

Seaford Striders Newsletter

December 2020



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

Editor: Lauren Morgan: laurenmorgan95@live.co.uk

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

Website: <http://www.seafordstriders.org.uk/>

Twitter: <https://twitter.com/seafordstriders>

Another month has passed at Seaford Striders...

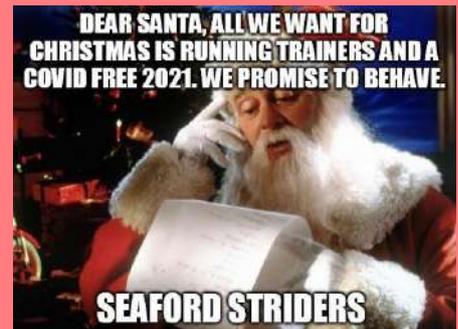
It seems absolutely crazy that already I am sending out the newsletter for December 2020!

It is wonderful to have been part of such an inclusive and amazing running club this year, and even with all of the curve balls that 2020 has thrown us, we have all remained a fantastic team and our spirit is higher than ever.

This month's newsletter includes write ups from Wendy Reed, Debbie Priest and a sum-up from me regarding our famous Mince Pie 10 Mile!

Thank you all for your continued support towards each other, I speak for myself and many others when I say that I couldn't have carried on without you this year.

Happy December, and if it's not too early... Merry Christmas!



CGP- Upcoming Fixtures

December- the final event!

19th & 20th Christmas Distance Challenge

A huge thank you to Anneka Redley-Cook for organising these great events.

Christmas Quiz- organised by Graham Jones



Graham Jones has been kindly working hard on a Christmas Quiz for Striders, which sounds absolutely amazing, and therefore on Saturday the 19th of December at 7.30pm, you are all invited to a Christmas Quiz (online, of course!)

The quiz will be sent out via email at the same time to all, and you will have 2 hours to complete and submit the quiz. When you submit, your score will be recorded onto a spreadsheet. When you finish the quiz, you will see your score and all of the correct answers. There are 300 questions in total (30 rounds of 10) many questions, leaving very little time for anybody to cheat, which we hope won't happen anyway!

Graham also tells me that the quiz questions are multiple choice and that Chairman Rob is putting up prizes for the first three places, as well as a mystery prize (worth over £100) drawn from the email addressing participating.

There is a mixture of subjects including picture rounds, but the best part is, 3 of the rounds are Seaford Striders specific!

If you would like to take part, please forward me the email address before THIS Thursday 17th December in which you'd like to enter with (1 quiz per address- you can play in families or bubbles!) and I will collate these and forward to Graham.

This should be great fun, and a nice way for us all to celebrate festivities despite not being able to meet up, and as the same as any race or competition- you've got to be in it to win it! Good luck to all participating and watch out for an email from me in the very near future.

Workout of the month by Simon Croucher

The Mona Fartlek- named after the Australian distance runner Steve Moneghetti, the Mona Fartlek is a great session which only takes 20 minutes (not including a warm up and warm down.)

2 x 90 seconds

4 x 60 seconds

4 x 30 seconds

4 x 15 seconds

Run each effort at 10k/Half Marathon pace or harder, and follow each effort with the same time jog/walk recovery e.g. 90 seconds on, 90 seconds off etc. and see how far you can go.

Good luck!

Quote for the month

by Simon Croucher

Jesse Owens, four-time Gold Medalist.

"I always loved running... it was something you could do by yourself and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

South Downs Plumpton Trail Run by Debbie Priest.

Due to COVID restrictions, we all had to pick a time slot from a fairly long list of start times. Lorraine and I started at 11.30 which was one of the latest. Unfortunately, that meant that the already muddy course was even worse by then, which made it very challenging. Some parts were really treacherous (I couldn't run these sections, I'm not sure how the others felt). I'm a very inexperienced trail runner, and don't own a pair of trail shoes, but they were definitely required as there was so much mud and so many massive puddles.

The course had 2 options, 16.9K (Lorraine, Colin and I all completed this option) or 9K. It was possible to drop down during the run and do the 9K (I was very tempted), as there was a route back to Plumpton at about 5k in. This was such a good idea and the organisation was brilliant overall. The course was extremely well marked with signage and ribbon to keep everyone on track. Similar to Beachy Head this year, we all went off in very small groups so there was very

little congestion. Unfortunately we didn't get to see Colin as his start time was much earlier than ours but I know that he smashed it!



The goody bag at the end was great, containing 2 pairs of socks a snood, a great medal, milkshake and a protein bar. It was a shame that we couldn't get a hot chocolate at the end (bit of a post-race tradition) but this was probably due to COVID restrictions.

In summary I personally found this race very tough, it has a lot of elevation and some of the declines are super steep. Despite this, I'm very glad I experienced it and I think Lorraine feels the same (I think she enjoyed it a bit more than me). It would have been much better if the trail was dryer but you can't do anything about the weather. It was just fabulous to be able to do a race because they're so rare at the moment. Despite how tough it was it hasn't put me off trail racing and I will definitely invest in some trail shoes ready for the next one.



Junior Striders Keep Running Through Lockdown 2

by Wendy Reed

The second lockdown didn't stop our younger members from getting their running fix. Astro Juniors (aged 6-10 years) were kept motivated by a weekly activity challenge that kept them moving, exercising and having fun.

The older Juniors (aged 10-16 years) didn't miss out either as they joined some of the Astro members to complete another challenge. This one saw them finding and ticking off Seaford Striders logos which had been placed in windows around Seaford and Bishopstone while they were out running. They were given clues of the whereabouts of the signs and away they went.

The month-long challenges proved extremely popular with the juniors and their parents. There was a slight fear going into the second lockdown that some of our younger members would lose fitness as happened during the first one. This proved not to be the case this time around as dozens of the next generation of Seaford Striders kept active, healthy and happy.

I want to thank all the volunteers, parents and of course the young people who helped make these challenges a success. It has certainly given us a lot of ideas to look at in the future, and we're keeping our fingers crossed that we get back to normal next year.



Mince Pie 10 Mile

As I unfortunately didn't receive a volunteer for a write up of our wonderful CGP event, I thought it best to share some Christmassy photos of us all, on what was a beautifully brilliant weekend of muddy trails, sunshine and Christmas cheer whilst running. *Also, if you happened to run this event for the Seaford Martello Rotary as a virtual run and would like to write me an entry for next month, please get in touch!*



Track Night Update!

This week, our club track night recommenced!

We have been lucky enough to be able to restart our twice monthly Track Nights with immediate effect. Sadly Lewes track is no longer available for us, but we have been given the use of the track at **Eastbourne Sports Park** between **19:30 - 20:30** on the 1st and 3rd Monday of each month.

The next track night will be **Monday 21st December 2020**.

Track night is fully accessible to all abilities and a great way to keep up your fitness levels in between our Wednesday nights.

Lewes/ Black Cap XC Run - Josh Nisbett

This month Josh and Pete will be leading two different groups around the Black Cap course in Lewes as a cross-country event. The run will be on Sunday 20th December. Times and groups below. If you have any questions please email Josh at joshnisbett29@aol.com

Meeting location: The gallops, Lewes, BN7 1LR.

Meeting times: 9:50am for a 10am start (9min mile group) lead by Josh.

10am for a 10:10am start (10:30-12:00min mile group) lead by Pete.

Newsletter write ups!

As usual, I appreciate any form of input from you Striders for our newsletter- I really do just collate it!

Many thanks to those of you who have sent write ups this month, I'm really looking forward to a new year that is hopefully a tad busier on the racing front!

Have a great Christmas all.

Lauren x

