



SEAFORD STRIDERS NEWSLETTER

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

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WELCOME TO NEW STRIDERS

July 2019

Welcome to our new Striders: Helen Boyes, Anna Cave, Liz Corcoran, Ian Drewitt, Donna Farley, Deborah Franks, Maria Holmes, Steve Humphreys, Colette & Russell Jackson, Steve Newman, Emilie Scriven Nadine Stanyard and Nikki Turnwald. We wish you all many hours of happy running!



WhatsApp – car shares and runs (strictly Striders only)



Striders' WhatsApp group is for anyone who wants to get together for a run or car share to an event. It is simple and easy to set up and can be copied into your browser on phone or computer. It is free, but

please be aware if you join other people within the group could access your mobile. Here's the link: <https://chat.whatsapp.com/4hGIz6PuskcHJ8IBMwUJzP>

CLUB KIT



Sapphire Blue*



Jet Black*†

Club Kit has historically been the black with white writing but in 2019 the decision was made to add the Sapphire Blue with black writing. Either of these colours can be worn for running in Sussex Grand Prix races.

All new members will receive a voucher to exchange in InterSport, Seaford for either a free vest or tee-shirt, which is part of their first year's membership deal.



Electric Yellow

Electric yellow is the club colour for juniors. This colour can also be purchased by the seniors for wearing on club nights, together with a range of other colours, which can all be purchased from InterSport, Seaford.

Short sleeved tee-shirts are £12 and long-sleeved are available in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue for £15.

Vests are also available in a range of colours for £11.

Black club hoodies, either with a full-length zip or without a zip can also be purchased for £16.50 – available in all sizes from juniors through to seniors.



To order, please call in to see Nick or Ollie at InterSport Seaford or Tel: 01323 898516

Please note a 10% discount is available to Striders who purchase other items of 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.

Club Grand Prix 2019

After the first 7 races of the 2019 calendar, Anneka Redley and Jeff Young are leading the way at the top of their respective tables.

However, with 11 races still to go, there are many points still to be won and the situation can quickly change. Even members who have not yet run a Club GP race can still make a major impression, as the best 10 results will be used for each runner to calculate final points. Full standings can be found on our web-site.

Couch to 5K becomes 5K to 10K – Newcomers Welcome!

We are delighted by the huge response we had to our latest 'Couch to 5k' programme. In response to feedback from previous groups who said they had difficulty making the transition from running 5k to the slightly longer distances with the club, we have decided to do things differently this year.

We will continue with the Tuesday night sessions but as a '5k to 10k' group and as a guide, to roughly follow the beginner's programme on the BUPA 8-week course.

<https://www.bupa.co.uk/health-information/exercise-fitness/running-programme-10km>

This newly formed '5k-to-10k' group will have its first meeting on Tuesday, 2nd July, so if you are seeking to improve your running ability and think you might benefit from joining the course, then please do join us. The assistance of anyone who would like to join us for an extra run would also be appreciated.

We meet at the Richmond Road car park end of the Salts recreation ground, Seaford at about 6.45pm to give us time to get everyone into groups before heading off at 7pm for a variety of distances and activities. On completion of the active side of the evening we will re-congregate back at the Salts for cooldown exercises.

As this is the first year, we have decided to hold such a programme it is an experiment for the club so please, any feedback you can give us at the end of a session, will be much appreciated.

C25K – Cool Down (Photo courtesy of Stacey)



5K challenge

In the June newsletter we published details of a new challenge for all club members, which will be taking place during the second half of 2019.

This will be made up exclusively of Park Runs, 12 of them, as listed in that newsletter, and the first run will have been run already at Seaford on 29th June, that coincided with completion of the current Couch-to-5K programme.

Points will be awarded based on age grading. Here is a reminder of what age grading is all about – from the Park Run website...

All parkrun events use age grading to allow athletes to compare results.

Age grading takes your time and uses the world record time for your sex and age to produce a score (a percentage). This score allows you to compare your personal performance against other people's performances even though they might be a different age and a different sex to you - the higher the score the better the performance.

As an example of how this works, there will be a "what-if" set of results posted on the notice board shortly, using the Seaford Park Run on 15th June as a dummy run.

Each runner's 6 best points results will make up their final total at the end of the year, and results will be updated after each run.

This challenge can be as competitive as you like. From "in it to win it", through to a simple measure of progress for newcomers and those coming back from injury.

Most of all – Enjoy it!

