



Happy New Year



to all our Members



SEAFORD STRIDERS NEWSLETTER

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

Editor: Hilary Humphreys hilary@hilton-it.co.uk **Press Officer:** Chris Wrathall cw26@icloud.com

Facebook: <https://en-gb.facebook.com/pages/Seaford-Striders/184950041545372>

Website: <http://www.seafordstriders.org.uk/>

Twitter: <https://twitter.com/seafordstriders>

January 2015

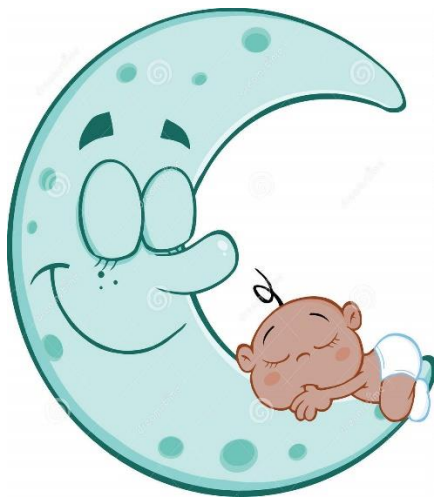
AGM - SITUATIONS VACANT

The Club's AGM will be held in February 2015 and as already publicised, there will be a number of vacancies – can you please give some thought to whether you have some available free time to give to ensure the continued good running of our running club? I don't believe that any of the positions are too onerous – committee meetings are not very frequent and they are always friendly.

Mark Chadd has definitely decided to stand down as Chairman and he will certainly be missed. The club has benefitted from his leadership but it is time for a change. Whoever takes over will have a different style and will make the role their own – please give the position some thought – can you rise to the challenge?

The post of Cross Country Representative is also vacant – if cross country running interests you then please consider taking over as our representative.

It is possible that further positions made be declared vacant within the next few weeks.



CONGRATULATIONS to Claire and Dean Keith on the birth of their son Harrison Dean Keith

Harrison weighed 7lb 3oz at his birth on Christmas Eve Morning at 12.15 am. He and mum Claire were all well enough to be discharged just twelve hours later in plenty of time to celebrate Christmas together in their home surroundings.

Harrison completes a trio of "Harry's" in the Bulger clan being preceded by Harriet and Harry in New Zealand.

I am sure I speak for all the Striders when I wish all the family all the very best for the future and say that we hope to see them visiting us one Wednesday in the near future.



THE TALE OF THE THREE KINGS & I

by John Kingshott

It was on the morning of Dec.13th that four intrepid runners (alias the three Kings & I but otherwise known as Zoe, Megan, Alex King and myself) took to the sea front of Hove “actually” and joined over 400 insane people dressed in red suits, later to be known as “Santa Suits”.

This annual event, popular with the locals, many of whom turned out to laugh, oops! I meant support this motley bunch. A 10.30am start time gave us plenty of time to play “where’s Wally, amongst a sea of red suits”.



This was a 5k fun run/walk along the seafront from the Peace Statue to the Hove Lagoon and back. The starting gun went or rather a loud shouted “GO” and off we went. The weather was perfect - sunshine and a little bit cold, but wearing a felt Santa suit and beard does so warms a body up!

It must have confused all the little children watching as all these Santas running past.

At the end of the event we was given a medal and we could keep the Santa suit, which in a crowd didn’t look out of place, but walking back to Palace Pier it did seem a little strange. Mind you, when the Three Kings left me to catch a bus home and I walked alone to Brighton Marina to meet the wife, the looks got even stranger. Still, it was a fun thing to do on a Saturday morning, and I will be doing it again next year – now if I can just find Rudolf.....!

LONDON BRITISH 10K RACE by John Kingshott

Michael Douglas, a Trustee of the Chartwell Cancer Trust has bought nearly 1000 places in the London British 10k run scheduled for Sunday 12th July 2015. These places are available to anyone who can pledge to raise £200 minimum for the charity. Michael has asked me to forward this opportunity to the members of Seaford Striders.

As most of you know this Trust helped lessen the financial worries my daughter and son in law would otherwise have faced, while spending ten months by the bedside of my sadly missed granddaughter, Lily-Mae. The charity continues to help others who have been put in this same position



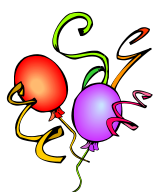
Chartwell Cancer Trust is a small organisation with a very big heart, and Michael intends with your help to raise their profile and really put them on the map. So if you fancy a day in London running along some of the same route as the Olympic athletes please don’t hesitate - sign up today! All entrants will receive a proper wicking running vest with your name on it, and any message required on the back. i.e. ‘Running for Lily-Mae’, a goody bag and a medal similar to the attached photo.

You can find further details on the Chartwell website

www.chartwellcancertrust.co.uk I will be there in memory of Lily-Mae and I hope you will join me.

