

SEAFORD STRIDERS NEWSLETTER

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

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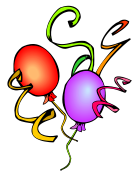
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January 2018

HAPPY NEW YEAR WISHES to all Striders and their families - may it be a healthy, wealthy and above all happy one for you all - keep on running!



PRESENTATION EVENING - Saturday, 27th January

The Striders Presentation Evening at Seaford Head Golf Club is on Saturday 27th January. This is an opportunity for members and their friends and family to get together and have a fun evening.



We also present trophies to both junior and senior members in recognition of achievements over the previous twelve months. Together with this we also present a cheque from the proceeds of the 'Mince Pie 10 Mile Race', to this year's chosen charity, 'Headway, East Sussex. Tickets £13 per head (£5 for 18s and under) includes buffet, disco and loads of dancing. Tickets are on sale from Terry Ward at club nights or email terry.ward.532@btinternet.com

CLUB GRAND PRIX WINNERS



Ladies winner of the Club Grand Prix races is Kristiane Sherry and the male winner is Luke Borland

Congratulations to both!

CROWBOROUGH 10K by Emily Eaton

The last Sussex Grand Prix race of the season had an 'end of term' feel about it. As hundreds of shivering runners arrived at the starting line for Crowborough 10k, the mood of the field was one of both excitement and exhaustion.



Martin had forewarned us about the hill but I only found out about the Ford and the likelihood of soggy feet at the start line and it was too late to back out at that point.

**Photo above L-R
Kristy Sherry, Anneka Redley; Anna Norman, Emily Eaton**

The race was a 2-lap road race, which was either very down or very up. The downhill bits were super speedy and the aforementioned ford was thankfully quite shallow. There was even a path to avoid it but that didn't quite seem in the spirit of things.

After the downhill came the inevitable hill and it didn't disappoint. However, you were rewarded with a short flatter section before we went down again. The race had a great atmosphere and all the ups and downs made for a fun and challenging event.

It has to be said that the best part of the race (apart from cheering all the striders home) was the tea and delicious cake stall. It isn't really a PB course but there were some fantastic times recorded! Results: Luke Borland, 40:32; Dave Dunstall, 42:35; Joe Plant, 45:31; Andrew Farley, 45:51; Matthew Franks, 46:53; Emily Eaton, 47:43; Anna Norman, 49:57; Peter Weeks, 49:53; Anneka Redley, 50:08; Kristiane Sherry, 51:46; Hilary Humphreys, 1:01:04

CROWBOROUGH 5K by Sharon Plank

My running ambition started on holiday in Stockholm in July 2016 with Tomm, my boyfriend, who had run since he was 18; with many marathons, half marathons and 10k races under his belt.

I started walking for 1 minutes and running for 2 minutes; although I was going to the gym and had lost 6 stone, I found running a very 'different kettle of fish!' I continued to run a couple of times a week after our return to the UK; then along came last year's Crowborough 5k fun run! I worried that I would finish last and really went for it – up that hill – it was tough, but I managed to finish in 45:13 and wasn't last!

I have since completed three parkruns but these are difficult as I work on a Saturday; and I have also completed two 10k's, which took about 80 mins. I have lost even more weight and my body has changed a lot – even at the age of 58 I have proved you are never too old to get the running bug!

Then I joined Seaford Striders as part of the 'couch to 5k' group with Tom Roper and completed the Peacehaven Parkrun with the group before along came the Crowborough 5k, which despite having an awful cold and cough I braved it, and achieved a time of 40:11, knocking 5 minutes off my previous time. It left me wondering what I could have achieved if I hadn't had such a bad cold!

Onwards and upwards, now my challenge to compete again next year but running the 10K as is the norm, rather than settling for the 5K. Running is so inspiring and such a 'feel good' thing to do – such a sense of accomplishment. I have actually found something that will keep me motivated and my weight down as well. I am so pleased to be involved with the Seaford Striders, who will push me to complete those 10ks!