Seaford	13-Jul-19	
Eastbourne	27-Jul-19	
Peacehaven	3-Aug-19	also in Club GP
Hove Prom	17-Aug-19	
Seaford	31-Aug-19	
Hove Park	14-Sep-19	
Eastbourne	21-Sep-19	also in Club GP
Peacehaven	5-Oct-19	
Seaford	9-Nov-19	also in Club GP
Seaford	7-Dec-19	
Seaford	21-Dec-19	

An example of the scoring format will be posted on our notice board on a Wednesday in the near future, based on a dummy run at Seaford.

Good luck to one and all!

Mass Striders Turnout for Summer Solstice

We enjoyed a mass turnout to celebrate the Summer Solstice with a combined force of 118 seniors, juniors and some of their parents, taking part in either a 2.5k or 5k run. Everyone set off along the prom from the Newhaven & Seaford Sailing Club after a timely sounding of the club claxon

In the 2.5k run Dylan Jones finished first in an excellent time of 10:34 for the boys and Amelia Parsons crossed the line first for the girls (2nd place overall) in a time of 11:05. A total of 36 juniors participated in the 2.5k race as well as some parents.

It was however, in the 5k race that the juniors really excelled with lots of them taking part, beating many of the seniors in the process. Dave Dunstall crossed the line first in 19:12, with Emilie Tearle finishing first for the ladies in an equally excellent time of 23:31 (12th place overall). Next to cross the line was Louis Vacher (14th place) first junior to finish in a cracking time of 23:39. First female junior was Ferne Connolly (16th place) finished in 24:00 mins.

Also, of note were the newest members of Striders, those on the 'couch to 5k' programme, who were also invited to join in and many of them took up the challenge. Liz Corcoran finished streets ahead, finishing in a cracking time of 27:54. There were a total of 82 runners in the 5K race and it was good to so many Junior Striders also tackling the event.

Summer Striders Solstice 2.5K Results

Position	Bib No.	Name	Time
1	445	Dylan Jones	10:34
2	500	Amelia Parsons	11:09
3	524	Emily Nash	12:23
4	478	Harry Tansley	12:24
5	479	Ella Tansley	13:11
6	536	Max Lee	13:40
7	508	Freddie Lescodd	14:08
8	537	Tom Balecham	14:31
9	466	Zachary Cook	14:47
10	469	Alan Cook	14:47
11	534	Alice Lee	15:12
12	485	Connar Lear	15:32
13	484	Will Turner	15:41
14	449	Ewan Hamilton	15:42
15	527	Luther Pulling	16:01
16	529	Lea Pulling	16:01
17	511	Pip Glandfield	16:12
18	465	Maisie Dixon	16:22
19	452	Simon Nixon	16:22
20	467	Charlotte Lyons	16:59
21	436	Olivia Farley	16:59
22	497	Jake Nash	17:12
23	525	Chris Nash	17:12
24	504	Martha Ward	17:39
25	409	Ben Homer	17:42
26	487	Roxy Vacher	17:49
27	488	Goran Vacher	17:49
28	410	Martha Homer	18:27
29	407	Simon Homer	18:27
30	489	Annalise John	18:36
31	468	Kearna	18:54
32	463	Jess Collier	19:06
33	464	Grace Collier	19:08
34	476	Colette Jackson	20:37
35	498	Nancy Hamilton	20:51
36	448	Emma Hamilton	20:51

Full list of winners:

