

Seaford Striders Newsletter

April 2021



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>

April hath put a spirit of youth in
everything...

William Shakespeare

Welcome to another month of Seaford Striders news. April has always been one of my favourite months, and this year it has been even better!

With the resuming of our Wednesday Night Striders from the 29th of March, we have since had a few great evenings all back together. It has been truly wonderful to see you all again. April has also brought further races, meaning more reports have come through to me. A huge thank you to all those who've submitted one this month, you've certainly kept me entertained (alongside teaching 30 amazing children, I quite enjoy that too!)

I hope you enjoy reading about the wonderful things that some of our Striders have done this month, but also some brilliant things that are yet to come for us all!

Have a fantastic May!

Lauren x

Seaford Striders Song of the Month...

This month I have decided to submit a song myself... I hope nobody minds!

Although my running taste is usually 90s cheese, or musicals (anything fun to keep me going) this month I have been non-stop listening to Dua Lipa- Cool. I think I may be late to the party, but her most recent album is fantastic. Give it a listen!

'Cool'
By
Dua Lipa

Wednesday Night Striders Groups

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.

New Striders!

A huge welcome and well done to all new striders members- you have made one of the best decisions of your life in joining our lovely club.

Welcome to...

Adult Members

Jan Lavis, Mark Millar, Bronwyn Ryan, Jeanette Wells, Phillip Stevenson, Tim Gendre, Ewan Briggs, Gerry Gleeson, Carl Howard, Paula Mann, Danielle Mann, Harry Lennard, Jane Evans, Beth Harries, Kayleigh Spencer, Lisa Willemse, Margaret Osborne, Judith Linsell, Tristan Daynes, Beverly Sheridan and Richard Impey.

Junior Striders

Alfie Evans, Rupert Noon, Ediz Tonka Elton, Finn Bargioni, Bertie Lennard, Sullivan Shattock, Sonny Paley-Phillips, Clover Seballos, Ruby Dixon, Fenn Fox-Harper, Sophie Hutson, Freddie Peachey and Bella Wright.

and our fantastic new walking group members!

Fler Wright

Lyn Collins

Couch to 5K Group

Victoria Maleski

I write this in Week 3 of the nine week Couch to 5k programme. We are delighted to have about 40 participants and equally delighted that so many of our existing Striders are regularly turning out to support and encourage them all.

We started off splitting the participants into "fast", "medium" and "slow" groups, but people seemed to be put off by the "fast" and "slow" group names, so the groups are now "medium", "chilled" and "super-chilled". They are all doing so well and appear determined to get through the programme.

We can definitely tell that you were all having a great time as we have been contacted by people who have seen the groups going out and asked to join as they thought it looked so much fun. Whether they will feel the same when we reach the week with the first 20 minute run remains to be seen!!

So far the weather has been kind, if a bit misty one evening, but I just had to share this wonderful picture of the group doing post run exercises taken by our very own newsletter editor, Lauren.



Good luck for the remaining weeks everyone and thanks for the fab support from our existing Striders.

5KPB Race- Phill

A multi-weather event at the 5KPB race in Ardingly made for a mixed bag of results in difficult conditions. First and foremost, Amanda cruised in to a 15 second PB (20:55) amid snow and blustery winds, and show the form from her recent training. Closing in just behind was Anneka (21:02) just off from her PB time. Both great season openers and topped off with the first Striders track session that same evening!

In the men's, myself as a new recruit ticked off my first "fast run" of the year post-COVID (17:43), but I hope to make further improvements very soon.



(Photo stolen from Anneka's Strava- thanks!)

Club Welfare Officer Role

Darren Evans

Darren has recently taken up the very important role of becoming our Club Welfare Officer. It is highly important that we as a club prioritise the physical and mental health of our members, and are putting lovely, trustworthy people in these roles. Welfare officers are there to support all in our club and help to keep us all healthy, happy and safe.

Please read below regarding Darren's details and his goals.

Hi all, my focus this month is to ensure all DBS are up to date and for helpers/volunteers we have the correct paperwork (either DBS or Disclosure Form) completed.

I am starting with Junior Striders as a priority over the next 4 weeks. Here are my contact details for if anyone has any Club Welfare queries.