SUNDAY CROSS COUNTRY LEAGUE FIXTURES

Date	Venue	Description
01 Feb 2015	Ashdown Forest	2 lap course woodland trails. Likely to be muddy. Suitable for spikes.
08 Mar 2015	Blackstock Farm, Hellingly	2 lap course. Can be very muddy. Suitable for spikes. <u>Refreshments and Season Awards Presentation afterwards.</u>



Start Time: 11am. Race distance: about 5 miles. Entry fee payable on the day £3 affiliated, £5 non-affiliated.

Please note there are junior races at all the remaining races commencing at 10.30am. The age category is from 8 to 16 on race day and is about 1.5 to 2 miles in distance. More details can be found on their website: <http://www.eastsussexcrosscountry.co.uk/>

MINCE PIE RACE - THANK-YOU MARSHALLS

A big “thank you” to all the Seaford Striders who marshalled and/or sent friends and family and thereby helped ensure those taking part had an enjoyable run but most importantly for raising a substantial sum on behalf of this year’s chosen charity the Chartwell Cancer Trust.

The Trust supports patients and their families whilst they are receiving treatment for cancer and leukaemia. Lily-Mae, the 3 year old granddaughter of one of the clubs runners sadly lost her fight against this cruel disease in August. The charity did so much to support the family as they kept an unceasing vigil by Lily-Mae’s bedside. For more information, please visit <http://www.chartwellcancertrust.co.uk> .

MINCE PIE 10 MILE RACE by Chris Wrathall

And they are off.....



The Mince Pie 10 mile race, proved once again to be a great success. Blustery conditions greeted the runners but for the most part the predicted rain held off. In places the course was unsurprisingly slippery underfoot and most opted for off-road shoes.

Race sponsor David Jordan went for the full race experience and finished in an excellent time of 1.16.50. (Photo below



Mark Burchett (Worthing Harriers) triumphed with a superb 58.22 after a titanic battle with Stewart Gregory (Holme Pierrepont RC) 58.38. Wes Mechen (Hailsham Harriers) finished in 3rd in 1.01.10 holding off Striders own Simon Fletcher 1.01.15.

Emily Hutchinson (Arena 80 AC) was the first female finisher, 19th overall in a time of 1.08.00 heading home Michaela Floyd 1.08.49 and Sam Alvarez (Hailsham Harriers) 1.09.19.

Whilst most members of the club were busy marshalling their host event, a few Striders were allowed out for 'good behaviour' and received some "special words of encouragement" along the way. Paul Heywood finished 9th overall in 1.05.04, 1 place and 2 mins faster than last year. Lucy Thorne put her marathon training to good use recording 1.22.32 with Mark Ford 1.24.28 and Hannah Fletcher 1.35.50. Lorraine Quigley 1.42.28 always gives it 100% followed by Gary Wiles 1.49.46 (pacing another runner), David Hammond 1.50.12 and Ken Browning 2.29.36.



The biggest cheer of the afternoon went to Nikki Young (Eastbourne Rovers). Relatively new to running she was determined to complete the distance and crossed the line in 2.47.47, memorably roared home by her fellow club members. Pic (122) - An impressive performance from Mark Ford.

NEW YEAR'S DAY OUTING



Striders gather for the off.....

In an effort to shake off the excesses of the festive period, adult and junior Seaford Striders welcomed in the New Year with their traditional seafront run. The 3 mile run from the Martello Tower to the Sailing Club and back has been a tradition for close on 30 years and the cobwebs were well and truly blown away in the gale force winds.

All race photos in this edition courtesy of Tony Humphreys.

PHOTOS

If you would like a copy of any of the photos, which appear in this issue – you only have to ask!

Email: hilary@hilton-it.co.uk

UPCOMING CLUB EVENTS

DATE	DETAILS
Saturday 31 st January 2015	Annual Presentation Evening Seaford Golf Club, Firle Road
February 2015 Date to be confirmed	Club AGM

WHO'S WHO ON THE COMMITTEE

Name: Vicki Blaber
Post held: Secretary
Where is your favourite place to go in Seaford? Back home to my Mum and Dads
What is your favourite hobby? Baking and spending time with my family
What is your favourite run? A summer run along the Cuckmere River
What is your favourite race? The Beachy Head 10K which I did for the first time this year and who knows maybe the Beachy Head Marathon next year?!

What book are you reading? Not currently reading a book but reading lots of food magazines ready for Christmas baking and entertaining
What is your favourite film? The Holiday and The Devil wears Prada
What is your favourite song or piece of music? Too many to choose from
Which person living or dead would you most like to meet? Mary Berry
How do you relax? Baking / Running
What would your motto be? Live for today



STRIDERS' PRESENTATION EVENING



Tickets are on sale at club night, each Wednesday evening, for the Presentation Evening on 31st January 2015. Following the success of last year's event we will be returning to the Seaford Gold Club on Firle Road. The dress code is to be smart casual and the full facilities of the club house bar, etc., will be available, including a full buffet and a disco.

