



# SEAFORD STRIDERS NEWSLETTER

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

*Editor: Hilary Humphreys [hilary@hilton-it.co.uk](mailto: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>

**June 2018**

## MID SUSSEX MARATHON WKND by Josh Nisbett

**Photo this article courtesy of Tony Humphreys**

If I can remember correctly it was mid Feb, marathon training for London was going well when I thought "Yeah I'll enter the Mid Sussex Marathon again, two weeks after London it'll be easier this time". I recently read someone's Strava bio which accurately describes running and answered my earlier thought "It never gets easier, you just go faster".

For those of you who don't know, the Mid Sussex Marathon is made up of 3 races, over 3 days in 3 different towns. Two 10-mile races and a third 10k race on the final day of the May bank holiday weekend make up the series.

The first 10 miler on the Saturday is held in East Grinstead, it starts and finishes at the rugby club with the majority of the run being through Hollybush and Botley Wood which run alongside the Weir Wood Reservoir. In my personal opinion this is the hardest of the three races, best to get it out the way first. The elevation is slightly more than day two's race, but it has much steeper hills than Haywards Heath, the worst being in the final mile! But don't let this put you off, I highly recommend the Mid Sussex Marathon and I feel it's a great way to progress to marathon distances. If you can do all three races, you can run a marathon, as they are tough courses.

In previous years the second day at Haywards Heath had always been a Sussex Grand Prix race. This year it was not but having it as one of our Club Grand Prix races was a great idea, and certainly bumped the numbers up with a turnout of 18 Striders, all with fantastic performances in the heat. Haywards Heaths run is a two-lap course in and out of Catt's & Pierce's Wood and around the local housing estates. Generally, with more taking part in this race there's always someone in sight to chase and/or stay with, which makes it a little more social.

The final race on bank holiday Monday is held in Burgess Hill. Another two lap course like Haywards Heath, but this time it's only 10k and not 10 miles, piece of cake..... or not. Much like East Grinstead this is pretty hilly around fields on the outskirts of Burgess Hill. Just like the day before, special guest 'The Sun' was out in force, and with limited trees for shade it was a hot one. But as I said before it's only 10k and having done the previous two days this seems short and bearable. All in all, these races are well-oiled machines and organisationally run very smoothly, with the right amount of water stations, local support, good accessible start/finish locations and great comradery from other runners doing all 3 days and races.



As always with this event on the final day you get your last medal to complete the set that all fit together, this year magnets linked them together. Another reason to take part next year if you're slightly extrinsically motivated for silverware like me, I promise I'm not a magpie. Along with the medals and sunburn I came away with a top 10 finish out of a field of just over 260, 35 places higher than two years ago and 6<sup>th</sup> in my age category. I did however miss out on 9<sup>th</sup> place overall by 1 second, so a sprint finish is always advisable as you never know, I have learnt this for next time.

**Overall Results:** Josh Nisbett, 10<sup>th</sup> in a time of 3:13:21

## HAYWARDS HEATH 10 miler Photos this article courtesy of Tony Humphreys



17 Striders joined Josh for the Haywards Heath section of the Marathon week-end

**Results:** Josh Nisbett 1:11:07; Nick Farley 1:13:36; Joe Plant 1:16:17; Natasha Swan 1:22:30; Emily Eaton 1:23:44; Andy Farley 1:23:49; Adam Haverly 1:23:51; Peter Weeks, 1:25:37; Anneka Redley 1:27:15; Kristiane Sherry 1:28:04; Emily Tearle 1:29:16; Katherine Elton 1:38:04; Hilary Humphreys 1:42:18; Amanda Feast 1:42:21; Lindsay Tearle 1:46:48; Debbie Plant 1:58:10; Stacey Jones 2:00:27; Becky Souissi 2:19:06

## WhatsApp - car shares and runs

Loads of you have already signed up but for the many new members, Striders' WhatsApp group has been formed for anyone who want to get together for a run or car share to an event. It is simple and easy to set up via the link: <https://chat.whatsapp.com/4hGlz6PuskcHJ8lBMwUJzP>

This can be copied into your browser on phone or computer and is free to download and use. People should be aware that if they join the group that other people within it can access their mobile number (So group should be kept to Striders only).

**MemberMojo** our brand new membership scheme is now live, if you haven't already done so please log in and check out the data we hold; set up your personal password and make any necessary changes.

