



SEAFORD STRIDERS NEWSLETTER

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

Editor & Press Officer: Hilary Humphreys hilary@hilton-it.co.uk

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

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

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

December 2017

Club Grand Prix 2017

Hellingly might have been and gone but let us go all out for the points – both at a club level with Crowborough and Framfield still to come in the Striders Grand Prix but also at a County level with only Crowborough left to go in the Sussex Grand Prix. Photo courtesy of Trevor Jones.

| | | | | |
|--------|-----|-------------|-----|---|
| 3 Dec | 10K | Crowborough | SGP | http://www.crowboroughrunners.org.uk/ |
| 17 Dec | XC | Framfield | | http://www.eastsussexcrosscountry.co.uk/ |



MARSHALS ARE REQUIRED Sunday, 10th December

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, this year it will be held on Sunday, 10th December at 11am.



Please help to make it a success by making yourself available to marshal – thank-you in advance. Email to register your availability or add your name to the list on the notice board, available on club nights.



This year's chosen charity will be Headway East Sussex, an organisation which offers rehabilitation and support services for people with acquired brain injuries, their families and carers. A brain injury can result from many different causes including stroke, accident, tumour, sporting injury or assault.

<http://www.headwayeastsussex.org.uk/>

Please note that raffle prizes are now URGENTLY required for the Mince Pie Race – please look out for those unwanted gifts or buy and donate something but please bring them along to Striders! Thank you.

PRESENTATION EVENING - Saturday, 27th January

Striders Presentation Evening at Seaford Head Golf Club on Saturday 28th 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 our chosen charity, this year 'Headway, East Sussex'. Tickets £13 per head (£5 for 18s and under) includes buffet, disco and loads of dancing. Tickets will be on sale shortly.



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 Run, commencing at 11.00am.

We will run from the Mareello 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.

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.

Seaford Striders have a proud record of achievement in the history of the Sussex Grand Prix. After a dip in recent years we have seen a resurgence for Striders in 2017 and hope to build on this for next year.

The GP competition for 2018 has been significantly re-structured and will make it far more accessible to a wider range of runners. The minimum number of races will now be 6, instead of 8, and the requirement to take part in at least two long races (10 miles plus) has been dropped. Also, team points will be calculated on a race-by-race basis, which means contribution to the team effort can be a mix of the elite runners and the rest of us who turn up!

The Sussex Grand Prix race [calendar for 2018](#) looks a little different and the reasons for the [revised format here](#)). There are also revisions to the scoring, both for individuals and teams. Genders scored separately.

UKA affiliation is required for runners taking part in the Sussex Grand Prix and we hope to see even more Striders joining in the chase for GP points. And what do points mean? Yes, prizes!

COUCH 2 5K GRADUATION!



The club had a good turnout from its second 'Couch 2 5K' group, at the Peacehaven Parkrun on Saturday, 11th November – impressive given the cold wet and windy weather. Thankfully any drizzly rain stopped before the race and didn't recommence until much later in the day.

There was a very impressive turnout of Striders to help pace our newest members and they were also joined by Joe Runchman from club sponsor Gingerfit – many thanks Joe.



Striders were also in evidence cheering us around, in the form of marshals – David, Debbie, Michelle and Jon – many thanks everyone and well done to everyone who took part – a brilliant achievement in such a short space of time.

A PHOTO COLLECTION





apologies to any runners we missed!



LONDON MARATHON - Draw for the Club Place

If you applied for a place in 2018 London Marathon and were unsuccessful, you may be eligible to go in the drawn for the place allotted to the Striders Running Club. Follow the link to check on eligibility:

<http://www.seafordstriders.org.uk/Newsite/races-4/london-marathon/>

Closing date for applications for the Marathon is the first Wednesday in December. The draw will take place at Downs Leisure Centre at 7.00 pm on the following Wednesday (i.e. the second Wednesday in December)

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



WARREN HILL XC - by Matthew Franks

The second leg of the six race East Sussex Cross Country League took place on Sunday 12th November. 9 striders (and 2 juniors) were greeted to a beautiful crisp autumn day in Seaford, but up on top of Warren Hill a strong northerly, brought an uncomfortable wind chill that meant warm ups were cut short and many of the 333 competitors sheltered in their vehicles until the last possible moment.