C25K winner; Liz Corcoran

Junior 2.5k winners; Dylan Jones, Amelia Parsons

Junior 5k winners; Louis Vacher, Ferne Connolly

Guess the Attendance; Tim Dymott

Lucky Numbers; Karen Feast, Gill Morgan, Russell Jackson

Summer Striders Solstice 5K Results

Position	Bib No.	Name	Time
1	490	Dave Dunstall	19:12
2	502	Gareth Hutchinson	19:14
3	430	Simon Coppard	19:55
4	432	Alan Browne	19:59
5	423	Tom Knight	20:40
6	481	James Mairan	21:08
7	474	Tony Cross	21:43
8	419	Adam Haverley	22:05
9	431	Colin Browne	22:36
10	433	Chris Wilmot	23:03
11	446	Graham Jones	23:19
12	475	Emilie Tearle	23:31
13	486	Louis Vacher	23:39
14	402	Leanne Pearce	23:44
15	535	Flynn Edwards-Price	23:51
16	472	Ferne Connolly	24:00
17	531	Louisa scola	24:18
18	439	Madaline Franks	24:39
19	441	Delphi Callan-Dickins	24:39
20	530	Duncan Boyes	24:49
21	413	John Foster	25:24
22	499	Martin Roberts	25:24
23	437	Holly Miller	25:34
24	425	Tracey Pragnell	25:35
25	509	Hayden Cummings	25:51
26	447	Lindsey Tearle	26:07
27	411	Trevor Jones	26:36
28	491	Richard Honeyman	27:09
29	401	Andy Gorrie	27:15
30	480	Jim Brian	27:28
31	454	Liz Corcoran	27:54
32	501	Andy Mcdonald	27:58
33	506	Edward Moakes	28:16
34	600	Tom Batts	28:35
35	503	Maddison Ward	28:51
36	429	Sue Leppard	28:54
37	421	Lauren Morgan	28:58
38	453	Sam Jones	29:17
39	507	Oscar Moakes	29:28
40	505	Billy Moakes	29:28
41	510	Hilary Ward	29:31
42	416	Caroline Swinden	29:31
43	415	Rob Tearle	29:47
44	406	Alice Lenney	29:47

45	461	Dylan Furber	29:53
46	492	Oscar Furmer-McGhee	29:53
47	424	Michelle Varndell	29:53
48	427	Steph Woodward	29:57
49	408	Debbie Plant	29:57
50	482	Cathy Turner	30:29
51	483	Vicky Phillipson	30:29
52	477	Russell Jackson	30:44
53	532	Amanda Macowan	31:02
54	473	Greg Alan	31:02
55	526	Lorraine Quigley	31:07
56	495	Alfie King	31:17
57	496	Ben King	31:17
58	458	Rupert Norman	31:44
59	459	Jill New	31:56
60	460	Gary New	31:56
61	470	Isobelle Connelly	32:14
62	538	Helen Cox	32:14
63	528	Kelly Burns	32:22
64	422	Debbie Priest	32:43
65	493	Hazel Tarrant	32:45
66	456	Tabitha Ellwood	33:01
67	539	Alice Cox	33:11
68	533	Evie Mabey	33:19
69	428	Karen Feast	33:47
70	444	Tim Dymott	33:47
71	462	Callum Furber	33:48
72	494	Rachel Byrne	34:23
73	455	Fiona Borthwick	34:50
74	457	Christina Baldwin	34:51
75	418	Rob Plant	35:19
76	426	Tony Swinden	36:04
77	404	Victoria Maleski	36:04
78	435	Donna Farley	37:58
79	434	Gill Morgan	37:59
80	420	Stephanie Scarborough	37:59
81	471	Verity Skinner	38:10
82	450	Emily Skye	38:10

PLYMOUTH HALF by David Dunstall

After finally making my mind up to run, I drove 250 miles and arrived in Plymouth city centre an 11 p.m. the night before the race and decided to sleep in the car. This wouldn't have been too bad an idea had I not parked next to a nightclub that started at 12 midnight and finished at 4a.m.

After coffee at Macs I lined up for an 8.30 a.m. start with my head still pounding. A good size crowd cheered us off from the start/finish.

I finished in 1.26.39 and was pleased with my effort. The only problem now was the 250 miles drive home, which took forever.

I would give the race 8 out of 10; it was very similar to Hastings with a couple of notable hills and it was well supported. I would recommend booking a B and B booking in advance.

St ALBANS HALF by Simon Coppard

When you have family living elsewhere, it's often a good opportunity to run a different event than usual, so with that in mind we took to the St Albans half marathon known locally as 'the lolly run'. When you finish you not only get some bling, a tee shirt but also an ice-lolly! The weather was fabulous and the ice-lolly a welcome treat after a very hot but beautiful run on undulating country lanes.



We arrived at the venue with plenty of time to relax and take in our surroundings before our run. There was plenty to keep the little ones entertained, including bouncy things to jump on. I was desperate to forget the run and stay to have some fun on these things, but as it would have been frowned upon I promptly joined the start line, feeling confident of a PB for Donna we went in the 1:45 pen!

I was 3 week into a knee injury (recovering) and Donna had run the Edinburgh marathon only 2 weeks ago. She did amazingly well, especially when at 18 miles she suffered a devastating knee injury. So the plan was to see how we progressed. Donna was confident she was fit enough.

Things were going well, and Donna looked like she was heading for a PB but then disaster struck...her other knee. She dug deep, persevered and with the help of jelly babies and power signs she did it, and I'm super proud of her. I did it too! Not a PB (2:12), but that can be saved for another day.

It was a perfect day, beautiful company and a welcome ice-lolly at the end along with a medal. We weren't first, but we weren't last either.

