

Seaford Striders Newsletter

March 2021



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

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March-ing through the year!

Welcome to another month of Seaford Striders news. This month has absolutely whizzed by, and for many of us, has brought some wonderful news.

From Monday 29th March, life began to return to some form of 'normality' for us all, as outdoor sports have once again been allowed to resume. This means we have been able to start back our wonderful Wednesday Night Striders (WNS- some of you may have wondered what that meant...). I couldn't help but leave the newsletter until the very last minute to add in our photos from this special occasion, which I have been SO looking forward to.

I can only hope that things continue to get better for us all at Striders, and with being able to resume our runs together, we will all begin to feel more positive and get our running 'mojo' back.

Happy running.

Lauren x

Seaford Striders Song of the Month...

This month our recommendation came in from our lovely Paula Tiller. It's a song that Paula likes to play when she is reaching the end of a race, the moment she can see the finish line. It really helps to encourage her with her sprint finish!

I'll be adding this one to my playlist... thanks Paula!

'Voodoo People'

By

The Prodigy

Upcoming Race Calendar Graham Jones

PROJECTED RACES IN THE SOUTH EAST SCHEDULED AFTER JUNE 21ST

DATE	RACE TITLE	VENUE	TIME	RACE 1	RACE 2	RACE 3	RACE 4
27/6/21	BRIGHTON HALF MARATHON	BRIGHTON	09.00	HM			
30/6/21	HARDER THAN SNAILS	GUILDFORD	18.00	15K	10K	5K	
3/7/21	SALOMON SERPENT TRAIL RACES	PETERSFIELD	TBC	100K	50K	21K	10K
4/7/21	NORTH DOWNS WAY MARATHON	REIGATE	09.30	MA	HM		
4/7/21	BEWL 15 MILE	BEWL WATER	10.00	15M			
10/7/21	MAVERICK ADIDAS TERREX EAST SUSSEX	PLUMPTON COLLEGE	09.00	23K	12K	7K	
14/7/21	PHOENIX 10K	BRIGHTON	19.00	10K			
25/7/21	ASICS LONDON 10K	LONDON	09.30	10K			
25/7/21	THE GUSBOURNE RUN	ASHFORD	10.30	10K	5K		
25/7/21	THE ROMNEY MARSH 10K	NEW ROMNEY	08.00	10K			
28/7/21	HARDEST OF SNAILS	GUILDFORD	17.30	10K	5K		
1/8/21	LONDON LANDMARKS HALF MARATHON	LONDON	07.00	HM			
15/8/21	BRETT LYDD 20 MILE AND HALF MARATHON	LYDD	08.00	20M	HM		
22/8/21	SOUTH COAST HALF MARATHON	SEAFORD	09.00	HM	10K	5K	
4/9/21	FEET OF ENDURANCE	NUTLEY	10.00	12 HR	6 HR		
5/9/21	BBB 10K	BATTLE	09.30	10K			
5/9/21	SOUTHAMPTON MARATHON FESTIVAL	SOUTHAMPTON	09.00	MA	HM	10K	1M
12/9/21	BRIGHTON MARATHON AND 10K	BRIGHTON	09.45	MA	10K		
12/9/21	BACCHUS MARATHON & HALF MARATHON	DENBIES VINEYARD, DORKING	09.30	M	HM	10K	
12/9/21	NEW FOREST MARATHON FESTIVAL	BROCKENHURST	09.00	MA	HM	10K	5K
18/9/21	PURBECK RUNNING FESTIVAL	SWANAGE	7.30	45M	MA	16M	3M
18/9/21	RAGNAR WHITE CLIFFS RELAY	SITTINGBOURNE	TBC	170M			
19/9/21	HAMPTON COURT PALACE HALF MARATHON	HAMPTON COURT	09.00	HM			
26/9/21	SURREY HALF MARATHON	WOKING	09.00	HM	5K		
26/9/21	BARNS GREEN HALF MARATHON AND 10K	BARNS GREEN	10.00	HM	10K		
2/10/21	SUSSEX DOWNS HALF MARATHON	PLUMPTON RACECOURSE	TBA	21K	12.5K		
3/10/21	BEWL WATER 10K AND 5K	BEWL WATER	10.00	10K	5K		
3/10/21	VIRGIN LONDON MARATHON	LONDON	TBA	MA			
10/10/21	BOURNEMOUTH HALF MARATHON	BOURNEMOUTH	10.00	HM			

RACES AND DATES WILL BE ADDED AS SOON AS INFORMATION BECOMES AVAILABLE.

