



SEAFORD STRIDERS NEWSLETTER

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

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October 2016

30th ANNIVERSARY RUN



In what were ideal running conditions, current and founder members of the Seaford Striders came together, along with quite a few local runners to mark the 30th Anniversary of the club by participating in a 2.5k or 5k fun run.



The off road, multi terrain 5K course headed out from the esplanade in Seaford to Tide Mills before looping back to finish at the Newhaven and Seaford Sailing Club where welcome refreshments were available. Although there were no hills on the course runners were still tested as some devious organiser had even included a stretch of shingle!

First across the line in an excellent time of 17:40 was Nick Shasha. First Strider, and second overall was Simon Fletcher (photo left) in 18:40, brilliant running given that Simon had already run 8 miles prior to the race commencing. Close on Simon's heels were Gareth Hutchinson, (photo right) in 19:23; Scott Hitchcock; 19:49; Luke Borland, 20:22 and Dave Dunstall 20:31.

Striders' Claire Keith was first female across the line in an impressive 21:26, (also beating her husband Dean and other family members).



Photos below - L-R Scott Hitchcock, Luke Borland, Dave Dunstall and Claire Keith



Junior Striders also competed in the 5K run with Jago Hussein coming in as first Junior Boy in a very creditable 24:35, his sisters Afra, 33:21 (first Junior Girl) and Maia, 34:58 also impressed.

Other notable runs included Phil Robinson, 21:33; Christian Morton, 24:55; Joe Plant, 25:12; Wendy Reed, 27:13; Tom Batts, 28:09; Trevor Jones, 29:05; Andy McDonald, 29:31; Terry Ward, 31:42 and Tom Roper, 32:09



Photos above L-R Phil Robinson, Christian Morton, Joe Plant, Wendy Reed and Tom Batts



Photos L-R Andy McDonald, Trevor Jones, Terry Ward and Tom Roper



Photo above – some of the marshals and right Claire Keith receiving her well-deserved cup as 1st female



CLUB KIT

As a result of sponsorship from Inter Sport we now have much greater flexibility on the colours we can purchase, as it is no longer necessary to pre-order in large quantities. A number of members have requested adult versions of the tee-shirts recently supplied to our junior runners - the colour required is Electric Yellow!

Short sleeved tee-shirts (complete with logos) are £10 and long sleeved versions are available for an extra £3 but only in Arctic White, Charcoal, Electric Yellow, Fire Red, French Navy, Jet Black and Royal Blue. Orders for black tees (both short and long sleeved) will have smaller sized logos to ensure they are race compliant.





To order, either fill out the form at the end of this newsletter and bring along to club night or contact me direct hilary@hilton-it.co.uk

Note also that 10% discount is available to Striders who purchase sports gear, shoes, etc., from Inter Sport 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.

HELLINGLY 10K - by Luke Borland

On a warm and sunny morning, the Seaford Striders were joined by two old friends, at the ever popular but tough course, which makes up the Hellingly 10k. Donning the red of the Bude Rats, Rob and Jackie Webber crossed the line together, hand in hand in 56:56.

First home for Seaford Striders was Simon Fletcher (8th place, 36.20). Other Striders were Luke Borland (32nd, 41.02) followed by an excellent run from Joe Plant who looked very strong at the finish (111th, 47:58) and shortly after Peter Weeks (114th, 48:08). Tom Roper has been having a great season and he finished with another good time of 63.38 which was good for 268th.



Photo left Rob and Jackie Webber in their 'Bude Rats' kit join from L-R Pete Weeks, Joe Plant, Simon Fletcher, Luke Borland and Tom Roper

HOVE 10K by Tom Roper



One week later and another 10K, this time it was the turn of the Hove Prom 10k, utterly flat, this is a fine course for a fast race. Expertly organised and marshalled by Arena 80 Athletics Club, the race starts at Hove Lagoon and goes eastwards to Hove Lawns, making two laps. Though flat and fast, it's mentally hard and the Seaford Striders did well to put in some excellent performances in hot sun on the ninth running of this Sussex Grand Prix race. .

The first runner to cross the line, well ahead of the competition, was Neil Boniface of Horsham Joggers in 31:41, but the course record, set last year, of 30.53, still stands. The first woman was Caroline Hoyte of the host club, Arena 80.

Simon Fletcher was the first Strider, and first in his category, 11th overall in 35:43, and Josh Rudd was not far behind, 26th in 38:11. Scott Hitchcock, who had landed at the airport at 2 the same morning, finished in 39:23, Dave Dunstall finished in 40:45 and Luke Borland in 40:51.

The first lady Strider was Claire Keith who, in spite of smashing her marathon personal best (PB) the previous weekend, still finished in 42:30 to record a PB for the 10K distance. The more mature trio of Terry Ward, Chris Le Beau and Tom Roper made up the rest of the Striders team, finishing in 51:19, 54:56, and 60:08 respectively.