## MILTON KEYNES HALF by Stephanie Woodward

**Photos this article courtesy of Steph**

Firstly, as this is my first piece for the striders newsletter it wouldn't be right starting without saying a few thank-yous. At Brighton Half in 2017 I tore a tendon in my hip so couldn't run. I missed the freedom that running gave me though so decided to do something about it and was referred to a physio. Whilst waiting for my appointment I decided to start

running again with a New Year's Day run with the Striders. Although I struggled to run the 5K everyone was so supportive. I ran with a lovely girl who chatted to me the whole way round.

My appointment arrived for the Physio, off I went fearing the worst... I couldn't have been more wrong; my physio was the lovely girl I was talking to on the New Year's Day run. Striders very own Jazz Shiret. Jazz persuaded me to come back to Striders and it's thanks to her that I can now run comfortably (although she did leave me black and blue after my first appointment). Thanks also to Simon Nixon our group leader - oddly his obsession with hills has given me my confidence back, and to the rest of the group for being there to chat and moan with.

**On to the races....** On Bank Holiday Sunday I took part in the Milton Keynes 5K Rocket Run. With a 9am start it was already feeling warm. My intention was to take this one nice a slow as I knew the next day I had a half marathon to run. The course however had a different idea and just swept me away. Being a mostly flat course my legs loved it. Trying to slow myself down on the last mile, I finished in 25 mins (which was still 10 mins behind the winner)! I came 593<sup>rd</sup> out of 1911 runners!



Monday's race was a 10am start and it was already boiling hot. I was there nice and early thanks to my big sister driving me around in my brand-new striders vest. The atmosphere was amazing. The start was just outside MK Dons Football Stadium and the stadium itself was open for friends, family and runners. I took my place in the queue for the toilets and there on the pitch was the finish line!

I got in my pen, chatting away to a young girl and the 1:55 pacer thinking I will try and keep him in my sights. The race started and after a quick wave to my family I was off..... The first 3 miles went by quick. I was aiming for a sub 2-hour finish and was on pace to get it.

The temperature was rising and I was aware I couldn't actually swallow. I gave in and had some water approaching mile 4. This is when I noticed the first runner passed out on the floor. I decided then and there to keep drinking and to slow my pace down - I didn't want to be one of those runners on the floor.



At mile 5 I found the girl I was talking to at the start (Joanna), she had stopped and was phoning home saying she couldn't go on. I asked her to run/walk with me and we agreed to support each other. Slowly I could see her self-belief return and with each mile she got stronger.

At mile 7 the marathon runners split from the half marathon runners, each taking their own route to the finish. The crowds were amazing, soaking us with hose pipes and super soakers. I was half way.... I texted my sister to say sorry I'd more likely be 3 hours than 2 and she replied "take it easy you are doing fab".

The 1:50 pacer (a friend of Joanna's) shouted to Joanna and I – he too had stopped. He turned his pacer bib inside out then joined us running.

Another quick message – this time to Deb Plant... thanking her for her earlier message, generally moaning how hot it was and advising her that I was at the dreaded mile 9 (which I hate by the way). She replied instantly telling me to take my time, I am doing great and with that I was off again this time knowing I was virtually being supported by my fellow striders (Ruth was also tracking me on the app). I knew I could dig deep and finish. After all there was ONLY the equivalent of a parkrun to go!

Approaching the stadium, I saw my mum (screaming like a lunatic) slightly on from her was my sister, nephew and my eldest son - Lewis... He shouted, "go on mummy, you are on the big TV, look". With a lump in my throat I ran through

the tunnel to a stadium finish. The cheers were something else. I completed a lap of the football pitch and crossed the finish line in 2hrs 23mins.

I can't describe how much mental strength it took to finish that race. No amount of training could have prepared me for that heat. Oddly though it is my favourite half marathon to date and I recommend that you all do it or the marathon if you can.

Because I finished 2 races in one weekend I got a 3<sup>rd</sup> medal... after all it is all about the bling right? Thanks again striders. You inspire me daily with your Strava updates and really highlight what running is all about... Now help me get that sub 2 ☺ xx



## CLUB EVENTS

Wednesday, 20th June – Seaford Sailing Club



Mondays, 4<sup>th</sup> June & 2<sup>nd</sup> July

Summer Solstice 5k and 2.5k run

Monthly Training Session

7.30pm – Lewes Track

Saturday, 7th July – Newhaven Football Club

Back to School Sports Day

2pm onwards

## SUMMER SOLSTICE 5K RUN - Wed, 20<sup>th</sup> JUNE



The 2018 Summer Solstice 5K run will start at 7pm from the Seaford Sailing Club and is free. The course is out and back along the seafront so nice and flat! There will also be a shorter course of approx. 2.5.

The Sailing Club will be open at the finish for the purchase of drinks snacks and meals – a perfect way to socialise and get to know everyone!



