



SEAFORD STRIDERS NEWSLETTER

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

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April 2018

PETT XC by Damian Partridge

Before I get started on the Pett XC write up, I just want to take this opportunity to say "Thank you" to all Striders for making me feel very welcome to the club. Being a new member, I was initially feeling very anxious about joining, but due to the atmosphere and the very friendly members, this was put aside very quickly.

The final leg of the East Sussex Cross Country league, my first as a Strider, took us to Pett near Hastings. The start of the race was in a narrow country lane, where all competitors crammed themselves in, waiting patiently for starters orders. Starters horn blasted, and we were off! Racing down hill initially, elbows out, footing being decent underfoot which wouldn't last long.



Once started it didn't take too long for the ground under foot to change! We hit a trail going through some woods, which resembled more swamp than path. Mud easily ankle deep in places. An unlucky competitor, in front of me, lost his trainer due to the mud. I turned one corner nearly fell over, to stop myself I reached out for a tree, which unknown to me, was rotten. It very nearly came down but fortunately stayed upright! This was just in the first mile or so. So clearly this was a sign of things to come.

By about 2 miles the field had well and truly strung out, we had now hit open fields, which gently rolled up and down. We completed several loops of a number of fields, giving competitors a chance to shout words of encouragement at fellow teammates as these loops converged.

Once the loops of the fields were completed it was back in to the woods and the unrelenting muddy trails. The muddy trails making the slight inclines, all the more difficult.



Photos L-R Dave Dunstall, Andy Farley, Pete Weeks, Terry Ward and Jazz Shiret

Photos this page from E.Sussex XC website – except selfie about of Ben, Damien and Andy, courtesy of Andy

Running downhill through the woods, with the conditions underfoot, was almost like being on an ice rink especially turning any corner!

The further through the woods we got, you could start hearing the faint noise of the finishing area, which gave me a huge boost, enabling me to dig deep and up the pace for the last mile or so.

The wood trails seemed to go on for an age, until all of a sudden you are faced with an open field, quickly skirting the edge and across the finish line.

Once across, I was greeted by 4 Striders who had already finished. Discussion quickly went on to distance covered, as there seemed to be quite a big variation. However, regardless of distance, well done to the organisers for a challenging and very scenic and enjoyable XC.

This was my first XC in 20 years!! I'm so glad I made the effort to attend the final race of the XC season. Not only adding points to the team tally, but wetting my appetite for next seasons XC league. I highly recommend all Striders to get involved next season.

Results: Dave Dunstall, 35:56; Josh Nisbett, 36:47; Luke Borland, 37:43; Damian Partridge, 38:50; Pete Weeks, 44:47; Terry Ward, 50:04; Ben Barnett, 51:37; Jazz Shiret, 61:21 and Tom Roper, 69:00.

EAST SUSSEX SUNDAY XC LEAGUE RESULTS

Seaford Striders received a Most Improved Award at the East Sussex Sunday Cross Country League's final event of the season at Pett on 11th March. They also won three age group categories with Dave Dunstall retaining his position as winner of the Male 55 category for the second year running. Peter Weeks won the Male 65 category, while Terry Ward took home the Male 70 winner's trophy. Anna Norman won the league title for the Most Improved female runner, while Anneka Redley was placed third overall within the Senior Women category.

MemberMojo

The introduction of a 60-day trial of a cloud-based, club membership system is going ahead and work is currently being undertaken to 'iron out all the bugs!'. This is a necessary process to ensure that the club conforms with new data regulation compliance laws (GDPR) which are effective from late May 2018.

In addition, this scheme will facilitate the upkeep of membership records and offer on-line payments of club fees and England Athletic affiliation, using PayPal, credit cards or even cheques! Further information to follow shortly.

EASTBOURNE HALF by Ben Shorer

This 1/2 marathon is one of my favourites, because once you've got the notorious hill out of the way it's fairly flat. The weather was not too bad - a little bit drizzly but with zero wind to start with. The starting line is in a field opposite Fort Fun, which was a bit slippery and as everyone tried to rush away quickly at the beginning (apart from Josh who moves quickly regardless of what he's doing) everyone was slipping and sliding trying to make up places.

The first two miles appear flat, but they have a very slight incline, so I knew I had to bide my time and preserve energy for the ridiculous Hill in Mile 3. Every year I think I've done enough hill training and then I meet this monster. I am quite proud of myself in that I didn't stop running up the hill, passing others who were beaten by it and were stopping all around me. Excellent news for me as this gave me a bit of a boost and when I got to the top of the hill there is a lovely, very steep, downhill recovery.