CLUB EVENTS



Mondays, 3rd Oct; 7th Nov & 5th Dec

Monthly Training Session

7.30pm – Lewes Track



Saturday, 28th January 2017

Presentation Evening

Seaford Head Golf Club

BARNS GREEN HALF

The course profile for the Barns Green half marathon resembles a figure of eight and is held on closed roads through beautiful countryside, which includes the grounds of Christ's Hospital School.

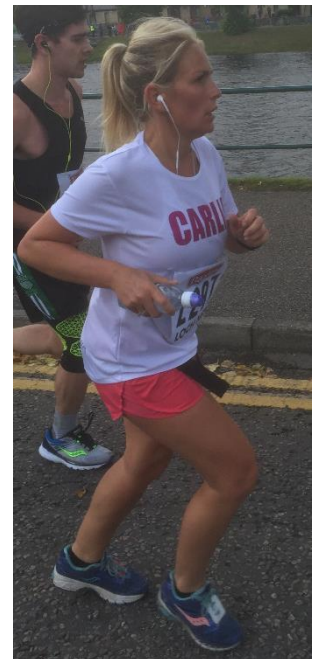
In an already highly successful year, Seaford Strider Simon Fletcher produced yet another outstanding performance, once again winning his age group and finishing 11th overall in a time of 1hour 18mins 08secs, just seconds outside of a new personal best (PB).

Impressive times were also recorded by Joshua Rudd 1:24:39 and Luke Borland, 1:31:52, once again only seconds outside of a new PB. Claire Keith might have been the only female Strider but she didn't disappoint, giving an outstanding performance and finishing in a cracking time of 1:37:59

PARK RUN

Joe Plant achieved a new PB managing a fantastic time of 20.47, his first sub 21 minute 5K.

LOCH NESS MARATHON by Carlie Watts



I was bleary eyed at 6.45am when we set off and we drove past loch after loch, taking in the most beautiful scenery I have ever seen before arriving at the highest point of Inverness. I was freezing while waiting for the start and nervous about starting in the 4 hours 30 minutes slot, not ever believing I could achieve that time but off I went.

The difference between this and other marathons I have run is the roadsides are quiet until you get to a village and the locals are all out cheering and clapping. From mile 5 there was a variety of challenging hills, which I managed to overcome and stay at a reasonable pace thanks to my trainers at Striders and my weekly hill sessions.

Mile 13 and the half way line saw me still soaking in the scenery, feeling great and keeping to my pace. Mile 18 was the 'Loch Ness Monster', just over a mile of the biggest hill I have ever had to face! Running past men with legs longer than me, I flew up that hill, thinking of all the instructions I had been told - NO stopping, just run! Mile 25, completely and totally in the zone. Somehow I missed my dad in the middle of the road taking photos of me! My left leg didn't belong to me anymore but I continued to run as fast as I could, until I saw my little boy who was waiting to run the last 100 metres with me. We both ran over the line together, which was so emotional and as was looking at the time and realising I had smashed my PB. I can't believe it, I smashed my London time by 20 minutes finishing in 4:25:26!!

Thank you to all my fellow runners at Striders as I could not have got a PB without you all! Totally pooped!!



MARSHALS and RAFFLE PRIZES REQUIRED

Seaford Striders have traditionally helped marshal at a number of events during the year. For this the club receives healthy donations, which go a long way to helping with the clubs running costs and help keep membership fees at the very low level they are. This obviously benefits all members.

Newer members may not be aware that the clubs constitution states that all members should help marshal at a least one event per year, which in practice is about 2-3 hours, so not a lot. The idea obviously is that the club and all its members benefit from the marshalling income and therefore it is not unreasonable that all members should play their part in helping to marshal. The irony is that marshalling is actually good fun, as there is usually a Great Spirit and Camaraderie and as the saying goes 'you receive by giving'.

Please see the Club Notice Board – just add your name to the list!

Please note that raffle prizes are also required for the Mince Pie Race – just bring them along to the club and give them to Linda Jennings. Thanks in anticipation.

FORTHCOMING RACES REQUIRING MARSHALS:

Jog Shop 20	-	2nd October 2016
Beachy Head Marathon	-	29 th October 2016
Mince Pie	-	4 th December 2016

FUTURE RACES

Entry details for most of the following races can be found by following the link: <http://www.sussexraces.co.uk>