This is for seniors, juniors and current 'couch to 5k' members, so come along and join in.

## BACK TO SCHOOL SPORTS DAY

Hold the date! Saturday, 7<sup>th</sup> July will be the Seaford Striders, Back to School Sports Day, from 2pm onwards at the Newhaven Football Club, Fort Road, Newhaven. All the classic primary school races will be included – egg and spoon, three-legged, tug of war and many, many more.



TICKETS: £6 per adult, £3 per junior and £16 for family ticket (2 adults, 2 children) including all BBQ food. Any drinks from the bar can be purchased by cash or card.

Have you got what it takes to make the podium?

Tickets on sale from Anneka Redley or Kristy Sherry- cash, cheques or bank transfers accepted.



## 'Couch to 5K'

Many thanks to members who have continued to turn out on Tuesday evenings to assist with the new 'Couch to 5k' group. Thanks also to Michelle Varndell who leads the post-run stretching



Please be aware that the new club grand prix race – the Peacehaven Parkrun on Saturday, 16<sup>th</sup> June is the first one scheduled for our 'couch to 5k' group to run. Please turn out in force to run with them and encourage and cheer them along the way.

## ENGLAND ATHLETICS 10K by Sue Garner

**Photos this article courtesy of Chris le Beau**

Although my first claim club is Lingfield, I like to be involved in Sussex races for Striders when the opportunity arises. And it was thanks to my links with Seaford Striders that I became involved in this International race at Birmingham on 6<sup>th</sup> May.

Life holds so many opportunities and at the beginning of the year I had never imagined this one was around the corner. A while back, Hilary had circulated a message from England Athletics inviting participation in this age group event. There were three qualifying races, with the first 3 finishers in each age group, and for each gender, to be given the chance to compete at Birmingham. Chichester 10K was the first qualifying race. I have run this many times, including the new course introduced last year, but this year the date clashed with holiday plans, so that was a nonstarter.

Lincoln 10K was the next nearest, though not exactly near. I set off the day before the race to make an overnight stay, apprehensive about weather warnings, as phase 2 of the Beast from the East was being promised. Sure enough, on the morning of 18<sup>th</sup> March, Lincoln was under a thick layer of snow and the race was cancelled.

The other qualifier had been scheduled at Trafford for 4<sup>th</sup> March, but this had also been beaten by the weather, falling victim to the Beast from the East phase 1.

So, EA then had to resort to an alternative plan. They studied race times over the past year, a significant task, given the many age groups between 35 and 85. After a nervous wait, I finally received the e-mail to tell me I was in!

This time, there was no risk of snow. Birmingham was sweltering in the heat wave that hit much of the country that weekend. I travelled by train the day before the event and found a taxi to get me to the hotel. The taxi driver was less than tactful, having enquired what I was planning to do in Birmingham and then reacting with a "You must be kidding me". I like to think **he** was the one who was kidding, but I am not sure!

The Masters was a race within a race, with the England contingent competing against a Celtic Nations team, made up of Scottish, Irish and Welsh. I collected my England vest on the Saturday, a once-in-a-lifetime experience!

On the day of the race, I met a Scottish lady from the Celtic team at the hotel and shared a taxi with her to the start with my Lingfield friend Lisa, who had also qualified in a different age group. This was typical of the



instant friendships struck up between friendly rivals. One of the nicest things was putting faces to names of other ladies in my age group. We all look through the national rankings and know the names, so Pauline and Shirley and others felt like old friends! They were all so friendly and kind, and many of them had done master's competitions abroad, so knew one another well.

I was extremely nervous, as I could not envisage what the race was going to be like, and I naturally wanted to put in the best performance I could.

This was a huge event, and Channel 5 had live TV coverage. It was not exclusive to the Masters, so there were more than 6600 finishers, from Olympians to fun runners, and some of the dedicated charity runners stuck with their fancy dress in spite of the temperature. The run set off in seven separate start waves to reduce crowding.

There were 62 "Elite Women" and we were pleased to be the first to set off, before the heat built up even more. The Masters lined up respectfully behind the youngsters, who of course shot away at a cracking pace.

I was not too aware of the course, just keeping an eye constantly on the F60 lady in front of me. But, for the record, the course headed out from Aston University, past the Bullring shopping centre and southwards to Edgbaston cricket ground. There were some loops on the return, so it was not entirely an out-and-back course. It was far from flat, with plenty of tight turns and some of it not very pretty, with the industrial backdrop. The greenery of Calthorpe Park and Cannon Park provided a pleasant contrast, and the sprinkler tunnel at around 6K was very welcome.