BRIGHTON 10K by Sandra Standen



Photo above L-R Becky Soussi, Alice Lennie, Sandra Standen, Simon Nixon, Stacey Jones, Duncan Boyes and Debbie Plant

This is my story of how running started for me, which is with the 1st 'Couch to 5K' group last March and I haven't looked back since.

The first evening it was a quick run up to Seaford tip and I honestly thought "just leave me here" but as the weeks went by I found myself buying running shoes and enjoying the running.

Then came our first 5k at Preston Park and I actually achieved it, now its Peacehaven park runs and that's a different story, my timing doesn't improve much and I still walk some of it but my recovery is better and I thought I was happy with that. But, no! I started to feel left behind when all my running buddies" mentioning no names Victoria" started doing 10k, hmm got me thinking!

I thought Brighton 10k – along the seafront - all flat - I can do that, Alice myself and twelve other Striders took part, it was a cold morning but beautiful sunshine probably the perfect weather for it. Well what an experience! What an atmosphere! I finished it in 1:13:36.

Did I find it easy, hell no, well not the last bit anyway but I got my medal and I'm chuffed with that. I won't rush into the next one but at least I'm saying the next one, so I'm not totally put off!

Without the help and support of Seaford Striders this would never have happened, so a huge thank you from me.

Full Results: Dave Dunstall, 38:35; Joe Plant, 41:53; Emily Eaton, 44:27; Amanda Feast, 38:50; Duncan Boyes, 49:09; Richard Honeyman, 51:34; Simon Nixon, 52:45; Tom Roper, 1:00:37; Stacey Jones, 1:01:01; Anneka Redley, 1:01:31; Debbie Plant, 1:02:34; Vicky Haines, 1:02:44; Becky Souissi, 1:12:00; Sandra Standen, 1:13:36 and Alice Lennie, 01:13:36

THE DOWNLAND DEVIL by Tom Roper

The Downland Devil takes place at the beginning of December, and often clashes with our own Mince Pie Ten Mile, so it's rare to have an opportunity to enter.

So, Chris Wrathall and I seized the opportunity this year for this nine-mile trail race, over the hills behind Lancing College, starting and finishing at Coombes Farm. It was the same day as the Crowborough 10k, but, gives a choice between a road race and one on trails, with three times the ascents of Crowborough, it was not hard to know which race to do.

We arrived in good time, so Chris could enter on the day. Just after we arrived a motorcycle was involved in an accident in the narrow lane outside the farm, and the



police closed the road. Other runners arriving from east and west on the A27 were sent on a long diversion by way of Steyning, and the organisers had no choice but to put back the start by an hour. We were lucky in that the farm had several outhouses converted for weddings, and were serving tea and bacon sandwiches in these, which passed the time.

Fellow Strider Natasha Swan was also there, and decided, with a group of other runners, to set off on an unofficial race. Chris and I held back, not knowing the route, and uncertain if marshals would be in place.



The revised start time of 11 came and we set off; the race begins as it means to go on, with a long winding ascent. At the top came an even longer descent, which promoted the anxious thought that we would be climbing this on the way back. The views were spectacular though, of the Adur valley, Shoreham and the sea.

A turn took us onto a flattish section; I passed one runner with a bust ankle. We splashed through a farmyard and on to some pylons where the route sent us up an almost vertical slope, and then along a track to a water station, and a long loop, with views over Sompting and Worthing, followed by a descent and another inevitable climb.

Then we re-joined the route we had taken outwards, and headed for home. The final hill was every bit as hard as anticipated, but was followed by a descent down a valley to the finish. Chris completed the nine miles in 1:40, I was rather slower in 2:02:06. The first man home finished in 57:44, while the first lady came in at 01:04:54. This was a splendidly well-organised race, with plenty of friendly marshals and a spectacular, if tough, course. I would recommend it

NEWPLACE FARM XC - by Terry Ward

This was the third East Sussex Sunday Cross Country race and also the last in our own club grand prix series of races. The race is run on a private estate so it's interesting to see an area of East Sussex not normally open to the public.