**Darren Evans
Email - dejubilee@aol.com**

Kind regards

Darren

**Darren Evans
"Learn Loads, Be Kind"**

Our new Seaford Striders website!

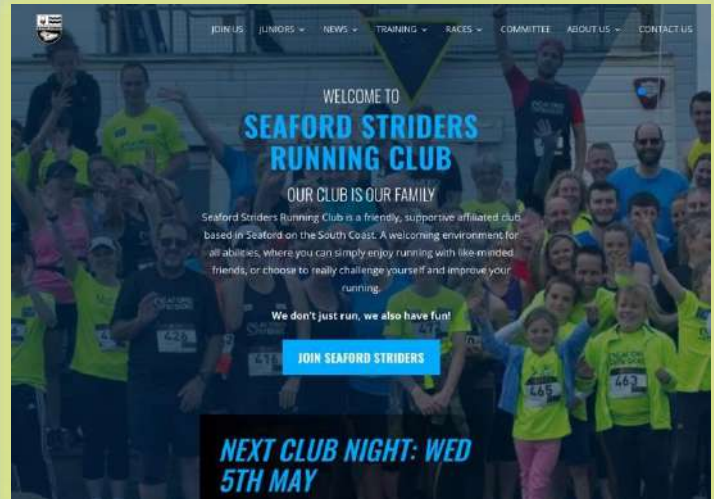
We are so pleased with our newly updated website!

It has been designed for us by Strider Lisa Parkinson. Please do take a look - the website address remains the same

www.seafordstriders.org.uk - and let us know what you think.

Get involved...

We would love to include your comments in the "What our members say" section on the "Join us" page. Please email your comments to info@seafordstriders.org.uk



Our new walking group...

Victoria Maleski

As you will have seen from my email we have started a new walking group which meets outside Seaford Head School, Arundel Road, Seaford on Thursdays at 7pm and Sundays at 3pm.

It is a chance to have a leisurely walk with fellow Striders either in addition to your running on other days, or maybe for people who are no longer able to run but would like to share some of the Strider vibe. Dogs on leads are welcome on both days and accompanied children are welcome on the Sunday walks.

We have introduced a new "Walker" membership category. Further information is available here <http://www.seafordstriders.org.uk/training-coaching-and-education/walking-group/>



Striders XC Run Update

Our next Cross Country run which was supposed to be on Sunday 23rd of May is **moving** to Wednesday for WNS.

The Warren Hill route (starting from East Dean) will now be on **Wednesday 19th of May at the usual WNS time of 7pm.**

Myself and Pete will lead two groups again around the course at roughly 9min mile and 10:30min mile pace. The course like all other cross country distances is about 5 miles in total.

The plan is to have a drink in the pub after the run too. I will email out further details of exact meet location and map of the route too in the next week. If you'd like to run it with us then please let me know by email at joshnisbett29@aol.com as I'll need to book us into the beer garden.

Josh

A special *Thank you* ...

Geraldine (Gerry) Gleeson

This week I had the pleasure of receiving a wonderful email from a new runner, Gerry Gleeson, who wanted to mention someone very special. I thought it best to share...

"I'm a very new member, 3 weeks of Couch to 5K, so I haven't yet seen your newsletter. If it's appropriate, can I publicly thank everyone... especially Queen Victoria (Maleski) and my two guardian angels Sharon and Sue.

This group is amazing. At 68 I'd literally just got off the couch, having put it off all my life... now I can't believe that I'm finally getting exercise, feeling fitter, proud of myself and having fun. Who knows where this adventure will end!

I thank all you Striders for being the best community group an unhealthy girl could dream of."

Gerry, you are doing AMAZING. Welcome to Striders.

Centurion South Downs Way 50

By Joel Eaton

It was so good to be back on the starting line of a race, albeit in the freezing cold at 6:30 in the morning, to tackle one of the most scenic races out there.



Setting off with Adam H, we started from Worthing and wound our way up towards the SDW. I'd made the mistake of going off hard in these longer races before, so after bidding Adam farewell I gently climbed up towards Chanctonbury Ring to join the South Downs Way. Turning East, I looked up to see the ongoing ridge of the downs thinking "sit back, relax, and

just run home!" as the challenge felt like it truly began.