Then you're back on the seafront, where there were several bands and bagpipe players (what a horrible noise by the way) to spur you on, which was great, and it was a fairly well supported event. The second half of the race involves running around the harbour and around housing areas, which is a bit tedious as there are lots and lots of turns and you can get stuck behind other people. However, by mile 10, I still had lots of juice left in the tank and upped my pace. I gave it my all for the last 5K and broke my PB by around 50 seconds (but I didn't beat Aneka's time from the previous week, so I've still got some hard work to do!)

I would definitely recommend Eastbourne for next year as it is quite a challenging run, AND you do get a good medal at the end! **Results: Josh Rudd, 4th position in 01:21:52 and Ben Shorer, 01:43:41**

'Couch to 5K'

Another 'Couch to 5K' group will be starting on **Tuesday, 17th April** but in order not to affect the existing groups, the 9-week course will run on a Tuesday evening. We will be meeting at 7pm at the Richmond Road Car Park by The Salts, Seaford. If you know anyone who is interested in joining please ask them to make email info@seafordstriders.org.uk for further information as we need to ensure that they are willing to join the club and switch to normal club nights at the end of the course.

Tom Roper already has a number of volunteers to help lead the various groups, but more will be needed and be much appreciated. It isn't necessary to commit to every week - further information direct from Tom at tom.roper@gmail.com

The decision was also taken to add an **extra Parkrun to the club fixtures – Saturday 16th June** when hopefully as many as possible will be in attendance to welcome the new members in true Striders fashion – location details to follow.

HASTINGS HALF by Becky Souissi

The Hastings Half Marathon was only my 2nd Half Marathon and was only 3 weeks after my 1st ever Half Marathon, which was Brighton. The course circumnavigated around Hastings starting at the beginning of the seafront then



Photo above L-R Ben Barnett, Aneka Redley, Andy Farley, Deb Plant, Hilary Humphreys and Becky Souissi

heading towards Battle and around the back of the town before heading down through the old town fishing village of Hastings and back along the seafront for 3 miles back to the starting point.

Even with my inexperience it's easy to say that this was a very challenging course. Kicking off alongside Debs Plant with an undulating 2 mile climb up Queensway, which is where I saw Simon Homer. This was followed by a 3 mile (which felt never ending) hike up the bypass toward the Ridge. Most of the climb I power walked as knew I'd tire out for the flat part when I got to the ridge.

I replayed advice I'd been given...my brother telling me "A quitter never wins and a Winner never quits". Martin Bulger – "think positive thoughts to get you up the hill". Simon Nixon in my head saying "it's not a Hill just a slope," Hilary – "big breathes in and no talking and you'll recover on the flat and feel great".



Once I'd consumed 5 handfuls of Jelly Babies and 4 slices of oranges, which were handed out by the supporters, I gathered momentum and with the wind in my face I started to believe in myself again that I had the determination to finish. Along the ridge were bands and singers all out in force, with the locals who really did themselves proud for their hometown with their cheers of support. At mile 8-9 I overheard a guide runner advising his blind runner that if they reached 2:05 at 10 miles then he'd get her in for 2:40. This was my lightbulb moment when I thought I might be on for a PB here. When I reached the brow of the hill and saw the long downwards I just let myself go full pelt. I hear the guide shout "open your legs right out. Let your stride out" and I was off. I looked down at my Fitbit and saw digits on my pace I'd never seen before and had full motivation to do this.

As I reached the old fishing village I knew it wouldn't be much further before I saw Chairman Rob, and as promised, he was in his kit ready to run me in the final 3 miles. I was parched as had just sprinted downhill like a mad woman so he grabbed me some water, calmed and re-focused me, as I was like an excitable puppy at the thought of getting my 2nd PB. With only 0.5 mile to go I was overwhelmed to see my fellow Striders (Joe, Debs, Jazz, Ben and Aneka) there to cheer me in. I shouted "Team I'm on for a PB" then amazingly Aneka, in her full winter coat, started running alongside me, powering me along, even dragging and pushing me to a sprint finish. The announcer over the tannoy said I can't see your number, my zipper was stuck and Aneka shouted "lift your top up" and the announcer then called my name out saying "1685 Becky Souissi the Seaford Strider, someone stop her before she gets to Seaford."

It was all over at 2:39 and I managed to shave 1 minute and 8 seconds off my previous time.

