



SEAFORD STRIDERS NEWSLETTER

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

Editor: Fawzia Whittuck fawz650@gmail.com

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

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

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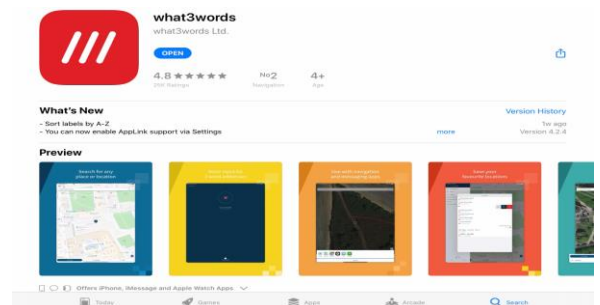
As always, to start the newsletter a warm welcome to our new Striders:



Hannah Davis, Jane Kemp, Elizabeth-Rose Lorkin, Lesley Mayger, Sally Mayger and George Morgan **Happy running**

Do you run off road?

Some useful information: for your safety we recommend that you take your phone with you. The emergency services also recommend that you download an app called what3words. This will enable them to pinpoint your location in an emergency.



The boys are back in town! Framfield XC by Josh Nisbett

The third round of the East Sussex Cross Country League took place at Framfield Park near Uckfield on Sunday the 15th of December. It was also the final round of the Club Grand Prix where all was up for grabs between high flyers Jeff Young and Nick Farley with just 1 point separating them. For ourselves it was an all-male affair, with 9 of us running this round for the Striders along with Run Wednesdays and Polegate.

On another cold morning this two lap course took us round the outskirts of the estate. On an undulating and very boggy course where you had to be aware of your footing for the best route our boys did very well. For most of the first lap I made my way through the field after starting mid pack, to eventually catch up to Jeff who I was behind until the lake near the end of the first lap. The second lap seemed to be much slower initially as I recovered from the sharp marshy incline to the first lap. After the first few corners I then started to feel my legs come

back again. As for the toes, they were numb by this point so there was no chance of getting any feeling back in them anytime soon.

Knowing the course from the first lap helped know when to push on certain tough sections, knowing a downhill recovery was round the corner at parts. But of course I saved a little in the tank for that last incline to the finish, and for a Striders Sprint Finish. Possibly the muddiest XC to date, we all held our own and came out 4th team out of 16, which was a whopping 6 places higher than last time out in Lewes.



Striders results are as follows: Josh Nisbett 36:25, Jeff young 37:00, Nick Farley 38:02, Rolando Hutchinson 38:34, James Marron 39:09, Ray Smith 40:56, Colin Browne 42:37, Peter weeks 47:53 and Terry Ward 51:09.

Next round is due to be at Heathfield Park on Sunday the 2nd of February so put it in your diary and sign up on the day! Ladies we need you too!

Heathfield Park XC by Josh Nisbett

The date for this race was finally agreed upon early January, which saw it brought forward a week to Sunday the 26th. Once again the weather was favourable, not too cold or hot and the rain held off. Eight of the Striders took part in the fourth of six rounds within the Heathfield Park estate.



The course, another two lapper was like the last round but this time with a twist. The second lap is shorter than the first (hoorah!), but hillier (Boo).

The first part of the course ran along a tarmac/rough track downhill for the first mile or so, meaning it's very fast start. So much so I even recorded at 1's first mile! Word of advice, don't use an Apple watch to record these types of races. Then the first lap takes you around the outer perimeter of the estate, which is a long climb in the second and third miles.

It's then onto the second shorter lap, which does have a sting in its tail. Having crossed two streams earlier on in the race, the final kick in the teeth is having to climb a very steep hill then hurdle (or flop in my case) over a fallen down tree at the top. Congratulations to Jeff Young who apparently, although no one saw this, ran up this hill and majestically leaped over said tree. We all finished in good spirits, all covered in mud, some more so than others. We only had

one gymnast this time in 'Anneka-sarus Redley' who took a tumble and then decided to eat some of the foliage from the ground which was then stuck on her face for a little while after. All in all a great mornings work by all

Striders placing order are as follows: Josh Nisbett, Jeff young, James Marron, Erica Martin, Colin Browne, Ray Smith, Anneka Redley and Terry Ward.

Next round which will be on the 16th of February will either be at Bodiam (a new event) or if this cannot stage this round it will be run at Warren Hill between Eastbourne and East Dean. Same as always, put it in your diary and sign up on the day if you haven't signed up already.

Mince Pie re-run, re-run and re-run by Victoria Maleski

After the success of our Mince Pie 10 mile event in December and all the efforts we had put in as marshals, cake bakers, medal givers, goodie bag stuffers and other talents, it was great to have the opportunity to run the course ourselves in a Striders re-run. What was even better was the fact that this year we were offered two different dates, although in my case that increased to three ones!