IF THERE ARE RACES THAT YOU WOULD LIKE TO ADD THEN PLEASE EMAIL secretary@seafordstriders.org.uk.

10/10/21	SUSSEX HILLY HALF	HEATHFIELD	TBA	HM	10K			
10/10/21	ROYAL PARKS HALF MARATHON	LONDON	9.00	HM				
16/10/21	RUN TO THE SEA ULTRAMARATHON	BOURNEMOUTH	07.00	50K				
17/10/21	BEACHY HEAD HALF MARATHON	BEACHY HEAD	TBA	HM				
17/10/21	WORTHING SEAFRONT 10K	WORTHING	10.00	10K				
23/10/21	BEACHY HEAD MARATHON	BEACHY HEAD	TBA	MA				
24/10/21	BEACHY HEAD 10K	BEACHY HEAD	TBA	10K				
24/10/21	LANCING SEAFRONT 10K	LANCING	11.00	10K				
31/10/21	BEDGEBURY FOREST HALF MARATHON	BEDGEBURY	09.00	HM	10K			
6/11/21	MAVERICK ADIDAS TERREX SOUTH DOWNS	SLINDON COLLEGE	09.00	50K	43K	22K	12K	
13/11/21	POPPY RUN	BEKHILL	12.30	HM	10K	5K		
21/11/21	BRIGHTON 10K	BRIGHTON	09.30	10K				
TBA	JOHN FAULDS HELLINGLY 10K	HELLINGLY		10K				
TBA	HOVE PROM 10K	BRIGHTON		10K				
TBA	CROWBOROUGH 10K	CROWBOROUGH		10K				
TBA	MINCE PIE 10	PEACEHAVEN		10M				

Wednesday Night Striders!

As an affiliated running club we are required to operate in accordance with the guidance issued by England Athletics. Their latest guidance was updated on 24th February 2021 and they have produced this infographic covering athletics and running.

Running groups are emailed out weekly, but generally these are:

18:30 Meet at Richmond Road Car Park

Graham's medium group - 9 - 9.5 minute mile pace, distance 6 - 7 miles, occasional stops dependant on route.

19:00 Meet at Wave Leisure Centre Pitch Side

Nick's fast group - 8 minute mile pace, distance 7 - 8 miles

19:00 Meet at Richmond Road Car Park

Julie's medium group - 10 minute mile pace distance 5 - 7 miles, occasional stops dependant on route.

19:00 Meet at Seaford Head School, Arundel Road

Victoria's slow group - 11 minute mile pace, distance 3 - 4 miles, regular stops on route.

Attached is the COVID-19 Roadmap for you to glance over. WNS is BACK!

COVID-19 Roadmap 2021 ATHLETICS & RUNNING			
Step 1	Step 2	Step 3	Step 4
<p>8th March</p> <ul style="list-style-type: none">• Athletics & running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.• Athletics & running in colleges and universities for educational purposes can resume. <p>29th March</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license).• Indoor leisure facilities open for use individually or within household groups.• Indoor group training for u18s and disabled people.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel.	<p>No earlier than 12th April (At least 5 weeks after Step 1)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor unorganised activity (non-coached) can take place in groups of 6.• Outdoor intra club competition (without a license).• Outdoor competition can take place (with a license).• Indoor leisure facilities open for use individually or within household groups.• Indoor group training for u18s and disabled people.• Spectating not allowed.• Parent/carer supervision permitted (one per athlete/runner).• Minimise travel.	<p>No earlier than 17th May (At least 5 weeks after Step 2)</p> <ul style="list-style-type: none">• Outdoor sport facilities can open.• Formal organised outdoor athletics & running activity that is Covid-secure can take place for both children and adults.• Outdoor competition can take place.• Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.• Indoor leisure facilities open for use individually or within household groups.• Indoor organised group training for children and adults.• No restrictions on travel.	<p>No earlier than 21st June (At least 5 weeks after Step 3)</p> <ul style="list-style-type: none">• No legal limits on social contact.• Club and competition can return to normal.• Individual activity can return to normal.

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit www.englandathletics.org
To stay up to date with the latest UK Government guidelines visit www.gov.uk/coronavirus

ENGLAND ATHLETICS

Give A Wave...
By Rick Gough

Like many, due to work commitments and trying to find a quiet time to run, I opt to run early evening. I am a graduate of the Striders Couch to 5k scheme. But I am a passive Strider, choosing to run on my own when I get the time. In Seaford, we are fortunate to have the seafront to plod, steam or amble along- depending on energy, time, mood and the ever-changing weather. Whilst I love keeping a 'fox count' as I pass down the empty streets, I am always heartened

to see other runners out and about. I often wonder how long they've been running for, are whether they are going through the same as me or are they having a different experience.