A 2 minutes silence was observed in remembrance of the fallen before a competitive field set off, Luke Borland (photo left) leading the Strider charge up the short hill before the runners speedily swept down into the valley below, and much needed respite from the wind.

As the Belle Tout lighthouse disappeared from view, I found myself tracking Emily, a beacon, in Striders fluorescent yellow, for the first couple of miles. I was also made aware of the presence of Pete just behind as his bellowing voice called out to “rib” a fellow competitor who had temporarily stopped to re-tie his shoe laces. At the bottom of the valley just after 2 miles we approached some farm buildings, turned back on ourselves and started the 2 mile ascent up towards the main road and eventual finish. This is where the race would really start in earnest.

Pete had warned us about the topography and the need to conserve energy for the uphill slog. It’s difficult to gauge effort on a 1 lap course but I was pleased with my strong run, making progress through the field, passing some familiar running gaits, vests and hairstyles that beat me at Snape Wood a month earlier, hoping my fellow striders were making similar ground and valuable points in the team competition.

When we eventually reached the hill top, we found ourselves fighting the familiar headwind along the B2109 and into the car park where we expected to finish. I started to stride out for home, but soon realised the finish point had moved to the top of the small hill encountered at the start, providing a strength sapping end to the race.



It’s unusual to find yourself closely grouped together with more than a couple of runners, but on this occasion, I found myself vying over the last 50 metres with a posse of 7. I took off as if making an attempt at the “Road with no name” Strava segment, despite the less than textbook sprinting technique managing to pick up a few extra positions – proof in photo left!

At the finish, I was greeted by Luke (Borland) who had put in a typically strong performance to lead the joint Striders, Polegate Plodders and Run Wednesday’s team home in 17th place overall. Dave Dunstall (photo right) was next Strider home in 33rd, a good 4 minutes ahead of me. Not long after, Emily (Eaton) came through the finish line followed by a triumphant of Striders within seconds of each other Anna Norman, Peter Weeks and Anneka Redley (now “XC ready” in new trail shoes!) Terry Ward and Tom Roper made up the rest of our contingent performing well, minutes later.

In the team competition, we finished 7th (of 12), a big improvement on Snape Wood, largely thanks to the heavy points haul by our 3 scoring women (Emily, Anna and Anneka).

Final results: Luke Borland (17th) 30:52, Dave Dunstall (33rd) 31:33, Matt Franks (112th) 35:30, Emily Eaton (134th, and 13th women) 36:41, Anna Norman (167th) 38:14, Peter Weeks (170th) 38:22, Anneka Redley (172nd) 38:27, Terry Ward (221st) 41:22 and Tom Roper (322nd) 53:36





Note: During the race, a well-known competitor from Hailsham Harriers suffered a suspected heart attack. Thanks to the quick response of stewards, the emergency services and critically the air ambulance he is doing well and recovering in hospital. The proceeds of the race will be generously donated by Eastbourne Rovers to the air ambulance service.

The next cross country (**a club grand prix race**) is on 17th December at New place farm, Framfield, nr Uckfield)

Photos left Peter Weeks leading Anneka Redley home and right – Terry Ward. All photos courtesy of Matthew Franks.



Road Running during dark evenings!



I understand why runners choose to run on roads during these dark winter evenings, but can I please request that consideration be given to the use of lights and reflective clothing as the club has received a complaint from a local car user. Maybe some ideas for Christmas presents from your nearest and dearest?!



