

MARCH 2022

# SEAFORD STRIDERS

*We don't just run, we also have fun!*



## SPRING HAS ARRIVED!

*By Bronwyn Ryan*

Welcome to the March edition of the Seaford Striders newsletter! March has been a busy month - from The Sunday Cross Country League completing its final race to the Brighton Half Marathon, the return of Seaford Parkrun post storm and the Moyleman Marathon.

This month we recap on some events from 2021 that our wonderful members took part in.

We are always happy to hear your feedback and suggestions so if there is anything that you would like to see on these pages, please do contact myself on [bronwyn.2009@hotmail.co.uk](mailto:bronwyn.2009@hotmail.co.uk).

Have a wonderful April full of lighter evenings and mid-week trail runs!

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# THE CHAIRMAN'S CHAPTER

THIS MONTH A SPECIAL FEATURE FROM THE VICE-CHAIR VICTORIA!

By Vice-Chairman Victoria Maleski

Unlike the other race reports here I don't have shiny medals to show you or a fantastic PB to report but I am feeling really pleased.

As those of you know me will already be aware the past few years have not been easy for family reasons. Being part of Striders has been my release and my sanctuary. I had what I think was Covid back in March 2020 (when they wouldn't test you unless you had specific justification) and that was followed by an ear infection. These health problems all affected my breathing and that was a big challenge to overcome to get back into running when I could only go out by myself in lockdown.

Once lockdown finished and we could start back our WNS groups I started to get back my running mojo. I always find running easier with other people and as a group leader I feel I have to push myself that bit harder. It is not unusual for other group members to overtake me during WNS runs and that is fine, they know where to stop and wait or run back for the rest of the group.

I'm gradually getting back to my pre-Covid fitness levels, this has been greatly helped by our now weekly coach led track nights (thank you Bev and Joel!). They are a safe environment in which to challenge yourself - highly recommended whatever your ability.

I really want to thank my WNS group, they are such a lovely, supportive bunch of people. I know you all benefit for the safe running (and chatting!) environment and what we get from being part of the group is so much more than just a bit of extra fitness. We may be the slowest of the five groups but you should all be proud of what you achieve, whether you take part in races or not it really doesn't matter. We all helped each other and you have all definitely helped me. I'm sure the other groups have the same positive vibes too.



# COUCH TO 5K

*is returning...*

Seaford Striders Running Club is pleased to announce its **2022 Couch to 5k group**. It will meet at the Richmond Road Car Park (by the Salts) for 9 weeks from Tuesday 26th April at 7pm. The group aims to celebrate its successful completion at Seaford Beach parkrun on Saturday 25th June.

Taking part in C25K will take you from not running at all, to being able to run 5k, in just nine weeks. This is for you if you want to learn how to run having never run previously, if you have found it difficult to keep up the momentum during lockdown and need a refresher or if you used to run some time ago and fancy getting back into it. It is suitable for any adult who is able to walk non-stop for at least 20 minutes and wants to be able to transition to running.

## **Will I need any special equipment?**

Supportive training shoes and comfortable clothing to run in. We recommend that you download the NHS C25K App so that you can follow the training plan. Ideally you will do two other training runs using the App between each Strider led group.

## **What will Seaford Striders provide?**

Loads of encouragement from our members, many of whom started out by doing C25K themselves. There will be separate groups for all abilities led by experienced runners. They will know exactly how you are feeling – chances are they will have felt the same when they started.

## **I'm scared I won't be able to keep up!**

Don't worry we won't leave anyone behind. There will always be one of our members at the tail of each group.

## **What does it cost?**

It is free to take part! Obviously we would love you to join Seaford Striders but it is not a condition of taking part.

## **OK, you have persuaded me, what do I do now?**

Please register by emailing [info@seafordstriders.org.uk](mailto:info@seafordstriders.org.uk). You can also use this email address if you have any questions.

We look forward to hearing from you and helping you on your running journey.

# SUSSEX GRAND PRIX

The Sussex Grand Prix consists of taking part in road races organised around Sussex throughout the year with points awarded based on each individual's finishing position. There are 13 races in total and only your top 6 scores will count (individual scoring). There are also two club leagues which are scored differently.

