



Seaford Striders Newsletter

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

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Ashdown Forest XC by Jeff Young

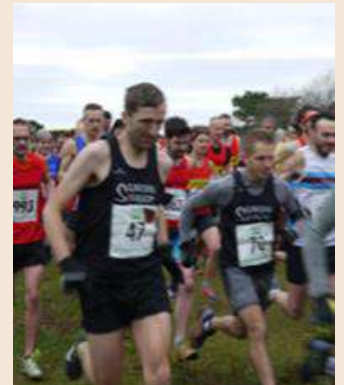
For those of you that aren't sure whether cross country running is for you, I would definitely recommend taking part in at least one race. You may not think that the cold and the wind and the mud are elements that appeal to you, but it is exactly those reasons that brings everyone together with a sense of camaraderie and puts big, stupid grins on the faces of all those taking part.



Ashdown Forest XC was no exception. Everyone was laughing and joking on the car journey up, even though we were all secretly wondering why we had left the comforts of our beds to brave this chilly Sunday morning run.

We met up with all the other Striders at the start, each of us boasting our ridiculous grins. All except Dave Dunstall whose smile seemed slightly more manic than the rest of us. Dave had turned up early to go for a warm up run and had decided to jog the course to get a lay of the land. Unfortunately one of the arrow markers had blown down and he had set off into the wilderness in completely the wrong direction, soon becoming hopelessly lost. Luckily he managed to eventually find his way back to a road and then thumb a lift back to the race venue (check out his route on Strava). He had only just made it in time because minutes later we were lining up and were off. Fortunately there hadn't been much rain and the weather was quite pleasant for the time of year.

The course consisted of a small 1 mile lap, followed by a longer 4 mile lap. I'm sure the scenery was lovely, but I couldn't really appreciate it as my eyes were firmly fixed to the trail, making sure I didn't trip on one of the jutting tree



roots or deep ruts littering the track. The only time I looked up was to try and see the top of a devilishly steep hill right at the end of the run.

I have to admit, I was relieved when the race was over, but my smile was still happily spread across my face and I'm still looking forward to the next one. I hope that more of you will join us this time.



Club Grand Prix - by Chris Le Beau

Newcomers to Seaford Striders will probably have read about the Club Grand Prix on our website. This is not to be confused with the Sussex Grand Prix, an external organisation set up to encourage competition between running clubs in Sussex. The Sussex GP website has full information on their activity and we do urge members to be involved - we have a proud history of individual and team performance in the SGP.

<http://sussexgrandprix.co.uk/>

By contrast, the Club Grand Prix is an *internal* event, and is open to all senior members with an interest in some friendly competition with clubmates.

You do not need EA affiliation to take part in the Club Grand Prix, but it is very helpful if, when entering races, you make sure you enter as a Strider, so your performance can easily be picked out from the overall results. If you are new to park runs, you will need to register in advance. It is a simple process and you only have to do it once.

There are 17 races in this year's Club GP calendar. They range from 5K park runs to the scenic Bawl 15 miler; we have some flat fast runs, on-road, off-road and cross country, something for everybody! And you do not have to do all of them.

A number of the races happen also to be part of the Sussex GP, so it is possible to score in both events at the same time. (EA affiliation is required for participation in the Sussex GP.)

The variety of races means the competition is not elitist, everyone stands a chance. In the past two years some of our "Couch-to-5K" enlisters have proved to be high flyers in the Club GP.

Points are allocated race-by-race, 20 to the first lady and to the first man, then 19 for second, and so on. Ongoing points tables are published on the website and are available for viewing on the club notice board on Wednesday evenings.

Your best ten results for the year are totted up to arrive at your total points for the year, so we end the year with one lady winner and one man, recognised with a smart trophy.

For this year we are introducing a different theme, by using - just for three of the park runs in the schedule - age grading rather than position to calculate points.

So, if you are not already doing so, do please take the opportunity to test yourself in race conditions and support some local park runs, and, of course, have fun in the process!

Any queries on the procedure, feel free to ask...chrislebeau137@btinternet.com.

