



# SEAFORD STRIDERS NEWSLETTER

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

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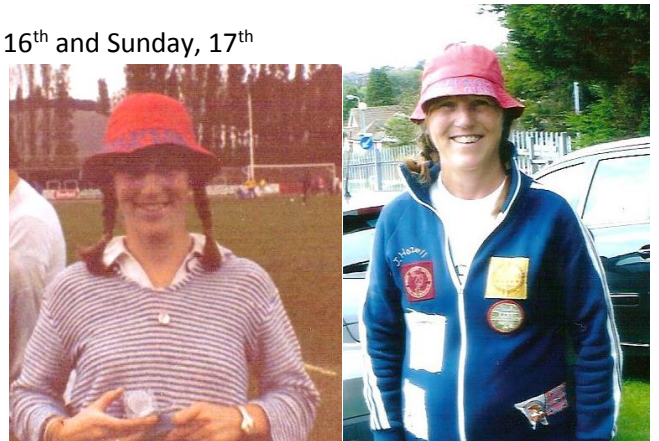
## SUSSEX GRAND PRIX LEAGUE TABLES - COMING SOON! by Phil Robinson

At the time of writing there is still no useful data on the SGP website. The data there is currently four races out of date, plus we are into the holiday season so it is unlikely the data will be updated just yet. It is not worth commenting on the first set of SGP league tables published on the 22<sup>nd</sup> June because we had to raise a lot of queries about race results as quite a lot of Seaford Strider data was missing. Hopefully we will have the correct data in time for the next newsletter, so watch this space."

## GOLD, SILVER & BRONZE by Jackie Webber

I was a member of Hasting Athletic Club for 14 years from the age of 13-27 years of age and I was the Ladies Captain from the tender age of 14 years until I left the Hastings area. I took part on the track as a sprinter, long jumper and heptathlete, competing for Sussex for a number of years; also at the top of the Sussex rankings as an intermediate lady.

It was Hastings AC's 50<sup>th</sup> anniversary celebrations on Saturday, 16<sup>th</sup> and Sunday, 17<sup>th</sup> August. There was a 'bit of a do' at the Royal Victoria Hotel in St Leonards and this was followed on the Sunday with a club championship. There were a variety of track events and there were a lot of the old faces from my era in attendance. I took part in the 50m sprint and won gold, followed by the 100m sprint and won silver. Finally I participated in the 1500m and won bronze. I was quite chuffed to say the least! I thoroughly enjoyed my reminiscences of all the good times of competing and training with Hastings AC and my career on the track – lovely! If only all races could be a sprint!!!



Photos above – 'Then and Now' – same lovely smile Jackie!

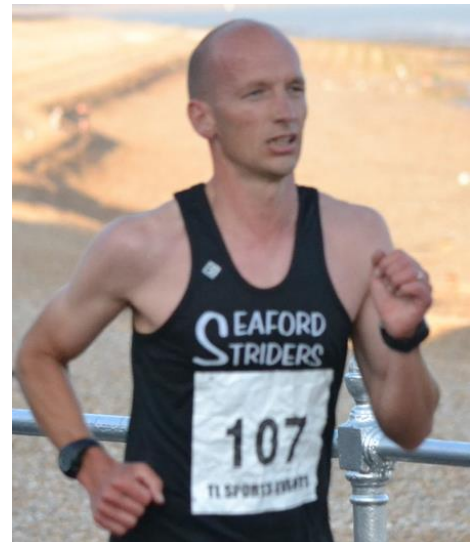
## BANK HOLIDAY RUNS by Chris Wrathall

Three events were held over the Bank Holiday weekend with a quintessentially British feel, namely the Alfriston Fun Run, Newick 10K and the Kings Head Canter.

# AFRISTON FUN RUNS

As part of the Alfriston festival there was a 1.6K race for the juniors and ensuring the adults didn't feel left out a 5.3K as well. Starting at the village Tye, the route complete with cows, stiles and impressive nettles heads runs south along the banks of the Cuckmere and back again, after crossing the Litlington Bridge.

Junior Ben Martin showed the adults how it's done with a stunning 20.55 victory in the adults' race, heading home the talented Gareth Hutchinson (photo right – running at Bexhill) and Paul Heywood with Phil Robinson and the evergreen Tony Cross breathing down their necks. Rex Lane won the 1.6k junior race with an impressive 6.06.