Event	Dates	Event
1	20th March 2022	Hastings Half
2	1st May 2022	Haywards Heath 10 mile
3	15th May 2022	Hastings 5
4	22nd May 2022	Horsham 10k
5	29th May 2022	Rye 10 mile
6	19th June 2022	Heathfield 10k
7	3rd July 2022	Bewl 15
8	13th July 2022	Phoenix 10k
9	TBC July 2022	Bexhill 5k
10	TBC September 2022	Hellingly 10k
11	2nd October 2022	Lewes Downland 10 mile
12	TBC October 2022	Hove Prom 10k
13	TBC November 2022	Crowborough 10k

Please do sign up for the races! It will be a fun season of racing and we will keep you updated on the rankings each month...



# CLUB GRAND PRIX

The Club Grand Prix is a fun series of events throughout the calendar year, where Striders compete against one another in a league. The top place Strider in each event (or top age graded in parkruns) takes 20 points, with 2nd taking 19 and so on and so forth. There are 20 races throughout the year but only your top 10 scores will count. These are collated to give you a total and the highest score wins!

Event	Dates	Event	Scoring based on
1	13-Mar	Pett XC	Position
2	27-Mar	Martello Half Marathon	Position
3	09-Apr	Seaford parkrun	Age grading
4	23-Apr	Bevendean parkrun	Age grading
5	01-May	Haywards Heath 10	Position
6	22-May	Horsham 10k	Position
7	11-Jun	Peacehaven parkrun	Age grading
8	22-Jun	Summer Solstice	Position
9	03-Jul	Bewl 15	Position
10	13-Jul	Phoenix 10k	Position
11	30-Jul	Hastings parkrun	Age grading
12	13-Aug	East Brighton parkrun	Age grading
13	TBC Sep	Hellingly 10k	Position
14	21-Sep	Autumn Equinox	Position
15	08-Oct	Uckfield parkrun	Age grading
16	16-Oct	Great South Run	Position
17	22-Oct	Beachy Head Marathon	Position
18	12-Nov	Eastbourne parkrun	Age grading
19	TBC Nov	Crowborough 10k	Position
20	TBC Dec	Mince Pie 10 Virtual	Position

We will keep you updated each month to let you know who is in the lead... for now...



Female 1st - Sue Curtis  
Male 1st - Ollie Sprague





# Social Events

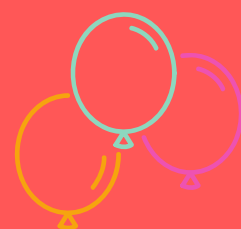
Over the passed few years we have all missed getting together to socialise outside of running.

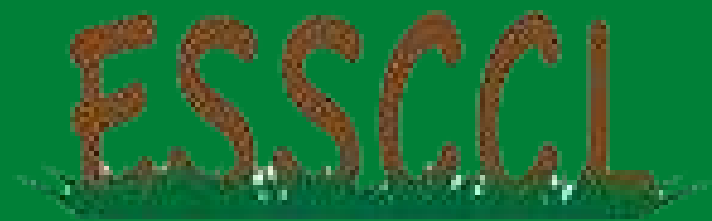
Throughout 2022 the Seaford Striders Social Team, Steph and Lauren, are looking at putting on a number of fun events for members to enjoy.

We begin with the return of Thirsty Thursdays on 31st March but do not worry, not all events will involve drinking!

We will have the return of Graham's famous bike ride and Sports Day with new events such as a Striders Hike with a picnic at the end and an East Dean Social. Dates will be confirmed next month.

If you have any suggestions of activities please let Steph or Lauren know.





## East Sussex Sunday Cross Country League

A message from Josh (XC Captain): I'd firstly like to say a big thank you to everyone who signed up and ran any of the cross-country events this year, be it by preregistering or on the day. You all helped make it our most successful and best turn out in recent years. We had 40 of you preregister this year, great to see and along with the other runners this got us 4th team overall out of 17 teams. Individual success came for Dave Dunstall, winning his age category and James Marron who came second in his category too. We also had four other top 5 age category placings for Ollie Sprague, Nick Farley, Jeff Young and Sandra Standen, well done to you all. Lastly a big shout out to the three people who ran every single race this year: Sue C, Hazel and Ollie.

### By Ollie Sprague

The XC season has involved some of my favourite races to date. I had never previously ran XC, so it was all very exciting! When reflecting on all six races, I have ranked them from my least favourite to my favourite.

My least favourite was Whitbread Hollow. This is the only one I will say I didn't like. I am quite biased as this race confirmed I couldn't come third overall, but the course was also not good for me. I love uphill's, but on downhills I struggle, and this had a massive downhill. Other than that, it was a nice course, and very wet and windy which was fun. Great Striders turnout, despite the weather.

