

Seaford Striders Newsletter

May 2021



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

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May flowers... finally!

Welcome to another month of Seaford Striders news.

If you're anything like me, this month has been incredibly busy (apologise for the JUNE release of the MAY newsletter... I had a great bank holiday!)

May has been a great month for our club, and has included our first of many 'Striders social' runs, which I was rather pleased to attend due to finishing at the pub.

There are some great features this month, including some information on nutrition, lots of HUGE rages and a lovely Junior Strider feature.

Happy reading, and have a great June.

Lauren x

Seaford Striders Song of the Month...

This month's recommendation comes from no other than our very own Captain Nick Farley.

"Okay, so my run recommendation kickstart track would be Bonkers by Dizzee Rascal! I'll never forget on the first running of the London Landmarks Half Marathon, I was at the start line and as the gun went, on came this banging track through the event speakers and it gave me an adrenaline rush as I crossed the line to start the race. Get it added to your run playlists!"

'Bonkers'

By

Dizzee Rascal

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 for 2nd June 2021 these are:

18:15 Meet at top of Firle Road outside of the Golf Club

Graham's medium group - 9 - 9.5 minute mile pace, distance 6 - 7 miles, occasional stops dependant on route. T

18:30 Meet at Wave Leisure Centre Pitch Side

Nick's fast group - 8-8.5 minute mile pace, distance 7 - 8 miles

19:00 Meet at Wave Leisure Centre Over 60s car park

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

18:30 Meet at Sailing Club- Use the Buckle Car park for cars.

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

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

Janie Waterman, Elaine French, James Haybyrne, Martin Dallimer, Austin Warren, Bianca Webb, Catherine James, Laura Trebble.

Junior Striders

Oliver Parkinson, Edith Homer, Oscar Mackie, Rylee Hayman-Prior, Max Hiles, Rohan Franklin, Evie Mabey, Ethan Neeson, Jasper Neeson, Bella Bennett, Leon Hutson, Isaac Parsons, Eva Bon Vannuffel, Teddy King, Kitty Winton, Daniel Baker, Zachary Field, Stefan Groves, Amelia Browne, Oscar Peters, Hope Maguire, Stanley Jefferies, Jessica Drake-Simmons, Edward James, Miles James, Cordelia James, Romilly James, Jess Collier, Grace Collier, Oscar Pimm, Isla Gasson, Freddy Gerrish, Isla Hock, George Huckle.

Walking group

Karen Stilwell

and a re-joiner!

Joshua Pook

Junior Parkrun

Olivia Farley

(A huge thank you, it is lovely to have a Junior strider entry!)

Junior parkrun is back!

After a long time away, we finally made it back to junior parkrun. I went to Peacehaven big park parkrun with Dad, and there were sooo many other kids there, aged up to 10 years only at the moment.

It was nice and sunny and so much fun to run with everyone. I started running slowly and kept going all the way without stopping. Dad was running behind me because of social distancing rules but I could hear him say "Keep going, you're running really well!"



I crossed the line with a fast finish and got a PB but..... I forgot my barcode!

I hope it carries on now and there is no more COVID.

WOLO Spaces for Brighton Marathon and Half Marathon

Our lovely member Darren Evans has kindly asked that I share this information with you all for the Brighton Marathon and the Brighton Half Marathon.

The WOLO foundation have places available for both events, with fundraising targets set.

WOLO is a very local charity which many of our club members are keen to support. Please feel free to browse their website and show them some love!

Wolo Foundation

Wolo Foundation is a charity set up to offer financial help, services and practical advice to families affected by cancer. Contact us if you can offer help, or to nominate a family in need. Life is precious, so lets make the most of it. We only live once! #WOLO



Hello!

Wolo have a few spaces for the Brighton Half and the Brighton Marathon left, and we wondered whether any of your running buddies would be interested in running for us? The full marathon event (12/9) is £50 deposit and minimum of £450 to raise in sponsorship.