BORDE HILL GARDENS, Focus 5 & 10K by Karen

Lots of firsts today!! My first off road 10K. The first time for me and Sue Leppard running with Striders and wearing Striders T-shirts. Also my first run report!!

Other Striders taking part were Sue & Chris Pellatt, Jan McCord and Fawzia.

This is a small friendly family event well organized with plenty of car parking toilets, and all the essentials. The venue of Borde Hill is beautiful with trees and the last of the Rhododendrons in bloom. However due to the recent dry weather making the terrain hard underfoot and the uneven nature of the fields and woodland, there was little time to look up and enjoy the view!! Having said that the trees gave a welcome shade from the sun.

The route consisted of a 5K lap through fields and trees and a second lap for those of us undertaking the 10K. Tougher than I expected as plenty of inclines to keep you focused but well marshaled and several water stations, were a relief.

Nice goody bag and medal along with the cheering Striders to see me over the finish line made it a great first experience.

SEAFORD NPSL HALF by Andy Gorrie



My first half marathon, nice flat course to get my eye in? Not so much.

A light wind and clear blue sky greeted the Seaford Striders contingent as we met on the seafront. The 5-minute warning was issued by the organizer and then before we knew it we were off!

With both knees taped and sore from a training injury the previous week the game plan was to take it easy and walk the steep hills if needed. This soon came into play on the epic climb from just past 5 ways to the top of the downs near Bo Peep.

I took in the amazing views from the top (my first ever ascent) and then turned right towards Alfriston, only 8 km in the bag but mentally I was now on my way home – though the barn looked a very long way off! By this point my new strategy was to keep the HR below 175 bpm and plod on, fuelled by gels and jelly babies.

Excellent route down to Alfriston then along the riverside leaving only 3 obstacles left to face: the “farmer’s plod” hill, the concrete road to the barn and the descent down Seaford Head.

The descent was as feared, steep and loose with legs made of jelly I managed it without incident. Then just the seafront to the finish line. This turned out to be a lot hotter and longer than I expected. I was mentally away with the fairies by this point so I tucked in behind a couple of runners and forced my self to keep going.

Aiming to a sub 2:30 I crossed the line after 2:24 137th out of 201. Amazing volunteers and supporters, highly recommend this event for the amazing scenery. I’ll be back for this event next year!

HORSHAM 10 K – Hot, Hilly, and Horrid! Sandra’s take on the event

Well that was my initial thought, but actually there were also some very nice shady routes and bridal paths as well, it was just finishing on a hill that got me!

Huge thanks for all the support especially from Nick Farley and Lauren for running us in at the end.



The run itself was very well marshaled and friendly. I might have been near the back but a couple of 20 year olds came in after me...phew, made me feel heaps better!

Thank you to everyone for your race reports for this the June newsletter, I hope everyone has enjoyed reading them. Please continue to send in your reports and photos too for next month's newsletter to: fawz650@gmail.com Happy running everyone, oh and good luck with the 5K challenge – looks like fun, and it's always good to have a challenge, possibly!

CLUB EVENTS



Monday, 5th August & 2nd Sept

**Monthly Training
Session**

7.30pm – Lewes Track

COMMITTEE MEETINGS

The next Striders Committee Meeting will take place at the White Lion Hotel on Thursday, 11th July at 7:30 p.m. All senior members are welcome to apply to attend a Committee Meeting. In order to ensure numbers are manageable we will be limiting this to a maximum of five members per meeting. Please email secretary@seafordstriders.org.uk if you would like to attend.

MARTELLO ROTARY SEAFORD HALF



On a rather warm sunny June day, 7 Striders turned out for one of the most scenic half marathons on their doorstep in Seaford. Steve Newman took the honour of being 1st Strider across the line in an impressive 31st overall position in a time of 1:53:02; followed closely by Adam Haverly in 1:55:04 and 1st female Strider Bryony Clarke in 1:55:16. Graham Smith made it home in a very acceptable 2:01:31 and he was tailed home by Wendy Reed in 2:08:50.