Next on my rankings is New Place Park. This was just a very boring two lap route, with little room to overtake. The only part I did like was where you ran next to the lake for a part, which would have made a much nicer run if this part was extended. Overall, it wasn't bad but it just also wasn't great.

Third from bottom in the rankings was the first XC, and to be honest I think doing this one again I would enjoy it more. It was my first one, and I was definitely thrown in the deep end!! It was so wet and windy, which I don't mind much but it did not ease me into cross country in a nice way. To be honest, I don't remember much about the run, I just remember the rain and the amount of Striders there. Such a great start to XC, and a really great Striders outing.

Now for the races I really loved. Pett was great, it was such a nice end to the season. I just had such a great day, just not during the actual race. The race didn't go great for me, as I knew I couldn't score any higher in the leader board so had no drive, and I also got stuck really far back at the start. However, it was just such a great day with my fellow Striders, and a proper cross country route as well.

There really isn't a difference for me between Warren Hill and Snape Wood, however Warren Hill is very biased for me as it was my birthday, so it put it second. So it was my big 18, and Warren Hill was my party. Despite what you may think, I am not a party guy. My Mum asked me so many times if I wanted a party, and every time I said no, I have XC. It really was the best party!!! I really liked the route, and I finished fourth, which is my best position as well. I was so happy with how I ran, as I caught so many people going up the hill, and I think I was just on an overall high.

My joint favourite was Snape Wood. I really, really loved the race, as I love hills, and it had a lot of hills. It was such a nice time of year as well, as it was cold but sunny. It was also my second XC, so I now felt at least a little bit prepared. I have loved the whole XC season, but this is the race I say is my favourite, based on route.

Well done Striders!!!!





# SPRING EQUINOX

Wednesday 30th March saw the inaugural Seaford Striders Spring Equinox Race.

Over 15 juniors took to Seaford Beach to run 2.5k with 1st place won by Matilda Crees in 12:59. An absolutely amazing result!

The 5k Senior race then began with over 80 participants despite the poor weather. This year the race was won by Ollie Sprague in 16:40 followed closely by Phill Stevenson in 2nd place and Nick Farley in 3rd place.

It was a wonderful occasion for Striders from each of the 5 Wednesday night groups to come together, encourage one another and cheer each other on. The evening demonstrated the ethos of the club perfectly.

The Summer Equinox will be held on Wednesday 22nd June and we look forward to seeing over 100 participants take part. The social team will also look to arrange a post-event fish and chips on the beach for members to gather and celebrate their success.



## Part 1.

# *Joining Seaford Striders is the best thing I did last year!*

By Sarah Hoyle

I have been a runner for many years. I have been a regular at Park Run and the Brighton Half Marathon, and even, many years ago ran a couple of marathons. That said, I usually ran on my own and I never felt my running was really improving. Try as I might, I could never ever get below a sub 30 minute 5K.

I had wanted to join a local running club for a while, and was aware of Seaford Striders, but in my head, because I lived in Peacehaven, I thought it was too far away (it's not). Even so, in August 2021, I did a bit of stalking on line and contacted Seaford Striders to see about coming along for a trial session before joining. I received a lovely friendly message back on Facebook, and in the end, I paid my £10 before I had gone along to the first run as I just knew I would like them.  
I wasn't wrong.

I was lucky that I joined in the summer as our Wednesday runs were in Friston Forest, or around Birling Gap, or up in the vineyards and through sunflower fields. It was wonderful. Of course I was nervous the first time I went, however everyone was friendly, everyone introduced themselves and the chit chat was just what I needed to escape from everyday life for an hour or so. Sometimes we don't chat too much (you can tell if it is has got a bit hard if none of us are talking) and other times we talk about things such as what races people have done last weekend, which medal is best, compression socks, food intolerances, where we got our lights from or more random topics such as James Bond and Insulate Britain protests.

All those summer runs were fabulous, but my personal favourite was the day we got caught in a thunder storm and we were trying to make a quick exit running across the golf course - luckily I wasn't the tallest in the group so felt reasonably safe with all the lightening, and I came home soaking but thinking what a great adventure we had.

The groups are published in advance so you get an idea of the pace and distance each group will be aiming for. That said, there are regular breaks and chance for catch ups. I stupidly ran with a cold one week and was much slower than usual, but there is always someone who will run with you at the back, and I feel confident to shout up and say I need a break, and the group won't leave you behind.