Ticket prices are subsidised by the club and are £12 per adult and £5 per junior. Please put the date in your diary and come along and socialise with your fellow Striders. Tickets available from Terry Ward terry.ward.532@btinternet.com or Wednesday evenings at The Downs (cheques payable to Seaford Striders)



RACE RESULTS

Race results can be found by following the links from the Seaford Striders Website: www.seafordstriders.org.uk/results.html

YOUR PARTICIPATION IN RACES

If you participate in some of the more unusual races, either in the list below 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. Email: hilary@hilton-it.co.uk



UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

January - May 2015	
25 Jan	Shoreham Dark Star Marathon
25 Jan	Worthing Lido 4M
1 Feb	Ashdown Forest ESSCCL
8 Feb	Chichester 10K SGP
14 Feb	Bexhill SXC
15 Feb	Valentines Run WSFRL
22 Feb	Brighton Half
25 Feb	Chichester City Centre Road Races (1)
1 Mar	Eastbourne Half SGP
1 Mar	Steyning Stinger Marathon & Half
8 Mar	Henfield 9 Miler
8 Mar	Hellingly 5M ESSCCL
11 Mar	Chichester City Centre Road Races (2)
15 Mar	The "Moyleman" Lewes Marathon
21 Mar	Endurance life East Dean 10K, ½ Marathon. Ultra
22 Mar	Hastings Half SGP
25 Mar	Chichester City Centre Road Races (3)
29 Mar	Brighton Chicken Run, Hove Park 5K, 1M, 500M
29 Mar	Mel's Milers 13 th MT 10K
4 April	Friston Forest 10M & 5M
4 April	Sussex Road Relays Christs Hospital
6 April	Lewes Easter 10K WSFRL
11 April	Brighton Mini Mile Races
12 April	Brighton Marathon and 10K
18 April	Crawley A.I.M. 6 & 12 hour Track Race
19 April	Hartfield 10K and Fun Runs
26 April	London Marathon
30 April	Haywards Heath Harriers Open T&F
2 May	East Grinstead 10M (Mid Sussex Marathon Wknd)
3 May	Haywards Heath 10M SGP (Marathon Wknd)
3 May	Worthing Three Forts Marathon
4 May	Barcombe 10k & 6k Charity Run
4 May	Rusper Village May Day Race
4 May	Burgess Hill 10K (Mid Sussex Marathon Wknd)
10 May	Portslade Hedgehopper 5m WSFRL
10 May	Hastings 5M SGP
16 May	Arun Marathon Littlehampton Marina
17 May	The Heroes vs Villains Run

May – December 2015	
17 May	Bognor Prom 10K
17 May	Horsham 10K SGP
20 May	Beach Run 5 Miles WSFRL Littlehampton
23 May	Rockabilly Rye 5M
23 May	Votwo Trail Run 24 hour Pippingford Park, Nutley
24 May	Rye 10M SGP
24 May	Weald Half Marathon, Marathon & Ultra
27 May	Trundle Hill 10K WSFRL Lavant Village Hall
7 June	Worthing 10K SGP
14 June	Hove Park 5k - Arena 80 WSFRL
21 June	Heathfield 10K SGP
27 June	Downland Community 5mile WSFRL Hassocks
1 July	Roundhill Romp 6 miles WSFRL Steyning
5 July	South Coast Half Marathon, 10k & 5k
5 July	Bewl 15M SGP
10 July	Rye Summer Classic Series 10K
15 July	Phoenix 10K SGP N.B. Wednesday
26 July	Seven Stiles 4mile WSFRL Henfield
29 July?	Bexhill 5K SGP N.B. Wednesday (date tbc)
5 Aug	Highdown Hike 4.5m WSFRL Durrington
14 Aug	Rye Summer Classic Series 10K
16 Aug	Tilgate Forest 5mile WSFRL Crawley
23 Aug	Brighton Rugby Football Club 9.5km WSFRL
23 Aug	Henfield Half Marathon
23 Aug ?	Newick 10K SGP (date tbc)
6 Sept	Fittleworth Five mile WSFRL
11 Sept	Rye Summer Classic Series 10K
13 Sept	Hellingly 10K
20 Sept	Hove Prom 10K SGP
27 Sept?	Barns Green Half SGP (date tbc)
4 Oct ?	Lewes Downland 10M SGP (date tbc)
11 Oct	Sussex Marathon & Half Marathon
11 Oct	Hickstead Gallop 8km WSFRL
18 Oct	Steepdown Challenge 5mile WSFRL
25 Oct	K2 Crawley 10k
15 Nov?	Brooks Brighton 10K (date tbc)
29 Nov	Crowborough 10K SGP
19 Dec	Brighton City Race

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

THE END!

That's all for now folks but before I sign off, I would like to take this opportunity to thank you for your support, especially Chris Wrathall, who supplies most of the copy. I would also like to wish you all the very best for a very happy and healthy 2015.

Now for your turn – have your say in the next or subsequent editions – politely of course! Email: hilary@hilton-it.co.uk