Next to cross the line was Helen Cox in 2:35:55 and Lisa John in 3:10:50 who were welcomed across the line in style with family and friends greeting them with chocolates and bubbles – **go girls go!!!**



CLUB GRAND PRIX EVENTS

Event	Date	Info
Bewl 15	7-Jul-19	Also Sussex GP event
Peacehaven parkrun	3-Aug-19	
Hellingly 10K	8-Sep-19	Also Sussex GP event
Eastbourne parkrun	21-Sep-19	
Lewes 10M	6-Oct-19	Also Sussex GP event
Hove Prom 10K	20-Oct-19	Also Sussex GP event
Seaford Beach parkrun	9-Nov-19	
Crowborough 10K	24-Nov-19	
Warren Hill XC	15-Dec-19	TBC

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 – see separate list at the end of the races pages

4 July - September		October – May 2020	
Jul 4	Eastbourne Junior Twilight Runs	Oct 6	Chichester Half Marathon, 10 miler & Relay
Jul 5	The 14 th Rye Summer Classic 10K Race one	Oct 6	Lewes Downland 5 mile
Jul 6	St Lawrence Fair Fun Run	Oct 6	Lewes Downland 10 mile Sussex Grand Prix
Jul 7	Uckfield Lions 10K	Oct 13	RISE 8K Undercliff Women's race
Jul 7	Bewl 15 Mile Sussex Grand Prix	Oct 13	Great Walstead 8K & Junior race Lindfield
Jul 10	Brighton Phoenix 10K Sussex G Prix	Oct 20	Hove Prom 10K. Sussex Grand Prix
Jul 14	Beat the Tide	Oct 20	Worthing Seafront 10K
Jul 14	Hornets' Stinger 10K & Junior race B'ton	Oct 20	Great Bottom 5, Nr. Arundel
Jul 17	The Eastbourne Golden Mile & 5K	Oct 26	Beachy Head Marathon & 10K
Jul 19	Run 530 Brighton	Oct 27	Steepdown 5 miler & Junior race , Lancing
Jul 20	Plaistow, Billingshurst 5K	Oct 27	Crawley K2 10K
Jul 21	Brighton TrailBlazer	Nov 3	Beckley 10K
Jul 27	Lunar Tic Night Marathon	Nov 3	Gunpowder Trot 4.5 miler & Junior races , Horsham
Jul 28	Henfield Seven Stiles 4 mile & Junior race	Nov 9	Poppy Half Marathon, Bexhill
Jul 31	Bexhill 5K Series 3 Sussex Grand Prix	Nov 10	Rewel 5 nr Arundel
Aug 1	Eastbourne Junior Twilight Runs	Nov 17	Brighton 10K
Aug 2	The 14 th Rye Summer Classic 10K Race 2	Nov 23	Winter Chase. Rye
Aug 7	Highdown Hike 3.5 miler & Junior race Durrington Wednesday	Nov 24	Crowborough 10K. TBC. Sussex Grand Prix
Aug 10	13 The Hardway	Dec 7	Worthing Women's Xmas Cracker 5K & 10K
Aug 10	Twilight Chase. Rye	Dec 8	Mince Pie 10 miler, Peacehaven
Aug 10	Downland Challenge	Dec 21	Hastings Xmas Pudding 5mile & Junior race
Aug 11	South Coast Run 5K, 10K, Half. Seaford	Jan 1	Hangover 5 miler & Junior race Worthing.
Aug 14	Goodwood 5 mile & Junior race	Feb 2	Chichester 10K
Aug 17	Decoy Dash 10K	Feb 23	Brighton Half Marathon
Aug 18	Henfield Half	Mar 15	Moyleman Marathon, Lewes
Aug 25	Newick 10K	Apr 18	Brighton Mini Mile
Aug 25	Windlesham Whip. WSRFL	Apr 19	Brighton Marathon, 10K & Bike Ride
Aug 26	King's Head Canter 5K	Apr 26	London Marathon
Sep 1	Fittleworth 5 miler & Junior race	May 2	East Grinstead 10 mile (Marathon Wknd)
Sep 1	The BBB10K	May 3	Haywards Hth 10 mile (Marathon Wknd)
Sep 6	14 th Rye Summer Classic Series 5K Race 3	May 4	Burgess Hill (Marathon Wknd)
Sep 7	Arlingly Village fun run Juniors with adult	May 10	Gatwick Half & 5K
Sep 8	Hellingly 10K Sussex Grand Prix		
Sep 8	K9 Challenge. Brighton		
Sept 8	Rye Ancient Trail 15K & 30K		
Sep 14	Rewell Wood Running Festival		
Sep 15	Rother Valley 10K		
Sep 22	Tilgate Forest, Crawley 5 mile & Junior race		
Sept 28	Alfriston 10K & 1K & 5K fun runs		
Sep 29	TEMPO 10K, Eastbourne		
Sep 29	Barns Green Half Marathon & 10K		
Sep 29	East Grinstead 10K		