With all the recent rain we were expecting a muddy course and we were certainly not disappointed as there was mud in abundance but also because it was a frosty morning some parts of the course were still frozen which all made for a very interesting two lap race. With it being two laps, the second lap was even muddier due to the number of runners who had already been across it and churned things up.

We had 10 runners out with Luke Borland being our first home in 24th place in a time of 33.38 followed by Dave Dunstall 1st MV55 in 34.35. Next was Josh Nisbett (37.26) and Matt Franks (39.30). First lady was Anneka Redley (41.18) with Anna Norman (41.35) hot on Anneka's heels. Pete Weeks 1st MV65 (42.00), Terry Ward 1st MV70 (43.40), Christy Sherry (44.29 slowed down by the mud on her after a fall) and Tom Roper (57.57). Tea and cakes were most welcome in the barn after finishing.



NEW YEAR FUN RUN

As usual the Seaford Striders will be commencing the New Year as they mean to go on, by participating in a New Year's Day 5K Run, commencing at 11.00am from the Marelllo Tower to the Sailing Club and back again – **fancy dress welcome!**



STRIDERS MEMBERSHIP

As the end of the year approaches, so too does the time to pay our club subscriptions, which have been kept at a very low amount, mainly because, with your help at marshalling events and the profits from our very own Mince Pie race, the club remains in a healthy financial position. All new members, who pay a full year's subscription, i.e. £16 or £8 for retired or unemployed members, also receive a free club vest or tee shirt in black – our race colours, in the hopes that you wear it with pride and compete in races.

UK ATHLETICS MEMBERSHIP - by Chris Le Beau

With 2018 fast approaching, it is pleasing to see so many new members joining the club, signing up for the new year, even before November is out. This is a good time to think about UKA membership.



Hopefully those runners who are already affiliated will renew their membership, and we would very much like to see newcomers become involved too.

The annual cost for UKA affiliation will increase to £15 in 2018. There is no admin required of you. If you add this to your club subscription for 2018, Linda Jennings will collate the fees so we make a bloc payment to UKA.

The immediately obvious advantage of UKA membership is in reduced entry fees for races. Typically, there is a £2 reduction per race, so participation in 8 races in the year will more than recover the cost.

As an affiliated member you will also be eligible to race, on behalf of the club, in the Sussex Grand Prix Races (**listed in red on the list of races at the back of the newsletter**). Points gained will help the club in its competition against other Sussex Clubs.

The couch to 5K class of 2017 can take great pride in their achievements, many having performed well in Parkruns (no entry fee) and some having taken it to a higher level, in 10k races. There is much to be gained from competing, not only in personal satisfaction as performances improve, but also in soaking up the atmosphere of friendly rivalry with our fellow clubs.

LONDON MARATHON - Draw for the Club Place

The draw took place on Wednesday with Josh Nisbet's name coming out first, followed by Anneka Redley and Ben Shorer.

BRIGHTON MARATHON - 10 Club Places

Ten places available for club members as long as the specified entrants complete and pay by 23 February 2018. Details will be put on the website, but applications will need to be made via the Striders Secretary as only ten can be accepted by this means – first come basis. Email will be sent to club members with a link to the Brighton Marathon Website for further information. SecretaryatSeafordStriders@outlook.com

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



CLUB EVENTS

	<u>Monday, 1st January 2018</u>	<u>New Year's Fun Run</u> 11am at the Martello Tower
	<u>Mondays, 8th January & 5th February</u>	<u>Monthly Training Session</u> 7.30pm – Lewes Track
	<u>Saturday, 27th January 2018</u>	<u>Presentation Evening</u> Seaford Head Golf Club
	<u>Saturday 3rd March 2018</u>	<u>Skittles Evening</u> <u>Further information to follow</u>

CLUB KIT from Hilary Humphreys

The club receives sponsorship from Inter Sport (Lewes & Seaford) from whom we purchase vests, tee shirts and black zipped hoodies.

Please note that from January there will be a price increase. Short sleeved tee-shirts (complete with logos) are £12 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.



To order, please 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 (Seaford & Lewes) 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.