As the nights have drawn in, we are unable to run around and admire the beautiful scenery, and instead we stride around the streets of Seaford and admire the big posh houses, the Halloween decorations or the Christmas lights. We even met Santa one night! Luckily I don't know Seaford, so I never know where I am, which I have discovered is a bonus as I can't comprehend how far away we are from finishing.

## Part 2.

Without exception, every single member of Seaford Striders is friendly and welcoming. Seaford Striders also has a Whatsapp group, which I find really motivating as people post runs they are doing or photos of the latest races and it is always great to see what other people, perhaps who you haven't met yet are up to, and feel inspired. There is also a great sense of belonging that comes from being with a group such as this, from giving kudos on someone you follow on Strava, to saying congratulations to someone else on the whatsapp group, or just saying hello to someone else when you see them in a Seaford Striders top (when you join you also get a voucher for a free Seaford Striders top from Intersport Seaford). Seaford Striders should come with a health warning too - I felt suitably fired up one Wednesday evening that I came home and signed up to run the Brighton Marathon in 2022 (thanks Tristan). I am sure my partner thinks I spend Wednesday night at the pub as I always come home smiling, bouncing off the walls and exclaiming "I've had such a great time".

As a result of joining Seaford Striders, not only have I met a great bunch of people and found some new running buddies, but I have also been able to increase my running distance and pace and regularly run a 5k in under 30 minutes. I have consistently beaten my Park Run time and in the last run of 2022 I ran it in 27:47, and I feel confident that I will soon be beating that too. I am amazed at the progress I have made in such a short space of time, so for anyone who might be wavering, wondering if they should take the plunge and do it, just do it!!



# THE GUERNSEY MARATHON

By Martin Dallimer

Before I joined Striders in May 2021, running a marathon felt like an impossible task – the time to train, the hours it would take to run the course and the potential a lot of pain all put me off. However, hearing the stories of how many ‘normal’ striders take on a marathon at the Wednesday evening runs inspired me to give it a go.

I fancied something a bit different, so with a quick trawl of the internet back in the summer I found and entered the Guernsey Marathon. The course takes you right round the island, hugging the coast as much as the roads allowed. It looked like an interesting route, I’d never been to Guernsey before so thought that would be fun, and who in the Striders doesn’t like running by the sea?

On Sunday October 24th, the race started at nine in the morning from the harbour in St Peter’s Port. With a countdown and lots of cheering, we set off. I’d been warned about the hill the day before when picking up my race number, but it was still a bit of a shock to spend the first kilometre struggling up and up. After that though, the course was easier, with plenty of flat and downhill sections to balance out the odd short hill. The best bit was along the west coast, where runners got lovely views of the beaches, cliffs and some of the many forts and castles. We were fortunate to have a brisk tail wind which blew us smartly along and I found myself really enjoying the experience. The worst bit was turning for home, when the road swung south and, all of a sudden, that same wind hit like a brick wall and made the last few miles a lot harder than I’d have liked.

As for my time, it was 4 hours 11 minutes and 17 seconds. I came 35th, which I imagine will be my highest ever marathon placing, so I was really pleased all in all. If you can spare the time away, I’d really recommend Guernsey for a marathon. It’s small, friendly and really well organised. Only around 150 people did the event, with another 400 or so taking part in a relay on the same course. There were water and food stations every five kilometres, plenty of roadside spectators and free massages at the end. Just remember the hill at the start, and keep your fingers crossed that the wind is kind, especially on the long stretch up the West Coast.





# RETURN TO THE DRAMATHON



By Kristiane Sherry

It's pretty well known that I adore whisky. I work in drinks and generally don't shut up about all the fun of the industry. Scotch was my first real booze love - so when the inaugural Dramathon was announced in 2017, with a route from the Glenfarclas Distillery over to Glenfiddich, and billed as a race that 'crosses the streams' of the spirit and running, I immediately signed up. It was my first marathon, and although the course was frustratingly short that year (24.5mi! There was a loop missed out! Thankfully now fixed - although I'm still not sure I can count my 4:19 time from back then!), I adored the experience. After seeing all the snaps of the 2019 event on social media, I had such severe FOMO that I signed up to 2020 as soon as entries opened. We all know what happened next - like almost all other events it was postponed due to the pandemic and my entry rolled over to 2021.

I think I speak for lots of us when I say that the racing calendar this autumn has become somewhat congested. With Brighton Marathon moved to September and an entry for Beachy Head already in the bag, the new date for The Dramathon meant I now had three marathons in just over six weeks. While Brighton was stressful and did not end well (thank you to all the Striders for your help!), I was still feeling good for the two trail challenges. The first required a trip to Speyside in Scotland!