Seaford Striders Club Grand Prix Races 2019

Event	Date	Info
Hove Prom park run	23-Feb-19	
XC Pett	10-Mar-19	
Hastings Half marathon	24-Mar-19	Also Sussex GP
Peacehaven park run	6-Apr-19	
Haywards Heath 10M	5-May-19	
Hastings 5M	12-May-19	Also Sussex GP
Seaford park run	15-Jun-19	
Heathfield 10K	23-Jun-19	Also Sussex GP
Bowl 15	7-Jul-19	Also Sussex GP
Peacehaven park run	3-Aug-19	
Hellingly 10K	8-Sep-19	Also Sussex GP
Eastbourne park run	21-Sep-19	
Lewes 10M	6-Oct-19	Also Sussex GP
Hove Prom 10K	20-Oct-19	Also Sussex GP
Seaford park run	9-Nov-19	
Crowborough 10K	24-Nov-19	Also Sussex GP
Warren Hill XC	15/12/2019 tbc	

Spotlight on a (committee member) Strider



This month's Strider spotlight is shining brightly upon committee member, Becky. Becky is one of our Women's Co-Captains. Becky started with our second C25K group and has recently completed her first marathon!

How long have you been a Strider?

Just over a year now.

What's the best thing about being a Strider?

The support and encouragement from everyone. I couldn't do it without you lot.

Where did you grow up?

Brighton.

What would be your dream holiday?

Safari and Beach AGAIN. I'm very fortunate to have experienced many safaris followed by a relaxing beach stay afterwards and I'd do another in a heartbeat!

Alive or dead, who would you invite for dinner? You can only choose 4.

My amazing Gramps, who I have missed so much every day for 6 years. The "Queen" (affectionately known as my Nanna Jean my Queen) she's the absolute queen of my heart. I'd not invite anyone else to that dinner so I can selfishly have them both all to myself!

What was the last text you sent?

To my brother, Scott, it just simply said, 'I love you'.

What's your claim to fame?

I had a date with Dane Bowers from Another Level.

Are you scared of anything?

Wasps and bees.

If you were stranded on a desert island, what three things would you like to have with you?

My husband Faicel, Jackson my puppy and lip balm

Reasons to Become Affiliated to English Athletics (EA)

Congratulations on being a member of one of the South's fastest growing running clubs - Seaford Striders - we aim to be friendly and all-inclusive for every age and ability. But we don't always get it right so please, if you see a way in which we can improve then do speak to a member of the committee.



By the beginning of February, you will receive a reminder about renewing your membership for Seaford Striders, which is due on the 1st of March, so look out for this and please don't spam it. However, you'll be pleased to know that you can also renew in advance and any payment received now will give you membership until 01/03/2020.

Membership using our on-line MemberMojo system is simple - follow the link: <https://membermojo.co.uk/seafordstriders/signin> Membership of the club is priced at £16 for seniors over the age of 18yrs, unless in full time education, when it remains at the junior rate of £8. Those over 60yrs are also charged £8, as are the unemployed or those who don't run but wish to join us as social members.

Those runners who wish to enter races may well wish to consider becoming affiliated to English Athletics (EA) - check out the benefits via the link: <https://www.Englandathletics.org/athletics-and-running/athlete-registration/benefits-of-registration/> EA Affiliation is £15 per year. You will note that as well as discounted products you will also be eligible to receive discounted race entries, making it an economically viable step to take.

EA affiliation runs from 1st April but any Strider who wasn't previously affiliated to EA can receive a couple of months for free by paying their £15 affiliation fee now, which will enable you to enter races at the discounted rate immediately.

Just to clarify - the steps below only apply if you are changing your membership from non-affiliated to affiliated and want to take advantage of this bargain offer. If this is the case, then carry out the steps below when renewing your Striders membership.

- 1) Change your membership type to the appropriate affiliated type.
- 2) Pay the upgraded membership fee
- 3) Let Tony Humphreys know by email that you have done this: Tony@hilton-it.co.uk
- 4) Tony will then register you with EA, obtain your EA registration number and update your Striders membership record with your EA number.
- 5) EA will send you an email inviting you to log on to the EA members portal and check or amend your details on the EA members portal website.

If you are already affiliated just renew as normal.

As we said before, it is worth becoming affiliated to EA as you get discounted race entry and discounts on several other products. Member affiliation to EA also means that the club is eligible for a place in the London Marathon, which club members can then draw for (see separate rules for entry). The number of places the club gets is directly linked to the number of EA registered members we have.

As an affiliated member you will also amass points for yourself and the club in all the Sussex Grand Prix races you enter.

In 2018 Seaford Striders were placed 3rd in the Sussex Grand Prix - with your help we are aiming for 1st in 2019.

Welcome to our new Striders!

Welcome to our new Striders this month. We wish you many hours of happy running!



Senior Members: Lauren Chambers, Erica Martin, Ron Van Heuvelen, Jamie Pearson, Simon Coppard, Colin Browne, Lisa Parkinson, Annie Carruthers, Zingy Thetho, Victoria Philipson, Claire Henkins, Eric Ravilious



Sussex Grand Prix by Matt Franks

Sussex Grand Prix - Your club needs you!