CLUB EVENTS

| | | |
|--|---|--|
| | <p><u>Mondays, 4th Dec & 8th January</u></p> | <p><u>Monthly Training Session</u> 7.30pm – Lewes Track</p> |
| | <p><u>Monday, 1st January 2018</u></p> | <p><u>New Year's Fun Run</u> 11am at the Martello Tower</p> |
| | <p><u>Saturday, 27th January 2018</u></p> | <p><u>Presentation Evening</u> Seaford Head Golf Club</p> |



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.

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 Grand Prix 2017

Please note that the Club Grand Prix events noted at the front of this newsletter are marked on the enclosed race list in mustard (**SS Grand Prix**). They are however subject to change, especially as Peacehaven Park Run has yet to be confirmed – currently scheduled to commence in June.





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

Club (SS) Grand Prix race in mustard

| December – March 2018 | |
|-----------------------|---|
| 2 Dec | Sussex XC League 3, Lancing |
| 2 Dec | Worthing Christmas Cracker 5K & 10K |
| 3 Dec | Downland Devil 9, Worthing |
| 3 Dec | Crowborough 10K (SS Grand Prix) |
| 9 Dec | Santa Dash 5K, Brighton |
| 9 Dec | SEAA Masters & Inter Counties XC Champs, Horspath, Oxford |
| 10 Dec | Mince Pie 10 miler |
| 16 Dec | Brighton City Races |
| 16 Dec | Christmas Pudding Dash, Pett |
| 17 Dec | Newplace Farm, Framfield XC (SS Grand Prix) |
| 2018 | |
| 1 Jan | Seaford Striders New Year 5K (11am start) |
| 1 Jan | Hangover 5, Goring |
| 6 Jan | Sussex XC Champs, Bexhill |
| 14 Jan | Blackcap, Lewes XC |
| 20 Jan | Sussex Masters XC Champs, Lancing |
| 28 Jan | SEAA Main XC Champs, Stanmer Park |
| 4 Feb | Chichester 10K |
| 10 Feb | Sussex XC League 4, Stanmer |
| 11 Feb | Run the Streets, Worthing Half |
| 18 Feb | Heathfield Park XC |
| 25 Feb | Brighton Half |
| 4 Mar | Eastbourne Half |
| 10 Mar | Nat Inter-counties XC, Loughborough |
| 11 Mar | Pett XC |
| 18 Mar | Hastings Half + Kids races |
| 25 Mar | Mel's Milers 10K, Christ's Hospital, Horsham |

| April onwards | |
|---------------|--|
| 15 Apr | Brighton Marathon |
| 22 Apr | London Marathon |
| 5 May | East Grinstead 10M (mid Sussex Marathon Week-end) |
| 6 May | Haywards Heath 10M (mid Sussex Marathon Week-end) |
| 6 May | 3 Forts Challenge 27M, Devils Dyke - Cissbury |
| 7 May | Burgess Hill 10K (mid Sussex Marathon Week-end) |
| 13 May | Hastings 5 Mile |
| 13 May | Pulborough 5K/10K/15K/HM |
| 13 May | Eastbourne Trackstar Marathon |
| 20 May | Horsham 10K |
| 28 May | Newhaven Harbour to Brighton Marina 15M |
| 3 June | Mud Monster Run 5K, 10K, 20K, East Grinstead |
| 10 June | Weald Challenge Trail 50K, Ultra & Half, Chiddingly |
| 20 June | Mid Summer 5M, Chichester |
| 24 June | Heathfield 10K |
| 24 June | Bates Green Gallop 3.78 mile x ?? 6-hour limit! |
| 1 July | Bewl 15 |
| 7 July | St Lawrence Fun Run, Hurstpierpoint |
| 11 July | Phoenix 10K (Wednesday) |
| 9 Sept | Hellingly 10K |
| 23 Sep | Pulborough 5K/10K/15K/HM |
| 30 Sept | Barns Green Half & 10K |
| 7 Oct | Lewes Downland 10 Mile |
| 27 Oct | Beachy Head marathon |
| 28 Oct | Hove Prom 10K |
| 10 Nov | Poppy 5K, 10K & Half, Bexhill +team 36Km |
| 2 Dec | Crowborough 10K |