Why do I love the Dramathon so much? Believe it or not, it's not entirely about the whisky. No, you don't consume any of the local produce en route (there are 10k, half, full and relay options - whichever distilleries you run past you get tasters of in a goody bag at the end, plus a zazzy t-shirt and a medal made from a cask). That said, I did spy a man crack a can of Guinness at the start line, and there was at least one person sipping from a hip flask as well as a hydration pack out on the course. It's the route and the race-day vibes that make this such a special marathon for me. It's a small field (about 300 finishers for the Full Dram, as the organisers call it), and everyone is just SO supportive. I met Carole, an Edinburgh-based runner, in mile 2, and she stayed with me right until the end, including through my minor run-walk meltdown in mile 24. Literally everyone out on the course was encouraging, smiling, laughing - and the volunteers were incredible, too. Such cheery marshals and so well-organised. One example: where the route crosses the busy A95 road, your handy 'dibber' timing chip is zapped to stop the clock so no-one takes their life into their hands with risky dashes. Simply zap again the other side and the clock starts again! Plus the aid stations are plentiful - you could have a full-on picnic on your way round if you like.

The route itself is something else. From Glenfarclas you head up and over what feels like mountainous moorland terrain, before dropping down into the River Spey valley. There are flame-hued forests, dramatic rushing waters, super cute distilleries, and views for MILES. There's some elevation but not a scary amount. The 1,063ft total climb, mostly made up of moderate undulations, is totally manageable, although the last four miles are entirely uphill. Underfoot, it's mostly straightforward trail with some quiet country roads. It's gloriously beautiful. It's fun. The people are fabulous. And I made it round in 4:08:52!

If any Striders fancy the trip in 2022 just let me know. I'll be back again.

# Track Wars

By Tristan Daynes

It's been a while since I had anything especially crazy on the running front to update on, but I imagine this one will count! A few Fridays back I booked a rare day off from work, and took myself off to the Xcel Leisure Centre in Walton-on-Thames, for a day on the track with Phoenix Running.

When I say a day on the track, I do mean an actual day in this case - I had a window of up to 24 hours to run as many (or as few) 400 metre laps as I wanted or was able to. After a prompt 8am start in some very cloudy weather, I got stuck into the task at hand. A track's not the most inspirational route to spend that length of time on, but luckily there were a few things to help pass the time - changing direction every 3 hours, occasional stops to grab a drink or change socks, lots of other runners to talk to and - and this was a definite highlight - a massive pizza delivery at around 9pm to help us all fuel up for the second half! That combination, and a couple of strategically timed coffees was enough to get me by for just over 19 hours, and just over 73 miles covered, at which point I decided I'd done as much as I could get away with and still safely drive home. I wrapped up, grabbed one last coffee for the road, and cracked on with the early morning drive back to the 'haven.

An interesting experience, and one I'm not sure if I'd do again (which is basically Tristan-speak for "I'll almost certainly do that again!") What I was pleased with was that by completing an official ultra distance, I was finally able to complete an ongoing challenge I've been chipping away at in the background to run 12 ultras in 12 months. I picked up a very shiny medal and certificate (not-as-shiny) for that, to go with my quiet sense of pride in hitting my target, and some great memories of the events I've taken part in to get me there - picking my way through a field full of mud on my second 100 mile race last May, some very hilly laps of the Denbies Wine Estate, running a blustery 50k moonlight challenge a few weekends back in the gap between storms Eunice and Franklin, and a host of others besides that.

I made a pretty quick recovery once I'd caught up on some sleep, and was fit to venture back out with the WNS crew that week. Onwards to Brighton Marathon, a 50k in May, and then the small matter of another 100 mile race in June. No rest for the wicked, as they say!



# GOODWOOD TRAIL HALF MARATHON

By Colin Browne

I arrived at the beautiful Goodwood Racecourse ready to take on a new run (for me anyway)...

My start time was 9.30 but I was able to go a little earlier which saved me hanging around as I arrive eagerly early.

The course itself started just in front of the grandstand. It was a flat start going into a nice downhill which was appreciated as I quickly got into a steady rhythm. But as we all know 'what goes down must come up' and this course had some hills to test the top runners out there. My aim as always was try and keep running (up the hills) to which I managed to do.... Just!