Final Results 2018

The final results for last year's Sussex Grand Prix interclub competition have been published.

Team

Seaford Striders ended the year as a combined woman and men's team in 4th place based on age-graded scoring and based on Open scoring (likely basis in 2019) in 3rd place.

A fantastic outcome with many new faces contributing to a very successful Grand Prix.

Many thanks to all of you that competed for the club over the course of the year, I very much hope we can achieve an even loftier position in 2019.



Club	Overall	Race position									
	Overall Rank	Hastings Half	Hastings 5	Horsham 10K	Heathfield 10K	Bewl 15	Phoenix 10K	Hellingly 10K	Lewes 10	Hove Prom 10K	Crowborough 10K
Wadhurst Runners	1	2	2	4	1	1	9	1	1	1	1
Brighton Phoenix	2	4	4	2	7	9	2	6	3	2	2
Hailsham Harriers	3	3	3	6	5	4	6	2	5	4	3
Seaford Striders RC	4	8	5	5	3	15	5	3	6	5	4
Crawley Saints and Sinners	5	12	18	3	4	6	1	9	4	3	5
Hastings Runners	6	1	1	14	2	3	18	5	17	8	10
Uckfield Runners	7	6	10	8	8	10	11	4	8	9	6
Haywards Heath Harriers	8	14	8	7	9	8	7	10	10	7	8
Lewes AC	9	9	12	13	10	16	4	8	2	6	13
Arena RD AC	10	18	13	12	12	5	3	7	11	11	7
Heathfield RRC	11	11	9	16	6	7	10	11	9	13	9
Horsham Joggers	12	5	17	1	14	2	8	17	18	10	17
Eastbourne Rovers AC	13	10	6	10	11	11	13	12	14	15	15
Hastings AC	14	7	7	20	16	20	15	14	15	16	11
Arunners RC	15	13	14	9	15	11	17	16	16	14	14
Crowborough Runners	16	15	11	15	13	14	19	13	12	18	12

Individual Results

Strider success this year was very much based on the collective point scoring rather than relying on one or 2 individuals, having said that there were some outstanding individual positions achieved. I think it is fair to say that the woman edged the men this year (a role reversal from last year).

Anna Norman led our ladies finishing 12th Overall and occupying 3rd in the most populous "senior" age category, a category that striders occupied 4th, 5th, 6th and 7th! (Anneka, Emily, Kristy and Jazz)



Ann Norman 3rd Place Senior Woman

In the men's individual competition Josh Nisbett lead the way in 16th Place whilst Joe Plant picked up the award for 3rd place Junior.



Joe Plant
3rd Junior



Josh Nisbett
16th Overall

	Position Age cat	Position Overall
Anna Norman	3	12
Anneka Redley	4	16
Emily Eaton	5	20
Kristiane Sherry	6	22
Jazz Shiret	7	25
Victoria Maleski		40
Becky Souissi	11	45
Hilary Humphreys	4	49
Michelle Varndell		64
Debbie Plant	8	73
Natasha Swan		80
Julie Taylor		97

	Position Age cat	Position Overall
Joshua Nisbett	11	16
Nick Farley	13	19
Damian Partridge	15	27
Andrew Farley	17	36
Joshua Rudd		65
Graham Jones	7	67
Luke Borland		69
Simon Homer	9	70
Simon Nixon	10	72
Jeff Young		85
Joe Plant	3	

Prize giving

The prize giving for last year's Sussex Grand Prix will take place on Monday 11th February at 7.30pm at the Kings Head, Lower Horsebridge, all welcome (particularly Anna and Joe)

Next year's Sussex Grand Prix format

The Sussex Grand Prix representatives were keen to listen to competitor's views on how to improve next year's competition and whilst not set in stone, the expectation is the Grand Prix will consist of 12 races in 2019 (increase from 10). With Rye 10 miler and Bexhill 5K re-introduced to the schedule. Individual's best 6 performances will count towards their individual score.

The team format is likely to be an "Open category" event whereby the top 10 men and top 10 women in each race irrespective of age category will score points for their club. With the Club receiving a rank for each race, the club with the lowest ranking at the end of the 12 race series will be declared the winner.

Competing in the Sussex Grand Prix (SGP) for Seaford Striders

Please, please make sure you renew your membership including English athletic affiliation this will enable to compete for Striders in the Sussex Grand Prix in 2019. The extra cost (£15) is easily recouped over the course of the year as long as you enter circa 7 SGP or non SGP organised events.