I managed to hold a fairly consistent pace but it felt like a huge effort and at times my natural positivity was struggling, some of the inclines were making me think "never EVER again". I stayed for much of the course with a new friend, Mimi from Whitchurch, and we exchanged words of encouragement all the way. And an extra motivation came from the fact that I knew Pauline Rich, also in my age group, was close behind.



There was a mean uphill 500 metres from home, and it was here that I was overtaken by Moses Kipsiro, the Ugandan, who had started some 22 minutes after me. A freeze-frame (see left) from TV might suggest I was competing with him, but in fact, whilst my legs were more than ready for a rest, Kipsiro strode away majestically to win the men's race, and looked as if he could have gone round again without dropping pace. I checked out the commentary on TV the next day, and it was on this overtake that Dave Moorcroft made

slightly inaccurate reference to the Masters, ranging in age from 35 **up to 50**. I certainly did not feel 20 years younger at the end of the race, but thanks anyway, Dave!

I finished in 52 min 13 and was more than pleased to hold on to first place in my age group, and the England team won the international event. It was good to see friendly faces from Sussex and elsewhere and to be part of the camaraderie of the Masters. Altogether a grand day out!

## RUN GATWICK HALF MARATHON by Anneka Redley

**Photos this article courtesy of Anneka**

On hearing there was going to be a half marathon event in my hometown called 'Run Gatwick', I was immediately interested. My excitement was mirrored by my dad and before you know it we were all signed up. A keen footballer, Dad had been playing well into his 50s, when in recent years he decided to take some time out due to a heart condition....and by time out, of course we mean running 13.1 miles and working the heart to the maximum. I'd always

known him as a fit and sporty man who used to drag me around the block on short runs, me panting and failing to keep up with his longer legs.

However, the tables have finally turned! He'd never run a half marathon and needed me this time to drag *him* around the course! After looking up my time at the Brighton Half, he had adamantly stated that we would NOT be running anywhere

near that pace and that his goal was to dip just below 2 hours. After a very casual approach to his training regime ('it's too cold to run', 'it's too rainy to run', 'it's too hot to run') the day finally arrived. We walked up to the start from my parents' house and although being this race's debut, the field was buzzing with people and proving to be very popular.



Perhaps naming the run 'Gatwick' and not 'Crawley' was a smart move and didn't put anyone off. (I am in the minority of actually liking Crawley Town myself!). When looking at the route, I was surprised to see Tilgate Park (easily the most scenic part of Crawley) was not part of it and thought it might be a bit industrial and dull; however, I suppose it had to get closer to its namesake 'Gatwick'.

We started at Southgate playing fields and ran down towards the town centre. At mile 3, Mum was waiting to cheer us, along with other supporters who had kindly taken the time out of their day. Next, we were heading along the A23 towards the airport and past my work building (BOO!) until turning into Charlwood. I thoroughly enjoyed this part, winding through the country roads, surrounded by horses galloping in the fields; whilst planes noisily flew above us (including an A380 taking off) and not forgetting the band who were playing! Me and Dad were comfortably breezing along at his desired sub 2 hour pace, water stations were well equipped and the marshals were fab.

Then came the hill. Now, the course had been completely flat up until this point. Dad's pace really dropped as we climbed the short hill, which he claimed was a mountain, (Crawley folk need to try running in the Downs!) but he made it up there in one piece and was rewarded with a downhill. We emerged from Charlwood into residential Ifield where there were many supporters cheering us on for the final couple of miles. My ever popular dad seemed to know everyone; runners, supporters, the lot (mainly football related); and I was momentarily involved in a chorus of 'I'm forever blowing bubbles' from some of his fellow West Ham cronies.

Heading back towards the town centre, the crowds were louder and more excitable, but Dad was really starting to flag! We both knew that the final part of the race was a slight uphill where the crowds were lined, and we spotted Mum again. I told him it really didn't matter if he couldn't speed up, we were well under the 2 hour mark, but as we approached the final 100m he managed to build a bit of speed to burst over the finish line in style. The text was immediate 1:56:45. He had done it! With minutes to spare hoorah!

Sure, it's great when we hit our own personal goals, but it's so nice to help somebody else reach their target and keep them company along the way. I would recommend this run to anyone, it's definitely beginner friendly and certainly a PB potential course (the hill is nothing alarming!); with the perfect mix of town and countryside. Brighton has always been my favourite half marathon, but this could be a strong contender! It was so much fun to run with my dad (although I'm not sure he'd use the word fun) and after a disappointing marathon for me it was nice to truly enjoy running a race again. Whether that was because I was helping



pace somebody to achieve the time they wanted, or the fact it was my hometown and I knew the area so well, I really don't know. All I know is I LOVED it, plus we got a free t-shirt and Mum treated us to ice cream! So, all in all a great day. The real question is, will Dad sign up for next year? I think he just might!