I was absolutely chuffed to bits and those tough hills at the start had already faded from my mind with all the support from my fellow Striders that ran and supported me in, I can honestly say being the last Strider home isn't so bad

Results: Hastings Half Marathon was won by local runner Adam Clarke of Hastings AC, who won the gruelling, tough course in 68:35. Josh Rudd, 01:19:47; Dave Dunstall, 01:26:35; Damian Partridge, 01:32:06; Andy Farley, 01:40:22; Ben Barnett, 01:41:06; Aneka Redley, 01:43:14; Graham Jones, 01:47:22; Natasha Swan, 01:50:19; John Foster, 01:54:17; Richard Honeyman, 01:58:57; Hilary Humphreys, 02:07:46; Debbie Plant, 02:16:28; Simon Homer, 02:16:28; Becky Souissi, 02:39:41.

Rogues Gallery



Photos above L-R in finishing order - Josh Rudd, Dave Dunstall, Damian Partridge, Andy Farley and Ben Barnett



Photos above L-R Graham Jones, Richard Honeyman, Debbie Plant

& Becky being given a helping hand by Anneka

Photos this race courtesy of Tony Humphreys, except for official start of race and that courtesy of Sussex Sports Photography

CLUB EVENTS



Mondays, 9th April & 7th May

Monthly Training Session

7.30pm – Lewes Track



Saturday 7th April

Skittles Evening

Royal Oak, Barcombe



Thursday, 12th April

Thirsty Thursday

Joe's 18th-at the Welly

THE MOYLEMAN by Emily Eaton

Photos above left Gareth Hutchinson and right Emily Eaton – both photos courtesy of Emily



The Moyleman is a beautiful trail marathon or relay half marathon starting and finishing in Lewes, which takes in the stunning Sussex countryside of Southease, Firle and Mount Caburn. The ‘Beast from the East Part 2’ arrived the day before and this meant a freezing start to the day and a lot of snow on the ground. A less hardy race crew would have cancelled but off we set wrapped up and ready to brave the conditions.

The course was very hilly and the peaks were covered in snow with an icy head wind and the lower valleys were snow-free but muddy. Despite this, the atmosphere was incredible. The marshalls smiled and handed out (icy) water and jelly babies and all the runners were so supportive and encouraging of each other.

The race finished in Harveys Brewery with a free pizza and beer – what more could you want? I definitely recommend this race to anyone looking for a challenge in stunning surroundings with one of the friendliest organising crews around.

I finished in not a PB but nevertheless a respectable time of 4.52. Fellow strider Gareth Hutchinson made it look easy in 3.59.

MOYLEMAN - a marshal's perspective by Tom Roper

This year was the fourth full running of the Moyleman, an off-road marathon starting and finishing in Lewes. The race is named in memory of Brighton and Hove AC runner Chris Moyle, who loved marathons and hill-running, and died of stomach cancer at the very young age of 41. As well as the full marathon, 26.2 miles and 3,000 feet of ascents, there's also a relay option in which teams of two runners can run half the course each.



I've been Chief Marshal for all the races so far, but this year offered more challenges than usual. Our organisers' WhatsApp group buzzed with messages as we watched the weather forecast in the days before the race. The polar vortex had brought back a second Beast from the East. We weighed up our options. Could we let the race go ahead without putting runners and marshalls at risk? Forecasts changed and, crucially, predictions of snow on the day itself were withdrawn. We went ahead with marking out the course the day beforehand. My section, between Firle Bostal and Bo Beep, was bitterly cold in the strong easterly winds, but it looked as if we could go ahead. We offered any runners who wanted to withdraw an option to defer to next year.

On the morning of the race, some of us went up to the high points to check conditions and reported back. We could run the race. I briefed marshals at race HQ, Wallands School in Lewes (also the HQ of the Lewes Downland races in October). Then we went out to our places. Several Striders had volunteered to help: Peter Weeks helped at the bridge over the A27 at Housedean farm, while Dave, Emily Eaton's father and so an honorary Strider for the purposes of this report, helped out as the runners turn up Newmarket Hill. At the halfway point, and handover for the relay teams, Sandra Standen and her husband helped, and high above them, and in the most



exposed positions of the whole race, Amanda Feast encouraged the runners as they reached Firle Bostal, while Kristiane Sherry, Matt Franks and Anna Norman greeted the runners as they reached Bo Peep Bostal, the most easterly point of the course, where runners head down the hill to return to Firle on the Old Coach Road. All acquitted themselves splendidly, and marshals were singled out for praise in the feedback we've had from runners.

The race was won by Lewis Sida of Lewes AC in 3:13:44, and, remarkably, his wife Helen Sida was first woman in 3:52:33. The course record of 2:59:46 established by Mike Ellicock in 2015 stands, until next year.

We rewarded marshals and runners alike with free beer and pizza at the race finish in Harveys brewery yard. If you'd like to run, or marshal, in 2019, let me know.