The half marathon event (27/6) is £35 deposit and minimum of £250 to raise in sponsorship.

If you could share this with your groups/ friends we'd really appreciate it - they can contact us on FB or via our website

www.wolofoundation.org

Yorkshire Three Peaks- are you up for the challenge?

Graham Jones

Graham Jones has been working hard on putting together a plan for a challenge for Striders to complete, and has decided on the Yorkshire Three Peaks challenge!

The information and rough plan is attached below, we are hoping to drum up a lot of attention and interest from Striders, but it may also be offered out to other running clubs/friends and family if places are not taken up.

Yorkshire Three Peaks Challenge

(Possible dates: either 6/8, 13/8 Or 20/8)

The itinerary would be to leave Seaford on a Friday evening with designated pick ups along the coast road to Brighton and then travel through the night in a luxury coach to Horton-in-Ribblesdale.

The coach would make at least one refreshment stop en route and may even make two depending on driver hours and requirements. The plan would be to arrive at 5.30 am for a 6 am start to the challenge.

The Yorkshire Three Peaks route is 24 miles (38.6km), and includes 1585m (5200ft) of ascent.

The Yorkshire Three Peaks Challenge takes on the peaks of Pen-y-ghent, Wharfedale and Ingleborough, usually in this order, and in under 12 hours. These peaks form part of the Pennine range, and encircle the head of the valley of the River Ribble, in the Yorkshire Dales National Park.

The route is well signposted and everyone will receive a printed guide to the route as well. There is very little support in the way of refreshments on the route and it is advisable that everyone taking on the challenge is fully prepared.

It is recommended you bring:

- Backpack containing food and drink.
- Trail or Hiking shoes or boots.
- Lightweight rain Jacket.

- Change of clothes for after the event, there is a pub in the village where everyone can meet once finished.

There will be a medal and certificate for all those completing the challenge.

Most importantly it is a *challenge not a race*.

The coach would depart for home around 6:30 pm (could leave earlier if everyone was back).

If you are interested in this wonderful opportunity, please contact either myself (email above) or Graham Jones directly at gmtdcjones@gmail.com

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



Health and Nutrition Advice

Roly

As a club, we are lucky to have the support of many trained professionals. One that has come to our attention recently is the hard work of our fabulous member **Roly**, who is qualified to **NCFE Level 2 in Improving Personal Exercise, Health and Nutrition**.

Should anyone in the club need further support with their personal exercise goals, health or nutrition, Roly would be a brilliant place to start!

I have Roly's details and I am happy to contact him on your behalf, if not, his number can be found in our Striders WhatsApp group.

*** Please note, I have not shared Roly's contact details as I am yet to discuss this with him...***

The Viking 100

By Tristan Daynes



Hello everyone! I'm fairly new here so those who haven't met me before, I'm Tristan, and I can normally be found enjoying a run on the trails with Julie's group on a Wednesday evening.

I promised I'd send in a write-up of my 100 mile race over the weekend of 22-23 May, so here it is, hopefully I won't make a lot of laps of Kent Farmland sound too dull!

I arrived at Brook Farm in Reculver at 7am after a short drive from my hotel in Herne Bay. I had 45 minutes to set up my mini-HQ for the weekend inside a small barn that had designated as race

HQ. A camping chair, a bag full of spare kit and a cool-bag full of fluid and food was all I expected to use, so I got that all set up, and headed out to take in a race briefing in the pouring rain at 7:50.

The format for this race was simple enough: 16 x 6.25 mile laps, with a 32 hour cut off, and mandatory head torches after dark. I set off at 8am, unimpressed with the weather but confident at least that I knew my way around, as I'd run a 50 mile race on this course back in April.

The first lap quickly revealed a quarter mile stretch of deep, wet mud which was going to be tricky over 32 passes! I'm between trail shoes currently, so set the dial for a lot of slipping around on that stretch. The course was mostly flat, with a few hills dotted around which for once I was quite glad of, as obvious points to ease up and walk a little.