SPONSORSHIP

The club is fortunate to receive sponsorship from the following local organisations and it is because of their support that the club can offer a free vest or tee shirt to new members and subsidised kit to all members. Seaford Striders would be delighted to add more sponsors to its band of supporters. If anyone knows of other local companies who would be interested in sponsoring Seaford Striders, then please do get in touch. Thank-You Ed.



Seaford Estate Agents

[Tel: 01323 898414](tel:01323898414)



Seaford Estate Agents

[Tel: 01323 490001](tel:01323490001)

The White Lion Hotel [Tel: 01323 892473](tel:01323892473)
(sponsor committee meeting venue)



**Residential lettings
in Brighton**

[Tel: 01273 672999](tel:01273672999)



Extensions, ground work, etc.

[Tel: 01273 959343](tel:01273959343)

Intersport – sportswear suppliers

Lewes & Seaford

[Tel: 01323 898516](tel:01323898516)



Gingerfit your local Seaford Personal Trainers

[Tel: 0323 893676](tel:0323893676) Email: info@gingerfit.co.uk

FUTURE RACES

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

Cross Country Events – ESSXCL - <http://www.eastsussexcrosscountry.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

December – April 2018		May onwards	
27 Dec	Stanmer Park, Stroke Assoc 5K & 10K runs	10 May	Out of the Blue 10K, 5K, Ashburnham Place, Battle
2018		13 May	Hastings 5 Mile
1 Jan	Seaford Striders New Year 5K (11am start)	13 May	Pulborough 5K/10K/15K/HM
1 Jan	Hangover 5, Goring	13 May	Eastbourne Trackstar Marathon
6 Jan	Sussex XC Champs, Bexhill	13 May	Hedgehopper 5
14 Jan	Blackcap, Lewes XC	13 May	Hastings 5 miler
20 Jan	Sussex Masters XC Champs, Lancing	13 May	Run Wisborough 10K, 5K
28 Jan	SEAA Main XC Champs, Stanmer Park	20 May	Horsham 10K
4 Feb	Chichester 10K	20 May	Bognor Prom 10K
10 Feb	Sussex XC League 4, Stanmer	27 May	Rye 10 miler
11 Feb	Run the Streets, Worthing Half	28 May	Newhaven Harbour to Brighton Marina 15M
18 Feb	Parkland Fun Run 10K, 5K and Children's 1K	3 June	Mud Monster Run 5K, 10K, 20K, East Grinstead
18 Feb	Heathfield Park XC	10 June	Hove Park 5K and Children's races
24 Feb	Maverick Inov8, Amberley Museum, 8K, 13K, 23K Trail runs	10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
25 Feb	Brighton Half	20 June	Mid Summer 5M, Chichester
4 Mar	Eastbourne Half	23 June	Race to the King
4 Mar	Steyning Stinger Half	24 June	Heathfield 10K
4 Mar	London Half Marathon	24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
10 Mar	Nat Inter-counties XC, Loughborough	1 July	Bewl 15
11 Mar	Pett XC	7 July	St Lawrence Fun Run, Hurstpierpoint
11 Mar	West Worthing 10K, 5K	8 July	Eastbourne 10K
18 Mar	Hastings Half + Kids races	11 July	Phoenix 10K (Wednesday)
18 Mar	Lewes Moyleman Marathon	12 Aug	The Adder 10 miler & Friston Forest 5
25 Mar	Mel's Milers 10K, Christ's Hospital, Horsham	25 Aug	South Coast Challenge
25 Mar	Jog Shop Jog	2 Sept	The BBB 10K
7 Apr tbc	Sussex Road Relays, Christ's Hospital	9 Sept	Hellingly 10K
14 Apr	Brighton Mini Mile Races	23 Sep	Pulborough 5K/10K/15K/HM
15 Apr	Brighton Marathon	30 Sept	Barns Green Half & 10K
22 Apr	London Marathon	7 Oct	Bright 10
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)	7 Oct	Lewes Downland 10 Mile
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)	21 Oct	Worthing Seafront 10K
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury	21 Oct	Hove Prom 10K
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)	27 Oct	Beachy Head marathon
		10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km