Sometimes, even though I am enjoying being out, I just don't have the energy and I need to really push myself along- 'just run to the next lamp post, then the next one' etc. I can also be in a 'cannot settle' mood- it's too cold, too hot, why is my earphone doing that, was that a twinge in my ankle? Or I hope it's 'this is going really well today' mode- lots of speed and energy, 'let's go further, I could run for hours, let's go for a PB on this stretch, wow that felt good'!

No matter what type of run (I can easily have all three flavours on the same one!) I think, now more than ever, we need to support each other. Even though we're all on our own runs, why not try giving your fellow runner a smile, a nod or a wave? Let's make Seaford the friendliest place in England to run.

Rick

Thank you to Rick for such a lovely write up.

Club Grand Prix Update

Anneka Redley-Cook

Good news- the 2021 Club Grand Prix is due to commence!

For those who aren't familiar with the CGP, this is a series of events and races (and a lot of virtual events during COVID-19) in which any paid Strider gains points in a league table over the year. The first Strider gets 20 points, the second 19 and so on. There are usually around 15-20 events and your 10 best events make up your total score, so the more you do the more chance you have of writing off some of your lower scores and gaining more points! Some events are awarded on age grading rather than placing so everyone is in with a chance.

Hopefully we will have some proper races on later in the year and parkrun back, however we will be kicking off the 2021 calendar with another virtual.

This will be **Seaford Beach parkrun course next weekend**. You have between **Friday 9th April and Sunday 11th April** to complete the course. Anneka will set up a form to submit your results next week.

If you are unsure of the course route or have any CGP questions in general, please contact Anneka.

A runner and an author...

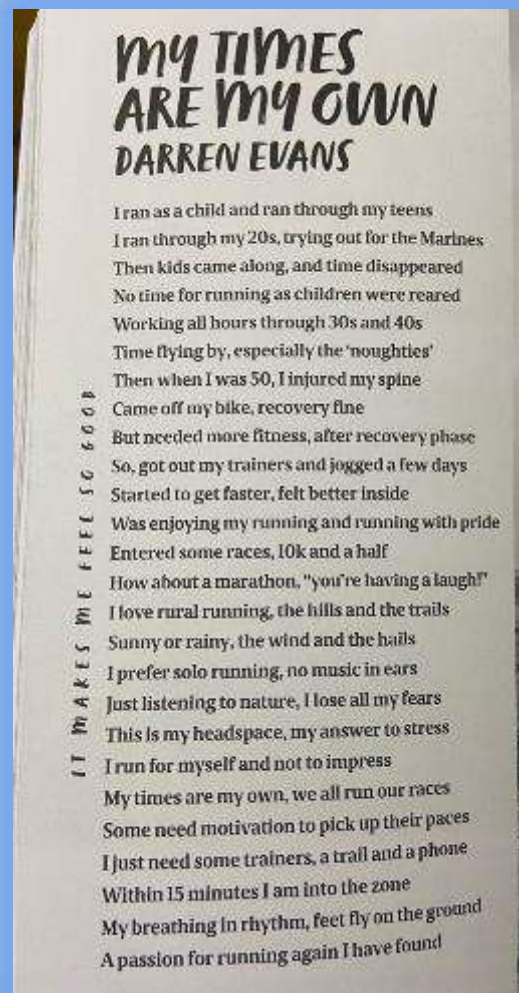
Darren Evans

I had a wonderful email sent to me recently from our amazing Strider Darren Evans. Alongside running miles and miles (check out his recent challenge!) Darren is busy writing 'Odes'. Darren has had one of his Odes to running published in a book for runners.

I have attached a copy of a photo that Darren kindly sent to me, but I strongly encourage all of you to add to your Amazon baskets. I for one will be doing so, as all of the proceeds will be going to The Running Charity, to help the young homeless.

www.therunningcharity.org

A huge congratulations to Darren for your amazing TwentyFourSeven challenge recently, and a further congratulations on having your brilliant writing published.



Some photos from our first run back...

Julie's Group



Victoria's Group



Graham's Group



Nick's Group



What a wonderful evening- four fantastic groups of people that make up one fantastic running club.

Newsletter write ups!

Thank you for the responses I've had this month for the newsletter. It is wonderful to hear all about the runs you get up to, and I really enjoy putting this together for you all to read. But remember, without your entries, there is no newsletter!

Have a wonderful April.

Lauren x