On 5th January all the assembled runners set off together, but the speedy people soon disappeared off into the distance whilst my group continued at our so-called 'easy pace'. The course is definitely interesting with lovely views in places, but challenging for the best of us. My group had catch-up breaks and as we run considerably slower too, we were delighted to see lots of you faster runners still waiting for us at the finish as well as those of you who were handing out the medals. Special mention must be made of Sandra Standen who had only recently returned from New Zealand, it was great to have you back running with us.



Becky Souissi was unable to make either of the official re-run dates so I offered to run the route with her on 14th January. I was delighted that Julie Taylor and Sharon Plank, were both able to join us. The weather forecast had indicated that it was likely to rain from about 1p.m. but as we were setting off at 08.30 a.m. we hoped it would be ok, but no, the rain and a fair amount of gusty wind came in as we were about a quarter of the way round, which made the off road part very slippery and sticky. We kept going, (though Sandra offered to come and rescue us from Saltdean if necessary) and we made it round. We were soaked through, feeling pretty chilly and were looking

forward to a hot bath and getting into dry clothes.

A number of my usual WNS group had said they would attempt the route on 26th January for their first time. They all appeared nervous as we approached the start, but I had every confidence in them. This time the slower group set off 30 minutes earlier, although Pete and Emily came with us for the first mile as part of their warm up. We were sorry to lose Lauren because of an injury after a couple of miles, but the rest of us carried on. Our group kept together and there was a lot of encouragement going on throughout. The faster group caught up with us as we approached the Telscombe Tye area and I took a photo of the combined

group. We counted down the miles and eventually the finish was in sight. Everyone had done well and I was so chuffed to get a course PB.



Doing these three re-runs has provided me with great half marathon training and they were great experiences. Thanks to all of you who have shared these with me, especially Julie Taylor and Sharon Plank who ran all three. You are superstars!

26th January re-run

'Couch to 5K' commencing 21st April 2020

Another 'Couch to 5k' group will be starting after Easter and will follow the tried and tested pattern used before. The initial 9-week course will run on a Tuesday evening, commencing on **Tuesday, 21st April** – Meeting 7pm at the Richmond Road Car Park by The Salts, Seaford.

Last year the club acted on feedback from previous c25k groups who said they had difficulty making the transition from running 5k to the slightly longer distances with the club, and we extended the programme into a '5k to 10k' group, hosting a 10k event for the runners to mark the end of the course.

Striders were particularly generous with their time coming along to act as coaches and mentors and it is hoped that you will be as unstinting with your time again this year, because without



your help we could not run this course, which brings many new members into the club each year.

People who sign up will need to join the club and undertake to switch to normal club nights at the end of the course.

If you know anyone who you think would be interested then please ask them to register via the club email address: info@seafordstriders.org.uk

Club Grand Prix – Chris LeBeau

As reported previously, our winners for 2019 were Anneka Redley-Cook and Nick Farley and they will have been presented with their souvenir trophies by the time you are reading this.

News on the full GP schedule for 2020 will follow shortly. Meantime, just a reminder that this will kick off with these races...

15th February 2020 Seaford Park Run (based on age grading)

8th March 2020 Cross Country at Pett

29th March 2020 Hastings Half Marathon (also in Sussex Grand Prix)

Annual subs

Well it's that time of year again – Striders annual subs renewal time! The membership system (Member Mojo) will be sending out renewals from the beginning of February to renew your membership from 01/03/2020.

I hope you've all enjoyed your running year and that you feel your club membership is money well spent. Just a note as to what you get for your money, apart from the company of like-minded people once or twice a week!

- Discount from local sports outfitters - Intersport, Run, Jog Shop, etc.
- Training for leaders - different pace groups, junior sections, welfare, etc.
- Hire of Lewes track (increased to twice monthly from 2020)
- Training Coach to help running technique (Lewes Track 3 Feb, 2 Mar & 6 Apr - trial period)
- Subsidised annual Presentation Evening
- The legendary Thirsty Thursdays, Christmas quiz night, etc.
- Hire of All-Weather pitch for Juniors
- Periodic presentations i.e. Running Technique, Injury Prevention, Stretching Techniques etc.
-

I think we would all agree it's good value for money, especially as the subscription remains the same as last year at £16 for adult membership.

However, what is changing is the English Athletics affiliation fee, which is increasing by £1 from £15 to £16 pounds on 01/04/2020. So, if you are an affiliated member (or want to become one), you will save £1 by paying your subs on time! Please note that this affiliation is worthwhile if you intend participating in races, as each they offer a reduction for affiliated members. Together with this if you participate in the selection of races which are designated as 'Sussex Grand Prix' races you become eligible to run on behalf of the club against other Sussex based running clubs, accruing points for the club and for yourself. Members are also eligible for money saving offers i.e. sports, equipment, etc.