## NEWICK 10K



Sunday saw the latest race in the Sussex Grand Prix, the Newick 10K which starts at the George V playing field and loops south towards Chailey and back on quiet country lanes with strategically placed enthusiastic marshals. The course is described as undulating, a word which puts a wry smile on the face of experienced runners as it inevitably means an energy sapping rollercoaster of a run. Any thoughts of sticking to a pre-planned pace are quickly dismissed as fast downhill sections are interspersed with a variety of inclines.



Road race planners evidently delight in the suffering of the participants as most finish with a steep uphill slog where you suddenly become aware of the existence of your quadriceps and Newick is no exception. The finish line is adjacent to the bar - so it's not all bad news and in reality the race is more rewarding than on a pan-flat course, especially after conquering the final hill.

The winner was Gary Judges (Hailsham Harriers) in 35.18. 1st Strider & 7th overall was Simon Fletcher 36.51 (photo above right) with Gareth Hutchinson 38.35 and Paul Heywood 38.57 once again in close competition.





Considering his recent Ironman exploits, there was a remarkable 41.41 from Adrian Campbell (photo right) followed by Phil Robinson 41.59 and Natasha Swan 43.38 maintaining their customary high standards. (Photo left – Natasha competing in the Henfield Half, where she recorded a creditable 1.46.43)



Arguably the performance of the day must go to Lucy Thornes. She completed in a personal best in a cracking time of 47.15. A PB is a rarity on this tough course so well done Lucy! (Photo below left)



Next came Chris Wrathall 47.53, Alan Hards 48.47 and the smooth running style of Louisa Scola 48.50, followed by Jackie Webber 52.54, Claire Keith 53.51, Chris LeBeau 53.51, Trevor Jones 59.40 & gradually returning to fitness Tom Roper 61.35.

(Newick photos courtesy of Tony Humphreys)

## THE KING'S HEAD CANTER

The 5K Kings Head Canter is a rarity being a point to point race which attracted 200 runners. Starting at Chiddingly and finishing in East Hoathly, the entry fee includes a free pint or soft drink to all finishers and raises funds for the RP Fighting Blindness charity.

Held in a typical bank holiday deluge Josh Guilmant (Brighton Phoenix) took the win in a speedy 15.23. Paul Heywood was first Strider in 19.00. Good to see Geoff Gray back 21.22 and the remaining Striders Natalie McCreath 22.51, Harry Strong 23.01, Ian Gray 23.50, Alessia Manco 23.54, Ryan Walker 24.16, Jackie

Webber 25.29, Tom Roper 27.54 & Christina & Laura Manco both 30.44. Congratulations go to Paul Heywood, Jackie Webber and Tom Roper for completing all 3 races. (Photos below)



# BART'S BASH - Request for assistance

The Sailing Club has asked if anyone would be willing to help out on Sunday, 21st September with an event called Bart's Bash. It is in memory of Andrew 'Bart' Simpson, a work class sailor who lost his life in an accident while training for the America's Cup last year; the organisers want to organise the biggest sailing race in the world and set a new Guinness World Record. (More details can be found at [www.bartsbash.co.uk](http://www.bartsbash.co.uk))

Terry Jones, the Sailing Secretary, writes "you may be aware of this from posts on mainsheet, etc - what this is about - we need to find an independent adjudicator to verify our results and wonder if you could ask around the Seaford Striders if anyone would be available to do this in the morning at Seaford (weather permitting) and in the afternoon at Piddinghoe - could be different people for am and pm."

If anyone is interested in helping the Sailing Club out, can you please either contact myself or Tom Roper and we will put you in touch with the relevant people at the Sailing Club.

[secretaryatseafordstriders@outlook.com](mailto:secretaryatseafordstriders@outlook.com) or [tom.roper@gmail.com](mailto:tom.roper@gmail.com)



## FRISTON FOREST 5 MILER by Tom Roper

There's not much to do in early August, unless you shoot grouse, in which case you can spend the first eleven days cleaning your tweeds and polishing your ghillie but for runners it's close season. So I was delighted to find, while wandering the howling wastes of the internet, a ten mile race in Friston Forest on 2 August; even more so, when I saw it had the intriguing title of the Adder. It would seem that adders are more numerous nowadays, and that Accident and Emergency Departments report an increased incidence of bite cases. I entered quickly, before I could change my mind.

On the day itself, I arrived at the forest as mist was rising from the trees. It had rained overnight, but promised to be clear and dry. Race headquarters was a trestle table in a small glade off the Litlington road. I had originally entered the Adder, a ten mile event, but traded down to the five miler, thanks to lack of training. Both were run over the same course through the forest, the Adder being two circuits, the five miler one.