Sussex Grand Prix (SGP) events are marked in red

Marshall's required at events marked in green

East Sussex Cross Country League in brown

Junior Races marked in purple

October 2016 – November 2016	
1 Oct	Sussex XC Relays, Goodwood
2 Oct	Jog Shop Jog 20 mile
2 Oct	Alf Shrubbs 5, Slinfold, Nr Horsham
2 Oct	Sussex Marathon & Half, Heathfield
2 Oct	Downslink Ultra 38M, Guildford - Shoreham
2 Oct	Lewes Downland 10M
2 Oct	Forest Row 10K
8 Oct	ERRA 6/4 Stage Relays, Sutton Park
8/9 Oct	Mud Monsters Run 5K 10K 20K 35K East Grinstead
9 Oct	Rise 8K Run for Women, Brighton
9 Oct	Heron Way 10K & Fun Run , Nr Horsham
9 Oct	Hickstead Gallop WSFRL
9 Oct	Tempo 10K, Eastbourne
9 Oct	Children on the Edge Chichester Half
9 Oct	Snape Wood XC, Wadhurst ESXCL
15 Oct	Sussex XV League Race 1, Goodwood
16 Oct	Worthing Seafront 10K
16 Oct	Bright10
16 Oct	1066 Way to Battle approx. 17M
22 Oct	SEAA XC Relays, Wormwood Scrubs
23 Oct	K2 Crawley 10K
23 Oct	Run Forest Run, 10K, 5K & Kids races , Stanmer Park, Brighton
29 Oct	Beachy Head Marathon & 10K
30 Oct	Lancing Steepdown Challenge, WSFRL
30 Oct	K2 Crawley 10K
5 Nov	ECCA XC Relays, Mansfield
6 Nov	Beckley 10K
6 Nov	Gunpowder Trot, Horsham
6 Nov	The Adder 10M & Friston Forest 5 charity run
10 Nov	Teenage Cancer Trust Night of Miles, Eastbourne
12 Nov	Sussex XC League Race 2, Lancing
12 Nov	Poppy Half, 10K & Junior Races , Bexhill
13 Nov	Whitbread Hollow XC adj Beachy Head, ESXCL
20 Nov	Brighton 10K
26 Nov	Brighton Muddy MoRun 10K
27 Nov	Crowborough 10K

December 2016 - onwards	
3 Dec	Womens Christmas Cracker Chase 5K & 10K, Worthing
3 Dec	Sussex XC League Race 3, Stanmer Park
3 Dec	Mouth to Mouth Marathon, Shoreham
4 Dec	Downland Devil 9
4 Dec	Mince Pie 10 Mile
10 Dec	SEAA Masters & Inter-Counties Champs
11 Dec	New Place Farm XC, Blackboys, ESXCL
17 Dec	Christmas Pudding Dash, Battle
17 Dec	South of Thames Senior, Beckenham Place, Kent
	2017
2 Jan	Winchelsea Chase
7 Jan	Sussex XC Champs, Bexhill
15 Jan	King Standing XC, Ashdown Forest, ESXCL
21 Jan	Sussex Masters XC Champs, Lancing
28 Jan	South of England XC Champs, Parliament Hill
29 Jan	Dark Star River Marathon, Shoreham
5 Feb	Chichester 10K – new course, Goodwood
11 Feb	Sussex XC League, Race 4, Hickstead
12 Feb	Heathfield Park XC, ESXCL
19 Feb	Alex Hall Memorial 5K, Bexhill
25 Feb	ECCA National XC Champs, Nottingham
26 Feb	Brighton Half, Youth Races
26 Feb	Vitality Brighton Half
1 Mar	Chichester Corp Challenge, Road Races (1)
5 Mar	Eastbourne Half
12 Mar	Pett XC, Hastings ESXCL
12 Mar	Moyleman off-road Marathon, Lewes
15 Mar	Chichester Corp Challenge (2)
19 Mar	Hastings Half Marathon
26 Mar	SEAA 12 Stage Road Relay, Gravesend
1 Apr	Sussex Road Relays, Christ's Hospital
8 Apr	Mini Mile Races
9 Apr	Brighton Marathon + BM 10K
16 Apr	Brighton Chicken Run
23 Apr	London Marathon
29 Apr	East Grinstead 10M (Marathon Wkend)
30 Apr	Haywards Heath 10M (Marathon Wkend)
1 May	Burgess Hill 10K (Marathon Wkend)
7 May	Run Wisborough 5K & 10K
28 May	Rye 10
13 Aug	East Sussex Ultra

YOUR PARTICIPATION IN RACES



Please continue to submit race reports on the usual Grand Prix events as well if for the more unusual races, either in the list overleaf or elsewhere. This helps to enliven the newsletter and makes for a far more interesting read, especially if you also enclose a photo of yourself to go in the newsletter. Email: hilary@hilton-it.co.uk

That's all for now folks as far as the senior section is concerned, also see separate junior section.

KIT ORDER FORM

(PLEASE PRINT FORM CLEARLY)

Name Contact Tel No.....

Tee-Shirt£10 each (short) £13 each (long) Long or Short Sleeved.....

Colour Size (XS, S, M, L, XL, XXL).....

Vest£10 each (Black only) Size.....

Hoodie£17.50 each (Black only) Size.....

Please return to Hilary Humphreys on Club nights or email to hilary@hilton-it.co.uk