The race was really well organised and there was clearly a lot of work done to make it COVID safe. A rolling start with a window of 2 hours meant there was no mass start; it was just you and the trail.

Aid stations were stocked with single servings of everything (biscuits, crisps, sandwiches, cake), but I had a plan just to stop for water when needed and rely on the gels I took.

As the day warmed up, the hills racked up. Up Truliegh Hill to Devils Dyke, Ditchling Beacon, and then Kingston Ridge, followed by a long descent down to Southease which is great for dropping some faster



miles. Only trouble is, this stretch is all on concrete so by the time I hit the long climb to Firle Beacon, around mile 35, my legs were starting to weigh down.

Seeing fellow Strider Nick F at the top of the Beacon gave me a massive mental boost, and from Bopeep Bostal I felt like I was on the home straight and it was focus time. Coming off the Downs and onto the track in Eastbourne I managed to pick up the pace for a strong finish to a very welcome veggie sausage bap and a litre of coke!

Centurion are well known for putting on great races, and they don't mess around when it comes to organisation. It's always fun stepping outside of competitive shorter races where it's often all about pace and time, to switch off from the world, tune in with the trails, and experience the simple joy of just running.

South Downs Way 50

By Adam Haverly

I can't even remember when this race was originally due to take place. I signed up for this with the idea of doing a couple of 50k's beforehand but with



everything being cancelled this was one of the first to come back around.

Worthing to Eastbourne, along the South Downs way. 50 miles of hills, views and the occasional pit stop. I bought a book about ultra-running, didn't read it and did barely any training before this. I don't think this is the way

to do it.

I turned up in Worthing on a very early Saturday morning with Joel. One looking very professional and one looking lost without his dog to drag him home. Team Pinky and the Brain were ready.

Now this is the first actual Centurion event I've taken part in and things seem to be taken very seriously around here. We did our pre-race rituals, got a tracker taped to our shoulders and were ushered off. We ran the first couple of miles together then I bid Joel farewell into the sunrise.

Before the five mile mark, I managed to approach a T-junction and see fellow runners coming from a different direction than the one I was travelling. I headed back and then got turned around by fellow runners. Then I got a phone call from the race director saying I'd cut the course and he could see I tried to correct myself but then had continued.



Got given the option to carry on and get an hour time penalty, or to go back. I went back. I couldn't imagine getting to the end of the race and being short.

Back on the right track and things were starting to feel better. The miles ticked by, the weather was fantastic, sunshine, light winds and around 10 degrees. There are six aid stations on route, my basic plan today was to walk the hills and run the flats and downs. Also to eat and drink as much as possible at each aid station. I cocked up the first one but nailed it by number 6.

I covered up my Garmin and used an old Casio watch. I knew I had to reach Housedean farm by one to make the cut off. Things were feeling ok at halfway, I was told it's all in the mind, I was taking it slowly and trying to break it down into sections. I saw Captain Nick at Southease and that was a huge boost! Emilie joined me for a bit from Firle, that was a lovely to run with someone! I think because of COVID the race wasn't very social as you were so spread out.

Nearly missed the turning out of Alfriston, luckily Emilie pointed me in the right direction! I was nearly there and there was still time! When I came out of Jevington and saw Eastbourne I was euphoric! Last few miles felt long as always but that lap around the track must have been one of the slowest on record! That was a well-earned medal. All the rewards to follow. My legs gave up shortly after, after a few days though my view of doing it again did change!

53.8 miles, 11 and a half hours. Seven and a half thousand calories burnt and I didn't lose weight. Ha.

Goodwood Races

By Anneka Redley-Cook

Having not put on a race number since what can only be described as the tornado of Brighton Half Marathon last February, I along with many others felt excited about the return of racing. Having a slightly underwhelming run at Ardingly in early April, I thought I'd have another crack at one of few races to take place in April- Goodwood Running Grand Prix.



There were 5 distances to choose from- 5k, 10k, half marathon, 20 miles and the full marathon all various amounts of laps around Goodwood motor circuit. At the time of booking the 10k I was feeling fast and fit...but as the weeks went on this soon deteriorated. However I knew a few other Striders

were taking part and thought it would be a fun day out.