## HASTINGS 5 by Timothy Dymott

(photo right)

Photos this article courtesy of Tony Humphreys



L-R Stacey Jones, Victoria Maleski, Kristiane Sherry, Sandra Standen, Nick Farley, Matt Franks, Damien Partridge, Joe Plant, Simon Homer, Hilary Humphreys, Timothy Dymott, Debbie Plant, Jeff Young, Becky Souissi, Simon Nixon, Josh Nisbett, Graham Jones



The Hastings 5-mile saw 22 Seaford Striders take part in the event, and for a change the ladies outnumbered the men – 12 to 10! The weather was as close to perfect as could be hoped for with only a mild westerly wind, that, matched with a flat(ish) - (definitely two inclines) course meant fast times all round!

First female strider in was Anna Norman with a time of 37:58 (av pace 7:36 min per mile!!) and first male strider was myself with a time of 29:15. The support from everyone was amazing with each strider finishing heading straight round to the final stretch to cheer the next one on!

We had two Striders take 3rd place in their age groups, Jeff Young (photo left - 359) and Hilary Humphreys. There were also at least 4 striders with new PB's, Jazz Shirett, Stacey Jones, Debbie Plant and Becky Souissi.



**Full results:** Timothy Dymott 29:15; Josh Nisbett 31:05; Jeff Young 31:50; Joe Plant 31:55; Nick Farley 32:10; Damien Partridge 33:12; Ben Barnett 34:00; Andy Farley 34:03; Matt Franks 35:27; Graham Jones 37:29; Anna Norman 37:58; Kristiane Sherry 38:31; Jazz Shirett 42:14; Hilary Humphreys 43:22; Simon Nixon and Simon Homer 44:34; Emma Cooper 44:39; Stacey Jones 46:27; Debbie Plant 47:17, Becky Souissi 53:32, Victoria Maleski 53:41 (photo right) and Sandra Standen 57:55.

## TRACKSTAR MARATHON by Ben Letschka

Photos this article courtesy of Ben

The Trackstar Marathon - on initial thoughts, it seems to just be a perfectly flat 26.2 miles on lovely spongy surface, however in reality, there's so much more to it. 105 laps and 195 metres of the Eastbourne 400 metre track, in the same direction, over and over again.



105.5 times can take its toll, mentally and on your body, especially the left side of your body. This race has been running now for 2 years and I have been crazy enough to have done both of them. This year I was more conditioned, physically and most importantly, mentally.

The first year I was suckered into focussing on the fact that there were no hills and the surface was perfect for speed. I convinced myself that I could just power it all the way through for a massive PB. I started very quick and suffered for it later. I had to walk on and off towards the end and every step that was actually faster than a walk felt like I was pulling a truck with Usain Bolt on my shoulders. I finished with a miserable time of 4hr 48.



This year I was not going to make the same mistake. Nevermind the training leading up to it, I mean on the infamous track itself. I started nice and relaxed, not even thinking of the finishing time. I used my Suunto multisport watch and an electronic counter, which was bought on Ebay for about a quid. (GPS tracking often has difficulties tracking you on such short loops, but this did record 26.1, so not far off) The electronic counter just has the one button and you just click it at every lap.

My game plan was to grab my bottle from my area at the side line every 10 laps. Then grab a carb jel every 20 laps along with water. This worked well for me and towards the end, I treated myself to a sit down while sorting my jels/water.

This whole thing does sound like a monotonous task, however there is great satisfaction with clicking that counter; seeing the little number go from 10, to 20 to 60 and eventually 105. The sense of progress is immense, which is something that you might not have expected. You're consciously updating your 'progress' every 400 metres, as oppose to looking out for the next mile that you cross, so it is of course a lot more frequent.

If you have concerns about getting bored with the scenery, it is a track yes, but we're lucky with the track in Eastbourne because you do have views of the south downs, so it could be a lot worse.

This event is truly a must for your 2019 race calendar. It is a low cost marathon (£35 or £33 for UKA licensed runners), you'll have their aid station every lap and your own setup every lap too. You have the space to position a camp chair, bag and even a table if you like.

It is certainly a very convenient marathon, with the free car park only metres away from the action, you're not wasting lots of energy just getting to the start line. Your spectators will appreciate this too, they can have a picnic on the grass while watching you, or they could arrive a few hours into it and cheer you on every 2-4 minutes as you run past them.



