



# SEAFORD STRIDERS NEWSLETTER

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

Editor: Fawzia Whittuck [fawz650@gmail.com](mailto:fawz650@gmail.com)

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

Website: <http://www.seafordstriders.org.uk/> Twitter: <https://twitter.com/seafordstriders>

September 2019

## Welcome to new Striders

**Welcome to our new Striders this month:** Jackie Baxter, Alice Burchfield, Gillian Morgan and Nine Rishaug,

Happy running everyone, we are glad to have you with us!



## 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 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 EVENTS

**Sunday, 1st September**

**5-10k'ers Graduation 10K**



**Monday, 2nd Sept & 7th Oct**

**9am from Martello Kiosk  
(well near-by!)**

**Monthly Training Session  
7.30pm – Lewes Track**

# Special Striders 10K event

The course will start on the seafront, mid-way between the Martello Tower and Splash point and run along the prom to the Sailing Club, then out along the road, under the railway bridge and up to the A259. From there it will turn left and run along to the nature reserve where there will be a turnaround point and then back to the start point



Like all such events, it needs volunteers to both marshal and run with the 5 to 10k'ers and we would like to thank Nick Farley for sorting out the arrangements, everyone who has agreed to marshal and everyone who has given of your time to run with this group – we hope you will also turn out on the day and run with them once again.



Once we have finished it is hoped you will stay around and cheer in the rest of the group. The Martello Kiosk is close at hand so please bring money for refreshments.

Thanking you once again for your fantastic support.

# Message to Victoria – from Sharon Plank



This isn't really a race report, but I just wanted to say how much Victoria's Striders group has done for us older ladies. We're all different shapes and sizes, which just goes to prove what I've known all along, you don't need to be a stick insect and 20 years old to get into running.

The friendship and teamwork shown by everyone in the group, helps to push us on. Thank you Victoria for your continued support.

(I'm sure WNS who run with Victoria all feel the same and echo Sharon's thoughts wholeheartedly)

# Sports Day 2019

Kristy and I would like to thank everybody who joined us for our second Striders Summer Sports Day.

Sometimes a bit of silliness is needed in life, and this event was just that! With just a fleeting shower, the weather held out for the rest of the afternoon for our old school sports day races and fun.



We swapped running for much more serious events – like the 'egg & Spoon race', sack race, skipping race, three legged race, wheelbarrow race (with some faceplanting), hula-hoop challenge and of course everybody's favourite – the relay race!



With some Striders more competitive than others (I'm looking at you JEFF) every point counted, but the Blue team were victorious despite great efforts from the Yellows, Reds, and Greens.



Adults and children alike joined in for the games and much laughter was had (sometimes at the expense of others).

After fuelling ourselves on burgers, hot dogs and chips at half time (a true athlete's diet) we had heaps of energy to

finish the day on a mass game of Rounders. By this point I don't think anybody was keeping score, but in hindsight I'm sure it must have been my team that definitely won....although others may disagree after seeing Debbie's spectacular catching skills.



It's always nice to get everybody together, especially families too, so thank once again to all who came – we loved putting on this even and hope you all enjoyed it!



We raised £120.00 for charity – so thank you all for your contributions. It's yet to be decided which charity we send this money to – so if you have any suggestions for a local charity do drop Kristy or me a line!

Thanks, Anneka.

## Bushy parkrun - 3 August 2019 – 800th anniversary run by Richard Honeyman

Richard Honeyman, who is a regular parkrunner in this area, travelled to Bushy Park, south west London for their 800th edition of the parkrun. It was a beautiful warm summer's day. Birthday editions are fun to do and no more so than here. The very first parkrun, then named Bushy Park Time Trial took place on 2 October 2004 - a 5k run round the outskirts of the park. The parkrun name came into being in 2008.



Now due to the sheer numbers – 1459 ran on this date – it is a bow shaped run in the south east corner of the park is used to keep runners together and not to get in the way of the many wild deer.



All the formalities are familiar but the actual start felt as if I was in a busy half marathon and had to be careful I did not go run into a rut. It is not until a km or so is passed that you can feel the field has thinned out a bit and on the normal wide track path. After that most of the conversations were about 'where have you come from?' as the vast majority were visitors. There is plenty going on and in fact I took many pictures – hence just under 30 mins time – the lady behind was Paul Sinton Hewitt's (the founder) wife Joanne.

One main difference at the end are the holding pens – a good 10 minutes wait to get tokens issued and then the normal scanning took place. For myself a pilgrimage trip – not like traveling to the Athens Marathon – no comparison to that but nevertheless to see where the 5k run originated from was an event on my list for a while now.

## Eastbourne Decoy Dash 10k by Andy Gorrie

A 10k race organised by "WeRunTheyRunIRun" on 17th August, in and around the Eastbourne Sports Track.