Having a later start meant that I had a lot of fellow runners ahead of me which in turn helped me to catch each person as I approached each one and that maintained my pace and focus.

The terrain was suitable for either road or trails shoes on this occasion, however if there had been more rain beforehand then trails would of been the only option.

Back to the race... Half way through I felt good and felt confident in putting in a decent time. Towards the end of the race I started to feel a little tired and with 2 miles to go a short but very steep hill came into focus. I did run up it but it was the kind of run where you know yourself that a walk would of been equally effective.

After that hill I did manage to get back into a rhythm but not at the same pace, looking back now maybe I should of walked up that hill??

Very soon after, the racecourse was back in sight, so I knew that the end was close. I pushed on as I knew the time was close to being a Trail Half marathon PB. To get that PB I needed to beat 1:50:04, what did I get.... 1:50:04.... The same as Beachy Head Half Marathon. I was gutted but on reflection it was decent run and it gives me an excuse to run it again and beat my time.

It's a fantastic run, great scenery and very well organised by "UK Running Events" the only thing needed was some fellow Striders to enjoy it with.

# SWINDON ULTRA TRAIL

## Second the BEST

By Emily Danvers

This brand new 50k trail event in Swindon was my second 50k distance. I chose it because I went to school in Swindon and thought it'd be good to relive some memories. However, it turns out I had zero memories of any of this area because I had been a teenager at the time who absolutely went nowhere near green space by choice. I did run past my ex-boyfriend though (but if you know anything about growing up in Swindon you know that wouldn't be too tricky).

The race started in Lydiard Park where I worked for one summer and had a traumatic experience when the groundskeeper asked me to kill a squirrel and it took me a bit too long to realise that he was joking. It was a small and low-key race and everyone at the start was super friendly and welcoming. We set off in the dark and the first 10 miles were flat on muddy fields with lots of stiles and fences to climb over and under, before some steep climbs up to the ancient track of the Ridgeway and to Barbury Castle (where on a school trip I was pretty disappointed to find that it's just a windy hill with no actual castle). This heavy, spongy terrain really drained my energy and by halfway I was feeling more tired than I had anticipated. At the next checkpoint I ate a lot of Jaffa cakes and crisps and put on some music which energised me on to keep going for the second (and much flatter) part. We returned through the town centre and along a disused railway track and woodland before some further muddy fields. While the course was advertised as signposted it was a new event with few marshals and many of the signs had been taken down which meant I kept getting lost. I didn't go too far off track in the end (apart from an accidental detour through two fields of horses and a knee-high bog). However, the mix of different terrain and general disorientation meant the miles and the time went by really fast and this helped me stay mentally and physically strong and focused. I found my way back to Lydiard Park around mile 29. I felt massive relief at seeing the finish line and as I crossed they told me I was the second lady. I couldn't stop smiling. The pizza van at the end was also incredible.

If you feel like a quiet and friendly race with good eco credentials (the event aimed to be carbon neutral) on a mix of terrain - then I definitely recommend it and would do it again. The 50k is also a very special distance. I didn't think about pace at all and just listened to my body if I needed to eat, drink or slow down. I chatted on the way round, took in beautiful scenery and felt really 'present' in the race. It's actually MUCH easier than a marathon!

In terms of training, I always thought I didn't have time to train for an Ultra but I focused on quality not quantity. I aimed for 20-40 miles a week over 4 sessions mixing hills, tempo, intervals and a long and slow run (my biggest was 20 miles). If I didn't have time for a long run one week then I would do a medium distance one evening and another medium distance the following morning or the same day, ensuring I experienced running on tired legs. I also went by the 80/20 rule which meant 80% of my training was at a very slow pace and the other 20% was high intensity. Again, this helps to stave off fatigue and injury and ensure that when you do need the speed your body is recovered and ready to go. This kind of training worked for me and fitted around my life and it shows that it can be possible to run less but still run well.