Photo Credits: The Moyleman sign is James McCauley and the marshal's back is Barry Collins

STRIDERS CLUB GRAND PRIX RACES

Following on from the success of the 2017 Striders Club Grand Prix, our organiser, Chris Le Beau has devised another group of races in which to compete against your fellow club members. The first event this year is the parkrun at Preston Park on 17th February.

For those of you who are new to parkruns, you will first need to register and print out a permanent bar code which you carry with you for the run. <http://www.parkrun.org.uk/register/> This is then used to log your run time and can be used at any future parkrun. There is no entry fee for parkruns. 17th February is a good opportunity to get on the scoreboard early and to wear club colours to remind the locals they have a fine running club nearby!

7-Apr-18	Hove Prom Parkrun	http://www.parkrun.org.uk/hovepromenade/
6-May-18	Haywards Heath 10 mile	https://www.nice-work.org.uk/races/-the-mid-sussex-haywards-heath-10-mile/2018
13-May-18	Hastings 5 mile	https://www.nice-work.org.uk/races/Hastings5/2018
9-Jun-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
16 June 18	Parkrun (details tbc)	
24-Jun-18	Heathfield 10K	http://heathfieldroadrunners.com/race.php
7-Jul-18	Eastbourne Parkrun	http://www.parkrun.org.uk/eastbourne/
4-Aug-18	Peacehaven Parkrun	http://www.parkrun.org.uk/peacehaven/
9-Sep-18	Hellingly 10K	http://www.hellingly10k.co.uk/
7-Oct-18	Lewes 10 mile	https://www.lewesac.co.uk/
21-Oct-18	Hove Prom 10k	http://arena80.co.uk/hove-prom-10k-race/
10-Nov-18	Preston Park Parkrun	http://www.parkrun.org.uk/prestonpark/
2-Dec-18	Crowborough 10K	https://www.nice-work.org.uk/races/the-crowborough-10k
Dec date tbc	Cross Country Framfield	http://www.eastsussexcrosscountry.co.uk/events

SEAFORD PARKRUN - update

Plans for a Seaford Parkrun are well underway. There is a core team comprising of Joel Eaton, Andy Farley and Michelle Tickner, who are currently involved in bid applications for funding. Equipment costs for a laptop, stop watches, bibs, cones and plastic discs for time recording, etc. are approximately £3,000.



Progress is being made with permission being officially granted by Seaford Town Council for the Parkrun to be held along the seafront. Joel would now like to widen the core team to other interested members of Striders. Please contact Joel direct, sending him details of your Parkrun registration number. soundslikejoel@gmail.com

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. Sponsorship also received for a number of local businesses, which also reduces the cost of our kit – see sponsors page for further details.

Please note that there has been a price increase from January. 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



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 Grand Prix Races

April – May 2018		June	
2 Apr	Lewes Easter Monday 10K + Kids races	3 June	Focus 10K; 5: and Children's mini mile
7 Apr tbc	Sussex Road Relays, Christ's Hospital	3 June	Mud Monster 5K, 10K, 20K, East Grinstead
7-Apr-	Hove Prom Parkrun	3 June	Worthing 10K
8 Apr	Hartfield 10k/5.6k & 2k – Kids can enter	10 June	Hove Park 5K and Children's races
14 Apr	Brighton Mini Mile Races	10 June	Weald Challenge Trail 50K, Ultra & Half, Chiddingly
15 Apr	Brighton Marathon + BM10K	10 June	Martello Rotary Triple Challenge – includes Half Marathon
22 Apr	London Marathon	15 June	Robertsbridge Midsummer 10K
26 Apr	Haywards Heath Open Track & Field Events	16 June	Parkrun – venue tbc
28 April	Dark Star 7K Patridge Green - Henfield	16 June	Boxgrove 5K
5 May	East Grinstead 10M (mid Sussex Marathon Week-end)	17 June	Felpham Five Beach Race
6 May	Haywards Heath 10M (mid Sussex Marathon Week-end)	17 June	Adidas City Run - 1 mile lap and 1 hour to complete as many laps as you can – how far will you go? Central London https://endurancecui.active.com/new/events/48912254/select-race?e4p=2e39da39-9b97-45f7-895a-259a44953924&e4ts=1522244620&e4q=d30ac633-9d84-4484-a106-7bc73fc21222&e4c=active&e4e=snawe00000000&e4h=9074e7033be0756878c01b031f093a92&e4rt=SafetyNet&_p=4827115007221052
6 May	3 Forts Challenge 27M, Devils Dyke - Cissbury		
7 May	Burgess Hill 10K (mid Sussex Marathon Week-end)		
7 May	Barcombe 10k & 5k + Kids races	20 June	Mid Summer 5M, Chichester
10 May	Out of the Blue 10K, 5K, Battle	20 June	The Weakest Link Relay, Brighton
13 May	Hastings 5 Mile Club Grand Prix	23 June	Race to the King
13 May	Pulborough 5K/10K/15K/HM	23 June	Downland Dash, Burgess Hill (N.B. Sat) & Kids 1M
13 May	Eastbourne Trackstar Marathon	24 June	Heathfield 10K Club Grand Prix
13 May	Hedgehopper 5, Portslade	24 June	Bates Green Gallop 3.78 mile x ?? 6-hour limit!
13 May	Run Wisborough 10K, 5K	25 June	Marathon Madness 5 in 5; 3 in 3; Trail events
16 May	5M Beach Run, Littlehampton (N.B. Wednesday) & Kids 3/4M	26 June	Marathon Madness 5 in 5; 3 in 3; Trail events
20 May	Horsham 10K	27 June	Marathon Madness 5 in 5; 3 in 3; Trail events
20 May	Bognor Prom 10K	27 June	Bexhill 5K & Youth 1M & Kids 1M & 500mtr
20 May	Arun River Marathon	28 June	Marathon Madness 5 in 5; 3 in 3; Trail events
23 May	Trundle Hill Run, Chichester (N.B. Wed) & Kids 3/4M	29 June	Marathon Madness 5 in 5; 3 in 3; Trail events
27 May	Rye 10 miler		
28 May	Newhaven Harbour to Brighton Marina 15M		
30 May	Bexhill 5K & Youth 1M & Kids 1M & 500mtr		