The rain stopped fairly quickly, and some patchy clouds meant the sun could dry the mud patches out a little. That helped me off to a good start, and I managed to complete the first 8 laps well ahead of sub 24 hour pace. I was popping into the barn briefly to eat and drink between laps, and had made my first of several sock changes by then (a lesson learned from my first 100 mile race back in October!

Things took a turn for the worse as the evening set in. A heavy downpour meant it was back to picking a path through the muddy sections, which at this point was quickly sapping the energy from my legs. I popped my head torch on when the sun went down, and continued at a much reduced pace. 10 laps took me past the 100k point, and I was beginning to eat into the time I'd banked over the first half of the race.

11 laps in, and I was beginning to question my ability to see this one through. I had the option to drop down to a 24 hour challenge, and very nearly took it with 70 miles on my watch.

Fortunately Traviss (the race director) found the right words to persuade me out for another lap, and from there, albeit slowly, I managed to keep going.

The sun soon came up, and as it did, I realised how many runners had dropped down to the 24 hour



challenge and wrapped up overnight. Although down to trudging out 20+ minute miles, I managed to slowly see out the final few laps. Eventually I finally passed the 100 mile mark on my final lap, and a little over a mile later, a very relieved me traipsed awkwardly back up into Race HQ, to finish the race after 28.5 hours and collect my finisher's buckle and t-shirt.

Equal parts exhausted and elated, I slumped into my chair with a much needed coffee, and sat for a while reflecting on the past day or so, until I could gather up the energy to pack up my gear for a short drive back to my hotel, and (finally) some sleep!

That's as good a place as any to wrap up this particular tale! Not as quick as I'd have liked, but a major challenge and one I'm delighted to have completed. I read a few words from the race director a day or two after, which sum up the nature of the challenge and how pleased I am to have completed it in a far more succinct way than I have over the last who-knows-how-many paragraphs!



"These 100 miler weekends are epic and they're not like normal challenge events that we do, they're hard, and they're supposed to be hard, that's what makes them great."

Generally, the weather doesn't matter too much at shorter events but at the long ones, it's a critical element as the effect is amplified.



If you get cold, you're too exhausted to warm up, if you get wet, you may get blisters, which for an hour are bearable, but the prospect of the next 90000 steps creating 90000 ouches is a different proposition, one muddy field is a pain, twenty muddy fields saps the life out of your legs and will power.

They are a test of fitness, but more importantly a test of willpower and ultimately a test of character of overcoming the challenges of the day that the course and elements throw at you.

A huge congratulations to all the folks who are sporting new shirts and buckles today, wear with great pride, they weren't earned easy."

What a fantastic write-up. Thank you so much Tristan for sharing such a brilliant experience, and a huge congratulations to you.

Ode to 100km South Downs Way

By Darren Evans

UKUltra 100km SDW

It's the UKUltra, race Sunday,
A run along, the South Downs Way,
100 kilometres, that is the distance,
16 hour cut off, with little assistance,
7 aid stations, along the route,
With volunteers there, to distribute,
Snacks and Gels, Drinks and Sweets,
For every runner, that competes.
Arundel Castle, is where it all starts,
By 6am, last runner departs,
Lots of hills, and elevation,
A day of running, determination,
The trainings done, you've made it here,
Enjoy the moment, embrace the fear,
One more time, your kit to check,
As you start off, on this amazing trek.
Up through Houghton, then Amberley,
Then Washington aid station, you will be,
Up the hill, and the joy it will bring,
The amazing views of Chanctonbury Ring,
A steady descent, through farms and fields,
But be prepared, for what then yields,
The pig farm is next, through the middle of it,
Don't breathe through the nose, it stinks of s***,
When at the Botolphs, we cross the road,
Be mindful of, the Green Cross code,
Then up a hill, Truleigh it's name,
If you walk this one, there'll be no shame,
Then on your way, to Devils Dyke,