Myself and Nick arrived in plenty of time- neither of us really fancying the distances we had entered (10k and 20 miles respectively) and ever so casually changed our events to the half marathon. It sounds crazy I know, to have chosen a longer race but my theory was that I realllly couldn't be bothered to run fast and kill myself in a 10k, and thought the longer slower pace would suit me better. That being said, I had no idea I would be doing this swap, so foolishly had run a hilly 15 miler on the Friday! Nick and I also weren't entirely sure how many laps the half marathon would involve but figured we'd find out once we were running!

We managed to cheer fellow Strider legend Amanda setting off like a race-car in the 20 mile event. Then it was time for Phill, Nick and I to start. Nick had decided he would rather run with company so we planned to run the course together with music and just enjoy the racing atmosphere! We started in waves of 4 (COVID) and headed straight into a headwind before a U-turn and the start of the laps. The racetrack as expected was nice and smooth, and apart from a slightly nasty headwind in parts the conditions weren't too bad. If I'm annoyed with the wind I often remind myself 'NOTHING CAN BE WORSE THAN BRIGHTON HALF 2020' and then stop whinging.

We were running comfortably (probably a casual stroll for Nick) and chatting when speedy Phill also in the half marathon came and lapped us! It's an interesting course (not the laps, that's boring) in the sense that so many runners of all distances are on the track at the same time so you're constantly being overtaken by ridiculously fast 5k or 10k runners, and overtaking slower marathon runners yourself.

We were going well and it was suddenly looking possible to get close to my PB. We saw more Striders Simon Croucher and Rob Sarjeant head off for their 10k and were trying to figure out whether they'd overtake us on their second lap but sadly we didn't see them on course again. They both stormed the 10k in impressive PBs. We did however see Amanda which was a nice boost but being quite tired by this point I could only manage a couple of grunts of acknowledgment.

Finally we were on the final lap- 4.5 total for the half- Nick telling me to keep focus, knowing there was soon to be a glorious tailwind pushing us to the finish line. My legs were really heavy at this

point but I pushed on in the final straight to finish in 1:38:23 and a brand new PB! For a race with not much prep or thought, I was absolutely chuffed with that!



It was so lovely to be back in the racing atmosphere and for a race I really didn't think I'd like (laps yuck) it really exceeded expectations. It was casual, friendly and fun and seeing other Striders was such a boost. Big thanks to Nick for keeping me company! Felt so good to be lacing up our trainers again and back in a racing environment- hope to see more Striders at the next one!

Input from Chairman Rob...

Greetings Striders.

Just a few words from me to say how delighted I am to see things going so brilliantly.

Our current Couch to 5K has been a massive success so far. Our Juniors continue to thrive with ever increasing numbers each week. The resumption of MNS and WNS has encouraged our members to return to Striders, the groups are full of smiles and enthusiasm. Races are being run and reported on too. There loads of races out there to be run as well as the SGP and CGP.

I'd like to convey a massive thank you to the organisers, leaders and volunteers that makes this all possible. Our Club continues to get stronger and stronger as the weeks go by.

Chairman Rob

Club Grand Prix... THIS WEEKEND!

Just a reminder that the Club Grand Prix starts **tomorrow (Saturday 1st May)** and is running through to Monday 3rd of May. All you have to do is record your distance over the Bank Holiday weekend. Please see the email from Anneka Redley-Cook for further information.

Junior Striders Leader needed!

Hello Everyone,

We are currently looking for enthusiastic leaders to help lead our juniors in fun running activities. We are constantly growing and would love to have people who can commit most Tuesday evenings from 6 to 6.45pm.

You won't be thrown in at the deep end (unless you want to) and full training will be given. It is extremely rewarding and also great fun.

All our leaders and helpers will be asked to undertake full DBS checks. Please email or call me if you are interested.

Kind regards

Wendy

07921393129

Newsletter write ups!

WOW!

April has been a busy month. It is so lovely to see things returning to some form of normality. Thank you all again for your efforts, both running and writing.

Have a wonderful May and keep doing your best.

Lauren x