Another great thing to note is that the start line of a marathon is often chilly, but you know you'll be hot later on when fully warmed up. You won't want to throw a perfectly good long sleeve running top away and you may not want to look like a fool in a black bin bag. With this race, you can just chuck your long sleeve on your bag as you run past it few miles in, or use a race belt and have a kit change during your run as well.

This race has been limited to 80 places, even when sold out, it doesn't feel cramped at all. There is an etiquette, which has runners on the inside, overtakers going out a little, then walkers further out. I've ran 211 laps around this now and haven't had any issues with it feeling 'cramped' or been annoyed at anyone for bad etiquette. This event is chip timed, but you should only expect to know your lap from the organisers on your last lap. You can ask them, but they do sometimes get overwhelmed with requests for this, so it's best to keep track yourself.

Overall, there are so many pros over cons to this event and being so local to Seaford, I would love to have a group of Seaford Striders doing this next year, just imagine having the support of your fellow club runners every few minutes, from spectators and competitors.

Pros: convenience, price, bespoke medal, free photos, easy to stay hydrated and fuelled, sense of achievement, good for spectators, traffic free, song requests  
Cons: The scenery doesn't seem to change much, no down hill sections!

My relaxed approach had worked as I ran every step and finished 1 hour and 1 minute quicker than the previous year.

## HALSTEAD MARATHON by Jacob Miles

Photos this article courtesy of Jacob

Held in the scenic countryside of North Essex, this was the 24th Halstead Marathon and, after previously running it in 2016, my second attempt at the course. The course description of *"the race is mainly through quiet and picturesque country lanes, undulating with small valleys,"* is very adept, especially the part about the undulating small valleys, some of which are reasonably substantial!

However, it is a very enjoyable race to partake in, often running in peaceful surroundings with a few smatterings of spectators in various locations. Two loops, of which the second takes you away from the first loop at around 13-15 miles for the toughest climb of the course, before rejoining the first loop again.



In 2016, it was the hottest it had ever been for the marathon, however this year was a more pleasant 14-16 degrees with a gentle breeze, perfect conditions for running. I only entered the marathon the Wednesday before and was slightly unsure what my marathon running condition would be, but I fancied running one and this was my available date for it.

Knowing I was in reasonable 5-10 miles running condition, I set off at a pace which was steady but maintainable and just ran to feel comfortable, knowing the tricky undulations to come, I planned to get my nutrition and hydration spot on, and to see where it would get me. At halfway my time and pace were good, but the long climb around 14 miles took it out of me and it was a mental challenge to stay steady and tick the miles off.

My pace dropped a little from 20-24 miles, but I was way above my time aims so as long as I could stay steady and not fall away with cramp or the like, a very good personal time was on. One final climb at 25 miles before a gentle decline over the last 800 metres to the finish-line and I crossed it in a time of 3.18.58, my second quickest time of my 23 marathons (PB in Nottingham in 2015 of 3.17), and a course PB of over an hour from 2016 (4.26). There were 374 finishers at the marathon and I was placed 44th.

## PEACEHAVEN PARKRUN - 1<sup>st</sup> Birthday Party!

Seaford Striders can't resist a party and as Peacehaven's birthday coincided with The Royal Wedding – the tiaras were out!



The tutus were lovely and as for Chairman Rob's curtsy!!!

Photos this article courtesy of Tony H



# 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 next event is the Peacehaven Parkrun on Saturday, 16<sup>th</sup> June, when we will be joined by our current 'couch to 5k' members.

The series of club races includes a number of parkruns - 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.

16-Jun-18	Peacehaven Parkrun	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
24-Jun-18	Heathfield 10K	<a href="http://heathfieldroadrunners.com/race.php">http://heathfieldroadrunners.com/race.php</a>
7-Jul-18	Eastbourne Parkrun	<a href="http://www.parkrun.org.uk/eastbourne/">http://www.parkrun.org.uk/eastbourne/</a>
4-Aug-18	Peacehaven Parkrun	<a href="http://www.parkrun.org.uk/peacehaven/">http://www.parkrun.org.uk/peacehaven/</a>
9-Sep-18	Hellingly 10K	<a href="http://www.hellingly10k.co.uk/">http://www.hellingly10k.co.uk/</a>
7-Oct-18	Lewes Downland 10 mile	<a href="https://www.lewesac.co.uk/">https://www.lewesac.co.uk/</a>
21-Oct-18	Hove Prom 10k	<a href="http://arena80.co.uk/hove-prom-10k-race/">http://arena80.co.uk/hove-prom-10k-race/</a>
10-Nov-18	Preston Park Parkrun	<a href="http://www.parkrun.org.uk/prestonpark/">http://www.parkrun.org.uk/prestonpark/</a>
2-Dec-18	Crowborough 10K	<a href="https://www.nice-work.org.uk/races/the-crowborough-10k">https://www.nice-work.org.uk/races/the-crowborough-10k</a>
Dec date tbc	Cross Country Framfield	<a href="http://www.eastsussexcrosscountry.co.uk/events">http://www.eastsussexcrosscountry.co.uk/events</a>

## SUSSEX GRAND PRIX RACES by Matt Franks

Sussex Grand Prix races are filling up very quickly and a number of Striders were unable to run the last race at Horsham because it sold out early. Please ensure that if you want to run for the club at the next event at Heathfield that you get your application in early!!