This is where you wish, you bought a bike,
A nice run down to Saddlescombe Farm,
A breather now, would do no harm,
Across the road, steep hill there will be,
Then run down to cross, the A23,
Past the golf course, then left at Mill lane,
Don't miss this out, or it'll be in vain,
At Ditchling Beacon, stop if you can,
Get a 99, from the Ice cream van!
Over the road, and I'm pleased to say,
Down to Housedean Farm, it is halfway,
Where you can access, your drop off bag,
Nutritional boost, if you're beginning to flag,
Over the A27, you will go,

If you've done your homework, you will know,
A challenging test, that will take some time,
This meandering hill, that continues to climb,
Then the concrete track, that can make your quads seize,
On the long run down, to the bridge at Southease,
You're at 65k, as you tackle the hill,
The monster it's called, your calf's it will kill,
Then up to Firle Beacon, run down past Bo Peep,
There's a couple of trigs, and lots of sheep,
Into Alfriston village, you will descend,
A nice little segment, but let's not pretend,
At Windover hill, say hi to Long Man,
See if you can run it, not sure if you can,
Another descent, Jevington is next,
Turn left at the Church, but don't be perplexed,
Run up to the Pub, look to your right,
Some concrete steps, but not quite a flight,
Then follow the route, it's part of Butts Brow,
Just follow it round, you're nearly there now!
A road with big houses, called Millionaires row,
The excitement now, beginning to grow,
From East Dean church, to the last aid station,
2 hills to go, with some big elevation,
Up Went Way, down to Birling Gap,
You've got this far, without mishap,
Along by the cliffs, up to Beachy Head,

By now your legs, will feel like lead,
Your on the home stretch, you're nearly there,
Whole body hurts, but you really don't care,

As you run down the hill, with Eastbourne in sight,
You won't feel tired, or your muscles so tight,
Cos in a few minutes, you'll be at Helen's Field,
Where all of your senses, will be starting to yield,
Pride overwhelms you, you're full of emotion,
Then all of a sudden, you will get this notion,
Of what you've achieved, and how well you've done,
Conquered 8,000ft, on a 100k run.
As you cross the line, with cheers all around,
You'll probably collapse, in a heap on the ground,
And then you'll get up, with tears down your face,
Realising that this, was more than a race,
It was a battle of body, of mind and of soul,
All of these things, helped achieve you this goal,
So during those moments, when you have self doubt,
Focus on the finish, and battle it out,
Then when you cross the line, you'll be able to say,
I completed the UKUltra, South Downs Way.

Darren Evans

"Learn Loads, Be Kind"

Another brilliant ode. Many thanks Darren.

Warren Hill XC Run

A huge thank you to Josh Nisbett for organising our wonderful cross-country run around East Dean this month. Also a thank you to Pete who supported another group in their running. Attached are some photos from our lovely run, and a photo from the pub trip afterwards!

Hopefully there will be many more opportunities to do this sort of thing again in the near future.



Ardingly 5KPB Race

Chairman Rob Plant

Wednesday the 12th of May took myself and four Striders to the Ardingly PB5K.

A chilly evening greeted us at a very busy event. A huge amount of eager runners turned up for what was probably their first event after lockdown restrictions. Seaford Striders Joe, Anneka, Amanda and Phil did the club Proud by completing the 5K with superb times keenly cheered on by Chairman Rob.

Not an event for the faint hearted with very tough time caps with both races. A race to be entered very carefully.

It was a pleasure being out again supporting our runners at organised events.



The first of many events to come.

Newsletter write ups!

Despite being a day late to publish (sorry, social life is suddenly busier, can't think why!) I hope you have enjoyed the May newsletter.

Please remember to get all write ups to me before the 30th as this is USUALLY when I send out the newsletter. I promise to be better for the June edit... 29 days to go!

Enjoy the sunshine and running those beautiful trails.

Lauren x