The organisers were genial and relaxed, and there cannot have been more than fifty runners milling around. They all looked faster than me. At 9 am the Adder runners set off, and we followed them five minutes later. The hardest part of the race was the first hill; after that taxing ascent, the route followed a roughly quadrilateral course. I settled into a rhythm and followed paths, some known to me, some unknown, through the forest. The sun shone on us, the hills were agreeably difficult and, to my surprise, I was not the very last runner. Indeed, as I fell down the hill to the finish in 52:51. I began to regret my decision to change from the longer distance and I shall be back.

Next year's event takes place in early April. Conditions will be different then, but I would still heartily recommend it.



(Photo above – Tom competing at Newick)



# UPCOMING CLUB EVENTS

DATE	DETAILS
Thursday, 11 <sup>th</sup> September	Thirsty Club 8pm at the Welly

## SEAFORD STRIDERS JUNIORS

Meeting Time: 5.55pm for 6.00pm start    Pickup: 6.45 pm

### Meeting Point

10<sup>th</sup> and 17<sup>th</sup> September

The Salts to start running again



## BEXHILL JUNIOR RACES

On a warm sunny Wednesday evening in late July lots of juniors and seniors went to the Bexhill races. There was a strong performance by all of the juniors, some of whom did the 1k, some of whom did the 2k and some of whom even did the 5k.

## ALFRISTON WATER MEADOWS by Rob Webber

This year’s Alfriston fun runs were held on a much better day than last year when

it poured with rain. This year there were a few spots but it did not put off the many runners that came to do the two events. In the nearly 2k race there were strong runs by Luke Rickards and Joe Rickards (photos right running at Bexhill) but they were both sadly beaten by the only Alfriston runner, to take part in either of the events.

In the 5.3k event there were 26 overall runners, which is a slight increase on last year but Martin Bulger and the Alfriston committee would like to see more of us (you) taking part next year.

So back to the actual race – in first place was someone most of us have heard of – Ben Martin and although still a junior he completed the course in 20:55. There were some strong runs from the senior



Striders including Paul Heywood. In 9<sup>th</sup> place was our first junior Strider - James Cairns in 26:05 (photo right running in Seaford). This was after cycling over from Seaford to take part in the race! 15<sup>th</sup> place overall – someone called Rob Webber (!) not far behind in 17<sup>th</sup> place someone called Jackie Webber and in 21<sup>st</sup> place another Strider Tom Roper. In 24<sup>th</sup> place Jackie's daughter, Beckie who hasn't run for an awfully long time but managed to complete the course in 38:52 and that was after walking over with me (Rob) from Seaford.

## KINGS HEAD CANTER by Rob Webber



Those of you who were at the Kings Head Canter will know that it was probably the wettest Bank Holiday Monday ever. The best way to do the Kings Head Canter on such a day is by car! Which is what I (Rob) did so I was at the end to see Paul Heywood come flying through as first Strider. The juniors that took part were Harry Strong, (photo left running in drier conditions at the Seaford Half) Alessia Manco (photo below right at Lewes) and her sister Christina (photo below right at Lewes) who very kindly paced her mum Laura round the course. There were a few

other Striders taking part including Geoff Gray, Natalie McCreath, Jackie Webber and Tom Roper. All of our entrants did really well and the beer wasn't too watered down at the end (by the rain!)

Those of you who are aware of the Jo Jo Gunne trophy may be interested to know that Claire Keith took part in the three consecutive races in May, thus qualifying and over the August Bank Holiday Weekend Jackie Webber, Paul Heywood and Tom Roper joined the illustrious few who will all have their names engraved on this trophy.



## WARREN HILL CROSS COUNTRY

The Cross Country League have decided that the race scheduled for 19<sup>th</sup> October will go ahead **BUT** this will only happen if someone comes forward and volunteers to act as Race Co-ordinator. This race nets between £150 and £200 of income to club funds - not an insubstantial sum. A number of people have already offered to help but a Co-ordinator is urgently required. Is this something you could do??? If the race goes ahead Marshalls will also be needed. If you are able to assist please contact Mark Chadd without delay: [markchadd@o2.co.uk](mailto:markchadd@o2.co.uk)

## MINCE PIE RACE - 7<sup>th</sup> December 2014

This year's Mince Pie event will take place on 7th December, for which entries are now open at the link below.

<https://www.runbritain.com/race/the-mince-pie-ten-mile-the-mince-pie-ten-mile/entry> Further race details, including a postal entry option (also attached) are now available on our website <http://www.seafordstriders.org.uk/mincepie.html>

# RAFFLE PRIZES WANTED

Glynis is now collecting prizes for the forthcoming Mince Pie Run, which is scheduled for 7<sup>TH</sup> December. Please bring anything suitable along to club night, where Glynis will be only too happy to relieve you of your offerings. Don't forget also that Marshals will be required, so please put the date in your diary.