# BEACHY HEAD WEEKEND X2

By Anneka Redley-Cook

I feel like I have practically lived by THAT hill at the start/finish of the Beachy events recently! First I managed to find a place for the Beachy Head Half which I knew I would be taking as an easy run but was really excited to hit the trails! The course was fantastic, with the ridiculous hill at the start plus some of the famous sisters and Beachy Head itself. It was such a lovely event and so great to see Striders running and cheering, it's always uplifting seeing a friendly face. Nick who was cheering from Birling Gap seemed to spot me from a long way off as I could hear shouts from what felt like miles away! Finally we were flying down (cautiously walking down) the ridiculous hill back to the finish and I was awarded a medal by fellow Strider Jemma! I then learnt that Rowan and Ollie had secured 1st and 2nd place!!! Well done again boys. I was also extremely delighted that there were pasties at the end 😊

The next weekend I went to support the crazy marathon runners at Birling Gap. So...back up that hill I went to walk there with Emma (Cooper) which honestly felt harder than running it, my hips and feet were really hurting in the evening. The weather conditions could not have been more perfect! Joel passed us on his first lap as we were still walking there! It was brilliant to cheer all our amazing marathon runners. We were joined by Sandra, Ray, Lindsay and Rob and awarded with some delicious brownies made by Sandra (a real highlight for me). We got to cheer all our runners and on our walk back we caught Adam H, Bryony and Kristy for a second time then stayed to watch the others finish at the end. Fantastic effort everyone.

Sunday came round and it was yet another day starting at that hill for me! The Beachy Head 10k (9.4k). More Strider faces joined for this event so we had our team photo beforehand then made our way to the start line. It was slightly windy, especially compared with the day before's ideal running weather but that didn't deter us. We made our way back up THAT hill (yay again) where Josh and I had made the error of going to the right where steps and walkers were in the way whereas Jeff was leaping up like a big cat!

After a long stretch of uphill we hit a seriously long downhill section. Jeff, Rob S and I were all forming a bit of a wolf pack but I didn't want to burn out by running too fast down the hill. When we hit the first incline and the first sister, Jeff left us for dead (even with his injury) as he casually strode uphill encouraging other runners who like me were probably dying. My pace dropped dramatically but I would not allow myself to walk and the fact nobody was overtaking me was encouraging. Once we were finally over all the hills we just had a flat and downhill back to the start, and I'd ended up running alongside another runner and we strode it out to the end together, though he did let me pass to cross the line first as he revealed he was wearing a ladies number. Confusion had led him and a couple of marshals to believe I was in 2nd place! I was in fact not at all in 2nd place and was actually 4th but I'm pretty happy with that!

The faster Striders and Nick supporting were there to cheer me in, and we all cheered the remaining Striders home. All in all, two great weekends!



# Brighton Half Marathon

By Richard Impey

Back in September 2021, I toed the line for my first ever race at the Barns Green Half, crossing the line in a time of 1:51:48. Having only gone to one quiet track night previously due to work and general apprehension, this was the first time I had met many of my fellow Striders. Everyone was really friendly and supportive and so I decided to attend the organised club nights on a regular basis.

Over the following months, while regularly attending track night and WNS with Nick's group, my fitness began to improve rapidly. By December, I started thinking ahead to the Brighton Half Marathon and how I was going to train. I set a goal of sub-1:30, a ridiculous goal considering my previous PB but one I was fully committed to. The training was tough, I was battling a recurrent IT band injury and carefully managing it by focusing on quality sessions over distance and substituting planned easy runs with time on the cross trainer. Battered and bruised mentally and physically, I was relieved to reach race week and to begin tapering down to race day.

On race day I felt good and achieved my first goal immediately, sneaking into the blue pen after being allocated a yellow bib! I caught up with Rowan, James and Phill who were all aiming for the same goal and we planned to run with the 1:30 pace group. The gun went off and somehow, Rowan and I became disengaged from the group almost immediately, falling around 200m behind by the 1st mile. Not to panic though, we stayed relaxed and picked up the pace at the turn with the wind at our backs.

Encouraged by the great support of fellow Striders and locals around the course, the first 7 miles felt relaxed and great. We eventually caught up with James and Phill and the rest of the 1:30 group around mile 8 and were well ahead of schedule. Unfortunately, disaster struck as we turned at Hove Lagoon, THE WIND! Having worked hard to catch up with the pace group they began to pull away. I began to panic, my legs started to cramp up and seeing the 1:30 flag move further into the distance I was beginning to accept I would fall short of my goal.

Rowan had other ideas though, he had stuck with me the whole way even though he is capable of running much faster.

Over the last 2 miles, I was in unbelievable pain and slowing but kept going thanks to the constant stream of encouragement from Rowan, shouting at me to keep going and reiterating that we were going to make it. As we reached the Pier, I looked at my watch and couldn't believe it, we could still make it! I got a second wind and managed to pick up the pace along the final straight, and we crossed the line together in 1:29:57! A sense of disbelief and relief was felt but quickly subsided as the pain and cramps returned with a vengeance!

