to be ran twice, coupled with tree lines tracks and narrow country lanes but also a main road on the outskirts of the town.

This very picturesque course attracted around 450 runners on what was a fine sunny late spring day. Joshua Rudd was first for the Striders in a cracking 36:07, placing him sixth in the race. Josh was followed by Simon Fletcher in 12th place overall and first in his age group in another excellent time of 36:48.

Scott Hitchcock, recovering from a knee injury managed to achieve a new PB in a time of 39:24; then a few minutes later Phil Robinson crossed the line in 42:30. The two female Striders were next, Claire Keith closely followed by Natasha Swann in times of 46:40 and 47:15 respectively. Finally and all in respectable times were Christian Morton 48:10; Richard Honeyman 51:31 and Tom Roper 57:52



Photo courtesy of Bob Hitchcock - Claire Keith, Tom Roper; Phil Robinson; Oskar with dad Christian Morton; Josh Rudd & Scott Hitchcock

Not to be outdone by his dad, Oskar Morton ran in the 1,200m children's race around the rugby pitches. After a steady start, on the first lap of two, Oskar really began to motor and ended up a fast finishing 10th out of 93 runners, coming 3rd in his age group with a time of 5 mins 12 secs.

RYE 10 MILER by Bob Hitchcock (Scott's dad)

On a bright and sunny Sunday morning a good turn out from Seaford Striders RC with great performances from all that took part. **Team photo below courtesy of Scott's sister Becky are Josh Rudd, Pete Weeks, Luke Borland, Terry Ward, Tom Roper, Phil Robinson and Anna Norman.**

The race started from the local supermarket car park, before slowly rising up the hill for the first mile. It then continued through tree lined roads before dropping and rising throughout the course onto a looped part section, passing Sir Paul McCartney's farm, with stunning scenery for the runners.



After completing the loop and pushing through all those climbs, with barely any flat to recover and get back into a comfy stride, the runners headed for the finish with a nice downhill stretch that they climbed at the start of the race, to be welcomed by all the spectators at the finish line.

1st strider home was Josh Rudd with an outstanding time of narrowly missing 1st place by only 2 seconds. Josh was joined by Simon Fletcher and Scott Hitchcock to win the team prize.

Full Results: Josh Rudd 2nd 01:01:07 PB; Simon Fletcher 4th 01:01:53; Scott Hitchcock 18th 01:07:13 PB; Luke Borland 38th 01:11:48; Phil Robinson 49th 01:13:49; Anna Norman 105th 01:24:19; Peter Weeks returning from injury 109th 01:25:43; Terry Ward 114th 01:27:12; Tom Roper 173rd 01:44:35.

Simon Fletcher won his age category and Seaford Striders won best overall team, which was a great result for us! Well done Seaford Striders for a great day of racing with outstanding results. Photos this race by Becky Souissi



Photo above – Winning team, Scott, Simon and Josh

UPCOMING CLUB EVENTS



Monday, 6th June

Monthly Training Session
7.30pm – Lewes Track

Monday 4th July

Monthly Training Session
7.30pm – Lewes Track

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

June – August 2016	
4 June	South Downs Trail Challenge
5 June	Worthing 10K
5 June	Horsham 5K Race for Life
5 June	Ashdown Fun Run 5K, Chelwood Gate
8 June	Beach Run, Littlehampton, WSFRL
12 June	Hove Park 5K & Junior Races, WSFRL
12 June	Hastings 5K & 10K Race for Life
12 June	Seaford Rotary Half
18 June	South Downs Marathon, Half & 5K, Slindon
18 June	South Downs Relay Marathon, Slindon
19 June	Eastbourne 5K & 10K Race for Life
19 June	Worthing Seafront 5K Race for Life
22 June	Weakest Link Relay, Brighton
25 June	Burgess Hill Downland Dash, WSFRL
25 June	Race to the King – Ultra - Slindon
26 June	Heathfield 10K
26 June	Crawley 5K & 10K Race for Life
29 June	Bexhill Charity 5K
2 July	St Lawrence, 5M & 1.5M, Hurstpierpoint
2 July	Brighton 5K & 10K Race for Life
3 July	Pretty Muddy 10K Race for Life, Stanmer
3 July	Bewl 15M
4 July	Sussex Vets League, Lewes
6 July	Steyning Roundhill Romp, WSFRL
8 July	Rye Summer Classic – 10K
10 July	Uckfield Lions 10K
10 July	South Coast Half, 10K, 5K, Seaford
13 July	Phoenix 10K (Wednesday)
13 July	Mid Summer 5, Lavant, Nr Chichester
17 July	Colour Dash 3M & 1M, Seaford Seafront
20 July	Beat the Tide 10K, Worthing
23/24 Jul	Payne Games, Friston Forest
23 July	Luna-tic Night Marathon, Shoreham
24 July	Henfield Seven Stiles, WSFRL
25 July	Sussex Vets League, Lewes
27 July	Bexhill 5K & Junior Races (Wednesday)
31 July	Brighton Trailblazer
3 Aug	Worthing Highdown Hike, WSFRL
12 Aug	Rye Summer Classic Race 2 - 10K
21 Aug	Hove Hornets Stinger, WSFRL
21 Aug	Henfield Half
27 Aug	13 The Hard Way, Clayton
28 Aug	Will Page 10K, Newick (date tbc)
29 Aug	Kings Head Canter 5K

September 2016 - onwards	
4 Sept	Fittleworth Flyers 5, WSFRL
9 Sept	Rye Summer Classic Race 3 – 5K
10/11 Sep	We Run They Run, Rye 5.28M to Ultra (laps)
11 Sept	Chestnut Tree House 10K, Littlehampton
11 Sept	Hellingly 10K
11 Sept	Crawley Tilgate Forest, WSFRL
17 Sept	Valley Challenge, 8.2M, Nr Chichester
18 Sept	Hove Prom 10K
18 Sept	Felpham 5, Beach Race
25 Sept	High Weald Challenge Trail Races 50K & Half
25 Sept	BIG 10M & Platinum Open Mile Junior Race
25 Sept	Get Fit Boot Camp, Nutbourne Vineyards
25 Sept	Barns Green Half + 10K
2 Oct	Alf Shrubbs 5, Slinfold, Nr Horsham
2 Oct	Sussex Marathon & Half, Heathfield
2 Oct	Downslink Ultra 38M, Guildford - Shoreham
2 Oct	Lewes Downland 10M
9 Oct	Hickstead Gallop WSFRL
9 Oct	Heron Way 10K & Fun Run, Nr Horsham
9 Oct	Children on the Edge Chichester Half
9 Oct	Tempo 10K, Eastbourne
16 Oct	Bright10
16 Oct	1066 Way to Battle approx. 17M
23 Oct	K2 Crawley 10K
23 Oct	Run Forest Run, 10K, 5K & Kids races
29 Oct	Beachy Head Marathon & 10K
30 Oct	Lancing Steepdown Challenge, WSFRL
6 Nov	Beckley 10K
6 Nov	The Adder 10M & Friston Forest 5 charity run
12 Nov	Poppy Half, 10K & Junior Races, Bexhill
20 Nov	Brighton 10K
27 Nov	Crowborough 10K
3 Dec	Mouth to Mouth Marathon, Shoreham
4 Dec tbc	Mince Pie 10M
5 Feb	Chichester 10K – new course
19 Feb	Alex Hall Memorial 5K, Bexhill
19 Mar	Hastings Half Marathon
9 April	Brighton Marathon