The course consists of 2 laps of the local playing fields and the woods around the decoy pond, with a couple of crossings of a quiet and well marshalled local road.

The race starts and finishes on the running track, alas my competitive streak took over and I set off a bit too lively – this was reined in a bit after 1km.



The woods played havoc with my GPS watch with under measurement leading me to think I was way off the 1hr mark. I ended up completing the run in 1hr 23seconds so I could have pushed a little harder to hit this.

Very well organised and managed event with manual timing rather than chip, hope to be back next year.



# '13 the hard way' by Adam Haverley

I signed up for this event a few months ago. I love the half marathon distance and this one was set across a beautiful area of the South Downs and being summer the weather should be lovely ☺.

Race day arrived and the forecast of 50 mph wind and rain seemed pretty accurate as the van rocked from side to side on the way to the race.

Race HQ was in a field at the base of the South Downs. Picking up a race number I could already tell this seemed like a relaxed affair! I saw a couple of fellow Striders warming up, a welcome sight as at least I'm not the only made one! Half the people lining up at the start were running an ultra on a similar course, rather than me!

A brief chat from the organizers and we were off! The run starts with a 'lung bursting climb' up a track known as the Tank Tracks, near Clayton. I know this area well, I used to walk dogs up here and go sledging when I was a kid. The hills are no less steep now than they were then!

At the top we were directed on to the South Downs Way (SDW) towards Lewes. The wind was



behind us and things were feeling O.K. I'd bought the dog, Charlie, along and he was having a lovely time. Up and down the SDW we went past Street Hill Farm turning right before Blackcap, working our way down to Housedean Farm between Lewes and Falmer. This was the half way point. There was an 'aid station' at the bottom of the hill laden with sweets, sausage rolls and soft drinks. We even managed to find a bowl of water for Charlie!

Refueling done it was time to carry on up that massive hill running off and on. The wind was back but this time it felt like it was fighting us. It felt like there were more ups than downs on the way back

and I was definitely tiring. The marshals at the 'aid station' on top of Ditchling Beacon look like they had been on an arctic expedition! The end was getting near, or at least my watch told me it was. I was glad to turn off the SDW and head back down the Tank Tracks, partly to get out of than wind and partly because it was downhill all the way to the finish line. As we crossed the finish line were handed a bottle local cider and a medal.

"13 the Hard Way", they weren't lying with that title. Overall it was a cracking event, great atmosphere and a great route. Well done all who took part, I'm sure I'll be doing a "Sussex Trail Even" again. That was definitely not a PB course. 1600 ft. elevation x 13.8 miles.

Tim Dymott: 1:40:58 plus King of the Hill; Adam Haverly 2:11.34 and Jazz Shiret 2:17.14

# COMMITTEE MEETING

Advanced notice that the next Striders Committee Meeting will take place at the White Lion Hotel on Tuesday, 1<sup>st</sup> October 2019 at 7.30pm. 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](mailto:secretary@seafordstriders.org.uk) if you would like to attend.

## Sussex Grand Prix (Race series) – Your club needs you!



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

As the SGP take scores from official race organiser website it is important that at registration you make sure Seaford Striders RC is assigned as your running club. Most races only allow this if you are an English athletics affiliated athlete. Membership with affiliation is an option in MemberMojo when you pay your annual club fee.

## Club Grand Prix

A reminder that the next event in the Club GP schedule is the Hellingly 10K on September 8<sup>th</sup>, which is also in the Sussex Grand Prix. Anneka Redley and Jeff Young top the tables, with 7 races still to go. Here is the link for entering:

<https://www.eventrac.co.uk/race-course-map/the-john-faulds-hellingly-10k-race-the-john-faulds-hellingly-10k-race-2019-08-09-2019-08-30>

Event	Date	Info
Hellingly 10K	8-Sep-19	<b>Also Sussex GP event</b>
Eastbourne parkrun	21-Sep-19	
Lewes 10M	6-Oct-19	<b>Also Sussex GP event</b>
Hove Prom 10K	20-Oct-19	<b>Also Sussex GP event</b>
Seaford Beach parkrun	9-Nov-19	
Crowborough 10K	24-Nov-19	
Warren Hill XC	15-Dec-19	TBC

# 5K Challenge

Caroline and Tony Swinden lead the way in the 5K Challenge.

This has 7 events remaining, the first of which is the SeafordBeach ParkRun on 31<sup>st</sup> August, followed by Hove Park on 14<sup>th</sup> September.

This is based entirely on Age Grading, newcomers to Park Run will need to register in advance, so as to obtain a bar code, which has to be presented at the end of the run.

<https://www.parkrun.org.uk/register/>

Do please include the club name in your registration, to make it easier to find you in the results!