Continued Over.....

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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 Grand Prix Races

July – end August 2018		September – January 2019	
1 July	Bewl 15	2 Sept	The BBB 10K
1 July	Lingfield Dry Hill 10miler & 10k, Lingfield College https://lingfieldrunningclub.co.uk/	2 Sept	Fittleworth 5 & Kids 0.8M
4 July	Roundhill Romp, Steyning (N.B. Wed) & Kids 1M	2 Sept	London 2 Brighton Trail Ultra
7 July	St Lawrence Fun Run, Hurstpierpoint	9 Sept	Hellingly 10K Club Grand Prix
7-July	Eastbourne Parkrun	16 Sept	Tilgate Forest
8 July	Uckfield Lions 10K sherwoodc@rocketmail.com	23 Sept	Pulborough 5K/10K/15K/HM
8 July	Eastbourne 10K	23 Sept	Y-Front, Hastings 10K & 5K
11 July	Phoenix 10K (Wednesday)	30 Sept	Barns Green Half & 10K
15 July	Beat the Tide 10K, Worthing	30 Sept	Tempo 10k, Eastbourne
18 July	The Wakehurst Willow 8K	7 Oct	Bright 10
21 July	Lunatic Night Marathon	7 Oct	Sussex Marathon 7 Half
22 July	Brighton Trailblazer Run	7 Oct	Lewes Downland 10 Mile Club Grand Prix + 5mile
25 July	Bexhill 5K & Youth 1M & Kids 1M & 500mtr	7 Oct	Downslink Ultra
29 July	Seven Stiles, Henfield & Kids 1M	14 Oct	Hickstead Gallop 8K & Kids 1.5M
1 Aug	3.5M Highdown Hile, Worthing (N.B. Wednesday)	21 Oct	Worthing Seafront 10K
4-Aug	Peacehaven Parkrun	21 Oct	Hove Prom 10K Club Grand Prix
12 Aug	The Adder 10 miler & Friston Forest 5	27 Oct	Beachy Head Marathon + 10k
12 Aug	Henfield Half	28 Oct	5M Steepdown Challenge, Lancing & Kids 1M
18 Aug	Downland Challenge Ultra	4 Nov	4.5M Gunpowder Trot, Horsham & Kids 1M
18 Aug	13 The Hard Way, Clayton	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
19 Aug	Hornets' Stinger, Brighton, 10K + Kids races	10 Nov	Preston Park Parkrun
25 Aug	South Coast Challenge	18 Nov	Brighton 10k
26 Aug	Newick Will Page 10k	2 Dec	Downland Devil 9
26 Aug	Arundel Castle 10K	2 Dec	Crowborough 10K Club Grand Prix
27 Aug	Kings Head Canter	9 Dec	Mince Pie 10 miler
		Dec tbc	Cross Country Framfield Club Grand Prix
		1 Jan	Seaford Striders Seafront 5K
1		1 Jan	Hangover 5M, Goring & Kids 1M

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