## HOT, HOT, HOT HORSHAM 10K by Simon Homer



**Simon photo left – all photos this article courtesy of Tony Humphreys**

Summer certainly arrived in time for the Horsham 10K! The course was beautiful, being partly field, bridle path and tree-covered roads. The heat however, was less than pleasant, and my plan to aim for a new PB went out the window very early on. There was a great atmosphere before the race and Matt Franks, Simon Nixon and I got to soak it all up as we arrived far too early.

The race started with a lap around the rugby field and then it was onto the lovely, sun-dappled country lanes before going off-road again onto the bridle paths. There were a few inclines to test the legs but nothing too serious. The race then continued out onto main roads and through an estate where the crowds greeted us and cheered us on. The race consisted of 2 laps of the course and after being out in the sun while on the main roads I was glad to start the second lap and get back to those beautiful tree-covered lanes once again.

By the end the heat took its toll on all the runners but, as always, lots of Striders posted great times. First home and with a sub-40 was Josh Nisbett (39:46). Then came with Andy Farley (43:20), Emily Eaton (45:21), Matt Franks (46:15), Peter Weeks (47:00), Anneka Redley (48:29), Anna Norman (49:35) and Kristy Sherry (49:44).



Then the mere-mortals started finishing! Simon Nixon (52:53), Simon Homer (56:27), Hilary Humphreys (56:53), Debbie Plant (1:02:26) and Becky Souissi (1:07:19) came home with her now normal barnstorming finish and Victoria Maleski (1:10:03) completed our day. This was an enjoyable race. I would definitely do this one again but would hope for slightly cooler weather.

Photo right – Pete on cool down escorting Becky and her friend up the final hill

## CLUB KIT - Under new management!!!

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.

**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. Vests also available in a range of colours.**

To order, please email: [kit@seafordstriders.org.uk](mailto:kit@seafordstriders.org.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.



The  
Sussex  
Grand

## SUSSEX GRAND PRIX - May Update by Matt Franks



It's been really encouraging to see so many Striders turning out at Hastings and Horsham (22 and 14 respectively). Despite not all participants being affiliated, all striders have scored points in the SGP.

Affiliation does make things easier, so please consider joining by speaking with Hilary.

As previously mentioned the Grand Prix results are notoriously slow to be finalised, the points for the two recent races or the team scores are not currently available (although I'm confident we will be well placed!).

### Upcoming races – Please Book Early (limited places) – Via Run Britain

**Heathfield 10K – (24<sup>th</sup> June) Entry £10 for affiliated runners, £12 unaffiliated** – get in early only 350 places (big opportunity to score well) – An undulating course on country roads with the last 1KM a steady incline, test out that strength built up running the hills around Seaford!

**Bewl 15 – (1<sup>st</sup> July) – Entry £24 affiliated and £26 unaffiliated** - 15-mile course round Bewl reservoir, entry includes free technical t-shirt, cake and beer (and obligatory medal). Last year attended by Kelly Holmes.

**Phoenix 10K (11<sup>th</sup> July, Wed night) – Entry £14 affiliated, £16 unaffiliated** – Flat as a pancake race along starting at Hove lawns towards Shoreham and back. Cool summer evening – PB hunters dream!!

**Hellingly 10K (9<sup>th</sup> September)** – only 300 places (sold out last year)

## YOUR PARTICIPATION IN RACES

Please continue to submit race reports on your 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](mailto:hilary@hilton-it.co.uk)