Event	Date	Info
Hove Park	14-Sep-19	
Eastbourne	21-Sep-19	<b>also in Club GP</b>
Peacehaven	5-Oct-19	
Seaford	9-Nov-19	<b>also in Club GP</b>
Seaford	7-Dec-19	
Seaford	21-Dec-19	

**Thank you** Richard Honeyman, Andy Gorrie, Adam Haverly & Anneka Redley for your contributions and photos to this month's newsletter. Thank you too to Chris LeBeau for the update on the Grand Prix events. Please send in your race reports for the next newsletter, they make interesting reading for everyone. Please send them to me at: [fawz50@gmail.com](mailto:fawz50@gmail.com)

## 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 £15. Vests - £11. They are all available in a range of colours.

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.

**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)



**Extensions, ground work, etc.**

[Tel: 01273 959343](tel:01273959343)

**Residential lettings in Brighton**  
[Tel: 01273 672999](tel:01273672999)



**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**

**Marshals 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**

## MARSHALS

**Saturday, 26<sup>th</sup> October:** Marshals are required to 'man' a water station at High & Over as well as someone to undertake to act as 'Lead Organiser' for this event.

**Sunday, 8<sup>th</sup> December:** This is the club's own charity event – The Mince Pie 10. It starts and finishes at Peacehaven and needs loads and loads of Striders to act as marshals. Please, please put this date in your diary.



September – October 2019		November – June 2020	
<b>Sep 1</b>	<b>5k-10k Graduation 10k event, Seaford</b>	Nov 3	Beckley 10K
Sep 1	Fittleworth 5 miler & <b>Junior race</b>	Nov 3	Gunpowder Trot 4.5 miler & <b>Junior races</b> , Horsham
Sep 1	The BBB10K	Nov 9	Poppy Half Marathon, Bexhill
Sep 6	14 <sup>th</sup> Rye Summer Classic Series 5K Race 3	Nov 10	Rewel 5 nr Arundel
Sep 7	Arlingly Village fun run <b>Juniors with adult</b>	Nov 17	Brighton 10K
<b>Sep 8</b>	<b>Hellingly 10K Sussex Grand Prix</b>	Nov 23	Winter Chase. Rye
Sep 8	K9 Challenge. Brighton	<b>Nov 24</b>	<b>Crowborough 10K. TBC. Sussex Grand Prix</b>
Sept 8	Rye Ancient Trail 15K & 30K	Dec 1	Downland Devil 9, Steyning
Sept 8	Littlehampton 5 & 10K – Chestnut Tree Hse	Dec 7	Worthing Women's Xmas Cracker 5K & 10K
Sep 14	Rewell Wood Running Festival	<b>Dec 8</b>	<b>Mince Pie 10 miler, Peacehaven</b>
Sep 15	Rother Valley 10K	Dec 21	Hastings Xmas Pudding 5mile & <b>Junior race</b>
Sep 22	Tilgate Forest, Crawley 5 mile & <b>Junior race</b>	Jan 1	Hangover 5 miler & <b>Junior race</b> Worthing.
Sept 28	Alfriston 10K & 1K & 5K fun runs	Feb 2	Chichester 10K
Sep 29	TEMPO 10K, Eastbourne	Feb 9	Eastbourne 5 miler
Sep 29	Barns Green Half Marathon & 10K	Feb 23	Brighton Half Marathon
Sep 29	East Grinstead 10K	Mar 15	Moyleman Marathon, Lewes
Oct 6	Chichester Half Marathon, 10 miler & Relay	<b>Apr 18</b>	<b>Brighton Mini Mile</b>
Oct 6	Lewes Downland 5 mile	Apr 19	Brighton Marathon, 10K & Bike Ride
<b>Oct 6</b>	<b>Lewes Downland 10 mile Sussex Grand Prix</b>	Apr 26	London Marathon
Oct 13	RISE 8K Undercliff Women's race	May 3	Run Wisborough 5K & 10K
Oct 13	Great Walstead 8K & <b>Junior race</b> Lindfield	May 9	Eastbourne Trackstar Marathon & Half
<b>Oct 20</b>	<b>Hove Prom 10K. Sussex Grand Prix</b>	May 10	Run Gatwick Marathon & 5K
Oct 20	Worthing Seafront 10K	May 23	East Grinstead 10 mile (Marathon Wknd)
Oct 20	Great Bottom 5, Nr. Arundel	May 24	Haywards Hth 10 mile (Marathon Wknd)
<b>Oct 26</b>	<b>Beachy Head Marathon</b> & 10K	May 25	Burgess Hill (Marathon Wknd)
Oct 27	Steepdown 5 miler & <b>Junior race</b> , Lancing	<b>Jun 11</b>	<b>Hove Park Junior races</b>
Oct 27	Crawley K2 10K		