## WHO'S WHO ON THE COMMITTEE

- Name:** Phil Robinson
- Post held:** Men's captain & Sussex Grand Prix Rep
- Where is your favourite place to go in Seaford?** On the beach, I've always loved the seaside right from being a little kid. Since moving to Seaford in 86 I have rarely lived anywhere without some view of the sea.
- Apart from running, what is your favourite hobby?** I'm a great follower of Motorsport. F1, DTM touring cars, WRC world rally cars in particular. The previous two years I ran the Horsham 10K and then immediately got in my car and drove to Brands Hatch to watch the DTM race there.
- What is your favourite run?** Running from home in Newhaven to Lewes and back via parts of the South Downs Way and particularly the views on the way back. Love it on a clear sunny day!
- And, what is your favourite race?** So far that would be the Great Welsh Marathon which is actually a fairly flat fast marathon. I did my best time and felt strong all the way round. This was despite having to run a mile to the start due to a misjudgement reading the race info provided – oops!
- What book are you reading?** Baby and toddler meal planner because I've taken paternity leave and my 5 month baby boy Vincent is growing up fast. It says "200 quick, easy and healthy recipes for your baby"
- Favourite film:** Heat, Collateral, The Kingdom and other films by director Michael Mann. I also love The Bourne Identity and the films that followed it.
- Favourite song:** "Sing it back" by Moloko. I especially like the bass rift in the Boris Dlugosch dance mix if you are dedicated enough to track it down and listen to it. I've tried to play the rift myself but it's quite hard to master.
- Most like to meet:** Sebastien Loeb or Kimi Raikkonen. Both fast but very calm drivers in their respective fields of Motorsport. I'm a big fan of theirs.
- How do I relax:** Building brick walls in my garden!
- Motto:** Read the instructions it usually helps!



# RACE RESULTS

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

## YOUR RACES

If you have participated in any races outside of the Grand Prix ones please, please consider writing a short piece for the newsletter. Even better if you can include a few photos – it helps to give other members a flavour of what is out there.

## 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](mailto:hilary@hilton-it.co.uk)



## UPCOMING RACES

Sussex Grand Prix (SGP) events are marked in red

September - October 2014	
5 Sept	Rye 5K Summer Classic
6 Sept	Plumpton 10M XC
6/7 Sept	Brighton Longman 35M, 65M, 100M
7 Sept	Battle BBB 10K
7 Sept	Fittleworth 5 WSFRL
7 Sept	Chestnut Tree Coastal 10K
14 Sept	Hellingly 10K SGP
14 Sept	Firle Half, 10K & 5K
21 Sept	Hove Prom 10K SGP
21 Sept	East Grinstead 10K
28 Sept	Barns Green Half SGP
28 Sept	Tonbridge Half
28 Sept	The Big Bexhill 10K
5 Oct	Lewes Downland 10M SGP
5 Oct	Downslink Ultra 38M
12 Oct	Jog Shop 20 Marshals required
12 Oct	Eastbourne Tempo 10K
12 Oct	Hickstead Gallop WSFRL
12 Oct	Chichester Half
19 Oct	Warren Hill XC 5M Marshals required
19 Oct	Steepdown Challenge WSFRL
25 Oct	Beachy Head Marathon Marshals required
26 Oct	Alf Shrubb 5M Slinfold

November – May 2015	
2 Nov	Beckley 10K
8 Nov	Bexhill Poppy Half
16 Nov	Brighton 10K SGP
30 Nov	Crowborough 10K SGP
7 Dec	Mince Pie 10M Marshals required
20 Dec	Ashburnham Place Xmas Pudding 5M, 2M & 1M
25 Jan	Worthing Lido 4M
8 Feb	Chichester 10K SGP
22 Feb	Brighton Half
1 March	Eastbourne Half SGP
22 March	Hastings Half SGP
29 March	Brighton Chicken Run, Hove Park 5K, 1M, 500M
4 April	Friston Forest 10M & 5M
12 April	Brighton Marathon
26 April	London Marathon
2 May	East Grinstead 10M
3 May	Haywards Heath 10M SGP
4 May	Burgess Hill 10K
30 May	Rockabilly Rye 5M
31 May	Rye 10M SGP

That's all for now folks.....! Now for your turn – have your say in the next or subsequent editions – politely of course!

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