## 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.



**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](mailto:info@gingerfit.co.uk)

# FUTURE RACES

Race Entry details @ <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

3 June – 1 Aug 2018		4 Aug – 1 Jan 2019	
3 June	Focus 10K; 5: <b>and Children's mini mile</b> Border Hill Gardens, Haywards Heath	4 Aug	Peacehaven Parkrun
3 June	Mud Monster 5K, 10K, 20K, East Grinstead	12 Aug	The Adder 10 miler & Friston Forest 5
3 June	Worthing 10K	12 Aug	Henfield Half
10 June	Hove Park 5K <b>and Children's races</b>	18 Aug	Downland Challenge Ultra
10 June	Weald Trail 50K, Ultra & Half, Chiddingly	18 Aug	13 The Hard Way, Clayton
10 June	Martello Rotary Half Marathon	19 Aug	Hornets' Stinger, Brighton, 10K + <b>Kids races</b>
15 June	Robertsbridge Midsummer 10K	25 Aug	South Coast Challenge
16 June	<b>Parkrun – venue tbc</b>	26 Aug	Newick Will Page 10k
16 June	Boxgrove 5K	26 Aug	Arundel Castle 10K
17 June	Felpham Five Beach Race	27 Aug	Kings Head Canter
17 June	Adidas London City Run - 1 mile lap and 1 hour to complete as many laps as you can	2 Sept	The BBB 10K
20 June	Mid Summer 5M, Chichester	2 Sept	Fittleworth 5 <b>&amp; Kids 0.8M</b>
20 June	The Weakest Link Relay, Brighton	2 Sept	London 2 Brighton Trail Ultra
23 June	Race to the King	9 Sept	<b>Hellingly 10K Club Grand Prix</b>
23 June	Downland Dash, Burgess Hill (N.B. Sat) <b>&amp; Kids 1M</b>	16 Sept	Tilgate Forest
24 June	<b>Heathfield 10K Club Grand Prix</b>	23 Sept	Pulborough 5K/10K/15K/HM
24 June	Bates Green Gallop 3.78 mile x ?? <b>6-hour limit!</b>	23 Sept	Y-Front, Hastings 10K & 5K
25 June	Marathon Madness Trail event, Worthing	30 Sept	Barns Green Half & 10K
26 June	Marathon Madness Trail event, Worthing	30 Sept	Tempo 10k, Eastbourne
27 June	Marathon Madness; Trail event, Highdown	7 Oct	Bright 10
27 June	Bexhill 5K <b>&amp; Youth 1M &amp; Kids 1M &amp; 500mtr</b>	7 Oct	Sussex Marathon 7 Half
28 June	Marathon Madness Trail event, Findon	7 Oct	<b>Lewes Downland 10 Mile Club Grand Prix</b> + 5mile
29 June	Marathon Madness Trail event, Shoreham	7 Oct	Downslink Ultra
1 July	<b>Bowl 15</b>	7 Oct	Chichester Half, 10miler & half marathon relay
1 July	Lingfield Dry Hill 10miler & 10k, Lingfield College <a href="https://lingfieldrunningclub.co.uk/">https://lingfieldrunningclub.co.uk/</a>	14 Oct	Hickstead Gallop 8K <b>&amp; Kids 1.5M</b>
4 July	Roundhill Romp, Steyning (N.B. Wed) <b>&amp; Kids 1M</b>	21 Oct	Worthing Seafront 10K
7 July	St Lawrence Fun Run, Hurstpierpoint	21 Oct	<b>Hove Prom 10K Club Grand Prix</b>
7-July	<b>Eastbourne Parkrun</b>	27 Oct	<b>Beachy Head Marathon</b> + 10k
8 July	Uckfield Lions 10K <a href="mailto:sherwoodc@rocketmail.com">sherwoodc@rocketmail.com</a>	28 Oct	5M Steepdown Challenge, Lancing <b>&amp; Kids 1M</b>
8 July	Eastbourne 10K	4 Nov	4.5M Gunpowder Trot, Horsham <b>&amp; Kids 1M</b>
11 July	<b>Phoenix 10K (Wednesday)</b>	10 Nov	Poppy 5K, 10K & Half, Bexhill +team 36Km
15 July	Beat the Tide 10K, Worthing	10 Nov	<b>Preston Park Parkrun</b>
18 July	The Wakehurst Willow 8K	18 Nov	Brighton 10k
21 July	Lunatic Night Marathon	2 Dec	Downland Devil 9
22 July	Brighton Trailblazer Run	2 Dec	<b>Crowborough 10K Club Grand Prix</b>
25 July	Bexhill 5K <b>&amp; Youth 1M &amp; Kids 1M &amp; 500mtr</b>	9 Dec	<b>Mince Pie 10 miler</b>
29 July	Seven Stiles, Henfield <b>&amp; Kids 1M</b>	Dec tbc	<b>Cross Country Framfield Club Grand Prix</b>
1 Aug	3.5M Highdown Hile, Worthing (N.B. Wednesday)	1 Jan	Seaford Striders Seafront 5K
		1 Jan	Hangover 5M, Goring <b>&amp; Kids 1M</b>