Let's wear our new colours with pride.

5k Reindeer Run - by Sue Wallis

On Sunday 2nd of December 2018 I took part in the 5K Reindeer run in Chatham, Kent. It was a slightly cool morning and a bit cloudy. My brother and I arrived at the band stand where they were playing lots of Christmas music. We collected our race



numbers and timing tags and were issued with a set of antlers. The dress code was very festive. The race was 2.5k out and 2.5k back along the river Medway. The race started at 10:30 and my brother and I were off with the Christmas songs ringing in our ears. Our families had arrived to cheer us on over the last 400m. I finished in place 162 with a time of 42:31. At the finish

we were presented with our medals and a mince pie. It was a lot of fun and one I would definitely do again.



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 wants 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/4hGIz6PuskcHJ8IBMwUJzP>

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)

Club Events



Monthly Training Session

Monday 4th February track night 7.30pm Lewes

Monday 4th March track night 7.30pm Lewes

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: debbie_plant@hotmail.com

Race Fixtures for 2019

January 2019 - December 2019	
Jan 5	Sussex AA XC Champs - Bexhill
Jan 13	Ashdown Forest XC - ESCC
Jan 19	Sussex AA Masters XC Champs - Lancing
Jan 26	Maverick Inov-8 Original - West Sussex - 8k, 15k and 23k
Feb 3	Chichester 10k
Feb 9	Bexhill XC
Feb 10	Queen Elizabeth Olympic Park Half Marathon
Feb 10	Worthing Half Marathon
Feb 17	Hampton Court Half Marathon
Feb 17	Tunbridge Wells Half Marathon
Feb 24	The Gunpower Run - Battle
Feb 24	Brighton Half Marathon
Feb 24	Richmond Park Half Marathon
Feb 27	Chichester City Centre Road Races
Feb TBC	Heathfield Park XC -ESCC
Mar 2	Sussex AA XC League - TBC
Mar 3	Eastbourne Half Marathon
Mar 9	Thames Meander Marathon and Half Marathon, Kingston upon Thames
Mar 10	Pett XC - ESCC
Mar 10	Surrey Half Marathon - Woking
Mar 10	Big Vitality Half, Tower Bridge
Mar 13	Chichester City Centre Road Races (2)
Mar 16	Coastal Trail Series - Endurancelife 10k to ultra - Birling Gap
Mar 17	Moyleman - Lewes Trail Marathon
Mar 17	Hampton Court Palace Half Marathon
Mar 24	Hastings Half Marathon
Mar 24	London Landmarks Half Marathon
Mar 27	Chichester City Centre Road Races (3)
Apr 6	Sussex AA Road Relays
Apr 7	Lancing 10k
Apr 14	Brighton Marathon
Apr 14	BM10k
Apr 28	London Marathon
May 4	East Grinstead 10 Miles - The Mid Sussex Marathon Weekend
May 5	Haywards Heath 10 Miles - The Mid Sussex Marathon Weekend
May 5	Three Forts Challenge, Worthing
May 6	Burgess Hill 10k - The Mid Sussex Marathon Weekend
May 11	Dark Star 7 with RunBrighton
May 11	Eastbourne Trackstar Marathon
May 11	Brighton Run2Music 5k, 10k and half marathon

May 12	Portslade Runners 5 mile
May 12	Hasting Runners 5 mile
May 12	British Airways Run Gatwick half marathon and 5k
May 19	Virgin Sport Hackney Half Marathon
May 26	East Hoathly Family Fun Run 5k/1k
Jun 9	Weald Challenge Half Marathon trail race
Jun 9	Weald Challenge 50km trail race
Jun 9	Mud Monsters Run
Jun 16	The Madehurst South Downs 5k and 10k
Jun 23	Bates Green Gallop
Jun 29	Maverick Inov-8 Original East Sussex 5k, 15k, 23k
Jun 30	Eastbourne 10k
Jul 7	Bewl 15 mile
Jul 10	Brighton Phoenix 10k
Aug 11	South Coast Run Half Marathon 10k and 5k
Aug 17	Decoy Dash 10k
Sep 29	Barns Green Half Marathon
Oct 6	Bright10
Oct 26	Beachy Head Marathon
Dec TBC	Seaford Striders Mince Pie 10 mile run

Web sources – sussexraces.co.uk, eastsyssexcrosscountry.co.uk, findarace.com

Please note –. Some dates still to be confirmed. SGP races and dates to follow.