I have a great deal of gratitude to Rowan for his support on the day, I'd also like to extend that to Joel and Bev for their great track sessions, Nick and all other WNS group leaders and fellow Striders for being so welcoming and inspiring me to push through my comfort zone and reach new levels.





By Debbie Priest

Cardiff Half is a mass participation race divided into several waves, making the start less congested. It has a great starting point outside Cardiff Castle which is well worth a visit if you have time.

The course takes runners down to Penarth and the beautiful Cardiff Bay, past the Millennium Centre and Norwegian Church, then northwards again. In the latter part of the race we ran around the picturesque Roath Park lake and finished back in the City Centre.

The weather on the day was just about perfect, beautifully sunny with a slight breeze. There was a little bit of waiting around in the pen at the start which was freezing cold but once running I soon warmed up.

The crowd support was absolutely amazing and the course itself was up and downhill, making it much more interesting. I really enjoyed this race and would thoroughly recommend it. Cardiff is well worth a visit if you haven't been before. March was an unusual time for the race to be held as it's normally in October so it will be on again this year if anyone is interested in giving it a go.



# NEW STRIDERS

**A huge welcome and well done to all the new Seaford Strider members - you have made one of the best decisions joining our fabulous club.**

## **Adult Members**

Paul King, Amanda Peters, Christina Baldwin, Martin Crombie, John Crawford, Wendy Fortune, Samantha Alvarez, Russell Hewlett, James Hollingsworth, Lucy Hollingsworth, Trish Early, Matt Clare, Ian Pratt, Sue Rushton, Tom Winter, Monika Grimes, Stacey Pollard, Richard Househam, Alison Househam, Sarah Hoyle, Rick Garcia, Robin Warwick, David Stacey, Ollie Card, Trevor Jenkins, Kelly Brown, Rhiann Bull, Paul Chandler, Lee Dove, Charlotte Belsey, Gavin Wright, Lewis Corbett, Sara Baitup, Marcia Sharp, Alexandra Parsons, Charlotte Woodgate, Ellie Ratusniak, Francesca Parris and Jonathan Martin.

## **Junior Members**

Paige Fenner Aiken, Mary Hilden-Cull, Ollie Greve, Jude Long, Oli Drury, Mason Leckie, Finely Browne, Tommy Browne, Summer Tucknott, Phoebe Drake-Simmons, Finley Drake-Simmons, Tyler Roberts, Lewis Woodward, Jay Woodward, Toby Prosser, Matilda Crees, Amelie Bedford, Bam Drury, Ellis Perkins, Levi Lanksford, Amelia Dixon, Olivia King, William King, Noah Cook and Harvey Browne.





Seaford Beach Parkrun

Peacehaven Parkrun

Within the Seaford Striders community we have a number of members who play key roles at Seaford Beach and Peacehaven Parkrun.

If you haven't tried Parkrun then 1. Why? 2. You're missing out!

When is it? Every Saturday, at 9:00am.

However most importantly these events can only run with the support of volunteers like YOU!

**Please do volunteer and help both parkrun's continue with the free, weekly event...**

**Seaford Beach:** [seafordbeach@parkrun.com](mailto:seafordbeach@parkrun.com)

**Peacehaven:** [peacehaven@parkrun.com](mailto:peacehaven@parkrun.com)



**Those who volunteer at parkrun reported the greatest improvement to their happiness. 84% said volunteering at parkrun made them feel happier**

## Wolo events/challenges 2022

We'd love you to join Team Wolo for one of our events this year!  
Take your pick!

10.04.22	Brighton Full Marathon
10.04.22	Brighton 10K
24.04.22	Rathfinny Run 10k /Half Marathon
07.05.22	Clubbercise Family Glow Party
14.05.22	Wolo Ice Bath Challenge
29.05.22	UK Ultra 50k
29.05.22	UK Ultra 100k
04.06.22	Wolo SkyDive
06.08.22	UK Ultra 100m
10.09.22	Wolo WingWalk
1-10.10.22	Wolo 100 Africa Trail Run & Trek 2022
22.10.22	Beachy Head Marathon
22.10.22	Beachy Head Marathon Ultra
22.10.22	Beachy Head 10k
23.10.22	Beachy Head Half Marathon
TBC	Abseil date TBC

Or take on your own challenge  
and raise funds for Wolo!

Sign up on our website [www.wolofoundation.org](http://www.wolofoundation.org)

# REACH US ON



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**Please send your race reports and April features over by 27th April.**