So please keep an eye open for your renewal notice, and help us by paying promptly, particularly if you are affiliated.

Please let me know (admin@seafordstriders.org.uk) if you haven't received your renewal notice by mid-February, and are sure it's not in your spam folder.

Dates for your diary from Victoria

4 th February 19:30	Committee Meeting at the White Lion
19 th February 20:00	AGM at Wave Leisure
5 th April time TBC	Jog Shop Jog 20 - marshals required for water point
21 st April 19:00	First night for Seaford Striders Couch to 5k
10 th May time TBC	Seaford Half Marathon (Lions) – marshals required

Club Track Nights



Monday, 3rd & 17th February and Monday 2nd & 16th March

Twice monthly Training Sessions
7.30pm – Lewes Track

Please email secretary@seafordstriders.org.uk if you would like to attend the next committee meeting on 4th February as space is limited. Thank you.

Thank you **Josh Nisbett** and **Victoria Maleski** for your race reports. Please send in your February race reports and pictures to: fawz650@gmail.com Thanks.

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.

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.

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 on page 2 of this newsletter

February – May 2020		June – December 2020	
Feb 2	Southcoast 50	Jun 7	Worthing 10K
Feb 2	Chichester 10K	Jun 14	Hove Park Junior races
Feb 8	Sussex XC, Bexhill	June 14	Weald Trail 50K Ultra & Half Marathon
Feb 9	Worthing 10k & Half	Jun 20/21	Race to the King – 53 mile to Winchester
Feb 9	Eastbourne 5 miler	<u>Jun 20</u>	<u>Downland Dash & Junior race</u>
Feb 16	Bodiam, ESSXCL & Junior race	Jun 21	Bates Green Gallop
Feb 16	Run Your Heart Out 8K, Crawley & Junior race	Jun 21	Madehurst, Arundel South Downs 10K, 5K
Feb 16	Glattig Beacon Five, Arundel	Jun 21	Heathfield 10K
Feb 23	Brighton Half Marathon	Jun 24	Beach Run & Junior race
Feb 23	Gunpowder 8K Run, Battle	Jun 26	Robertsbridge 19K & 5K
Mar 1	Witterings Beach 10K & 5K	June 28	Eastbourne 10k
Mar 1	Eastbourne Half	July 1	Roundhill Romp & Junior race
Mar 1	Steyning Stinger Marathon & Half	July 5	Bewl 15 Miler
Mar 8	Pett, ESSXCL Race 6 & Junior race	July 12	Hornets Stinger & Junior race
Mar 15	Moyleman Marathon, Lewes	July 12	Martello Half Marathon (Seaford)
Mar 29	Hastings Half	July 15	Brighton Phoenix 10K
Apr 4	South Downs Way 50	July 17	Rye Harbour Ekiden Relay
Apr 13	Lewes Easter Monday Races & Junior race	July 26	Seven Stiles & Junior race
Apr 18	Brighton Mini Mile	July 26	Bexhill 5K Date TBC
Apr 19	Brighton Marathon, 10K & Bike Ride	Aug 5	Highdown_Hike_& Junior race
Apr 26	London Marathon	Aug 23	Windlesham House 4 & Junior race
Apr 26	Bluebell Run 10M & 10K, Angmering	Sep 6	Fittleworth 5 & Junior race
May 2	Dark Star 7 with Run, Brighton	Sep 12	Rewell Wood Running Festival
May 3	Rye 10 miler & 5 miler	Sep 13	Tilgate Forest & Junior race
May 3	Run Wisborough 5K & 10K	Sep 13	Hellingly 10K Date TBC
May 9	Eastbourne Trackstar Marathon & Half	Sept 27	Barns Green Half & 10k
May 10	Run Gatwick Half & 5K	Oct 4	Lewes 10 miler & 5 miler
May 10	Hedgehoppers 5	Oct 11	Great Walstead 5 & Junior race
May 17	Horsham 10K	Oct 18	Hove Prom 10k
May 17	Heroes Run, Brighton	Oct 18	Great Bottom Five, Arundel
May 17	Bognor Prom 10K	Oct 24	Beachy Head Marathon , Half & 10k
May 17	Hastings 5 miler	Oct 25	Steepdown Challenge & Junior race
May 20	Trundle View & Junior race	Nov 8	Gunpowder Trot & Junior race
May 23	East Grinstead 10 mile (Marathon Wknd)	Nov 22	Rewell Wood Five
May 24	East Hoathly Family Runs 5k & 1K	Nov 22	Crowborough 10K Date TBC
May 24	Haywards Hth 10 mile (Marathon Wknd)	Dec 6	Downland Devil 9
May 25	Burgess Hill 10K (Marathon Wknd)		

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